

Butler County Area Agency on Aging
(724) 282-3008

111 Sunnyview Circle, Building 3, Suite 101, Butler, PA 16001
www.co.butler.pa.us

6 Ways to Stay Physically Active in Winter

From: National Council on Aging Blog

The U.S. Department of Health and Human Services just released Physical Activity Guidelines for Americans. The guidelines recommend that adults move more and sit less throughout the day by engaging in a combination of aerobic activities, as well as balance training and muscle strengthening.

Exercising during the winter months can be challenging as temperatures drop, roads and sidewalks are slippery, and storms prevent outdoor activities. Here are 6 ways to keep active this season.

Explore arthritis-friendly exercise videos:

Check out www.arthritis.org for short videos with exercises focused on reducing joint pain through stretching and building strength. There are options for working out your upper and lower body, as well as trying out Tai Chi, all in your own home.

Find an exercise class near you:

It can be hard to stay motivated while exercising alone. Find an evidence-based exercise class that can offer different options for activities and provide an opportunity to meet up with friends. In Butler County S.A.I.L is a free, evidence based exercise program available at the Slippery Rock, Butler and Cranberry Senior Centers, as well as Westminster Church. *See page 2 of this issue for class schedules.*

Go mall walking:

The Mall Walking Resource Guide, available at www.cdc.gov/prc/mall_walking.html provides ideas for walking solo or with a group at a local mall. Moving your regular walks inside for the winter provides a warm, safe and well-lit environment to keep active.

Take steps to prevent falls:

If you do walk outside, take precautions to avoid slips and trips on icy sidewalks. Check out how you can winterize to prevent falls.

- Winterize shoes, boots and assistive devices by attaching spike-less ice and snow shoe gripper sole covers to shoes for extra stability when walking on slippery surfaces. Look for these at sporting goods stores.
- Carry a zip top bag filled with a lightweight kitty litter and cast it out ahead of yourself on slick surfaces.
- Ask your health care provider to provide a screening with the STEADI fall risk screening tool as part of your normal intake and reevaluation process during your annual physical.
- Consider fall-proofing items such as fall alarm systems that are motion triggered; higher toilet seats in the home; replace multifocal glasses with single vision eyeglass lenses; grab bars in bathrooms or next to outdoor steps or inside thresholds; install firm stair railings on both sides of stairways and set automatic lights over stairways and by outdoor entrances; cover the entryway to the home and provide a table to set down bags while finding keys; shorter days mean more time in the dark—look for a tiny flashlight to attach to keys, hats and coat buttons.

Get a workout to go:

Go4Life's Workout to Go guide, available at www.nih.gov has several options for exercising in your own home.

Across

- 1. Take great pleasure (in)
- 5. Longtime Southern senator
- 9. Diplomat
- 14. Newsman Colmes
- 15. "Dies ___"
- 16. "Common Sense" author
- 17. Refine
- 18. Retreat
- 19. Brown and others
- 20. Start of a quip
- 23. They're not straight up
- 24. Delighted cry
- 25. They travel a long way to get here
- 26. Quip, part 2
- 31. Congo, formerly
- 34. Notched, as a leaf
- 35. Hosp. areas
- 36. "The Lord of the Rings" creatures
- 37. Quip, part 3
- 38. Actress Swenson
- 39. Supporting cheer
- 40. Oil source
- 42. One who peeps, perhaps
- 43. Quip, part 4
- 45. Calendar abbr.
- 46. Phone sequence
- 47. Attacks suddenly
- 51. End of the quip
- 55. IM user
- 56. Some nest eggs
- 57. Unaccounted for, in a way
- 58. Quartet part
- 59. Sleeveless garment
- 60. Graphic starter
- 61. Elite group
- 62. Stretches (out)
- 63. Historic times

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20				21					22					
23									24					
			25				26	27				28	29	30
31	32	33				34						35		
36						37					38			
39				40	41					42				
43			44						45					
			46					47				48	49	50
	51	52				53	54							
55						56					57			
58						59					60			
61						62					63			

Down

- 1. Mideast religion that preaches equality
- 2. On the wing
- 3. One with a pole position?
- 4. Church accessories
- 5. Spring bloomers
- 6. Some degree requirements
- 7. Follow
- 8. Actress Polo
- 9. Serial part
- 10. Arizona native
- 11. Grandfather clock number
- 12. Linear
- 13. Unambiguous
- 21. Marriage, for one
- 22. Does yard work
- 26. Sandwich order words
- 27. Observe
- 28. Taboo
- 29. It may lead to a conclusion
- 30. Pronto
- 31. Speed (by)
- 32. 1968 self-titled folk album
- 33. Bakery worker
- 34. Airline since 1948
- 38. Swamp
- 40. Curse
- 41. Basic music system
- 42. Avoid
- 44. Corsair and Pacer
- 45. Arm-raising events
- 47. Period
- 48. Cringe
- 49. ___ Gay
- 50. Three-time French Open champ
- 51. Seethe
- 52. Weena's race, in a Wells novel
- 53. Jackknife, for one
- 54. Long haul
- 55. Actress Gardner

4th Annual Twilight Wish Happy Hour Benefit

Do you love senior citizens as much as we do? Yes?! Then, please join us for an evening of appetizers, soft drinks, cash bar, trivia, basket raffle, 50/50, and entertainment by Pifemaster Productions.

Thursday, February 21
5:30 - 7:30 PM
11th Frame Bar and Grille
540 Fairground Hill Road, Butler

Your \$10 donation will help fulfill wishes for seniors in our community. Reserve your ticket today, by contacting Jean Bowen at jbowen@ccrinfo.org. Basket raffle donations are welcome.



Butler County Offices, including the Butler County Area Agency on Aging will be closed Monday, February 18 in observance of President's Day. County Offices will reopen Tuesday, February 19 at 8:30AM.

Stay Active and Independent for Life (SAIL) Evidence Based Exercise Program

Specifically designed for individuals 60 and older to help improve balance and mobility; reduce the risk of falls and improve quality of life.

Each class can be tailored to fit individuals needs and are perfect for any fitness level—you can even participate sitting down!

SAIL is sponsored at NO COST by the Area Agency on Aging. No pre-registration is required.

S.A.I.L.

Class schedule

Butler Senior Center—Tanglewood
10 Austin Avenue, Lyndora
Monday, Wednesday & Thursday
9:15 A.M.

Cranberry Township Senior Center
2525 Rochester Road, Cranberry Twp.
Monday, Wednesday, Friday
9:15 A.M.
Tuesday, 10:30 A.M.

Slippery Rock Senior Center
52 Branchton Road, Slippery Rock
Tuesday, Thursday
10:00 A.M.

Westminster Church
North Main Street, Butler
Monday, Tuesday, Thursday
11:00 A.M.

The Butler County
Area Agency on Aging
Sponsors FREE to low-cost
Y.M.C.A. Memberships



Membership based on income guidelines
Open to Butler County residents 60 and older

For More information contact the Area Agency on Aging at (724) 282-3008 or by email at bbuzzell@co.butler.pa.us

AARP FOUNDATION TAX-AIDE SITES IN BUTLER COUNTY IN 2019

Free In-Person Tax Preparation Service
to anyone of any age - especially if you are 50 or older
and can't afford paid tax preparation.

**All sites require an appointment
only by calling 2-1-1 (24/7) after 1/15/2019.**

CRANBERRY PUBLIC LIBRARY

2525 Rochester Road, Suite 300, Cranberry Twp, PA 16066

Monday's: 10:00am-3:00pm from February 4 thru April 8
(but closed for the February 18th Presidents' Day holiday)

+ extra date open on Tuesday, April 2

MARS AREA PUBLIC LIBRARY

107 Grand Avenue, Mars, PA 16046

Tuesday's: 10:00am-3:00pm from February 5 thru March 26

ZELIENOPLE AREA PUBLIC LIBRARY

227 S. High Street, Zelienople, PA 16063

Thursday's: 10:15am-3:15pm from February 7 thru April 11

TANGLEWOOD CENTER

10 Austin Avenue, Lyndora, PA 16045

Tuesday's: 9:00am-11:30am & 12:15pm - 2:45pm from
February 5 thru April 9

TRINITY LUTHERAN CHURCH

120 Sunset Drive, Butler, PA 16001

Thursday's: 9:00am-11:30am & noon - 2:30pm from
February 7 thru April 11

FEBRUARY MENU *for senior centers*

Friday, Feb. 1: Breaded fish sandwich, mac & cheese, stewed tomatoes, fresh fruit.

Monday, Feb. 4: Smokey BBQ burger with cheddar, onions & BBQ sauce, sweet potato bites, fresh fruit.

Tuesday, Feb. 5: Baked Salmon with white wine cream sauce, white rice, broccoli, pineapple tidbits.

Wednesday, Feb. 6: Hot turkey sandwich with gravy, whipped potatoes, crinkle cut carrots, apple sauce.

Thursday, Feb. 7 (Birthday Celebration): Baked meatloaf with gravy, baked potato, mixed bean medley.

Friday, Feb. 8: Chicken & dumplings, pepper slaw; buttermilk biscuit, peaches.

Monday, Feb. 11: Reuben sandwich, parsley potatoes, peaches.

Tuesday, Feb. 12: Lemon pepper chicken with gravy, wild rice, Brussels sprouts, fresh fruit.

Wednesday, Feb. 13: Turkey & provolone sandwich, creamy broccoli soup, pretzel roll, fresh fruit.

Thursday, Feb. 14 (Valentine's Day Special): Baked cabbage roll, garlic whipped potatoes, corn, strawberry mousse.

Friday, Feb. 15: Center cut pork chop with gravy, whipped potatoes, lima beans, sliced apples.

Monday, Feb. 18: Mushroom Swiss burger, creamy cauliflower soup, fresh fruit,

Tuesday, Feb. 19: Mango BBQ chicken breast, brown rice, creamy coleslaw, apple cranberry crisp.

Wednesday, Feb. 20: Pot roast with gravy, baked potato, sliced carrots, cookie.

Thursday, Feb. 21: Crab cake, cheesy twists, baked beans, Mandarin oranges.

Friday, Feb. 22: Beef burrito bowl, seasoned corn and black beans, cilantro rice, sliced apples.

Monday, Feb. 25: Eggplant parmesan, penne with sauce, tossed salad, breadstick, cottage cheese and diced peaches.

Tuesday, Feb. 26: Hot dog, cheesy pierogi casserole, sweet peas, fresh fruit.

Wednesday, Feb. 27: White chicken chili, tossed salad, baked potato, cookie.

Thursday, Feb. 28: Burgundy meatballs with mushrooms, egg noodles, broccoli and carrots, fruit salad.

Substitutes include: Italian sandwich; roast beef sandwich; turkey & Swiss sandwich; chef salad; and grilled chicken sandwich.

Senior Center Events

- **Butler Senior Center**, 10 Austin Ave, Lyndora (Tanglewood Senior Center), offers the following events: **February 1** at 10:30 a.m., Superbowl Party; Birthday Celebration **February 7**; **February 11** at 11:30 a.m., Leadership meeting; **February 14** at 11:30 a.m., Valentine's Day Party; **February 18** at 11:45 a.m., President's Day Cherry Pie (cost \$1 per slice); **February 27** at 9:30 a.m., Wellness Wednesday. Call for daily activities. The center hours are from 9 a.m. to 3 p.m. Monday through Friday. Call (724) 285-5392.
- **Evans City Senior Center**, 426 E. Main St., offers the following events: **February 7**, Birthday Celebration and Blood Pressure Checks with VNA from 10 a.m. to 12:30 a.m.; **February 14**, Valentine's Day Party Newlywed Game from 10 a.m. to Noon; Leadership meeting at 1 p.m. Call for daily activities. The center is open from 10 a.m. to 3 p.m. Tuesday, Wednesday and Thursday. Call (724) 538-9414.

The Butler County Area Agency on Aging Serving you:

The Butler County Area Agency on Aging (AAoA) is a community service agency for older adults and has operated in Butler County since 1984. The Area Agency on Aging administers programs and manages services for Butler County residents who are 60 years of age and older. Agency programs and services are designed to serve approximately 38,000 older adults who call Butler County home.

Butler County Commissioners

Leslie Osche, Republican
Kimberly Geyer, Republican
Kevin Boozel, Democrat

Area Agency on Aging

Administrator: Beth A. Herold, RN, BSN, MBA

How may we help you?

- Community Services for Older Adults and their families
- Home and Community Based Services
- PDA Waiver Services

Access to Services

- Information and Referral
- Assessment
- Care Management

For more information, call or visit our office at
Sunnyview Complex
111 Sunnyview Circle, Building 3, Suite 101
Butler, PA 16001

Office Hours: Monday through Friday
8:30 A.M. to 4:30 P.M.

Phone: (724) 282-3008
(888) 367-2434

Website: www.co.butler.pa.us

Email: aaainfo@co.butler.pa.us

Butler County Senior Journal
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- **Chicora Senior Center**, lower level of Moose Hall, 117 West Slippery Rock St., offers the following events: **February 6**, National Frozen Yogurt Day at 12:30 p.m.; Birthday Party Celebration on **February 7**; Valentine's Day Party and Bingo with Wayne at 10 a.m. on **February 14**; National Chocolate Mint Day and Leadership meeting at 10 a.m. on **February 19**; Bingo with Wayne at 10 a.m. on **February 28**. Call for daily activities. The center hours are from 9:30 a.m. to 2:30 p.m. Tuesday, Wednesday, and Thursday. Call (724) 445-2551.
- **Cranberry Senior Center**, Municipal Building, Rochester Rd., offers the following events: **February 7**, Birthday Celebration and "Osteoporosis Fall Prevention" Program at 11 a.m.; **The Center will close at 12:30 p.m. on February 12; February 13**, Township sponsored Bingo at 1 p.m.; Valentine's Day Party on **February 14**; Game Day from 2 p.m. to 5 p.m. on **February 19** (cost \$3); "Game Show Fun" with Home Instead at 11 a.m. on **February 21**; Leadership meeting at 10:30 a.m. on **February 28**. Call for daily activities. The center is open from 8:30 a.m. to 2:30 p.m. Monday through Friday. Call (724) 772-6086.
- **Mt. Chestnut Senior Center**, Presbyterian Church 727 Old Rt. 422, offers the following events: Leadership meeting at 12:45 p.m. on **February 4**; Birthday Celebration and Blood Pressure Checks with VNA at 11 a.m. on **February 7**; Valentine's Day Party on **February 14**; Bible Study with Pastor Ron at 12:30 p.m. on **February 18**; "Heart Health" Program with Amedysis at 12:30 p.m. on **February 25**. Call for daily activities. The center is open from 10 a.m. to 2 p.m. Mondays and Thursdays. Call (724) 282-6006.
- **Mars Senior Center**, Penn Mar Plaza, Gilkey Dr., offers the following activities: Valentines Bingo (cost \$2) on **February 5** at 12:45 p.m.; Breakfast (cost \$5) on **February 6** at 8:30 a.m.; Birthday Party at Noon and Pet Therapy at 1 p.m. on **February 7**; Cake and Cookie Decorating at 1 p.m. on **February 12**; Valentine's Day Party at 11:30 a.m. on **February 14**; Scratch-off Bingo (cost \$2) at 12:45 p.m. on **February 19**; Breakfast (cost \$5) at 8:30 a.m. on **February 20**; "End of Life Care" Program with Gateway Hospice at 1 p.m. on **February 21**; Snack Bingo (cost \$1) at 12:45 p.m. on **February 26**; Leadership meeting at Noon on **February 28**. Call for daily activities. The center is open from 9 a.m. to 2 p.m. Monday through Friday. Call (724) 625-4466.

- **Southeast Senior Center**, Winfield Twp. Building, Brose Rd., offers the following events: Leadership Meeting at 10 a.m. on **February 5**; Birthday Celebration on **February 7**; Valentine’s Day Party on February 14; President’s Trivia on **February 19**; Pancake Breakfast at 9 a.m. on **February 26**. Call for daily activities. The center is open from 9 a.m. to 1 p.m. on Tuesdays and Thursdays. Call (724) 352-2036.
- **Slippery Rock Senior Center**, Township Building, 155 Branchton Rd., offers the following events: Birthday Celebration and “Anti Bullying” Program with Transition Health Care at Noon on **February 7**; Valentine’s Day Party at 10 a.m. on **February 14**; Leadership meeting at 10:45 a.m. on **February 26**; Chili Cook Off at 10 a.m. on **February 28**. Call for daily activities. The center is open from 9 a.m. to 2 p.m., Tuesday through Thursday. Call (724) 794-6440.

BUTLER COUNTY SENIOR CENTERS INCLEMENT WEATHER POLICY:

ALL COUNTY SENIOR CENTERS WILL FOLLOW BUTLER AREA SCHOOL DISTRICT DELAY AND CLOSING SCHEDULE IN THE EVENT OF INCLEMENT WEATHER. IN THE EVENT OF A 2-HOUR DELAY THERE WILL BE NO EXERCISE CLASSES.

Valentine’s Word Scramble

1. DICUSP' ROWAR _____
2. ORESS _____
3. MEANRCO _____
4. NYADC _____
5. TARSHE _____
6. VOEL _____
7. WOLFSEK _____

ANSWERS: 1. CUPID'S ARROW; 2. ROSES;
3. ROMANCE; 4. CANDY; 5. HEARTS; 6. LOVE; 7. FLOWERS



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- **Butler Symphony Nordic Winters: Saturday, February 2 at 7:30PM.** Butler Intermediate High School, 551 Fair Ground Hill Road, Butler. Featuring pianist Stephen Beus. Admission \$25. Brought to you by the Butler County Symphony Association. Contact (724) 283-1402 for ticketing information.
- **Succop Theater Presents, Matt Texter: Sunday, February 3 at 2PM.** Succop Theater, 107 College Drive, Butler. A songwriter, poet and artist, Matt has recorded and self released four albums. His music style tends to gravitate toward traditional American styles of music. Matt has performed throughout the Northwestern PA region and has opened for several name acts. Admission \$10. Brought to you by Succop Theater. Contact (724) 284-8505 for ticketing information.
- **Cupid's Chase 5K: Saturday, February 9 from 8AM—12PM.** Lake Arthur Golf Club, 255 Isle Road, Butler. The purpose of Cupid's Chase 5k is to raise awareness about the vast potential of people with disabilities such as autism, cerebral palsy, down syndrome, and traumatic brain injuries; potentials that are in many instances overlooked by the general public. Race entry is \$25. Contact Tim at Community Options, (724) 613-8133 or Timothy.Hawk@comop.org.
- **Collier Comedy Show: Saturday, February 16 from 8PM—10PM.** American Legion Post 474, 308 W. New Castle St, Zelienople. For an exciting evening of laughs, join sports commentator and comedian Gene Collier and his son Sean. Contact the Zelienople Library for ticketing information, (724) 452-9330. Benefits the Zelienople Area Public Library.
- **Men Who Cook: Saturday, February 23 (all day).** General Butler Vagabond Center, 138 Whitestown Road, Lyndora. Celebrating February as American Heart Month. Local male community leaders will showcase their culinary creations while raising money for the American Heart Association. Sponsored by The Butler Radio Network. Admission \$20. For ticketing information contact (724) 283-1500.
- **Cherry Pie Hike: Saturday, February 23 (all day).** Jennings Environmental Center, 2951 Prospect Road, Slippery Rock. Annual hike commemorating George Washington's birthday with history and cherry pie. \$2 donation requested. Reservations required, (570) 945-3239.
- **Butler AM Rotary Carved-in-Ice Festival: Saturday, February 23 from 11AM—4PM.** Diamond Park, across from the Court House, Main Street, Butler. 4th annual event, featuring live ice carving and sculptures, wine and beer sampling, children's activities, basket and 50-50 raffles, live music and more. Free event, open to public.
- **Succop Theater Presents, The Fitzgerald's: Sunday, February 24 at 2PM.** Succop Theater, 107 College Drive, Butler. Unique act showcasing fiddling and step dancing. Admission \$20. Contact (724) 284-8505 for ticketing information.
- **The Cranberry Township 55+ Club** is open to all adults age 55 and older in the Cranberry Township area. It meets regularly at 1PM on the second Tuesday of most months at the Cranberry Township Municipal Center, when not on away outings. Members enjoy a variety of social and educational experiences with other older adults, include day trips to points of interest around the area, luncheons, picnics and more. Please note, that the club is separate from the Cranberry Twp. Senior Center. To learn more about the club, contact Bill Shaner at (724) 776-1933.
- **Keenagers** meet on the fourth Wednesday of each month (except for Nov & December when adjustments are made for the holidays). Meetings are held at 12PM for a luncheon, program begins at 1PM. Meals are provided for all meetings except for the June picnic. . Bring your own table setting. A \$5 donation per person is requested. Meetings held at Portersville Presbyterian Church, 1297 Perry Hwy., Portersville, PA 16051. For meals and programs, call Joan Courtney (724) 865-2845; for travel, call Peg Stickel at (724) 368-3225. For the church, call (724) 368-8050.

Valentine's Day Word Search

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

- | | | |
|--------------|--------------|----------------|
| 1. HEART | 6. POEM | 11. FLOWERS |
| 2. CUPID | 7. CHOCOLATE | 12. PINK |
| 3. CARD | 8. CANDY | 13. SWEETHEART |
| 4. VALENTINE | 9. KISS | 14. GIFT |
| 5. LOVE | 10. ROSE | 15. HUG |



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

Senior Resources

AARP (www.aarp.org)

The National site for AARP a nonprofit, nonpartisan membership organization for people, ages 50 and older. Call 1-888-687-2277

Alzheimer's Association (www.alzpa.org)

Programs and services for individuals and families coping with Alzheimer's disease and other memory disorders. Call 1-800-272-3900

Benefits Checkup (www.benefitscheckup.org)

An online questionnaire to help search for a list of all state and federal benefits.

COMPASS (Commonwealth of Pennsylvania Application for Social Services [www.compass.state.pa.us])

Enables Pennsylvania citizens to apply for social service programs online. Call 1-800-692-7462

County of Butler, Area Agency on Aging (www.co.butler.pa.us)

Detailed information on aging programs. Call (724) 282-3008

Eldercare Locator (www.eldercare.gov)

Contains information on the complete array of services and programs of interest for older adults. Call 1-800-677-1116

Government Benefits (www.govbenefits.gov)

The official benefits website of the government that connects people in need to government assistance. Call 1-800-333-4636

Medicare (www.medicare.gov)

The official government site for Medicare consumer information. Call 1-800-633-4227

Pennsylvania Long-Term Care (www.longtermcare.state.pa.us)

Provides long-term care information on available service options including home care, public and private financing of those options, and other issues. Call 1-866-286-3636