



A Welcoming Community Since 1973

3715 Pennsylvania Ave
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 814-824-2214
 MercyHilltopCenter.com

Hilltop News

APRIL 2026



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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 FRIDAY, APRIL 3rd IN OBSERVANCE OF GOOD FRIDAY.



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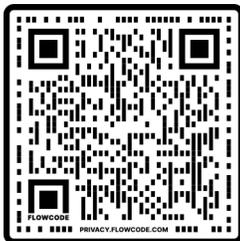
A Sponsored Ministry of The Sisters of Mercy

WELCOME SPRING FUNDRAISER

This month's fundraiser is *Welcome Spring Raffle* for a \$500 gift card tree! Pictured below is a variety of gift cards in different denominations to grocery stores, gas stations, restaurants, etc. that total \$500. Tickets will be available both at the Center and online starting on April 1st. Tickets will be sold online at www.mercyhilltopcenter.com on the [special events](#) page; this is A **PERFECT OPPORTUNITY TO SHARE THIS FUNDRAISER WITH FAMILY AND FRIENDS!** Tickets are \$10 each or three (3) tickets/chances to win for \$20. Thank you for helping to spread the word!

TO PURCHASE CHANCES ONLINE:

ON (or after) April 1st, SCAN THE QR CODE BELOW with a smart device camera to be directed to the *Special Events* page on the MHC website. SCROLL DOWN to *SPRING FUNDRAISER & CLICK, Get Spring Fundraiser Tickets Today!*



SAVE THE DATE

Save the Date for our **38th Annual Golf Outing at Venango Valley Inn and Golf on Wednesday, June 24th**. The Center will be closed on June 24th as all staff members work this annual all-day event, which is always a fun day for the participants. Even if you are NOT a golfer, **PLEASE SHARE THIS INFORMATION WITH YOUR FAMILY AND FRIENDS**. This is a major fundraiser for our Center. Brochures and registration forms will be available soon. Please call the Center to request a brochure, for additional information, and/or to register a team (*typically a foursome*)!

MERCY HILLTOP SENIOR CENTER - APRIL 2026

NURSE JUDY

Nurse



Nurse Judy is available for *in-person visits/appointments* on **MOST Tuesday and Thursday mornings**. When she is not in the office, however, she can **ALWAYS contact members by phone**. To arrange a time to speak with Nurse Judy, **please call 814-824-2214, extension 101. THANK YOU!**



PRODUCE AND FROZEN MEAL DELIVERY



ADVANCED ORDERS for both **PRODUCE** and made from scratch **FROZEN MEALS** is offered by *Legacy Pathways*. **PRICING** and **MEAL SELECTIONS** (seasonal) are available at the Center. **PRICING: Meals are \$8 each; if eight (8) or more meals are ordered, the cost drops to \$6 EACH.** Orders must be received **BY NOON on Mondays** and are delivered to the Center on **Wednesdays**. Check with our Front Desk for pick-up time. Questions? Please call 814-824-2214, extension 101. Thank you!



WELCOME NEW MEMBERS

WELCOME to our newest members of *Mercy Hilltop Senior Center*: Jane Asher, Bob Bogart, Helen Gesue, Patti Magers, Gayle McCausland, Barbara McNamara, Dale Michalski, Sally Newcomer, John Newlin, and John Vanella all joined MHC in February. Welcome to our Center; we look forward to getting to know you!

FREE EVENING CONSULTATIONS



Pat Tobey, our Social Worker, is available on Tuesday evenings for an appointment to assist with **documents, listening to personal concerns, giving advice, 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 (*My UPMC/My Chart*), and/or *social security.gov* accounts. Please call 814-824-2214, extension 101, to schedule an appointment.

IMPORTANT!
INFORMATION.

MEMBERSHIP DETAILS

Membership is open to individuals 60 years of age and older and to their spouses/partners, regardless of their age. Join today for only \$25 (\$45 for couples) with a discount always honored for Veterans.

PLEASE NOTE THE FOLLOWING UPDATED DETAILS REGARDING FITNESS CLASSES/GAMES/ART:

ALL FITNESS CLASSES are \$3 for members and \$5 for non-members

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

Beginner Painting Classes are \$24 for members and \$30 for non-members (*for the full three-week session*)

Bridge, Canasta, Mahjong, Mexican Train, and Pinochle - ALL GAMES - are \$1 for members and \$2 for non-members

Have *Silver Sneakers OR Renew Active* through your insurance provider? **If so, members' fitness classes are FREE!**

Please See Dawn at the Center Front Desk For Questions/Inquiries on Health Insurance Fitness Benefits

Does the Center have your email address? To receive email notifications on closings, special events, announcements, and important 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 offered. Consider helping the Center with *advanced planning*, which 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. As always, thank you for your support.

QUESTIONS? Please call **814-824-2214, extension 101** for clarification, to RSVP or 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 - APRIL 2026

TUESDAY DOLLAR MOVIES



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 PLAN TO ARRIVE EARLY to get your seat. MOVIES START PROMPTLY at 1:00 PM.**

- 4/7/26: ***The Sandlot*** (1993 - 1 hour / 41 minutes - Rated PG – Baseball Comedic Drama)
- 4/14/26: ***Flipped*** (2010 - 1 hour / 29 minutes - PG - Heartfelt Drama)
- 4/21/26: ***A League of Their Own*** (1992 - 2 hours / 7 minutes* - PG - Drama Based on True Story)
*PLEASE NOTE LENGTH OF MOVIE AND PLAN ACCORDINGLY!
- 4/28/26: ***Loving Leah*** (2009 - 1 hour / 35 minutes - PG - Romance)



THIS MONTH'S FEATURED ACTIVITIES, TRIPS & EVENTS:

WEDNESDAY, APRIL 1st at 10:30 AM - Van DEPARTS for the monthly **LUNCH OUTING** (Details on Page 5) **PLEASE NOTE: *The Park Coffee & Bread Co. in Lawrence Park is SMALL, so there is a LIMITED number of accommodations for this outing, DON'T DELAY* in signing up to either ride on the van OR to meet the group there!** Also, a ***limited menu*** will be offered (copies at Center) and all attendees ***must pre-pay*** to the Center's Front Desk. Lunch price includes lemonade or iced tea, coffee or tea and a pastry - more details are available at the Center. ***Van riders: kindly ARRIVE AT THE CENTER BY 10:15 AM for a timely departure!**

THURSDAY, APRIL 2nd at 9:00 AM - Van DEPARTS for shopping at **KRAYNAK's, DAFFIN'S CANDIES, and LUNCH at HICKORY GRILLE in Sharon, PA (\$5 van fee).** ***Please RSVP as soon as possible as THIS TRIP WILL FILL FAST. *Van riders: kindly ARRIVE AT THE CENTER BY 8:45 AM FOR A TIMELY DEPARTURE.**

FRIDAY, APRIL 3rd - CENTER IS CLOSED IN OBSERVANCE OF GOOD FRIDAY - Have a Blessed Easter!

THURSDAY, APRIL 9th at 3:30 PM - **PRESENTATION: *Titanic Chalk Talk*** with Second Officer Charles Lightholder (aka Gary Foster) as he brings alive the events surrounding the infamous sinking of the **RMS Titanic.** Second Officer Lightholder will share his **first-hand account of the tragic event** in **VIVID CHALK TALK ART.** You do not want to miss this unique event. ***Kindly RSVP as soon as possible for set-up purposes.**

MONDAY, APRIL 13th at 10:30 AM - **HEALTHY LIVING SUPPORT GROUP: *The Science of Hydration - Let's Talk About It!*** Important facts to consider regarding an individual's hydration needs. ***Kindly RSVP**

THURSDAY, APRIL 16th at 4:00 PM - **BOOK CLUB** discussing, ***The River is Waiting* by Wally Lamb.** PLEASE ALERT us if you are unable to attend a meeting, but want a book (s) ordered for you!

Next Meeting: Thursday, May 21st at 4:00 PM: ***The Soloist* by Steve Lopez.**

FRIDAY, APRIL 17th from 10:00 AM - 11:00 AM: **RENT / PROPERTY TAX REBATE ASSISTANCE** with Rep. Bob Merski's Office - helping members who meet qualification guidelines by filling out rebate forms. **PLEASE PICK-UP INFORMATIONAL FLYER AT CENTER FOR ADDITIONAL DOCUMENTS THAT ARE REQUIRED TO SUBMIT REBATE FORMS!** ***Kindly RSVP by Monday, April 13th** so enough forms/staffers can be provided.

MONDAY, APRIL 20th at **11:45 AM*** - **PET THERAPY** with **Finnegan, Taz, and Kody,** Certified through the **Alliance of Therapy Dogs** ALL ARE WELCOME to COME and RELAX with the pups!
***PLEASE NOTE NEW AND PERMANENT LATER TIME CHANGE!**

THIS MONTH'S FEATURED ACTIVITIES, TRIPS & EVENTS:

THURSDAY, APRIL 23rd at 4:00 PM - **PRESENTATION:** *Stay Steady and Independent* by Drayer Physical Therapy. Drayer's clinical team will lead a PRACTICAL DISCUSSION on causes of DIZZINESS and VERTIGO and treatments; designed to give you simple, ACTIONABLE steps to feeling confident and remaining steady on your feet! Plus, complimentary BALANCE ASSESSMENTS. *Kindly RSVP by Monday, April 20th.

MONDAY, APRIL 27th at 10:00 AM - **CRAFT WITH LOIS** - Sample Pictures Available at Center. \$2 Donation is Appreciated, but never Required. *Kindly RSVP AS SOON AS POSSIBLE as crafts fill up quickly!

THURSDAY, APRIL 30th at 4:00 PM - **MEET and GREET FAMILY NEST ESTATE SOLUTIONS.** Join us as Family Nest Estate Solutions, family-owned and LOCAL explains how their services, *helping families navigate through some of life's most challenging transitions* (downsizing, etc.) are done with care, clarity, and complete support. *Kindly RSVP by Monday, April 27th for hand-out and set-up purposes.

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

News & Notes



NEW! SENIOR FITNESS CLASS ADDITION

Try out a new *Senior Fitness* class now available on **MONDAY AND WEDNESDAY AT 8:00 AM**. While very similar to the classic *Silver Sneakers Class* (same equipment), this is one level higher. A chair can be utilized, but this class is modified for a chair-free workout. *NOTE: MHC doors will open (for THIS CLASS ONLY) PROMPTLY AT *7:50 AM*, which is PLENTY OF TIME for the limited set-up needed for this class.

YOGA CLASS ADDITION AND MONDAY TIME CHANGE

Starting in April, a *Chair Yoga* class will be added EVERY OTHER Friday at 10:45 AM; the same schedule as the Cardio class addition. The Monday *Chair Yoga* class will NOW start at 10:45 AM, rather than at 12 Noon. This is a permanent change to the schedule. The class will follow the *Silver Sneakers Fitness* class and will continue to be instructed by Tammy. Thank you for your understanding and consideration!

ARRIVAL FOR ACTIVITIES

With additional games and fitness classes being added, **PLEASE ALLOW TIME** between activities for the group prior to **CLEAN-UP AND EXIT** the room and building as well as time for the **ROOMS TO BE RESET** for the next activity/game/class. This will prevent traffic jams in the activity rooms and in the parking lot. If members arrive early to the Center, please enjoy our library/lobby and/or patio (weather permitting) until the activity room is emptied, set-up and ready. **THANK YOU FOR YOUR COOPERATION!**

MONTHLY HEALTHY LIVING SUPPORT GROUP

Join us for our member-driven support group focusing on preventative/proactive wellness to address all aspects of life: nutrition, fitness, relationships, stress, and sleep in a functional health approach! **Monthly meetings are held on the SECOND MONDAY OF EACH MONTH at 10:30 AM.** This month's meeting is on Monday, April 13th and we will be discussing, *The Science of Hydration*. Kindly RSVP.

QUESTIONS? Please call 814-824-2214, extension 101 for clarification, to RSVP, CANCEL, or SCHEDULE. THANK YOU!

MERCY HILLTOP SENIOR CENTER - APRIL 2026

MONTHLY LUNCH BUNCH OUTING

Our monthly *Lunch Outing* is *typically on the *FIRST* Wednesday* of each month. Holidays/special events and WEATHER can cause exceptions. Members can meet the group there (please sign-up with MHC) or ride on the MHC van for a nominal fee (see below), which SECURES YOUR SEAT and reservation. Accurate reservation numbers are required and must be received by MHC TWO (2) WEEKS PRIOR to the outing date. Reservations for the following month are accepted STARTING ON THE DATE LISTED BELOW. Reservations at the restaurant are under *Mercy Hilltop Center*; the time can vary. If you are unable to make it, PLEASE CALL THE CENTER TO ALERT US. Departure times are listed below. IF RIDING ON THE MHC VAN, KINDLY ARRIVE AT THE CENTER AT LEAST (15) MINUTES PRIOR TO DEPARTURE TIME. Menus are typically available at the Center for members to peruse beforehand. Upcoming Outings:

APRIL 1st: *The Park Coffee & Bread Co.* (4012 Main St, Lawrence Park) - Van Departs at 10:30 AM (\$2 van fee)

MAY 6th: *Madeline's Restaurant* (8844 Route 18, Cranesville, PA) - Sign-Up Opens 4/1/26 **(\$3 van fee)**

***PLEASE RSVP BEFORE THE DEADLINE & PLEASE CALL THE CENTER TO CANCEL YOUR RESERVATION**

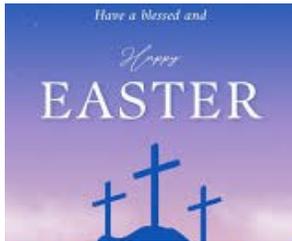
THURSDAY CHAIR YOGA CLASS SPONSORED BY SARAH REED

Thank you to *Sarah Reed Senior Living* for sponsoring our Thursday afternoon Chair Yoga Class. Thinking about trying Yoga? The spring season is a great time to try a class or two. We have multiple Yoga classes throughout the week. We warmly welcome our members to pop in and try any of our fitness classes!

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

SANDRA ABERANT	APRIL 2	RITA TIMON	APRIL 17
LORI UPLINGER	APRIL 2	MARGARET LEO	APRIL 19
DAMARIS HAINES	APRIL 3	MEI-YU WAGNER	APRIL 19
CONSTANCE DUSKAS	APRIL 4	BARBARA MCNAMARA	APRIL 21
ROBERT NIERATKO	APRIL 4	KATHY MIAZGA	APRIL 21
JEANNE MARAS	APRIL 6	REBECCA NESTOR	APRIL 21
JEFFERY LOPEZ	APRIL 7	SANDRA MILLER	APRIL 22
MARILYN RETTGER	APRIL 7	HEIDI ARNOLD	APRIL 23
ROBERTA YETMAN	APRIL 7	CONNIE JOHNSON	APRIL 23
JANE KELSEY	APRIL 9	LORI HONARD	APRIL 25
MARILYN MASSARO	APRIL 9	PATRICIA KOSOBUCKI	APRIL 25
MARILYN PHEASANT	APRIL 9	PATRICIA MONTGOMERY	APRIL 25
NANCY MARZKA	APRIL 10	NANCY PRICE	APRIL 25
KAREN OMNIEWSKI	APRIL 11	ORMA WINTEMUTE	APRIL 25
LAURA O'NEIL	APRIL 11	GINA ADAMS	APRIL 26
JUDY TRUITT	APRIL 11	SAM FLETCHER	APRIL 27
DAVID RHODES	APRIL 15	LINDA SUSAN WALCZAK	APRIL 27
TOMMIE STOVALL	APRIL 16	LYNNE WRIGHT	APRIL 27
LORRAINE WELLINGTON	APRIL 16	MICHELE EICHENLAUB	APRIL 28
JOYCE DEROSA	APRIL 17	KAREN STANTON	APRIL 29
LINDA FEIKLES	APRIL 17		



Monday	Tuesday	Wednesday	Thursday	Friday
 <h1 data-bbox="73 378 657 504">APRIL</h1>				
<p>6 New Class 8:00 AM Senior Fitness <small>(NEW! Details on page 4)</small> 9:00 AM Cardio Blast 9:45 AM Silver Sneakers 10:45 AM Chair Yoga* 12:00 PM Pinochle 2:30 PM Age of Elegance Ballet Class <small>*Please Note NEW Class Time</small></p>	<p>7 9:00 AM Chair Yoga 10:00 AM Painting Class 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Dollar Movie</p> 	<p>8 8:00 AM Senior Fitness 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers 11:00 AM Canasta & 500 12:30 PM Studio Art</p> 	<p>9 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Qi Gong 2:00 PM Chair Yoga 3:30 PM Presentation: Titanic Chalk Talk <small>(details on page 3)</small></p>	<p>3 CENTER IS CLOSED IN OBSERVANCE OF GOOD FRIDAY</p>  <p>10 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 10:45 AM Chair Yoga <small>(NEW! Details on page 4)</small></p>  <p>CENTER CLOSSES AT NOON</p>
<p>13 Senior Fitness Class 8:00 AM Senior Fitness 9:00 AM Cardio Blast 9:45 AM Silver Sneakers 10:30 AM Healthy Living Support <small>(details on page 4)</small> 10:45 AM Chair Yoga* 12:00 PM Pinochle 2:30 PM Age of Elegance Ballet Class</p>	<p>14 9:00 AM Chair Yoga 10:00 AM Painting Class 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Dollar Movie</p> 	<p>15 8:00 AM Senior Fitness 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers 11:00 AM Canasta, 500, & Mexican Train Game 12:30 PM Studio Art</p> 	<p>16 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Qi Gong 2:00 PM Chair Yoga 4:00 PM Book Club</p> 	<p>17 9:45 AM Silver Sneakers Fitness Class 10:00 AM - 11:30 AM Rent/Property Tax Rebates with Rep. Merski's Office <small>(page 3)</small></p>  <p>CENTER CLOSSES AT NOON</p>
<p>20 NEW! 8:00 AM Senior Fitness 9:00 AM Cardio Blast 9:45 AM Silver Sneakers 10:45 AM Chair Yoga* 11:45 AM Pet Therapy** 12:00 PM Pinochle 2:30 PM Age of Elegance <small>**PLEASE NOTE NEW TIME!</small></p>	<p>21 9:00 AM Chair Yoga 10:00 AM Painting Class 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Dollar Movie</p> 	<p>22 8:00 AM Senior Fitness 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers 11:00 AM Canasta & 500 12:30 PM Studio Art</p> 	<p>23 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Qi Gong 2:00 PM Chair Yoga 4:00 PM Stay Steady & Independent with Drayer Physical Therapy <small>(page 3)</small></p>	<p>24 9:00 AM Cardio Blast 9:45 AM Silver Sneakers Fitness Class 10:45 AM Chair Yoga <small>(NEW! Details on page 4)</small></p> <p>CENTER CLOSSES AT NOON</p>
<p>27 New Class 8:00 AM Senior Fitness 9:00 AM Cardio Blast 9:45 AM Silver Sneakers 10:00 AM Craft with Lois 10:45 AM Chair Yoga* 12:00 PM Pinochle 2:30 PM Age of Elegance Ballet Class</p>	<p>28 9:00 AM Chair Yoga 10:00 AM Painting Class 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Dollar Movie</p> 	<p>29 8:00 AM Senior Fitness 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers 11:00 AM Canasta & 500 12:30 PM Studio Art</p> 	<p>30 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong 1:00 PM Qi Gong 2:00 PM Chair Yoga 4:00 PM Meet & Greet with Family Nest <small>(page 4)</small></p>	 <p>APRIL Showers Bring MAY Flowers</p>

FUNDRAISER

APRIL WELCOME SPRING FUNDRAISER

Our April fundraiser is **WELCOME SPRING FUNDRAISER for \$500 GIFT CARD TREE**. A variety of gift cards in different denominations totaling \$500! Tickets will be available both at the Center and online starting on April 1st. Tickets are \$10 each or three (3) tickets/chances to win for \$20. **Additional details are on the front page of this newsletter. THANK YOU FOR YOUR CONTINUED SUPPORT OF OUR SENIOR CENTER!**

MERCY HILLTOP SENIOR CENTER STAFF

Dina Scribner, Executive Director
Dawn Johnson, Membership Coordinator
Pat Tobey, Social Worker

Jean Berarducci, Activities Coordinator
Judy Bekeny, Registered Nurse

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Laura Myers, Board Co-Chair
Laura Hellman, Treasurer
Carol Amann
Tom Erickson
Brian Hennessy
Linda Mackowski

Amy Danzer, Board Co-Chair
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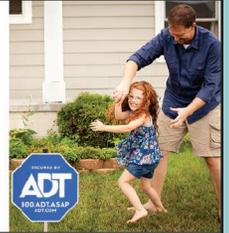
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14-1530