



Hilltop News

DECEMBER 2024



3715 Pennsylvania Ave
Erie, Pennsylvania 16504
814-824-2214
MercyHilltopCenter.com

A Sponsored Ministry of The Sisters of Mercy

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CENTER HOURS
Monday through Thursday:
8:00 AM - 4:00 PM
Friday:
8:00 AM - 12:00 PM

THE CENTER WILL BE
CLOSED ON
TUESDAY, DECEMBER 24th
AND ON WEDNESDAY,
DECEMBER 25th IN
OBSERVANCE OF
CHRISTMAS.
CENTER REOPENS ON
THURSDAY AT 8:00 AM

THANK YOU FOR YOUR DONATIONS!

During this season of giving, we wish to thank our members and friends of the Center for their generous donations of hats, scarves, mittens, gloves, socks and underwear for the children of *Iroquois Elementary School*. Pictures of the donation pick-up will be featured in the January newsletter!

THE CENTER REQUESTS YOUR INPUT!

Please join us on Friday, December 13th at 9:00 AM for:
CIDER & DONUTS WITH DINA SCRIBNER, Executive Director

Please join us to brainstorm and participate in a mini-planning session for activities and events in 2025. Because we value each members' input and unique perspective on our different programs, we would love for everyone to be part of the planning progress. Please RSVP to Dawn at the front desk no later than Monday, December 9th. Thank you!

SEVERE WEATHER CLOSURES

In the case of severe weather/storms, MHC will be listed on ALL local news outlets if the Center is closed due to dangerous conditions. We will also place an alert on the Mercy Hilltop Senior Center Facebook page.



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MERCY HILLTOP SENIOR CENTER-DECEMBER 2024



COFFEE, CONVERSATION & QUESTIONS with NURSE JUDY

The next **NEW FORMAT/PROGRAM, *Coffee, Conversation and Questions with Nurse Judy*** will be on **Tuesday, January 21st at 10:00 AM**. All members are invited to attend and can ask Nurse Judy any question (s) related to general health topics of their choice for a lively discussion. Nurse Judy is available for ***in-person visits/appointments on most Tuesdays and Thursdays***, and can ***contact members by phone, when she is not in the office***. Please call the Center (814-824-2214, extension 101) to RSVP and/or to arrange a time to speak with Nurse Judy.



FARMERS MARKET

Legacy Hydroponics offers the opportunity to **place ADVANCED ORDERS** for produce this winter! Orders can be placed at the Center's front desk **no later than noon on Mondays** and will be **delivered to the Center on Wednesday afternoon**. Questions? Please call 814-824-2214, extension 101. Thank you!



WELCOME NEW MEMBERS

WELCOME to our newest members of **Mercy Hilltop Senior Center**: Rhonda Martin, Ann Quinn, Judy Alloway, Faye Markovich-Fox, and Virginia Boyer all joined our Center in October. We look forward to getting to know you!



FREE EVENING CONSULTATIONS

Pat Tobey, our Social Worker, is available on Tuesday evenings for private appointments to assist with ***documents, listening to personal concerns, giving advice and connecting members to the appropriate resource, and/or discussing an array of topics***. She can also assist with setting up online banking, bill pay, medical portals such as ***My UPMC or My Chart***, and/or ***social security.gov*** accounts. Please call 814-824-2214, extension 101, to schedule an appointment.

**IMPORTANT!
INFORMATION!**

FEE SCHEDULE

Annual Memberships are \$25 each (\$45 for couples) with a discount always honored for our Veterans.

Ballet Barre, Line Dancing, Silver Sneakers and Yoga classes are \$3 for members and \$5 for non-members

QiGong is \$1 for members and \$3 for non-members

Studio Art is \$8 for members and \$10 for non-members (*per three-hour session*)

Mahjong is \$1 for members and \$2 for non-members

With **SILVER SNEAKERS OR RENEW ACTIVE** through your insurance provider, **ALL fitness classes are FREE**.

***Please be sure to scan your Silver Sneakers card for ALL fitness classes for MHC to receive credit!**

Does the Center have your email address? If you would like to receive email notifications on special events, announcements, and other information via email, please see Dawn at the Front Desk. Thank you!

ADVANCED PLANNING

As a nonprofit organization, we rely **heavily on donations** to support all that we offer. Consider helping the Center with **advanced planning**. **Advanced Planning** is simply sharing your appreciation of MHC with your families now and reminding them to name **Mercy Hilltop Senior Center** as a recipient of donations in your memory when the time comes. As always, we are thankful for your support.

QUESTIONS? Please call **814-824-2214, extension 101** for clarification, to RSVP, CANCEL, and/or to make appointments for any of MHC's services, activities, events, classes, etc. offered at the Center. **THANK YOU!**

MERCY HILLTOP SENIOR CENTER-DECEMBER 2024

TUESDAY DOLLAR MOVIES FOR DECEMBER



Join us for **Tuesday Dollar Movies!** Each Tuesday, we feature a movie for \$1 in our community room. Please note that **movies are subject to change based on availability.** Snacks are provided. **Please bring your own beverage and arrive early to get your seat. MOVIES START PROMPTLY at 1:00 PM.**

12/3/24: **Falling for Christmas** (2022 - 1 hour / 35 minutes - PG - Romantic Comedy)

12/10/24: **A California Christmas** (2020 - 1 hour / 46 minutes - PG-13 - Romantic Drama)

12/17/24: **Christmas with the Kranks** (2004 - 1 hour / 38 minutes - PG - Comedy)

12/24/24: **THERE IS NO MOVIE TODAY** - THE CENTER IS CLOSED ON CHRISTMAS EVE AND CHRISTMAS DAY!

12/31/24: **Good Sam** (2019 - 1 hour / 30 minutes - PG - Drama)



THIS MONTH'S FEATURED ACTIVITIES, TRIPS & EVENTS:

MONDAY, DECEMBER 2nd AT 3:00 PM - CHRISTMAS SOCIAL - Featuring Cabaret and Concert Artist, ALICE FRAZIER w/Refreshments to Follow. **Please RSVP as soon as possible as this event will FILL UP QUICKLY!**

TUESDAY, DECEMBER 3rd AT 10:00 AM - CRAFT WITH LOIS - Stop by the Center for photo of this month's craft project! A \$2 Donation is Appreciated ***RSVP without delay as space is limited for this month's craft!**

WEDNESDAY, DECEMBER 4th AT 10:45 AM - Van DEPARTS from Center for the MONTHLY LUNCH OUTING **See Details on Page 5! PLEASE ARRIVE AT THE CENTER BY 10:30 AM FOR A TIMELY DEPARTURE!**

THURSDAY, DECEMBER 5th AT 9:00 AM - VAN TRIP TO **KRAYNAK'S, DAFFINS CANDIES, AND LUNCH AT HICKORY BAR AND GRILLE** in Hermitage. Take advantage of this opportunity to do some unique holiday shopping at **Kraynak's**, pick up some delicious chocolates and seasonal sweet treats at **Daffin's Candies** and enjoy a leisurely lunch at **Hickory Bar and Grille**, known for fantastic food and an unwinding, relaxing atmosphere. **PLEASE ARRIVE AT THE CENTER BY 8:45 AM FOR A TIMELY DEPARTURE!**

TUESDAY, DECEMBER 10th AT 10:00 AM - HEALTHY LIVING SUPPORT GROUP ***See Page 4 for Details!**

THURSDAY, DECEMBER 12th AT 4:00 PM - SWEET AND SAVORY HOLIDAY GATHERING - Do you have a favorite holiday recipe you'd like to make and share? Like last year's event, our social worker, Pat Tobey will be hosting this gathering of sharing favorite holiday dishes and their accompanying recipes. **MHC will provide wine and non-alcoholic holiday themed beverages. Kindly RSVP and submit your favorite recipe, if desired, to the Center's front desk by Wednesday, December 4th.** Dawn will then organize and assemble the recipes for all participants, and be able to share how many total people are expected, so that enough can be prepared. **During the event, everyone receives the recipes of all of the dishes being shared, whether sweet or savory!**

FRIDAY, DECEMBER 13th AT 9:00 AM - CIDER & DONUTS WITH DINA SCRIBNER, Executive Director **SEE FRONT PAGE FOR DETAILS!** Please **RSVP no later than Monday, December 9th** so enough cider and donuts can be provided.

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THIS MONTH'S FEATURED ACTIVITIES, TRIPS & EVENTS:

MONDAY, DECEMBER 16th AT 11:00 AM - PET THERAPY with Finnegan & Kody (*Alliance of Therapy Dogs*)

MONDAY, DECEMBER 16th AT 2:00 PM - MISERY BAY DULCIMER CLUB'S CHRISTMAS PROGRAM
Light Refreshments to follow! **PLEASE RSVP as soon as possible as this WILL FILL UP QUICKLY!**

TUESDAY, DECEMBER 17th at 10:30 AM - EMERGENCY PREPAREDNESS INFORMATIONAL SESSION
Learn how to **prepare for a multitude of "what if" scenarios** (such as, a cyberattack or a power outage due to wind or snowstorm). All attendees will receive a helpful informational packet, which includes checklists and additional resources to explore, based on individual critical needs. Please RSVP (814-824-2214, ext. 101)

THURSDAY, DECEMBER 19th at 4:30 PM - BOOK CLUB (Discussing *Christmas Bells* by Jennifer Chiaverini ***If you are UNABLE TO ATTEND, please alert the Center to ORDER NEXT MONTH'S BOOK!**
Next Month's Meeting: Thursday, January 16th Discussing *Briarhill to Brooklyn* by Jack Bodkin

TUESDAY, DECEMBER 24th AND WEDNESDAY, DECEMBER 25th - THE CENTER IS CLOSED FOR ALL ACTIVITIES IN OBSERVANCE OF THE CHRISTMAS HOLIDAY. Wishing all of our members, instructors and friends of the Center a very blessed and Merry Christmas!

THE CENTER WILL RE-OPEN ON THURSDAY, DECEMBER 26th AT 8:00 AM AND WILL CLOSE AT 4:00 PM

IN OBSERVATION OF NEW YEAR'S EVE, THERE WILL BE NO PAINTING CLASS, NO LINE DANCING, AND NO BALLET CLASS ON THURSDAY, DECEMBER 31st.

PLEASE RSVP (814-824-2214, EXTENSION 101) AS SOON AS POSSIBLE FOR ALL EVENTS

News & Notes

MONTHLY HEALTHY LIVING SUPPORT GROUP

Join us for our **member-driven support group** focusing on **preventative/proactive wellness**. Meetings aim to address all aspects of life: nutrition, fitness, relationships, stress, and sleep **in a functional health approach!** **This month's meeting is on Tuesday, December 10th at 10:00 AM.** The topic this month is ***Mind, Body and Spirit***. By combining these three, seemingly otherwise separate matters, together on a regular basis, many find it furthers one's **TRUE HEALTH JOURNEY!** Please RSVP (814-824-2214, extension 101)

TAB COLLECTION FOR SHRINER'S HOSPITAL

As you may have noticed, we have a jar at **Mercy Hilltop Senior Center's** front desk for tabs. **TABS from any aluminum beverage can or TABS from any aluminum soup, vegetable, bean, fruit, pet food, etc. cans are accepted!** The collection is facilitated by a member of MHC and benefits **Shriner's Hospital for Children**. The collecting of tabs will be ongoing until further notice. Thank you for donating your tabs to help this cause!

QUESTIONS? Please call **814-824-2214, extension 101** for clarification, to RSVP or CANCEL, or to schedule appointments for any of MHC's services, activities, events, classes, etc. **THANK YOU!**

MERCY HILLTOP SENIOR CENTER-DECEMBER 2024

MONTHLY LUNCH BUNCH OUTING

Our monthly *Lunch Bunch* is *typically on the *FIRST* Wednesday* of each month. Holidays cause exceptions! Members can meet the group there or can ride on the MHC van for a **\$2 fee**. Reservations must be accurate for the restaurant and **must be received no later than two (2) WEEKS PRIOR** to the outing date. Reservations for the *following month's lunch ARE ACCEPTED ON THE DATE LISTED*. The van fee is paid to MHC TO SECURE YOUR SEAT on the van. Reservations at the restaurant are under *Mercy Hilltop Senior Center* and are *typically* for 11:30 AM. If you are unable to make it, PLEASE CALL THE CENTER TO ALERT US. Departure times are listed below. IF RIDING ON THE VAN, PLEASE ARRIVE AT THE CENTER AT LEAST (15) MINUTES PRIOR TO DEPARTURE TIME. *Upcoming Outings:*

DECEMBER 4th: *The Brewerrie at Union Station* (123 West 14th Street, Erie) - Van Departs at 10:45 AM

JANUARY 15th: *Calamari's Squid Row* (1317 State Street, Erie) - SIGN-UP OPENS ON 12/2/24

IF PLANNING TO JOIN US, PLEASE RSVP BEFORE THE DEADLINE

PLEASE STAY HOME IF UNDER THE WEATHER

With the VIRUS SEASON upon us, please help us to help YOU stay healthy through the fall/winter/spring! Please do NOT come to the Center if you have SYMPTOM (S) of ANY VIRUS. This includes: fever (low-grade or otherwise), body aches, runny nose, sore throat, cough, tummy troubles and anything in between. If you are unsure that you are falling ill, but just don't feel like yourself, please take the extra precaution, call your doctor, and **STAY HOME**. Thank you for keeping fellow MHC members, instructors, and staff well this season!

Please join us in wishing a very **HAPPY BIRTHDAY** to MHC members celebrating in **DECEMBER**:

OLGA GUIDRY	DECEMBER 1	RUTH FRIES	DECEMBER 14
PATTY GYURATZ	DECEMBER 1	DONNA EAGLETON	DECEMBER 16
GERALD KAUFMAN	DECEMBER 1	SANDRA GROSS	DECEMBER 16
DEBRA MUYE	DECEMBER 1	NANCY MATLOCK	DECEMBER 16
KATHLEEN BIRK	DECEMBER 2	MARILYN BROWN	DECEMBER 18
LEANN KENNEDY	DECEMBER 2	CHARLES HUFF	DECEMBER 18
BARB MCCLELLAN	DECEMBER 2	KATHY HOFFMAN	DECEMBER 19
TANIA SMALL	DECEMBER 3	PAT SAUER	DECEMBER 20
JANE DAVIS	DECEMBER 4	BECKY HUTZLER	DECEMBER 21
BARBARA GUNESCH	DECEMBER 4	JUDY PIANO	DECEMBER 22
JACKLYN JOHNSON	DECEMBER 5	LARRY LAFATA	DECEMBER 24
DIANNE BRENDEL	DECEMBER 6	DENNIS MANENDO	DECEMBER 24
DENNIS NOWAK	DECEMBER 6	NANCY GITTERE	DECEMBER 27
SUSAN CHURCH	DECEMBER 7	DEBRA SAVELLI	DECEMBER 27
LINDA MARTZ	DECEMBER 7	JIM DAMMEYER	DECEMBER 28
RITA HANSEN	DECEMBER 8	MARY GERBER	DECEMBER 28
SUE SLOCUM	DECEMBER 9	MARILYN RENKES	DECEMBER 28
CINDY DAVIS	DECEMBER 10	ZANITA ZACKS-GABRIEL	DECEMBER 28
PAMELA REED	DECEMBER 11	NORMA LOHR	DECEMBER 29
ANTHONY SALVIA	DECEMBER 11	JOAN SALTSMAN	DECEMBER 29
DARLENE FLETCHER	DECEMBER 12	ELLEN MCNERNEY	DECEMBER 30
JOYCE PEROWICZ	DECEMBER 12	FRANCIS CONSTANTINE	DECEMBER 31
JUSTINA BAILEY	DECEMBER 14	MARIBETH WHITEHILL	DECEMBER 31

December
BIRTHDAYS

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 12:00 PM Pinochle 12:00 PM Chair Yoga 3:00 PM Christmas Social with Alice Frazier Refreshments to Follow	3 9:00 AM Chair Yoga 10:00 AM Craft w/Lois 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Dollar Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	4 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers Fitness Class 10:45 AM Van Departs for Lunch Outing (Page 5) 11:00 AM Canasta 12:30 PM Studio Art	5 9:00 AM Van Departs for Kraymak's, Daffin's, lunch (See Page 3 for Details) 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong	6 10:30 AM Silver Sneakers Fitness Class  CENTER CLOSSES AT NOON
9 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 12:00 PM Pinochle 12:00 PM Chair Yoga 	10 9:00 AM Chair Yoga 10:00 AM Healthy Living Support Group (Page 4) 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Dollar Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	11 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers Fitness Class 11:00 AM Canasta 12:30 PM Studio Art 	12 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 4:00 PM Sweet & Savory Holiday Gathering (See Page 3 for Details)	13 9:00 AM Cider & Donuts with Dina (See Front Page) 10:30 AM Silver Sneakers Fitness Class  CENTER CLOSSES AT NOON
16 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 11:00 AM Pet Therapy 12:00 PM Pinochle 12:00 PM Chair Yoga 2:00 PM Misery Bay Dulcimer Club's Christmas Program	17 9:00 AM Chair Yoga 10:30 AM Emergency Preparedness (See Page 4) 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Dollar Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	18 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers Fitness Class 11:00 AM Canasta 12:30 PM Studio Art 	19 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 4:30 PM Book Club 	20 10:30 AM Silver Sneakers Fitness Class  CENTER CLOSSES AT NOON
23 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 12:00 PM Pinochle 12:00 PM Chair Yoga 	24 CENTER IS CLOSED 	25 CENTER IS CLOSED	26 CENTER REOPENS 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong	27 10:30 AM Silver Sneakers Fitness Class  CENTER CLOSSES AT NOON
30 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 12:00 PM Pinochle 12:00 PM Chair Yoga 	31 9:00 AM Chair Yoga 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Dollar Movie NO Line Dancing Tonight NO Ballet Class Tonight NO Painting Class Tonight			

MERCY HILLTOP SENIOR CENTER-NOVEMBER 2024-7

FUNDRAISER

DECEMBER FUNDRAISER

December's fundraiser is **BUY A SQUARE!** A laminated, numbered board from 1-75 will be posted in the lobby where members can purchase as many numbered squares as desired. Each square is \$5 and on **Tuesday, December 31st, the winning number will be pulled and the winner notified.** If all 75 squares are purchased, the winner will take home \$187.50! **THANK YOU FOR YOUR CONTINUED SUPPORT OF MERCY HILLTOP SENIOR CENTER!**

MERCY HILLTOP SENIOR CENTER STAFF

Dina Scribner, Executive Director

Jean Berarducci, Activities Coordinator

Dawn Johnson, Membership Coordinator

Judy Bekeny, Registered Nurse

Pat Tobey, Social Worker

MERCY HILLTOP SENIOR CENTER BOARD MEMBERS

Karen Karle, Board Chair

Amy Danzer, Board Co-Chair

Bethany Woods, Secretary

Laura Hellman, Treasurer

Dina Scribner, Executive Director

Carol Amann

Sr. Mary Felice Duska, RSM

Bob Harrington

Brian Hennessy

Janet Kiehlmeier

Linda Mackowski

Laura Myers

Margo Peters