



A Welcoming Community Since 1973

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MercyHilltopCenter.com

A Sponsored Ministry of The Sisters of Mercy

# Hilltop News

## FEBRUARY 2026



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### CENTER HOURS

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

Friday:  
8:00 AM - 12:00 PM

### **SARAH REED TO SPONSOR THURSDAY YOGA**

Thank you to *Sarah Reed Senior Living* for Sponsoring our Thursday afternoon Chair Yoga Classes at Mercy Hilltop!



We welcome Jeanne Espey as our new Yoga Instructor for the Thursday 2:00 PM Class. Jeanne is a social worker at *Sarah Reed Senior Living*, working there since 1991 (34 years). She is a past MHC Board Member and currently serves on the Mercy Terrace Board. Jeanne has been teaching basic and chair yoga since 2017 and has completed 200 hours of Yoga Training. She is also a long-distance runner, completing 29 marathons. Jeanne loves teaching yoga and strives to keep it fun while respecting the philosophy of the mind-body-spirit connection. Her chair yoga class is a gentle form of yoga using mostly seated poses, with some standing as well. The class is designed to maintain joint mobility, stretch and strengthen the body using the chair for support. Chair yoga moves include versions of twists, hip stretches, forward bends, and upper body range of motion. We encourage members to take her classes. To know Jeanne is to love her! Again, welcome to Jeanne and a great big THANK YOU to Sarah Reed!



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# MERCY HILLTOP SENIOR CENTER - FEBRUARY 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

FRESH & LOCAL  
PRODUCE

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. **WINTER SELECTIONS ARE HERE! 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*. L. Susan Walczak and Leigh Kostis joined MHC in December. Welcome to our Center; we look forward to getting to know you!

## FREE EVENING CONSULTATIONS

FREE  
CONSULTATION

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.

*Ballet.Barre?Cardio.Blast?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*)

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

*Bridge?Canasta?Mahjong?and Pinochle* is \$1 for members and \$2 for non-members

With **SILVER.SNEAKERS.OR.RENEW.ACTIVE?**through your insurance provider, **MHC 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

# MERCY HILLTOP SENIOR CENTER - FEBRUARY 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..*

2/3/26: *Dog.*(2022 - 1 hour / 41 minutes - Rated PG-13 – Comedic Drama)

2/10/26: *The.Lost.Children*(2024 - 1 hour / 36 minutes - PG-13 - Docu-Drama)

2/17/26: *Cheaper.by.the.Dozen.*(2003 - 1 hour / 38 minutes - PG - Family Comedy)

2/24/26: *Cheaper.by.the.Dozen.8.*(2005 - 1 hour / 33 minutes - PG - Family Comedy)



## THIS MONTH'S FEATURED ACTIVITIES, TRIPS & EVENTS:

WEDNESDAY, FEBRUARY 4th at 10:30 AM - Van DEPARTS for the monthly **LUNCH OUTING** (Details are on Page 5) \*PLEASE ARRIVE AT THE CENTER BY 10:15 AM FOR A TIMELY DEPARTURE!

THURSDAY, FEBRUARY 5th at 3:30 PM - **INFLAMMATION: The.Hidden.Driver.of.Common.Health.Concerns?** by Elizabeth Kelly, Certified Functional Health Coach. Arthritis/joint pain, heart disease, diabetes, autoimmune, digestive issues, fatigue, and memory changes can all stem from: *chronic.inflammation*. What is inflammation and why does it increase with age, affect pain, energy, and overall health? **Inflammation is an avoidable part of aging.** This session explains how hopeful and small changes can improve comfort, mobility, and vitality!

FRIDAY, FEBRUARY 6th at 9:00 AM - **PANCAKE BREAKFAST\*** Provided by *Legacy.Pathways*. \*Kindly RSVP by MONDAY, FEBRUARY 2nd. \*Cost is \$6 per person payable to the Center or to Legacy on the day of.

MONDAY, FEBRUARY 9th at 10:30 AM - **HEALTHY LIVING SUPPORT GROUP: .Tips.to.Combat.Seasonal...Depression.** Join us as we discuss how to overcome the Winter Blues naturally. \*Kindly RSVP.

THURSDAY, FEBRUARY 12th at 3:30 PM - **THE NEW FOOD PYRAMID: Eating.to.Calm.Inflammation.and.Feel.Better?** by Elizabeth Kelly, Certified Functional Health Coach; You'll learn simple, realistic ways to use food to reduce inflammation, support healthy aging, and feel better without a "diet or rules" to follow. \*Kindly RSVP.

FRIDAY, FEBRUARY 13th at 10:45 AM - **VAN DEPARTS FOR THE ANNUAL ICA FREE VALENTINE'S DAY LUNCHEON AT The.Ambassador.Ballroom..\*** PLEASE ARRIVE AT THE CENTER BY 10:30 AM

MONDAY, FEBRUARY 16th at 10:45 AM - **PET THERAPY** with *Finnegan?Taz?™.Kody?*Certified through the *Alliance.of.Therapy.Dogs..* **ALL ARE WELCOME** to COME and RELAX with the pups!

THURSDAY, FEBRUARY 19th at 4:00 PM - **BOOK CLUB** discussing, *Just.Mercy* by Bryan Stevenson.

**PLEASE ALERT** us if you are unable to attend a meeting, but want a book (s) ordered for you!

Next Meeting: Thursday, March 19th at 4:00 PM: *Culpability* by Bruce Holsinger.

MONDAY, FEBRUARY 23rd at 10:00 AM - **CRAFT.with.LOIS.-**Sample Pictures available at the Center...\*Space is limited so kindly RSVP as soon as possible as crafts FILL QUICKLY!

FRIDAY, FEBRUARY 27th at 9:00 AM - **INTRODUCTION TO NEW AHN HOMECARE SERVICES** with Erica Cipriani. *What.is.AHN.Healthcare.at.Home?Who.Qualifies.for.it?and.Who.Benefits.from.their.Services?*.....Join us to find out! Refreshments will be served. \*Kindly RSVP by Monday, February 23rd.

# **News & Notes**

## **NO CHAIR YOGA CLASS ON FEBRUARY 2nd**

Please note that there is NO CHAIR YOGA class on Monday, February 2nd at 12 Noon. Our instructor will be out of town and our subs are not available to teach on this day. Thank you!

## **THANK YOUR FOR REMOVING WET BOOTS/SHOES**

Thank you for removing your wet boots/shoes BEFORE entering the rooms with vinyl tile flooring. Doing so protects fellow members from slipping and/or falling, which is **ALWAYS OUR MOST IMPORTANT PRIORITY!** It also helps the Center from needing to replace flooring every few years due to the harsh salt. Although the salt is absolutely needed outside, it is **VERY CORROSIVE and DAMAGING TO THE FLOORING inside.** We have **several boot trays at the entrances as well as fuzzy socks with grippers** if members should forget their dry footwear. Again, many thanks for your cooperation and understanding in this matter!

## **WELCOMING THE NEW YEAR**

The Center is excited to get back to a regular schedule in this new year with our fun classes, games, and activities! With that being said, **we are asking members to please give us time in between activities** to get the rooms re-set for the next group. Please plan to arrive **NO EARLIER THAN 15 MINUTES PRIOR to your activity/game/class.** Allowing the group prior to clean up and exit the building will prevent traffic jams in the parking lot and in the activity rooms. **THANK YOU FOR YOUR COOPERATION AND UNDERSTANDING!**

## **FITNESS SCHEDULE ADDITION**

An additional ***Cardio.Blast*** class will be offered starting on **Friday, February 13th at 9:00 AM** and will be scheduled **EVERY OTHER FRIDAY** moving forward. Be sure to check the newsletter for the schedule!

## **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, February 9th and we will be discussing, ***How.to.Combat.the.Winter.Blues;*** Please RSVP.

## **AGE OF ELEGANCE BALLET TEMPORARY SCHEDULE CHANGE**

The ***Age.of.Elegance.Ballet.Class*** is on Monday afternoon at 2:30 PM until **May of 2026.** Stay tuned to the monthly newsletter for the date in May when it resumes its normal Tuesday afternoon schedule. Thank you!

## **FEELING UNDER THE WEATHER**

Let's keep EVERYONE healthy this year! **Reminder: please do NOT come to the Center with any SYMPTOM (S) of ANY VIRUS/INFECTION.** This includes ANY symptoms of ANY ILLNESS! If you are unsure that you may be fighting something, 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!**

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

# MERCY HILLTOP SENIOR CENTER - FEBRUARY 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 or ride on the MHC van for a nominal fee (see below). The van fee paid to MHC SECURES YOUR SEAT. Restaurants require accurate reservations that must be received no later than two (2) WEEKS PRIOR to the outing date. Reservations for the following month's lunch **ARE ACCEPTED STARTING ON THE DATE LISTED BELOW**. Reservations at the restaurant are under *Mercy.Hilltop.Senior.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 (70) MINUTES PRIOR TO DEPARTURE TIME.** Menus are typically available at the Center for members to peruse beforehand. **Upcoming Outings:**

FEBRUARY 4th: *Dave's.Diner.*(431 Peach Street, Erie) - Van Departs at 10:30 AM (\$2 van fee)

MARCH 4th: *Ricardo's.Restaurant.*(2112 East Lake Road, Erie) - Sign-Up Opens 2/2/26 (\$2 van fee)

**I PLEASE.RSVP.BEFORE.THE.DEADLINE."".PLEASE.CALL.THE.CENTER.TO.CANCEL.YOUR.RESERVATION**

## SEVERE WEATHER CLOSURES

In the case of severe weather/dangerous conditions, MHC will report the Center's closing to the local news stations. We will also place an alert on the Mercy Hilltop Center Facebook page and members may receive an email alert. We simply do not have the capability of contacting 500 members due to weather-related closing, so please check the above outlets (perhaps it will be listed on their website only) BEFORE heading to the Center to make sure that we are indeed open on icy, bitter cold, and/or snowy days. **THANK YOU** for understanding!



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

JONI BLACKMAN	FEBRUARY 1	DONNA HUFF	FEBRUARY 16
SHERRY MAXWELL	FEBRUARY 2	KATHLEEN TARASOVICH	FEBRUARY 16
CAROLE HERMANN	FEBRUARY 3	BARBARA ANDERSON	FEBRUARY 18
CAROL ALLEN	FEBRUARY 4	PHYLLIS WEAVER	FEBRUARY 18
BARBARA BAUDA	FEBRUARY 4	KATE CHALUPCZYNSKI	FEBRUARY 19
PAT LACEY	FEBRUARY 4	BERNARD FITCH	FEBRUARY 19
STEVE SZYMANSKI	FEBRUARY 4	ARTHUR SANDY	FEBRUARY 19
PATRICIA WIGHAM	FEBRUARY 4	TISH WELLS	FEBRUARY 20
LOUISE WOLFRAM	FEBRUARY 5	KAREN SULLIVAN	FEBRUARY 23
JOYCE DAUGHERTY	FEBRUARY 8	BILL FEEHLEY	FEBRUARY 24
PATRICIA JASKIEWICZ	FEBRUARY 8	BRENDA MCWILLIAMS	FEBRUARY 24
PATRICIA MIELNIK	FEBRUARY 8	KATHLEEN FRISINA	FEBRUARY 26
JACK DONOVAN	FEBRUARY 9	NANCY MAXEINER	FEBRUARY 26
PATTY HEARD	FEBRUARY 9	CHRISTINE GREEN	FEBRUARY 27
CAMILLE CANCILLA	FEBRUARY 11	KAREN HUEY	FEBRUARY 28
CHRISTIANE GORNDT	FEBRUARY 15	MARY ANN MATLOCK	FEBRUARY 28



Monday	Tuesday	Wednesday	Thursday	Friday
February				
<b>2 Groundhog Day</b> 9:00 AM Cardio Blast 9:45 AM Silver Sneakers <b>NO CHAIR YOGA TODAY!</b> 12:00 PM Pinochle <b>2:30 PM Age of Elegance Ballet Class*</b>   *Please Note <u>Temporary</u> Change of Class Day/Time	<b>3</b> 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 	<b>4</b> 9:00 AM Cardio Blast 9:00 AM Studio Art 9:45 AM Silver Sneakers <b>10:30 AM Van Departs for Monthly Lunch Outing (details on page 5)</b> 11:00 AM Canasta & 500 12:30 PM Studio Art	<b>5</b> 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong <b>1:00 PM Qi Gong*</b> <b>2:00 PM Chair Yoga*</b> <b>3:30 PM Inflammation (details on page 3)</b> *Please Note NEW and PERMANENT Class Schedule!	<b>6</b> <b>9:00 AM Pancake Breakfast with Legacy (\$6 per person)</b> 9:45 AM Silver Sneakers Fitness Class   <b>CENTER CLOSES AT NOON</b>
<b>9</b> 9:00 AM Cardio Blast 9:45 AM Silver Sneakers <b>10:30 AM Healthy Living Support (details on page 4)</b> 12:00 PM Chair Yoga 12:00 PM Pinochle <b>2:30 PM Age of Elegance Ballet Class</b> 	<b>10</b> 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 	<b>11</b> 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 	<b>12</b> 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong <b>1:00 PM Qi Gong</b> <b>2:00 PM Chair Yoga</b> <b>3:30 PM The New Food Pyramid and How YOU can Benefit (details page 3)</b>  <b>CENTER CLOSES AT NOON</b>	<b>13</b>  <b>9:00 AM Cardio Blast (NEW! Details on page 4)</b> 9:45 AM Silver Sneakers Fitness Class <b>10:45 AM Van Departs for ICA Valentine's Day Lunch (details on page 3)</b>  <b>CENTER CLOSES AT NOON</b>
<b>16 Presidents' Day</b> 9:00 AM Cardio Blast 9:45 AM Silver Sneakers <b>10:45 AM Pet Therapy</b> 12:00 PM Chair Yoga 12:00 PM Pinochle <b>2:30 PM Age of Elegance Ballet Class</b> 	<b>17</b> 9:00 AM Chair Yoga 10:00 AM Painting Class 12:30 PM Studio Art 1:00 PM Dollar Movie 	<b>18</b> 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 	<b>19</b> 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong <b>1:00 PM Qi Gong</b> <b>2:00 PM Chair Yoga</b> <b>4:00 PM Book Club</b> 	<b>20</b> 9:45 AM Silver Sneakers Fitness Class   <b>CENTER CLOSES AT NOON</b>
<b>23</b> 9:00 AM Cardio Blast 9:45 AM Silver Sneakers <b>10:00 AM Craft with Lois (Sample Pictures at the Center)</b> 12:00 PM Chair Yoga 12:00 PM Pinochle <b>2:30 PM Age of Elegance Ballet Class</b> 	<b>24</b> 9:00 AM Chair Yoga 10:00 AM Painting Class 12:30 PM Studio Art 1:00 PM Dollar Movie 	<b>25</b> 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 	<b>26</b> 9:00 AM Bridge 9:00 AM Knit/Crochet 12:00 PM Mahjong <b>1:00 PM Qi Gong</b> <b>2:00 PM Chair Yoga</b> 	<b>27</b> <b>9:00 AM Cardio Blast (NEW! Details on page 4)</b> <b>9:00 AM Introduction to AHN Homecare Services (details on page 4)</b> 9:45 AM Silver Sneakers Fitness Class   <b>CENTER CLOSES AT NOON</b>

# MERCY HILLTOP SENIOR CENTER - FEBRUARY 2026 - 7

**FUNDRAISER**

## FEBRUARY FUNDRAISER

February's fundraiser is **JOKER'S WILD**. A full deck of cards, with **ONE JOKER** is posted on a board, face down. Players select their card (s) for **\$5 each** by writing their name on it, with the winner being whomever chose the **JOKER CARD!** **If all (53) cards are purchased, the winner takes home \$132.50!** **WINNER WILL BE NOTIFIED on Friday, February 27th.** **THANK YOU FOR YOUR CONTINUED SUPPORT OF OUR 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

Laura Myers, Board Co-Chair

Bethany Woods, Secretary

Laura Hellman, Treasurer

Dina Scribner, Executive Director

Carol Amann

Sr. Mary Felice Duska, RSM

Tom Erickson

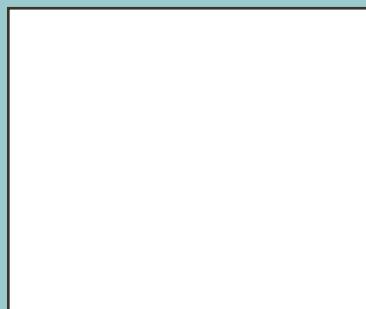
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Brian Hennessy

Janet Kiehlmeier

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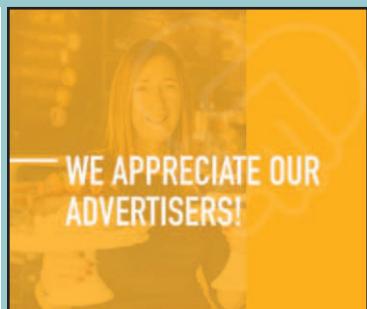
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Arlene Petruso, BC-HIS

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**(800) 888-4574 x3107**

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