

SENIOR SCENES

2024 --- APRIL --- 2024

Volume 26 Issue 4

April 2024

!!!!SPRING HAS SPRUNG!!!!

"APRIL SHOWERS BRING MAY FLOWERS":

Well, let's take a look at when this popular phrase originated; It seems that it may date back to a poem written by poet **Thomas Trusser** in the 1500's!! One of the sentences of the poem read: "**Sweet April showers, do spring May flowers**". In 1897, poet **Leslie Brooke**, penned the following phrase in his poem: "**March winds and April showers bring forth May flowers and June bugs**". In 1921, **Louis Silvers and Buddy DeSylva** decided to write the music and words to the ever popular "**April Showers**" from the Broadway show "**Bombo**" sung by **Al Jolson**.

So, does it really rain a lot in April? Well, yes?!? According to **AccuWeather** (you didn't really think I knew this stuff myself?), "**due to the 'jet stream'** (band of strong winds that occurs during the month of April that moves northward)" that it cause changes in the air pressure creating *cumulus clouds* which, in turn, makes rain showers. There are numerous other causes, i.e. changes in the temperature of the sea, etc. April is not the rainiest month; however, the rains are short and intense. The change in temperature (higher temps) coupled with the showers help the yearly flowers grow and blossom. AND, what are some of those perennials? Well, daffodils, tulips, creping phlox, lilacs, hyacinth, crocus, violets, and sweet peas are just a few.

"So just keep looking for a bluebird and listening for his song whenever April showers come along"—
Oh, come on, you all know the lyrics & music to the song, hum or sing along with me!!!

Happy Spring!!

APRIL SHOWERS BINGO

Friday, April 12, 2024

1 – 3 pm

\$10.00 per person *

(NON-REFUNDABLE PAYABLE IN CASH WHEN YOU SIGN UP)

Only 60 Tickets will be sold

(Tickets available in YOUR Center Office

Flyers available when you sign-up)

***Price includes one packet of 10 games, hotdog, chips, & pop, & 1 each special; extras will be available.**

**Prizes: regular games-\$10.00 or \$5.00 each winner; specials-\$25.00 or multiple players split
JACKPOT -- \$100.00 or multiple players split**

Your support will help with getting a NEW Bingo Machine

Snippets:

WELCOME: you may have noticed there is another new “face” in YOUR Center. Her name is Victoria and she is part of the IT (Municipal Information Technology Dept.). Her main office is the Municipal building, but she is based here. Remember to say “HI” when you see her.

DANCE PARTY: **Tuesdays from 11:30 am-12:30 pm**—there is still some room for a few more seniors to come and this innovative ‘exercise’ class. Ms. Barnes is well versed in all aspects of dance and knows how to incorporate it into an enjoyable experience. Please stop by and try it out!!

Senior Veterans Group: The next meeting will be on **THURSDAY, APRIL 25, 2024.** Please make note of the change in the date. Reminder: Veterans Fish Rodeo is Wednesday, May 8, 2024.

SENIORS FOR SAFE DRIVING 2024 CLASS SCHEDULE: The next date will be on **TUES., JULY 23rd, to register please continue reading.** There are 3 ways to register: call **1-800-559-4880**; register at www.seniorsforsafedriving.com; or ask for a registration form in YOUR Center office which can be sent in. The price is \$17.00 per student (check made payable to SFSD).

OPT Drop-Off & Pick-Up Areas: ALL Center OPT drop off points at YOUR Center are to be at the MAIN entrance door (parking lot door) and all return trips are to be at YOUR Center at the Main entrance door (parking lot door). Still having a problem with people staying in YOUR lunchroom after bingo!! Thank you to those who use this service for your cooperation. (Sick of seeing this? Well, it will remain until you all cooperate!).

ANNOUNCEMENT: Our Annual Penn Hills Senior Service Center & McKinley Senior Satellite Site Volunteer Luncheon will be held on **SATURDAY, JUNE 8, 2024 from 2 to 5 pm** here at YOUR Senior Center. It will be less ‘formal’ and comfortable and fun! We decided to change it up a little and have a **PICNIC** style catered luncheon with a super yummié menu (in next month’s newsletter). A volunteer must have recorded a minimum of **50** hours for **2023**. Lena and Jan have names of the volunteers for 2023 and the recorded number of hours for 2023 (a copy will be made available to MaryAnne also). Please check with one of them for your information. Michele will have the tickets beginning Monday, May 6, 2024, thru Tuesday, May 28, 2024. Tickets are free to the Volunteers, if you want to bring a guest the ticket will be \$20.00 (non-refundable). A lot of thought has gone into the planning and all details will be shared in May’s newsletter. **NOTE:** both the Jefferson lunchroom and McKinley sites now have co-pilot machines for you to enter your daily activity, etc., lunch, bingo, Lunch & Learn, and if you are a lunchroom volunteer, i.e. kitchen server, cleaning trays, calling bingo, collecting for bingo, etc. you should be entering the information. If unsure, PLEASE ask Linda or MaryAnne for assistance. The entering of this data is very, very important. If you are coming for any of the activities, i.e. exercise, line dancing, ceramics, tai chi, yoga, softball, veterans meeting, etc., please stop at the desk located outside the Center office and enter your information at that location.

FOR ANYONE NEEDING REBATE ASSISTANCE, REGISTRATIONS, ETC., this service is available BY APPOINTMENT ONLY on Tuesdays and Thursdays between 10 am and 2 pm. For an appointment, please call Michele at 412-244-3400. Remember: have your PAID property, county and school tax receipts, your proof of income, i.e., social security, pension, interest—anything that you would report on an Income tax form as income, etc. If you are a renter, have either a statement from your landlord showing the total rent paid for 2023 or a paid receipt for each month, proof of income as stated above. For those that may not know, the maximum income for both the property and rent rebate has been changed to **\$45,000.00**. June 30, 2024, is the deadline, but in previous years this deadline has always been extended. We will let you know if that is the case. **Last time in newsletter.**

JEFFERSON CENTER APRIL TRIPS

REMEMBER- Sign-up Sheets for all trips will be on the counter at Michele's desk. Sign-up will be on a 'first come, first served' basis; so, if you are planning on making the trip, come early to sign-up. The cost of any tickets will be due in cash, in full at sign-up. If you have any questions, please call Lena at 412-244-3405 or Michele at 412-244-3400. **Also, there are some trips that require a lot of walking, etc. If you use a cane, walker or wheelchair make sure you will be able to participate. We try to include everyone, but sometimes we find there are problems.**

Saturday, April 6: Three Rivers Community Band Festival: we will travel to Franklin Regional High School Auditorium for an afternoon of terrific music hosted by **Jim Cunningham of WQED-FM.** There will be free refreshments following the concert. Leave Center at 12:30 pm with a return pickup at

Thursday, April 18 : Let's Eat Out Group: will be going to **John Anthony in Plum.** For those who want a change this is a really good local restaurant with a wide selection of good food. Leave the Center at 3:30 pm with a return pick up of 6:00 pm—ample time to enjoy a good meal.

Friday, April 19: Rivers Casino: leave Center at 11:00 am, return pickup at 4:30 pm!!

Saturday, April 20: Legacy Theater presents: Michael Buble' Tribute starring Scott Keo: who brings the music of *Michael Buble'* to life with every performance. This will be an evening performance with a start time of 7:30 pm so we will leave at 6 pm with a return pick up of 9:00 pm. **Tickets are \$25.00; HOWEVER, there is a \$1.00 charge which makes it \$26.00 + .03% of that amount making the cost of each ticket \$26.78 per person (non-refundable) payable in full in cash (correct amount (we cannot make change) when you sign up.** We can no longer call & reserve tickets, they have to be purchased at least a **MONTH** in advance by charge. Again, if you cannot use your ticket, you can sell it to someone else—the Center and Legacy **DO NOT** refund the price of the ticket. **ALL** money goes directly to Legacy. If you are interested, please sign-up and pay no later than

Friday, April 26: Bayernhof Musical Museum: if you love music, then you will love the many **MUSIC BOXES** on display here. Cost is \$10.00 (pay at the door, so have the right amount of CASH). There is a lot of walking and some steps, so wear good shoes. The tour begins at 10:30 am, so we will leave at 9:30 am, with a return pickup at 1:30 pm.

SHOPPING TRIP

THURSDAY, APRIL 18, 2024: WAL-MART TRIP: Leave Center at 11 am & return at 2:30 pm. Sign-up sheets are near **YOUR** Lunchroom office.

You Are Invited

We are very fortunate to have a Tai Chi instructor who has been in the forefront of bringing this relaxing but very beneficial activity to **YOUR** Center. Classes are held on Mondays from 12:30-2:00 pm. There is **NO** charge for participation. Stop by and check it out.

LUNCH AND LEARN

SPECIAL NOTE: It has appeared in this column in the past & thought that everyone understood WHY we have Lunch & Learn so often during the month. Lunch & Learn is a part of our contract with the Allegheny County Area Agency on Aging. It has been observed that seniors are loud, too busy playing cards/games, making noise moving their chairs, etc., ALL of this being done during a presentation. The professionals who take their time, in many cases, bringing something to eat or handouts are INSULTED and it leaves a bad impression of YOU and YOUR Center. If it is so very hard for you to take part in the program, PLEASE FEEL FREE to get up and go to another part of the building, leave until the program is over & return for lunch OR do not come to YOUR Center until 11:15 which is usually the time the program is winding down/completed. It is exceedingly hard to have this in the newsletter for all to see, but it will remain as a constant reminder. **NO LUNCH & LEARN, NO PARTICPATION, NO PROGRAM REIMBURSEMENT, NO CENTER!!!**

Wednesday, April 10: Sharon, from the Pitt Legal Dept. will be here to speak on different legal services available for seniors. Program begins at 10:30 to 11:30 am in YOUR Center lunchroom.

Wednesday, April 17: Dante, from the Medicine Shoppe Pharmacy will be here to talk about prescription interaction with certain foods. Attendance may help you on your journey to better health. As always, program begins at 10:30 to 11:30 am.

Friday, April 26: Abby Sperer, RDM, Registered Dietician will be here to present a program on low car diets and better foods for breakfast to leave you feeling better and have MORE energy. So make plans to be here to listen & learn. Presentation will begin at 10:30 to 11:30 am.

Tuesday, April 23: A speaker from the Greater Pittsburgh Community Food Bank will be here to share important information regarding the SNAP Program (formerly known as the Food Stamp Program). You will learn what SNAP is, the eligibility guidelines, how to use the SNAP benefits, and the frequently asked questions. There will be handouts/flyers available for those interested. Be here by 10:45 to 11:30 am—guess where—yep, YOUR Center lunchroom.

Looking Forward to MAY:

Tai Chi for Arthritis & Falls Prevention: this class was originally scheduled to begin in April, but they are having a problem finding an instructor. It is on HOLD at this time. We are still hoping it will happen will help us fulfill that requirement for the year. Class size: minimum 12 and maximum 15.

May is OLDER AMERICANS MONTH: on Friday, May 17, 2024, the Penn Hills Senior Service Center and our wonderful friends at Juniper Village will be holding a Senior Fair in YOUR Center Activity Room 1st floor. Our friend, Sheri from UPMC will be here with the UPMC van to offer some test, i.e. bone density, blood pressure, etc. This is all FREE. Make plans to attend, stay for lunch and show your support. This will also serve as our Open House for Older Americans Month and there may be visitors from other senior centers here. There will also be opportunities for our seniors to travel to other Centers via OPT during the month of May—but there will be more information next month.

McKinley Messenger

.....MaryAnne Sciallo

Let's start off the month with a little something to make you laugh...What did the right eye say to the left eye? Between you and me something smells.

It's a fresh new start....Here are 8 pieces of wisdom that can change your life. Words are powerful, use them wisely. People come and go, but the right ones stay. You are doing enough even if it doesn't feel like it. Failure is when you don't try. Random acts of kindness make everyone feel better. Live for today, not for tomorrow. Never look back, there is nothing there for you. Overthinking kills happiness. Spring forward with a positive heart.....

We made it through winter....Do not lose hope. Please believe that there are a thousand beautiful things waiting for you. Sunshine comes to all who feel rain.....R.M. Drake

McKINLEY REGULAR & SPECIAL ACTIVITIES

Starting now and all through summer, I will be making fresh brewed iced tea! It's a healthy way to stay hydrated!

Mondays – 9 a.m.: Art Class w/MaryAnn.

Thursdays -- 10:15 a.m.: Chair Yoga w/Debbie

Mondays April 1,8, & 15 – 10:00 a.m.: CCAC Class—Boost Your Brain w/Penny.

Friday, April 15 -- 9:30 a.m.: CCAC Arts & Crafts Class—w/Penny.

Friday, April 12,19, & 26 – 10:00 a.m.: CCAC Class Creative Thinking w/Penny. This class wasn't offered by CCAC, but Penny is doing it special for us! It should be a lot of fun. Anything we do with Penny is fun!

Friday, April 26 – 9:15 a.m.: Book Club. Make a note, there will be NO Book Club for the month of May.

McKinley Center Trips

Wednesday, April 13: we will travel by OPT to the Red, White Blue Thrift Shop in Avalon. Leave after lunch at 12 noon and have a return time from there at 2:15 p.m.

Friday, April 12: we will travel to Ladel's Restaurant in Springdale. We will either go by OPT or carpool. We will have 6:15 reservations.

Saturday, April 20: we travel OPT to the Legacy Theater in North Hills for A Tribute to Michael Buble'. We will leave the Center at 1 p.m. for a 2 p.m. show. Cash payment of \$26.78 (please have the correct amount) is due by April 5 and is NON-REFUNDABLE. Tickets are \$25.00; HOWEVER, there is a \$1.00 charge which makes it \$26.00 + .03% of that amount making the cost of each ticket \$26.78 per person (non-refundable) payable in full in cash (correct amount).

.....continued on Page 6

McKinley Messenger..... continued from Page 5

LOOKING FORWARD TO MAY

Next month activities/events/trips will all be scheduled BEFORE May 21 and AFTER June 5.

Friday, May 3: CCAC Craft Class

Friday, May 10: Mother's Day Party

Friday, May 10: LAST CCAC Creative Thinking Class

Friday, May 17: Cindy, our favorite ventriloquist will be here. I wanted us to do something really fun and special before I leave on my trip. We won't be having Cindy here again for quite some time as she only has a couple skits. So, take advantage of this very funny and unique program. She is soooo hilarious. This party should hold you over until we are together on Thursday, June 6.

Please read the notice regarding the Annual Volunteer Luncheon on Page 2. If you are a volunteer making your summer plans and would like to attend, make note of the information.

NOTE TO MCKINLEY PARTICIPANTS: it is unsure at this point if our McKinley Senior Satellite Site will be open, with Jefferson staff covering for 11 days I will be away in late May & early June, or if we will be closed until I return. As soon as I know, you will know.

ACTIVITIES - APRIL - 2024

JEFFERSON: Lunch - 11:30 am - Bingo 12noon
412-244-3410 -412-244-3401

Monday:

Coloring Nook – 8 –11 am
Ceramics – 9 - 11 am
Fitness Matters – 10 - 11 am
Aquaerobics – 10 - 11 am
Tai-Chi – 12:30 – 2 pm
Mexican Train Dominoes – 1–2:30 pm
Yoga – 2:30 – 3:45 pm

Tuesday:

Coloring Nook - 8 - 11 am
Scrabble - 9:30 - 11:30 am
Line Dancing - 10 - 11 am
DANCE PARTY – 11:30 – 12:30
Mexican Train Dominoes - 1 - 2:30 pm
Cards/Games - 1 - 3:30 pm

Wednesday:

Coloring Nook - 8 - 11 am
Fitness Matters - 10-11 am
Ceramics Class 1 - 9-12 noon
Ceramics Class 2 - 11 am - 2 pm
Aqua Aerobics -10-11 am
Table Tennis (Ping-Pong) 1 – 3:00 pm

Thursday:

Coloring Nook - 8 - 11 am
Quilting Group - 9 - 11 am
Chair Exercise –10-11:30
Line Dancing - 10 - 11 am
Cards/Games - 1 - 3:30 pm

Friday:

Coloring Nook- 8 -11 am
Scrabble - 9:30 - 11:30 am
Bible Study-10-11 am
Aquaerobics - 10 - 11 am
Pinochle – 9:00 – 4:00 pm
Cards/Games - 1 - 3:30 pm

McKINLEY: Lunch -11 :30 am -Bingo or 31-
12 noon
412-828-5888

Monday:

Coffee Clutch - 9:15 am
Art Class - 9 am (every Monday)
Puzzles
500 Rummi
31 -12 noon
Socialites Weigh-In - 4:30 – 5:15 pm
Meeting - 5:15 - 6 pm

Tuesday:

Coffee Clutch - 9:15 am
Blood Pressure w/Mary - 9:30 am
Puzzles
Pokeno - 10 am
Bingo - 12 noon

Wednesday:

Coffee Clutch - 9:15 am
Puzzles
Michigan Rummy - 10 am
31 -12 Noon

Thursday:

Coffee Clutch - 9:15 am
Puzzles
Double Pokeno - 10 am
Chair Yoga-10:15 am (every Thursday)
Bingo - 12 noon

Friday:**

Coffee Clutch- 9:15 am
Puzzles
Michigan Rummy-10 am
Games-10 am
31 -12 noon
Book Club - 9:15 am

****Friday Book Club 4th Fri. of the month**



REVISED CONGREGATE MEAL MENU

April 2024

<p>April 1 Chicken Alfredo Normandy Veggie Blend Buttered Penne Apple Slices Chocolate Chip Cookie</p>	<p>April 2 Classic Cobb Salad Salad Greens w/Dressing Bread w/Margarine Fresh Orange</p>	<p>April 3 Firehouse Chili Broccoli Carrots Bread w/Margarine Cantaloupe Saltine Crackers</p>	<p>April 4 Stuffed Cabbage Roll Mashed Potatoes Green Beans Bread w/Margarine Greek Yoghurt</p>	<p>April 5 Sausage & Peppers Diced Potatoes Peppers & Onions Hot Dog Roll Fresh Fruit Salad</p>
<p>April 8 Beef Stroganoff Cauliflower Peas Buttered Rotini Pound Cake w/Strawberries</p>	<p>April 9 BBQ Turkey Flatbread Potato Salad Fresh Cantaloupe</p>	<p>April 10 Meatloaf w/Gravy Mashed Potatoes Green Beans Bread w/Margarine Banana Bread</p>	<p>April 11 Chicken Cordon Bleu Carrots Butternut Squash Soup Bread w/Margarine Strawberry Banana Applesauce</p>	<p>April 12 REVISED 4/4/24 Swedish Meatballs Buttered Noodles Carrots Fresh Fruit Salad</p>
<p>April 15 Pulled Pork Sandwich Coleslaw Chuckwagon Corn Fresh Cantaloupe</p>	<p>April 16 Chicken BLT Salad Salad Greens w/Dressing Bread w/Margarine Fresh Fruit Salad</p>	<p>April 17 Penne w/Meatballs & Marinara Sauce Broccoli Side Salad w/Dressing Jell-O</p>	<p>April 18 Orange Chicken Stir Fry Veggie Blend Vegetable Fried Rice Bread w/Margarine Diced Pineapple</p>	<p>April 19 Vegetable Lasagna Carrots Cauliflower Bread w/Margarine Yoghurt</p>
<p>April 22 REVISED 4/4/24 Pub Steakburger Carrots w/Ranch Dip Stuffed Pepper Soup Ketchup Chocolate Pudding</p>	<p>April 23 Ham Salad Sandwich Broccoli Slaw Fresh Grapes</p>	<p>April 24 Penne w/ Alfredo Sauce Mediterranean Vegetable Blend Fresh Orange</p>	<p>April 25 Maple Glazed Pork w/Cider Gravy Sweet Potato Cubes Brussels Sprouts Bread w/Margarine Oatmeal Cookie</p>	<p>April 26 REVISED 4/4/24 Chicken Parmesan with Penne Zucchini Parmesan Soup Strawberry Spinach Salad Chocolate Chip Cookie</p>
<p>April 29 Stuffed Pepper Steamed Broccoli Roasted Red Peppers Bread w/Margarine Pound Cake</p>	<p>April 30 Italian Sub Tossed Salad w/Dressing Fresh Apple</p>			

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency.

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.



SPRING'S ADVENT

C	R	O	C	U	S	E	S	A	B	C	D	E	T	R	S	U	V	Y	G
A	T	M	Z	Q	W	E	P	T	I	B	B	A	R	R	E	T	E	P	E
P	O	L	L	E	N	K	J	I	A	S	X	Q	P	S	V	T	Y	A	T
B	H	S	Q	Y	A	D	S	L	O	O	F	L	I	R	P	A	A	C	O
C	O	A	D	S	N	M	F	E	I	Y	U	G	M	N	D	D	D	N	R
Y	M	P	E	A	R	T	H	D	A	Y	M	S	V	S	N	S	R	M	G
A	E	Q	N	Z	T	R	W	M	P	P	L	K	S	C	G	R	O	P	A
D	O	Z	I	A	B	C	O	Q	M	S	D	E	B	D	H	R	B	B	N
J	P	V	M	F	E	D	D	P	F	V	N	J	G	K	E	F	R	S	I
B	E	A	D	R	T	C	C	O	S	E	O	N	S	L	W	H	A	T	Z
P	N	R	A	O	P	M	A	P	R	I	L	S	H	O	W	E	R	S	E
L	E	W	Y	I	O	P	G	A	Q	D	M	V	P	W	V	S	D	J	D
A	R	I	J	K	L	Q	W	R	P	L	S	L	I	D	O	F	F	A	D
N	G	H	M	U	J	A	W	N	S	Z	Q	R	L	A	X	C	J	P	A
O	Q	A	B	Q	M	O	R	S	E	C	O	D	E	D	A	Y	N	W	Y
I	Q	L	D	S	Y	T	E	W	P	Q	R	S	X	D	M	G	H	F	D
T	A	B	I	Y	W	D	B	A	S	E	B	A	L	L	E	R	M	L	O
A	C	T	J	A	Z	Z	M	O	N	T	H	B	A	I	H	G	F	E	P
N	U	U	B	Y	U	O	L	Y	A	D	K	O	O	B	D	L	R	O	W
A	R	M	E	D	F	O	R	C	E	S	D	A	Y	W	E	N	L	W	F

APRIL FOOLS DAY

CROCUSES

JAZZ MONTH

APRIL SHOWERS

DAFFODILS

MORSE CODE DAY

ARBOR DAY

DENIM DAY

NATIONAL PBJ DAY

ARMED FORCES DAY

EARTH DAY

PETER RABBIT

AUTISM AWARENESS DAY

GET ORGANIZED DAY

POLLEN

BASEBALL

HOME OPENER

WORLD BOOK DAY