

Hilltop News

MARCH 2023



MERCY
HILLTOP CENTER, INC.

A SPONSORED MINISTRY OF
THE SISTERS OF MERCY

3715 Pennsylvania Avenue
Erie, Pennsylvania 16504
814.824.2214
MercyHilltopCenter.com

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CENTER HOURS

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



THE MONTH OF MARCH:

Women's History Month, Lent Begins, St. Patrick's Day, and Spring Begins

MARCH HIGHLIGHTS AT MHC:

- ◆ Discussion with Dina on the State of the Center
- ◆ FUNDRAISER at Sticks and Bricks Woodfired Pizza
- ◆ Thursday Evening Events GALORE!
- ◆ Sponsored BINGO, CRAFT and TRIVIA activities
- ◆ Misery Bay Dulcimer Club returns for an Irish Concert!
- ◆ St. Patrick's Day Morning Social
- ◆ MYSTERY PRESENTATION by Patti Mayer
- ◆ Trip to Kraynak's Easter Display and Lunch
- ◆ PLUS SO MUCH MORE!

UPCOMING EVENTS: SAVE THE DATE!

- ◆ Spring Gallery Night on Thursday, April 20th
- ◆ Annual Golf Outing on Wednesday, June 28th
- ◆ Community Outreach Event on Friday, August 4th



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NURSE JUDY'S MONTHLY PROJECT C.H.A.T.

Nurse Judy's Project C.H.A.T. (Conversations on Healthy Aging Topics) is a great way for members to:

- * ASK ABOUT HEALTH TOPICS
- * HEAR ANSWERS TO FREQUENTLY ASKED QUESTIONS
- * LEARN ABOUT NEW TRENDS INCLUDING RECENT RESEARCH
- * SHARE YOUR INSIGHTS ABOUT THE DISCUSSION TOPICS



Project C.H.A.T. is on **Tuesday, March 14 at 11:15 AM in the Community Room** (come for C.H.A.T. and stay for the movie!). Nurse Judy will be discussing *Kidney Health*, since March is **NATIONAL KIDNEY MONTH**.



NEW MEMBERS

Please extend a **warm welcome to the newest members of Mercy Hilltop Center:** Karen Anderson, Kitty Bailey, Carrie Beckman, Susan Daigle, Melody Evans, Ruth Fries, Jackie George, Patricia Gloekler, Melinda Gunns, Cathy Mankosa, Kathleen Massello, Cindy McLaughlin, Jean Merryman, Bob Nieratko, Karen Omniewski, Patti Rogers, Christine Roth, Elaine Ryan, Patty Tellers, and Rita Weryha all joined the Center in January. **WELCOME TO MHC!**



MONTHLY FUNDRAISER WINNER

January's monthly fundraiser was **BUY A SQUARE** and it **SOLD OUT**; all squares were purchased by January 18th. **CONGRATULATIONS** to Denise Lorei who won \$125! See page seven (7) for details on this month's fundraiser. As always, we thank you for your support!



FREE EVENING CONSULTATIONS

Just a reminder that Pat Tobey, our Social Worker, is available on Tuesday evenings for appointments and for assistance with **documents, setting up on-line accounts, listening to a personal concern or problem, giving advice and connection to the appropriate resource, and/or discussing topics related to presentations offered at the Center.** Please call 814-824-2214 for an appointment.

FEE SCHEDULE:



Mercy Hilltop Center Annual Memberships are \$25 each (\$45 for couples) with discounts for 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 SCAN YOUR SILVER SNEAKERS FOR THE CENTER TO GET CREDIT FOR YOUR VISIT. Thank you!**

TUESDAY DOLLAR MOVIES



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

3/7/23: *Sleepless in Sea* (1993 – 1 hour / 45 minutes – Rated PG – Romantic Comedy)

3/14/23: *Moonstruck* (1987 – 1 hour / 42 minutes – Rated PG – Romantic Comedy)

3/21/23: *Mrs. Doubtfire* (1993 – **2 hours / 5 minutes** – Rated PG-13 – Comedic Drama) ***Note Length!**

3/28/23: *Barefoot* (2014 – 1 hour / 29 minutes – Rated PG-13 – Romantic Comedy)



FEATURED SPEAKERS, ACTIVITIES, TRIPS & EVENTS IN MARCH:

Wednesday, March 1st at 11:00 AM - Lunch Bunch Departs (see page 5 for details)



Thursday, March 2nd at 3:30 PM - Private Appointments w/Social Worker, Pat for online account help*

Friday, March 3rd at 10:00 AM - A March Craft Sponsored by: Nightingale Nursing and Rehab

Monday, March 6th at 11:00 AM - Discussion with Dina: State of the Center*



Tuesday, March 7th at 10:00 AM - Craft Session with Lois: Hand-Painting Mason Jars*

Tuesday, March 7th at 10:00 AM - STICKS and BRICKS (1301 E. Grandview) FUNDRAISER!

Wednesday, March 8th at 2:00 PM - Pet Therapy with Murray and Finnegan



Thursday, March 9th at 4:00 PM - Documentary Film: *Food, Inc.* followed by a Discussion*

Friday, March 10th at 10:00 AM - BINGO with Prizes sponsored by Highmark Wholesale

Monday, March 13th at 1:00 PM - Irish Music Concert by the Misery Bay Dulcimer Club



Tuesday, March 14th at 11:15 AM - Project C.H.A.T with Nurse Judy (see page 2 for details)

Thursday, March 16th at 4:30 PM - Book Club Meeting*



Friday, March 17th at 9:45 AM - St. Patrick's Day Morning Social with Bagels and Muffins

Monday, March 20th at 11:00 AM - A MYSTERY PRESENTATION BY PAT MAYER - Erie: *You're Surrounded**

Thursday, March 23rd at 4:00 PM - Brief History/Discussion of *Take Back the Site* with Sr. Natalie Rossi*

Friday, March 24th at 10:00 AM - Trivia hosted by Gabby from Heritage Health Care

Monday, March 27th at 9:00 AM - Van Departs for Kraynak's Easter Display and Lunch in Sharon, PA*

***SEE PAGE FOUR (4) FOR ADDITIONAL DETAILS ON ACTIVITIES/EVENTS WITH AN ASTERISK (*)**

****PLEASE SIGN-UP (814-824-2214) AS SOON AS POSSIBLE FOR ALL EVENTS YOU WISH TO ATTEND****

CLASS SIZES AND/OR EVENTS MAY BE LIMITED DUE TO RESTRICTIONS ON SPACE/MATERIALS, ETC.

ONLINE ACCOUNT ASSISTANCE



On **Thursday, March 2nd, starting at 3:30 PM**, Pat Tobey, our Social Worker will accept appointments for help with online accounts. Pat will provide confidential assistance with setting-up online accounts, including banking, bill pay, health portals, etc. Please call **(814-824-2214)** to schedule your appointment today!

DISCUSSION WITH DINA

Please join us on **Monday, March 6th at 11:00 AM** for a *Discussion with Dina*, our **Executive Director**. Dina will provide updates on the state of the Center and share upcoming events and plans. All that attend have an opportunity to ask questions and share ideas and input. We hope to see ALL of you there!



MARCH CRAFT SESSION

The monthly *Crafting with Lois* will be *hand-painted Mason Jars* on **Tuesday, March 7th at 10:00 AM**. Please note the day and time change starting in March and moving forward. **PLEASE RSVP AS SOON AS POSSIBLE (814-824-2214)** as this class size is limited! A \$2 donation is very much appreciated. Thank you!

DOCUMENTARY AND DISCUSSION

All members are invited to join us on **Thursday, March 9th at 4:00 PM** for the documentary film, *Food, Inc.* followed by a lively discussion. The Oscar-nominated documentary looks at the food industry's detrimental effects on human health AND our environment. **Please RSVP (814-824-2214) by March 7th**. Thank you!

BOOK CLUB



BOOK CLUB

The monthly MHC Book Club will now meet on the third Thursday of each month. On Thursday, **March 16th at 4:30 PM**, the group will discuss: *If Nuns Ruled the World: Ten Sisters on a Mission* by Jo Piazza. **BOOKS ARE ORDERED THE MONDAY AFTER THE BOOK CLUB MEETS**. Members can join at any time. If a member joins **AFTER** books have been ordered, they'll have to get the book on their own. Due to an foreseen conflict, there will **NOT be a Book Club meeting in April**, but will resume on Thursday, May 18th. Thank you!



MYSTERY PRESENTATION

Please join us on Monday, March 20th at 11:00 AM as Pat Mayer hosts a **MYSTERY PRESENTATION** called, *Erie: You're Surrounded*. **WHAT IS THIS ALL ABOUT?** Pat won't even give us a hint! So, if you're curious, you'll just have to come to the Center on March 20th at 11:00 AM sharp to find out what this could be all about! **Please RSVP (814-824-2214) by March 17th**. Thank you!



TAKE BACK THE SITE PRESENTATION

MHC is pleased to bring Sr. Natalie Rossi to our Center on **Thursday, March 23rd at 4:00 PM** to present the history and details of *Take Back the Site*, a non-violence movement involving the Sisters of Mercy and the Benedictine Sisters. **Please RSVP (814-824-2214) by Monday, March 20th**. Thank you!



TRIP TO KRAYNAK'S

We will be taking a trip to **Kraynak's** for their annual Easter display on **Monday, March 27th**. The van departs from the Center at **9:00 AM**. After Kraynak's, the group will have **lunch at Hickory Bar & Grille in Hermitage**. **Approximate return time is 3:00 PM**. **Please RSVP (814-824-2214) as soon as possible as the seats will fill fast!**

MONTHLY LUNCH BUNCH OUTING

Our monthly *Lunch Bunch* is typically on the **FIRST Wednesday** of each month. Members can meet the group there or ride on the MHC van for \$2 fee. Reservations must be accurate for restaurant preparations and therefore, **MUST BE RECEIVED NO LATER THAN TWO (2) WEEKS PRIOR** to the outing date (814-824-2214). **Just a reminder: reservations for the following month's Lunch Bunch will NOT BE TAKEN until the first of the previous month, regardless of when the newsletter is available.** For example, April's lunch reservations will be taken on or after March 1st. The **deadline is TWO (2) WEEKS PRIOR** to outing. The \$2 van fee IS PAID to MHC TO SECURE YOUR SEAT on the van. The van **NOW DEPARTS** from MHC at **11:00 AM** (unless otherwise indicated). *Upcoming Outings:*

MARCH 1st: Lorie's Wildridge Restaurant (5455 W. Ridge Rd) - *VAN DEPARTS from Center at 11:00 AM*

APRIL 5th: Sticks and Bricks Woodfired Pizza (1301 E. Grandview Blvd) - SIGN-UPS BEGIN ON 3/1/2023

Thank you for your prompt RSVP as reservations are placed with the restaurant TWO WEEKS prior!


DIABETES PREVENTION PROGRAM

For members who are attending the *Diabetes Prevention Program* on Tuesdays through the *Sight Center of NW PA*, this month, in March, the group will meet *every other week or twice per month* for the next three (3) months (March, April and May). The group will meet at 10:00 AM on March 14th and March 28th. In April, the meeting dates are April 11th and April 25th, again at 10:00 AM. Thank you!

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

ROSS RUSSO	MARCH 1	KATHY HOFFMAN	MARCH 16
KITTY BAILEY	MARCH 3	CHRIS PREEDIT	MARCH 16
PAT KOMOSA	MARCH 5	PAT LILLY	MARCH 17
PATTI KANE	MARCH 6	PATTY VERNO	MARCH 17
VALERIE BALTZER	MARCH 7	JANICE HIRNEISEN	MARCH 18
JUDY GRAHAM	MARCH 7	CAROL REESE	MARCH 18
KAREN MCGRATH	MARCH 7	BARBARA BOWERS	MARCH 19
MIKE MOSKO	MARCH 7	LINDA LENDA	MARCH 20
JOYCE MOTTY	MARCH 7	FRED ROACH	MARCH 20
STEPHANIE WOOD	MARCH 8	DOROTHY SZYMANSKI	MARCH 20
BOB MINICHELLI	MARCH 9	PAT CAMERONI	MARCH 21
LINDA MORSE	MARCH 9	LYNN JARRELL	MARCH 24
MARIANNE BORKOWSKI	MARCH 10	JIM LAYDEN	MARCH 25
ROSEMARIE DIBUONO	MARCH 10	THOMAS DEGEORGE	MARCH 26
SHARON CORSELLO	MARCH 12	CHRIS FIALKOWSKI	MARCH 26
RICH KUHCINSKI	MARCH 13	PATTY MAZURKIEWICZ	MARCH 26
PATTY MILLER	MARCH 14	LINDA WILLIAMS	MARCH 28



Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 AM Studio Art 9:45 AM Silver Sneakers Chair Class 11:00 AM <i>Lunch Bunch Departs from the Center</i> 11:30 AM Canasta 12:30 PM Studio Art	2 9:00 AM Bridge 9:00 AM Knit/Crochet 12:30 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 3:30 PM <i>Appointments for online account help with Social Worker, Pat</i>	3 10:00 AM <i>CRAFT (sponsored by Nightingale Rehab)</i> 10:30 AM Silver Sneakers Chair Class THE CENTER CLOSSES AT NOON
6 9:45 AM Silver Sneakers Chair Class 11:00 AM <i>Discussion with Dina: State of our Center</i> 12:00 PM Pinochle	7 FUNDRAISER! 9:00 AM Chair Yoga 10:00 AM <i>Craft with Lois</i> 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	8 9:00 AM Studio Art 9:45 AM Silver Sneakers Chair Class 11:30 AM Canasta 12:30 PM Studio Art 2:00 PM <i>Pet Therapy</i>	9 9:00 AM Bridge 9:00 AM Knit/Crochet 12:30 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 4:00 PM <i>Documentary, Food, Inc. with Discussion</i>	10 10:00 AM <i>BINGO with Prizes (sponsored by Highmark Wholecare)</i> 10:30 AM Silver Sneakers Chair Class THE CENTER CLOSSES AT NOON
13 9:45 AM Silver Sneakers Chair Class 12:00 PM Pinochle 1:00 PM <i>Irish Concert with Misery Bay Dulcimer Club</i>	14 9:00 AM Chair Yoga 10:15 AM Qi Gong 11:15 AM <i>Project CHAT</i> 12:30 PM Studio Art 1:00 PM Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	15 9:00 AM Studio Art 9:45 AM Silver Sneakers Chair Class 11:30 AM Canasta 12:30 PM Studio Art	16 9:00 AM Bridge 9:00 AM Knit/Crochet 12:30 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 4:30 PM <i>Book Club</i>	17 St. Patrick's Day 9:45 AM <i>St. Patrick's Day Morning Social</i> 10:30 AM Silver Sneakers Chair Class THE CENTER CLOSSES AT NOON
20 Spring Begins 9:45 AM Silver Sneakers Chair Class 11:00 AM MYSTERY PRESENTATION - <i>Erie: You're Surrounded</i> 12:00 PM Pinochle	21 9:00 AM Chair Yoga 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	22 9:00 AM Studio Art 9:45 AM Silver Sneakers Chair Class 11:30 AM Canasta 12:30 PM Studio Art	23 9:00 AM Bridge 9:00 AM Knit/Crochet 12:30 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 4:00 PM <i>Take Back the Site Presentation and Discussion</i>	24 10:00 AM <i>TRIVIA (sponsored by Heritage Healthcare)</i> 10:30 AM Silver Sneakers Chair Class THE CENTER CLOSSES AT NOON
27 9:00 AM <i>Van Departs for Kraynak's & Lunch in Hermitage, PA</i> 9:45 AM Silver Sneakers Chair Class 12:00 PM Pinochle	28 9:00 AM Chair Yoga 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	29 9:00 AM Studio Art 9:45 AM Silver Sneakers Chair Class 11:30 AM Canasta 12:30 PM Studio Art	30 9:00 AM Bridge 9:00 AM Knit/Crochet 12:30 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong NO EVENING PROGRAM	31 10:30 AM Silver Sneakers Chair Class THE CENTER CLOSSES AT NOON



MARCH FUNDRAISER

Our March fundraiser will be **A Money Tree**. Tickets are **\$5 each**, available at the front desk of the Center, for a chance to win **\$100 in CASH**. The winner will be announced on **FRIDAY, MARCH 31st**. We will notify the winner by phone if they are not present at the Center. We hope everyone will participate. **THANK YOU** for your continued support of MHC!

MERCY HILLTOP CENTER STAFF

Dina Scribner, Executive Director

Jean Berarducci, Activities Coordinator

Michelle Fladd, Membership & Administrative Coordinator

Judy Bekeny, Registered Nurse

MERCY HILLTOP CENTER BOARD MEMBERS

Karen Karle, Board Chair

Amy Danzer, Board Co-Chair

Jennifer Agnello, Secretary

Laura Hellman, Treasurer

Dina Scribner, Executive Director

Carol Amann

Sr. Bernadette Bell, RSM

Sr. Mary Felice Duska, RSM

Brian Hennessy

Janet Kiehlmeier

Laura Myers

Margo Peters

Linda Voelker