Penn Hills Sr. Service Center
Municipality of Penn Hills
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FUNDING
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SENIOR SCENES

Volume 30 Issue 11 **Senior Scenes**

Happy Thanksgiving

NOVEMBER

Happy Thanksgiving

REFLECTIONS:

Sitting at my desk going over old copies (2007, etc.) of the newsletter and noting how times have changed, i.e., long day Center trips, zoo, science center, museum, Phipps, Aviary, etc. so easy to pay for, so easy to get a crowd to attend—life was definitely easier then. Fast forward 19 years, here we are 2026 **what a CHANGE**! Everything is costing way more, travel to other parts of the world is not as easy to plan and enjoy, politics are becoming the main attraction, etc. **BUT**, we get up every morning, get dressed and many of you still come to **YOUR** Center. This is what we are **THANKFUL FOR.** We have our families and friends and **YOUR** Center family and friends. You are thankful for **YOUR** Center and the staff and fellow seniors you see daily; the staff is thankful for YOU all and the daily visits in support of **YOUR** Center. **TOGETHER** we are very thankful for what we still have available to us all! May your holiday, however you may spend it, be one of peace, and comfort, and reflection.

Happy Thanksgiving from:
John, Jan, Michele, Victoria, Romica,
Candy, Andrea, Linda & Phyllis

THANKSGIVING AT YOUR CENTER

When: FRIDAY, November 20, 2026
Where: YOUR Center
Cost: FREE – but you must sign-up & get a ticket (65 tickets available)*
What: Breakfast 9 am-10 am
Menu: Breakfast sandwich egg, sausage patty, cheese, yogurt & fruit cup, milk, coffee, tea
Lunch: 12:15 pm-1:30 pm
Menu: Turkey w/gravy, stuffing, mashed potatoes, roasted carrots, cranberry sauce, dinner roll w/butter, Pumpkin pie w/whipped topping, milk, coffee, tea
Followed by BINGO 1:45 pm to 2:45 pm

***Sign-up sheets will be available on Michele's desk from Mon., Nov. 9th thru Tues., Nov. 17th ONLY—we will NOT save any tickets & YOU must sign the sheet**

Snippets

REMEMBER

THE CENTER WILL BE CLOSED ON WEDNESDAY, NOV. 11, 2026
IN OBSERVANCE OF VETERANS DAY
&
THURSDAY, NOV. 26, 2026 & FRIDAY, NOV. 27, 2026
FOR THE THANKSGIVING HOLIDAY

Center Changes: For a very long time the daily lunch was served beginning at 11:30 am. Beginning on Monday, November 9, 2026 the lunch time at the Penn Hills Senior Center will be from NOON to 1 pm followed by bingo.

Time to Test Your Trivia Knowledge: Dee will be here to test your skills on Thursday, Nov., 12th so be ready to challenge the staff!!! GOBBLE GOBBLE!!!

Veteran's Meeting: We are **cancelling** the **DECEMBER** meeting until January. We have so much going on in December it will be difficult to pick a good Thursday. Beginning in 2027, meetings will be held the THIRD Thursday of the month. I am checking our crystal ball to see if the weather will cooperate—I will keep you posted—Happy Holidays and please be safe.

Seniors for Safe Driving: the **LAST class for 2026** will be TUESDAY, DECEMBER 15, 2026 please make note of it. For more info, ONLY CALL 1-800-559-4880. It is getting repetitive to keep reminding you that we do not sign people up for this class—it is done on the phone or internet.

Property/Rent Rebates: appointment ONLY, Tuesdays or Thursdays, 10 am-1 pm NO WALK INS. 412-244-3400. If you cannot wait, please call 412-793-2448, State Rep. McAndrew's office and make an appointment with his staff. THIS IS FOR YEAR 2025!!!

Computer Class: the second computer class is up and running. If you are interested in the next group, please call 412-244-3407 to register.

Garbage Can Help: if you are in need of getting help moving your garbage can to the curb and back to your home, you can call 412-866-1400 for more information. This is NOT a free service. The Penn Hills Senior Center and Municipality are not responsible for the pricing or work performed.

Snow Removal: at this time, we have NO lists of snow removal companies and/or individuals who can do this for you. We do not have SNOW ANGELS in the suburbs. If you are an individual who charges reasonably for seniors, call 412-244-3407 and you can talk with the Center Director to see if she can have your name and phone number in the Center monthly newsletter. TO THE HOMEOWNER, IF THERE WOULD BE NAMES AND/OR LISTS OF PEOPLE OR COMPANIES THAT DO THIS REMOVAL, THE MUNICIPALITY AND THE CENTER ARE NOT RESPONSIBLE FOR THE AMOUNT CHARGED OR THE WORK PERFORMED!

DONATION BOXES: YEP, THEY ARE STILL AROUND THE CENTER--- thank you to those who stop by the boxes and donate. Every extra donation is used for "extras" for everyone.

LUNCH & LEARN

NOTE: YOUR participation at the Lunch & Learn sessions help to fulfill part of our County Contract with the Area Agency on Aging. **NO LUNCH & LEARN PARTICIPATION, NO CONTRACT. The time of the presentations will be changed to 11:00 am to 12 noon—lunch 12:15 & BINGO 1:15. We are doing this to encourage MORE participation. There will also be a sign-up sheet outside Linda's office for each of the scheduled programs going forward. If there are less than 15 people no report will go into the state FOR PARTICIPATION. and like it is stated above—NO LUNCH & LEARN PARTICIPATION, NO CONTRACT!!!!!**

Our Super Nurse **Jan** will be here **ON TUES., NOVEMBER 3, 2026**to check on that Blood Pressure you have going on! Remember to stop by and say "Hi" and sit down and have your pressure checked—if you are new, Jan will give you a blood pressure record card. Jan wants to share important information that may help you understand BLOOD PRESSURE. She will have a short article, **DID YOU KNOW,** now and then for you to read and answer your questions if you have any:

Wed., Nov. 4: 11 am —12 noon: Valda Braziel will be here to give more information on Medicare to help you. Make plans to attend and bring a friend who may need this information.

Mon., Nov. 9: 11 am—12 noon: Michele Govan from the Dementia Group will be **BACK** to try to present this very informative and important program again. If you have a friend or family member that may have been diagnosed with this, or if you just want to know more, **PLEASE** make plans to attend and listen. We are very fortunate that Michele was able to visit again. Her time is important as is the time of all the presenters who come for this program.

Thurs., Nov. 12: 11 am—12 noon: Shantelle from New Era In-Home Services, will be here to share information on her company and what they can do for you.

Mon., Nov. 16: 11 am—12 noon: our friend **Joe Giuffre from the DA's Office** will be here (even though no one showed up for the trip to the Justice & Wellness Expo) with an update on any new holiday scams. Plan on being here to listen to what he is sharing with you.

Thurs: Nov. 19: our friend, **Dr. Pamela Toto, from the University of Pittsburgh, will be here to present a new program, LIGHTS ON, and have a SPECIAL BINGO. We will be a part of this program, so get here early, get your coffee and settle in for some super info. See posters on bulletin boards for more info—BE THERE & BRING A FRIEND!!!**

WE WILL NOT HAVE ANY LUNCH AND LEARN IN DECEMBER DUE TO THE CHRISTMAS EVENTS PLANNED FOR THE CENTER!!

WAL-MART SHOPPING TRIP

WAL-MART SHOPPING TRIP: THURSDAY, NOVEMBER 12, 2026. We need a minimum of 4 shoppers for this trip, or the trip will be cancelled. If you don't show up, or if you need to cancel, please call early enough so we can call OPT. Leave Center at 11 am with return at 2:30 pm. Sign-up sheets outside Lunchroom Office (Basement Level) until Mon., Nov. 9, 2026. Yes, we are changing from the 3rd Thursday to the 2nd Thursday!

JEFFERSON CENTER - NOVEMBER TRIP(S)

REMEMBER: Sign-Up sheets for ALL trips will be on MICHELE'S DESK LOCATED IN THE CENTER OFFICE. 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—FINAL sign-up dates for the trips will also be listed to help with transportation & reservations. If you need an escort—have their name & current working phone number when you sign-up. There are only 14 seats on a van & OPT needs an accurate count. If there is a wheelchair, only 13 seats are available. Please DO NOT CALL before the sign-up is on the desk OR AFTER—we will not accept the call, that is why the dates are posted to give everyone a chance. If the sheet is not available, it has been sent to OPT for approval.

Tues.., Nov. 17: Let's Eat Out – will be going to **Mohan's Restaurant** located on **Saltsburg Rd. (Penn Hills).** Leave Center at 3:15 pm for 4:15 reservation with return at 6:45. Sign up: available from Nov. 9 through Nov. 13 at Michele's desk.

Wed., Nov.18: Rivers Casino – leave Center at 10:30 am – return pickup 2:30 pm. Sign-up sheets at Michele's desk from **Fri., Nov. 6th to Mon., Nov. 16th . If you are not signed up by the 16th DO NOT CALL and ask to be added after the transportation request has been made on the 16th. There will be NO Casino trip from the Center in December.**

A SPECIAL NOTE: To those eleven (11) of you who signed up for the District Attorney's Justice and Wellness Event on Oct. 29th and DID NOT CANCEL or call and say that you were NOT going, we just wanted to share that we received a not so nice email from the main OPT office letting us know how disappointed they were to have sent a special van only to find out there was no one waiting. It was suggested I meet with you to tell you this, but since names are not being mentioned and reasons do come up that change plans and the location could have had something to do with it, consider this the meeting. I have offered to pay for the van and am asking that in the future you to PLEASE check the list you are signing, ask any questions, i.e., how far, how long it will take, etc. before you commit. Thank you, as always, for your cooperation. I promise that in the future, location, etc., will be noted when planning special trips.

VERY SPECIAL THANK YOU:

A very SPECIAL thank you to those of who have taken time to attend special Municipal Council meetings to express feelings regarding the future of YOUR Penn Hills Senior Service Center. By making your thoughts known to our elected officials means so much as other members of the community can also see, by your attendance, that the seniors of Penn Hills are most definitely stakeholders in the future of the Municipality of Penn Hills. YOUR staff and especially YOUR Director think of OUR Center as an extension of "HOME" and try very hard to convey that to OUR Center "FAMILY", and your interest in the CENTER'S future has shown that. It is hoped that you continue to support the Penn Hills Senior Service Center by attending the special meetings through November and December—meeting dates and times will be announced and posted. YOUR attendance is a reminder to the elected officials that the strong foundation of this community is the SENIORS!!!

Bless YOU All,
Phyllis

HALLOWEEN PARTY WRAP-UP

We all hope you had a wonderful time at our first BIG Halloween Party since COVID!! A lot of planning and decorating, and planning and decorating went into this event. BUT, having you all here was the real TREAT.

The food was not County, or Center cooked food. The chicken tenders, yum, were from Community Market, and the pasta, again yum, and salad were from Pasqualino's Pizza/Restaurant. The meatballs were from Performance foods and prepared by Jan, always yummy! I heard the food was excellent. The cost of the tickets provided the fee for our wonderful DJ, SAM, who had many of you up and dancing and singing along to the oldies, the $15.00 Aldi's and Giant Eagle gift cards, some of the candy and small prizes.

Donation requests were sent out in September. We received donation checks from Trenz Funeral Home, Rose Funeral Home and Soxman Funeral Home. The $50.00 gift card was a donation from Pasqualino's as was the $25.00 gift card from Giant Eagle. A very large THANK YOU to those five businesses who generously donated to help make this event a success. The donations were used for many of the decorations, and extra prizes.

Now let's talk about the amazing decorations! A SUPER LARGE THANK YOU to our Decorating Team. When we first started talking about a Halloween event Jan and Candy put their heads together and started forming decorating ideas—you have all seen the results. I can't thank them enough. They did all the decorating, purchasing of needed items, PLUS, did their jobs leaving NOTHING undone or late. They are truly a treasure (they decorated the entire building)! Please remember to pat them on the back and say thank you. Oh, and let's also remember to thank John and Don for the running done to get the black plastic, etc. for the hallway and then putting it up before everyone got here on event day. They also picked up the food trays from Pasqualino's and Community Market allowing the rest of the staff, Candy, Jan, Michele, Linda and Romica, and volunteers, free to get the meal ready. Another thank you to Andrea, who manned the office while event preparations, etc. were underway. Before you all came back to the Center on Friday, two wonderful volunteers stayed to set tables—Rochelle Tot and Carol Wilds—bless you both for making the tables look so wonderful, you saved us so much time!! YOU have a wonderful, caring staff and volunteers that work hard and want everyone to feel welcome here!!!

We don't want to forget a few special people. Two students from Seton Hill University, Cassie (my granddaughter) and Ivy (my "adopted" granddaughter) who came to help out on their 'slow' class day, and Sandy (my daughter) who baked the yummy sugar cookies for everyone after working a 10 hour day. They wanted to be a part of this special day!!

CHRISTMAS PLAY

The Christmas play this year is titled "**THE CHRISTMAS PLAY".** It will be held **on Fri., Dec. 18, 2026.** There will be more next month.
The practice schedule is as follows: **Wed., Nov. 18, 9:30-Blue Room-choir, Wed., Dec. 2, 9:30-Blue Room-choir-choir; Wed., Dec. 9, 9:30-Blue Room & Wed., Dec. 16, 9:30-Blue Room. For more information, please see Dottie at Bible Study Class**

November

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

FIND THE WORDS

ACORN	**CORNUCOPIA**	**GRATITUDE**	**NATIVE AMERICAN**	**SCARF**
Apple Cider	**Cranberry**	**Gravy**	**November**	**Stuffing**
Autumn	**Family**	**Harvest**	**Pecan**	**Sweater**
Black Friday	**Feast**	**Hayride**	**Pilgrim**	**THANKSGIVING**
Bonfire	**Football**	**Leaves**	**Pumpkin**	**Turkey**
Chilly	**Gobble**	**Migratory Birds**	**Remembrance**	**Veterans**

Lorean is taking November off. We are so thankful for her!!!

ACTIVITIES - NOVEMBER - 2026

JEFFERSON: Lunch – 12:15 PM – BINGO – 1:15 PM* – 412-244-3410

Jefferson Sr. Site (8 hr. Focal Point Site): 8 am – 4 pm – Monday thru Friday – 412-244-3400

Monday:

ART CLASS w/MARY ANN – 9:15-11:15 am
Fitness Matters – 10-11am
Aquaerobics (off site) – 10-11 am
BINGO – 12 Noon
Mexican Train Dominos – 1-2:30 pm
Yoga – 2:15-3:45 pm

Tuesday:

Pool (Billiards)- **9 am- 4pm****
Scrabble – 9:30-11:30 am
Line Dancing – 1-11 am
BINGO – 12 Noon
Computer Training Program – 1-2
Mexican Train Domino's – 1-2:30 pm

Wednesday:

Fitness Matters – 10-11 am
Aquaerobics (off site) – 10-11 am
BINGO – 12 Noon
Table Tennis (Ping-Pong) – 1-3 pm

Thursday:

Pool (Billiards) – **9 am-4 pm***
Quilting Group- 9-11 am
Line Dancing – 10-11 am
BINGO – 12 Noon

Friday:

Scrabble – 9:30-11:30 am
Bible Study – 10-11 am
Aquaerobics (off site) – 10-11 am
BINGO – 12 Noon
Pinochle – 8:30 am-4:00 pm

***LUNCH starts at 12:15 PM FOLLOWED BY BINGO AT 1:15 PM - THIS IS A PERMANENT CHANGE**
Still looking for a TAI-CHI instructor
***POOL/BILLIARDS – the Activity Room (2nd Floor) will be open for use Tuesday thru Friday – 9 am-4 pm MONDAY – 12 noon–4 pm (room is used in morning for ART class).**

MEAL MENU

Metz Culinary Management

November 2026

DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING
NUTRITION DEPARTMENT

November 2	November 3	November 4	November 5	November 6
BBQ Chicken Buttered Corn Sweet Potatoes WW Dinner Roll w/marg Fresh Clementine	**Beef Patty w/Mushroom Gravy** Buttered Mixed Vegetables Mashed Potatoes WW Dinner Roll w/marg Vanilla Greek Yogurt	**Chicken Parmesan** Roasted Buttered Brussel Sprouts WG Penne Pasta w/Sauce WW Bread w/marg Pineapple Tidbits	**Omelette & Turkey Sausage** Breakfast Potatoes WW Dinner Roll w/marg Fresh Orange	**Swiss Steak w/Tomato Gravy** Mashed Potatoes Buttered Lima Beans WW Bread w/marg Vanilla Pudding
November 9	**November 10**	**November 11**	**November 12**	**November 13**
Meatballs Stroganoff Buttered Prince Edward Vegetable Blend Buttered WW Rotini Fresh Orange	**Hot Dog w/Bun** Baked Beans Coleslaw Jello	**Chicken Fritters w/Honey Mustard** Green Beans Sweet Potatoes WW Dinner Roll w/marg Fresh Cantaloupe	**Cheese Tortellini** Side Salad California Blend Vegetables WW Dinner Roll w/marg Diced Pears	**Chicken w/Sweet Onion Sauce** Buttered Carrots Mashed Potatoes WW Dinner Roll w/marg Cookie
November 16	**November 17**	**November 18**	**November 19**	**November 20**
Sweet & Sour Chicken Carrots Veg Fried Rice Roll w/marg Fresh Orange	**Open Face Turkey Sandwich** Buttered Wax Beans Mashed Potatoes WW Bread w/marg Chocolate Pudding	**Cheeseburger** French Onion Soup Garden Seasoned Diced Potatoes Fresh Cantaloupe	**Italian Sausage & Peppers** Peas Buttered WW Rotini Roll w/marg Diced Peaches	**Turkey w/Gravy** Roasted Carrots Mashed Potatoes Dinner Roll Pumpkin Pie w/whipped topping
November 23	**November 24**	**November 25**	**November 26**	**November 27**
Stuffed Cabbage Buttered Peas Mashed Potatoes WW Dinner Roll w/marg Vanilla Greek Yogurt	**Smothered Chicken** Carrots WG Mac & Cheese WW Dinner Roll w/marg Fresh Orange Cookie	**Beef Lasagna** Buttered Italian Vegetable Blend Side Salad WW Dinner Roll w/marg Fresh Apple Slices	**BBQ Pulled P** **Sandw** C Fre melon	**Chicken Kiev** Butter C M W App
November 30				
BBQ Chicken Buttered Corn Sweet Potatoes WW Dinner Roll w/marg Fresh Clementine				

THANKSGIVING SENIOR CENTER CLOSED

THANKSGIVING SENIOR CENTER CLOSED

Happy Thanksgiving

All meals include 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.

Rev. 10/8/26