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ENTREES AT A GLANCE

Milk served with all meals

- 10/1-BBQ Chicken
- 10/2-Vegetable Lasagna
- 10/3-Stuffed Cabbage
- 10/4-Tuna Salad Hoagie
- 10/7-Beef Stroganoff
- 10/8-Chicken Nuggets
- 10/9-Salisbury Steak
- 10/10-Alaskan Pollock
- 10/11-Bratwurst
- 10/14-ALL CENTERS CLOSED
- 10/15-Sausage, Pepper & Onion on Hoagie Roll
- 10/16-Lemon Pepper Fish
- 10/17-Sweet & Sour Chicken
- 10/18-Chili Con Carne
- 10/21-Chicken & Vegetable Stew on a Biscuit
- 10/22-Ham & Cheese on Rye
- 10/23-Herbed Chicken Breast
- 10/24-Swedish Meatballs
- 10/25-Hot Turkey & Gravy
- 10/28-Stuffed Shells
- 10/29-Hot Dogs on Bun
- 10/30-Lemon Chicken
- 10/31-Chicken Cordon Bleu

SALAD BAR-Thurs & Fri



Computer Lessons will resume on October 8th
 Please call Lana to schedule an appointment.
 570-775-5550 x 1317

Pike County Area Agency on Aging



Music By: Little Big Band
 Bruce Dedrick 570-775-6585

Please Come To Our Fall Fest For
 Fun
 Food
 Dancing

Place: Lackawaxen/Shohola Twp. Senior Center
 Lackawaxen, Pa.

Date: Friday, October 11, 2019

Time: 10:30 a.m.

Lunch: 11:30 a.m.

Price: \$3.50

- Cucumber Dill Salad
- Bratwurst
- German Potato Salad
- Red Cabbage
- Rye Bread
- Chocolate/Cherry Cake



Reservations Required

Please Call 570-775-5550



Hunterdon Hills Playhouse
 Presents
 “The Three Scrooges”

Thursday, November 14th
 9:00 am

Menu

- Yankee Pot Roast
- Fried Jumbo Shrimp Platter
- Lemon Pepper Cod
- Chicken Parmigiano
- Roast Turkey with Stuffing
- Eggplant Rollatini
- Roasted Vegetable Kabob (gluten free)

All selections include: Fresh Homemade Breads, Mixed Garden Salad with House Dressing, Famous Unlimited Dessert Buffet, Coffee & Tea

Entertainment, Dining & Transportation
 all for \$91.00 per person

Make check payable to Pike County Area Agency on Aging



Reservations Required:
 Please pay & sign up with Lana
 570-775-5550

October is our Fall Welcome

We tend to dread fall at first (at least I do) as it starts the slippery slope to winter. Don't get me wrong, all of our seasons are lovely, but some are lovelier than others (Animal Farm reference). Fall does win us over with the colors, smells, and change of pace usually. If you are still doing fire wood, it is a panic time to ensure you get enough cut and stacked for winter. Mums are selling and geraniums are wilting. We see pumpkin spice everything which is personally annoying, but some seem to like it as Dunkin sells tons of the stuff. The Farmer's Markets have turned to corn stalks and gourds for sales as well as cider and apples. Recently returning from Tennessee, there are quite a few "Cidererys" with delicious Hard Cider that is flavored and yummy. I refuse to acknowledge the Christmas decorations sneaking into the stores. That is just not right! I am relishing the last of the Friday night football games Wallenpaupack has as my senior is in the marching band. No offense to Doc Watson, but the band is performing wonderfully.....just sayin'.



This month also snaps me back into reality of the fiscal year for our budget and the needs of our folks. Our waiting list is still over 40 people. Much to do with the emergencies we deal with with older adult protective services. The Department of Aging will be allocating an additional 2.8 million to the state AAA's due to this crisis. I can't say enough for the dedication of my agency's protective services team. Robin and her team have been doing Yeoman's work handling the number of cases and emergencies that crop up on a daily basis. Our net Lottery revenues are up to more than 1.8 billion this past year. Although this sounds amazing, there is such demand for these dollars including aging services at AAA's but the PACE and PACENET program as well as the Shared Ride program for senior transportation. IT also pays for the rent rebates you receive each year (if eligible). So with the increase in 60+ population and the increased needs, these funds are quickly becoming insufficient for these needs. Add to this the competition from the new skill games in the taverns and restaurants as well as the sports betting recently legalized, we are in for a rollercoaster for funding next year. Please remember that the Pennsylvania Lottery is our major funder. These new games of chance are not providing any support to the seniors (unless you are playing and winning) these funds they provide go into the state budget's general fund. Please think about this when you see these games in your community.

October is Domestic Violence Awareness month. Domestic Violence is coercive, controlling behaviors between current/ex partners or family members and can include physical, psychological, sexual, and financial abuse. Violence is not an outburst due to anger issues, violence is a choice an abuser makes. If you or someone you know is experiencing this, contact either Pike County's programs, VIP or Safehaven. The programs will be working together through October, with changes starting in November to VIP only. VIP provides free crisis counseling, prevention and education, medical advocacy, emergency shelter and even pro-bono legal representation. Call the 24-hour toll-free crisis hotline. 1-800-698-4VIP (4847) or Safehaven at 570-296-HELP (2827)

Complimentary Dinner Theatre for Senior Citizens of the DV school district a complete Roasted Turkey Dinner @ 5:00 PM at the Dingman Delaware Middle School 1365 Rt 739, Dingmans Ferry Friday, Nov 8th Followed at 7:00 pm by "The Little Mermaid, Jr." For reservations and information please call 296-3143 by Nov 1st



Open Enrollment starts this month. See page 4 for sites and times our APPRISE team will be available to you for plan changes and updates.

January 2020 starts CHC (Community Health Choices) for our region. IF you receive BOTH Medicaid and Medicare for your benefits, this effects you. You should be receiving a packet soon to choose your plan provider (currently there are three in Pike County: (Amerihealth Caritas/Aka

Keystone, Pa Health and Wellness, or UPMC) Read this information carefully and make your choice. Ask questions of these entities and or call the number listed on the packet. We are not able to assist with your choice of providers as we (Pike County AAA) will be contracting with one or more of them as SERVICE COORDINATORS. Please remember this when making your plan choice.



Cooking Matters!

Food insecurity, or the state of being without reliable access to affordable, nutritious food, is a prevalent issue in the United States. Many factors can contribute to food insecurity. These factors can include unemployment, location of residence, poor health, lack of transportation, lack of stable housing, eligibility for food assistance programs, and many more. With 15 million food-insecure households in the United States and roughly 10% of the population in Pike County suffering from food insecurity, it is important to identify these factors and develop ways to stretch the budget, while maintaining nutritious meals. A few ways to save on your food budget include using coupons, buying store brand products, and properly packaging and storing your food. Trying to incorporate those forgotten about dried goods and canned fruits and vegetables in your meals may help to make portion sizes bigger, therefore, decreasing the need to cut the size of meals! Lastly, get creative with your leftover fruits, vegetables, and main meals! This will help decrease the amount of food that is being wasted.

Using your local food pantry and farmers market can be helpful when preparing nutritious meals on a budget. There are around 9 food pantries in Pike County that are here to serve you! A list of the local food pantries and where they are posted at each center. In addition to distributing items to the public, the Ecumenical Food Pantry, in Milford, PA, is also the local distribution site for Feeding America's federally subsidized monthly food box program for seniors living on limited incomes. This program serves seniors with incomes less than 130% of the Federal Poverty Line (approximately \$15,301 for a senior living alone)

Purchasing your produce from your local Farmer's Market is incredibly important as the nutrient density and freshness of the product will be at its peak! For anyone who is advanced when it comes to technology, there is a National Farmers Market Directory at <https://www.ams.usda.gov/local-food-directories/farmersmarkets>. This site will give you a list of all of the farmer's markets near you. Remember, the farmer's markets in Pennsylvania will accept your Farmer's Market Nutrition Vouchers!

Fresh Peach Salsa Recipe

Ingredients:

3 large peaches
½ medium red onion, diced (about ¾ cup)
½ a red or green bell pepper, diced
1 medium tomato, finely diced
1 cup chopped cilantro
¼ cup fresh lime juice (1-2 limes)

Instructions:

Gently remove peach fuzz, then rinse under cold water.
Dice peaches, tomato, onion, bell pepper, and cilantro & add to a medium bowl. Add lime juice, salt & pepper to taste, gently toss to combine.
Mix, taste, and adjust according to preference.
Serve with chips, over fish or grilled chicken, or enjoy by itself!

Corrine Shaffer, Dietetic Intern from Marywood University

Bereavement Support Group

Starting October 14, first of six weekly sessions hosted by St. Vincent de Paul Parish in Milford; group meets on Monday evening from 6:30 to 8 p.m. in the parish hall, 101 St. Vincent Drive (Route 739). Bereavement support sessions address topics dealing with the grief process to aid in healing. All suffering the loss of a loved one are welcome; no registration required. Men's group will meet simultaneously.

For more information, call the parish office (570) 686-4545.



Free Flu Shots



October 11th, Friday 10:00 am to 12:00 pm @ Lackawaxen
October 17th, Thursday 10:00 am to 12:00 pm @ Blooming Grove
October 18th, Friday 10:00 am to 12:00 pm @ Matamoras
October 22nd, Tuesday 10:00 am to 12:00 pm @ Dingmans
Please bring your insurance card(s) with you



The Pike County **APPRISE** Program is now scheduling appointments for Medicare's Annual Open Enrollment Period.

Our schedule, listed below, is by **APPOINTMENT ONLY**.

Please call Chris at 570-775-5550 ext. 1313 to schedule an appointment.

Tuesday, 10/15-Dingman Center-American Legion 851, 107 Ball Park Rd., Dingmans Ferry

Thursday, 10/17-Lackawaxen Senior Center, Beisel Beck Rd & 590, Lackawaxen

Thursday, 10/24-Newfoundland Library, 954 Main St, Newfoundland

Tuesday, 10/29-Westfall Apartments, 132 Hulst Dr, Matamoras

Wednesday, 11/6-Bushkill Center for Active Adults, Saw Creek Estates, 148 Cambridge Ct, Bushkill

Monday, 11/18-Lackawaxen Senior Center, Beisel Beck Rd & 590, Lackawaxen

Tuesday, 11/19-Dingman Center-American Legion 851, 107 Ball Park Rd., Dingmans Ferry



4 Hour Driver Safety Course

Wednesday, October 30th 1:30 pm

Eastern Pike Center @ Matamoras

Matamoras Fire House, 506 Avenue Q, Matamoras, PA

Formerly "55 Alive", the new SMART DRIVER 4 hour defensive driving course is designed for qualified drivers aged 50 and older. There are no tests and membership in AARP is not necessary. All automobile insurance companies doing business in PA are required by state law to give a minimum discount of 5% to all qualified policyholders age 55 and over who take the course. The discount is for a minimum of three years.

Always check with your agent to make sure you qualify for the discount. All classes are taught by trained, unpaid volunteer instructors. The one day four hour class is only open to those who provide evidence of taking the class during the previous 36 months. A \$20 fee (\$15 for AARP members with membership card) is charged for each class. Class size is limited, advance reservations are necessary for placement in any class.

Call 570-775-5550.

Please bring your drivers license to class.

Call 1-800-227-4669 or 1-877-866-3299 or go online www.aarp.org.drive for other classes and information.

Pre registration is required.

All checks must be payable to AARP. Please include your AARP number and a day time phone number in the envelope and mail your check to Pike County Area Agency on Aging, 150 Pike County Blvd., Hawley, PA 18428.

Lana's Voice



Do you juice your fruits and vegetables? Sloan Kettering Cancer Center stated although the juice of fruits and vegetables provide water, vitamins, and minerals, it often removes fiber that is only found in whole fruit. They recommend that you eat whole fruits and vegetables instead, to add more fiber to your diet.

Please drink plenty of water it is so good for the body. I (Lana) know if I do not drink enough water, I will get cramps in my legs at night. Water is very important for your health. Tell you more about that next month.

October 18th is National Mammography Day.

In Season: Pumpkins, squash, and sweet potatoes.

How about going for a walk after dinner. If you don't want to go outside then try walking around the house, up and down the hallway, put music on. It is good for the body to move, stretch and strengthen. Remember Pike County Area Agency is here for you we have exercise programs at all five Centers.

There is a saying "There is only one corner of the universe you can be certain of improving, and that's your own self."

Lana

MEDICARE OPEN ENROLLMENT

This time of year I encourage all Medicare beneficiaries to review their Medicare Advantage and Medicare prescription drug plans. Your plan may have served you well this past year; however these plans' details, including premiums, deductibles and co-payments may change each year. You should be receiving 2020 information from your current plans in the near future so read these details carefully. Each year, you can make changes for the following year during the Annual Open Enrollment Period. The **APPRISE** Program offers free, unbiased reviews of your coverage. Schedule an appointment with a trained Medicare counselor to see if your plan is still the best for you. We are here to help you put more money back in your pocket for 2020.



What changes can I make?

- ◆ Change from Original Medicare to a Medicare Advantage Plan.
- ◆ Change from a Medicare Advantage Plan back to Original Medicare.
- ◆ Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- ◆ Join a Medicare Prescription Drug Plan.
- ◆ Switch from one Medicare drug plan to another Medicare drug plan.

When? October 15–December 7

How? By appointment only starting October 15, 2019 at various sites throughout Pike County. Call the Pike County **APPRISE** Program to schedule appointment. (570) 775-5550 x 1313



Online Absentee Ballot Applications

Starting with this year's General Election, voters who need to vote by absentee ballot may apply for the ballot online for the Nov. 5th election. When an applicant completes the online form, the information is forwarded directly to the appropriate county elections office for processing. The applicant will then be provided with a ballot that must be completed and either mailed or hand-delivered to the appropriate

county election office by the deadline, which is 5 p.m. on the Friday before the election, or Nov. 1 this year.

The online application system will be accessible for all domestic Pennsylvania voters this year and to military and overseas voters by 2020.

Absentee ballots may be cast by individuals with illnesses or disabilities, 65 years of age or older, individuals who will be away from their municipality on business on Election Day, and Pennsylvania students attending out-of-state colleges or universities, among others.



Ritter's Truck in Matamoras, Wednesday, October 16th 10:00 AM

Ritter's Truck in Blooming Grove, Thursday, October 17th 10:00 AM

October 7th.....Last day to register for November election

October 29th....Last day to apply for civilian absentee ballot

November 1st....Last day for County Board of Elections to receive voted civilian absentee ballots

November 5th....Election Day

Coming Soon



for Arthritis

Check Newsletters for what Centers and Dates

The US Centers for Disease Control and Prevention, Other Health Departments and Arthritis Foundations around the world recommend this program.

The Tai Chi for Arthritis program, which has helped millions of people-both with and without arthritis to find relief from pain, reduces falls, improves balance and health for a better quality of life.

If interested please call (570-775-5550) let us know your name, phone # and what center.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please remember if you receive home delivered meals the suggested donation is \$3.00 per meal, per person, per day. Thank you for your generosity!</i></p>	<p>1 Corn & Black Bean Salsa BBQ Chicken Orzo with Vegetables Peas & Carrots Dinner Roll Vanilla Pudding</p>	<p>2 Tossed Salad Vegetable Lasagna Carrots Italian Bread Fresh Fruit</p>	<p>3 Tomato, Spinach & Orzo Soup Stuffed Cabbage Mashed Potatoes Peas & Carrots Rye Bread Pears</p> 	<p>4 Cottage Cheese & Fruit Tuna Salad on Hoagie Roll L/T/O Macaroni Salad Cookies</p> 
	<p>7 Three Bean Salad Beef Stroganoff Egg Noodles Brussel Sprouts Wheat Bread Peaches</p>	<p>8 Chicken Noodle Soup Chicken Nuggets Potatoes O'Brian Carrots Wheat Bread Mandarin Oranges</p>	<p>9 Broccoli & Chick Pea Salad Salisbury Steak Gravy Mashed Potatoes Beets Dinner Roll Ice Cream</p>	<p>10 Red Cabbage Alaskan Pollock Rice Medley Spinach Wheat Bread Fresh Fruit</p> 
<p>14 ALL CENTERS CLOSED FOR COLUMBUS DAY</p>	<p>15 Waldorf Salad Sausage, Peppers & Onions on Hoagie Roll Potatoes O'Brien Fresh Fruit</p>	<p>16 Lentil Soup Lemon Pepper Fish Potatoes Au Gratin Zucchini & Tomatoes Rye Bread Chocolate Pudding</p>	<p>17 Mandarin Salad Sweet & Sour Chicken Rice Stir Fried Vegetables Dinner Roll Pineapples</p> 	<p>18 Cranberry Juice Chili Con Carne Rice Mexicali Corn Corn Muffin Fruited Jell-O</p> 
<p>21 Beets & Onions Chicken & Vegetable Stew On a Biscuit Mixed Vegetables Mashed Potatoes Jell-O</p>	<p>22 Southwest Corn Chowder Ham & Cheese On Rye L/T/O Macaroni Salad Peach Crisp</p>	<p>23 Tossed Salad Herbed Chicken Breast Broccoli Rice Pilaf Dinner Roll Fresh Fruit</p>	<p>24 Beef Barley Soup/Crax Swedish Meatballs Rotini Peas & Onions Rye Bread Fruit Cocktail</p> 	<p>25 Tomato & Green Bean Salad Hot Turkey/Gravy Mashed Potatoes Squash Wheat Bread Ambrosia</p> 
<p>28 Tossed Salad Stuffed Shells Tomato Sauce Italian Green Beans Italian Bread Cookies</p>	<p>29 Orange Juice Hot Dogs/Bun Baked Beans 1/2 Baked Potato Fruited Jell-O</p>	<p>30 Cole Slaw Lemon Chicken Cous Cous With Vegetables Rye Bread Pears</p>	<p>31 Pumpkin Soup Chicken Cordon Bleu Roasted New Potatoes Corn & Peppers Apple Crisp</p> 	

Seniors Are Our First Priority

October

2019 Blooming Grove Activities 8 am-4 pm 570-775-5550

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Arts & Crafts Tai Chi 10:30 Wii Bowling	2 Cards Dominoes, Rummikube	3 Bingo Wii Bowling <i>Blood Pressure</i>	4 Cards Arts & Crafts
7 Medical Transport	8 Arts & Crafts Wii Bowling <i>Bigger Shopping Dingmans/Shohola Computer Class</i>	9 Cards Dominoes, Rummikube <i>Bigger Shopping Mil/Mat</i>	10 Bingo Wii Bowling <i>Bigger Shopping Promised Land</i>	11 Cards Arts & Crafts
14 ALL CENTERS CLOSED FOR COLUMBUS DAY	15 Arts & Crafts Tai Chi 10:30 Wii Bowling <i>VA Rep @ 9:00 Computer Class</i>	16 Cards Dominoes, Rummikube	17 Wii Bowling <i>Blood Pressure</i> <i>Ritter's Truck @ 10:00</i> <i>Flu Shots 10-12</i>	18 Cards Arts & Crafts
21 Medical Transport	22 Arts & Crafts Tai Chi 10:30 Wii Bowling <i>Computer Class</i>	23 Cards Dominoes, Rummikube	24 Bingo Wii Bowling <i>Ombudsman Speaker @ 12</i> <i>Safe Haven Visit</i>	25 Cards Arts & Crafts
28 Medical Transport <i>Monday's Angels Alzheimer's Support @ 2:30</i>	29 Arts & Crafts Tai Chi 10:30 Wii Bowling <i>Computer Class</i>	30 Cards Dominoes, Rummikube	31 Bingo Wii Bowling <i>Halloween Party Birthday Celebration</i>	

**Red White & Blue
 Thanksgiving**

Help us celebrate at our Thanksgiving luncheon honoring our veterans' which will be held on **Thursday, November 21st** at our Blooming Grove Center

FREE LUNCH FOR ALL VETERANS

**HALLOWEEN
 COSTUME PARTY**

Prizes will be awarded for the **PRIETTIEST, UGLIEST** and **MOST ORIGINAL** Costumes

Matamoras-Friday, October 25th
 Dingmans-Tuesday, October 29th
 Saw Creek-Wednesday, October 30th
 Lackawaxen-Thursday, October 31st
 Blooming Grove-Thursday, October 31st

Lackawaxen Neighborhood Pumpkin Party
 Saturday, October 19th
 11:00 am to 2:00 pm
 Lackawaxen Veteran's Memorial Park

Food
 Music
 Free Events



Trunk or Treat
 Hayrides
 Pick you own pumpkin
 Prizes

2019 Eastern Pike Center @ Matamoras 9am-2pm 570-832-1929

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED	2 Cards, Games Lunch <i>~AARP Club~</i> <i>~Diabetes Clinic</i> 10:30-11:30~	3 CLOSED	4 Bingo, Cards & Games Lunch 
7 Closed Medical Transport	8 CLOSED	9 Cards, Games Lunch <i>~Diabetes Clinic</i> 10:30-11:30~	10 CLOSED	11 Bingo, Cards & Games Lunch Exercise, Line Dancing & Meditation with Lana @ 12:30 Blood Pressure 
14 Closed Medical Transport	15 CLOSED	16 Cards, Games Lunch <i>~Ritter's Truck~</i> <i>~Diabetes Clinic</i> 10:30-11:30~ <i>~Blind Assoc. Support~</i>	17 CLOSED	18 Bingo, Cards & Games Lunch Exercise, Line Dancing & Meditation with Lana @ Noon Ombudsman Presentation @ 12 
21 Closed Medical Transport	22 CLOSED	23 Cards, Games Lunch <i>~Golden Age Club~</i> <i>~Safe Haven Visit~</i>	24 CLOSED	25 Bingo, Cards & Games Lunch Halloween Party Birthday Celebration 
28 Closed Medical Transport	29 CLOSED	30 Cards, Games Lunch <i>~Halloween Party~</i> <i>~Diabetes Clinic</i> 10:30-11:30~ <i>~AARP 4 hour Driver</i> <i>Safety 1:30~</i>	31 CLOSED	FREE SMOKE ALARMS! The Red Cross will come to your home and install 10-year lithium battery powered smoke alarms at no charge. Please call 570-234-2705



BUSHKILL CENTER FOR ACTIVE ADULTS
Sponsored by Pike County Area Agency on Aging
Top of the World Restaurant at Saw Creek Estates
148 Cambridge Ct, Bushkill PA 18324
9:30 am to 2:00 pm

9:30am Meet & Greet, Socializing, Tea and Coffee
9:30 to 11:00am Games, Racquet Ball,
Exercise Room, Indoor Tennis
and many more activities
11:00 to 11:30am Speaker
11:30 to 12 noon Lunch; Light Menu

Price: \$2.50

All registration through Pike County
Area Agency on Aging only

Please call 570-775-5550

10/2-Blood Pressure Screening
10/9-Safe Haven Visit
10/9-Water Aerobics with Darcie 12:30-1:30
10/16-Yoga with Lori 12:30-1:30
10/23-Exercise with Michelle 12:30-1:30
10/23-Water Aerobics with Darcie 12:30-1:30
10/30-Halloween Party/Costume Contest
10/30-Exercise with Lana 12:00-2:00

*You do not need to be a resident of
Saw Creek Estates to participate*

CENTER WITHOUT WALLS
WEDNESDAYS AT SAW CREEK ESTATES

2019 Lackawaxen/Shohola Township 9 am-2 pm 570-685-7808

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CLOSED	2 Cards & Games Exercise Lunch	3 Cards, Games & Bingo Exercise Lunch @ 11:45 Mahjongg @ 1:00 	4 CLOSED
7 Cards & Games Exercise Lunch	8 CLOSED	9 Cards & Games Exercise Lunch Bob-Chi @ 10:30	10 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 	11 CLOSED
14 ALL CENTERS CLOSED FOR COLUMBUS DAY	15 CLOSED	16 Cards & Games Exercise Lunch Blood Pressure	17 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 Safe Haven Visit 11:00 Blood Pressure 	18 CLOSED
21 Cards & Games Exercise Lunch	22 CLOSED	23 Cards & Games Exercise Lunch	24 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 	25 CLOSED
28 Cards & Games Exercise Lunch	29 CLOSED	30 Cards & Games Exercise Lunch Birthday Celebration	31 Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00 Halloween Party 	

October

2019 Dingmans Center 9am-2pm 570-828-7812

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cards, Games Lunch ~Yoga w/Lori @ 10:30~	2 Closed	3 Closed	4 Bingo, Cards & Games Lunch 
7 Closed <i>Medical Transport</i>	8 Cards, Games Lunch ~Yoga w/Lori @ 10:30 ~	9 Closed	10 Closed	11 Bingo, Cards & Games Lunch 
14 CLOSED COLUMBUS DAY	15 Cards, Games Lunch ~Yoga w/Lori @ 10:30~ Safe Haven Visit 11:00	16 Closed	17 Closed	18 Bingo, Cards & Games Lunch 
21 Closed <i>Medical Transport</i>	22 Cards, Games Lunch ~Yoga w/Lori @ 10:30 ~ ~Blood Pressure~ ~Celebrate Birthdays~	23 Closed	24 Closed	25 Bingo, Cards & Games Lunch 
28 Closed <i>Medical Transport</i>	29 Cards, Games Lunch Halloween Party	30 Closed	31 Closed	Billionaire Investor George Soros, one of the richest men on Earth, is a Holocaust survivor.

We Wish Our Cherished Consumers A Very Happy Birthday

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DAVID

CORDELL



Our wonderful interns Corrine, Makenna & Eden

KEVIN, BOBBY, BRUCE
& SUZANNE



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EVENTS and PROGRAMS

KNIGHTS OF COLUMBUS

Will host a free MEAT LOAF dinner at **ST. JOHN NEMANN PARISH HALL** on **Sunday, October 6th**
705 Route 739, Lords Valley, PA
2:00 PM-4:00 PM.

All are welcome. If you plan to attend please call 775-0681 Mon, Thurs, or Fri or 775-9826 Tues & Wed. Please leave your name, telephone number and number of people attending when making reservations.

Holy Trinity Lutheran Church Food Pantry, 103 Delaware Crest, Dingmans Ferry, PA 18328. 570-828-7411. Monday thru Friday 9-12 by appointment only. Please call 24-48 hours ahead to schedule

Volunteers always welcome

Hands of Hope Food Pantry at the Lord's Valley Community Church (located behind Ryan's Deli on Route 739) will be distributing on the 2nd Thursday of the month from **2:00pm-6:00 pm**
570-503-6644



The Food Pantry Program at the Church at Hemlock Farms will be open Mondays **4:00 PM to 6:30 PM**

Registration is a **MUST** prior to distribution. Please register by calling 570-775-6787
 Mon, 10/21/19 Mon, 11/18/19 Mon, 12/16/19

KNIGHTS OF COLUMBUS ST. VINCENT'S PARISH HALL

Will host a community meal Sunday, Oct 20
 St. Vincent's Dr, Rt 739, Dingmans Ferry
2:00 PM-4:00 PM.
All are welcome.

Food Pantry

St. Ann's Catholic Church, 125 Richardson Ave,
 Shohola, PA 18458, 570-832-4275
 Distribution 1st & 3rd Thursdays
 9:30 to 11:30 am Registration at pick up.

Community Lunch

**Especially for Seniors (but all are welcome!)
 Thursday, October 10th
 11:30-1:00**

**No charge and no need to call first
 Good Shepherd Episcopal Church Parish Hall
 Corner of W. Catharine & 5th Sts., Milford
 Sponsored by the Ecumenical Food Pantry**

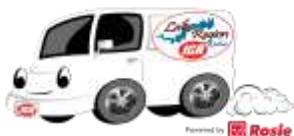
Do you live in the Greentown area & need assistance with your shopping? There are a few supermarkets that will deliver to you.

Lake Region IGA

570-226-6000 extension 10 (you must order between 7 am & 9:30 am on Tuesdays). They deliver same day, by 1:30 PM. There is a \$9.95 delivery charge.

Now offering online shopping

www.lakeregioniga.com Delivery is \$4.95 picking fee plus \$6.95 delivery fee and in store pickup is \$4.95.



Dutch's Market 570-676-3373

No weekend delivery.
 24 hour notice required when ordering week days.
\$10 delivery charge.

Dave's Foodtown/Super Duper

570-251-9530 They do not deliver too far from store. Call them for details.

Shoprite delivers (\$10 internet fee & \$6.95 delivery fee) shop at www.shoprite.com



**Ecumenical Food Pantry
 321 5th St., Milford
 570-618-1568
 Fridays: 6:30-7:30**

**Eligibility is based on SNAP guidelines
 Photo ID & verification of address is required
 No appointments necessary**

**Did you know that Pike County Transportation only requires 24 hour notice?
 Questions, please call 570-296-3408**



FREE Home delivery provided by Lords Valley Village Pharmacy 570-775-9555 and Good Neighbor Pharmacy 570-828-7494

Senior Law Center

Senior Law Center protects the legal rights & interests of Seniors in Pennsylvania through legal services, referral services and advocacy. Call the Senior Law helpline if you need assistance at: 877-727-7529

Pike County Area Agency on Aging
150 Pike County Blvd.
Hawley, PA 18428
570-775-5550

Non-Profit mailer



DO NOT CALL REGISTRY

If you want to stop those nagging calls from solicitors you can place your phone number on the Do Not call registry by calling:

1-888-382-1222 and
1-888-777-3406 or go on
line to: www.donotcall.gov

To renew subscription, clip out mailing label and send it in with the \$5 yearly fee. If you have email, just send your email address to: kdantuono@pikepa.org, and get your newsletter sent right to your email address for **FREE**—Save time and money!

www.pikeaaa.org

Where to Find Information About the Medicare Plans Available in your County:

- * Medicare & You 2019 Handbook
- * www.medicare.gov Call APPRISE at: 1-800-783-7067
- * Call Medicare at: 1-800-633-4227 (Phone) or 1-877-486-2048 (TTY)
- * Or call us at: 570-775-5550 x 1313 for an appointment to assist you

Pike County Area Agency on Aging

Executive Director - Robin S. Skibber - email: rskibber@pikepa.org

Protective Services & Options Supervisor - Robin Soares

Waiver Supervisor - Joan Edel

Nutrition Site Managers - Cherie Bland, Pam Capps, Jennifer Miller & David Zlasney

Activity & Program Director & Health & Wellness Coordinator - Lana Romeo

Blooming Grove Center-150 Pike County Blvd., Hawley, PA 18428

(Phone: 570-775-5550 or 1-800-233-8911 Fax: 570-775-5558)

Office / Center: Monday through Friday - 8am to 4pm

Dingmans Center-American Legion 851-107 Ball Park Rd, Dingmans Ferry, PA 18328

(Phone: 570-828-7812) Tuesday & Friday 9 am to 2 pm

Lackawaxen/Shohola Township Center-Lackawaxen Fire Dept., Beisel Beck Rd. & Rte. 590, Lackawaxen, PA 18435. Monday, Wednesday and Thursday 9 am to 2 pm (Phone: 570-685-7808)

Eastern Pike Center @ Matamoras-Matamoras Fire House, 506 Avenue Q, Matamoras, PA 18336

Wednesday & Friday 9 am to 2 pm (Phone: 570-832-1929)

Bushkill Center for Active Adults-Top of The World Restaurant at Saw Creek Estates

148 Cambridge Ct., Bushkill PA 18324 Wednesdays 9:30 am to 2 pm (Phone: 570-775-5550)

ELDER ABUSE REPORTING NUMBER 1-800-233-8911

www.pikeaaa.org



Advisory Council

*Chairperson: *Patricia Crane * Steven R. Guccini, Commissioner Representative * Vacant * Charlotte Bell *Jeanne Carlstedt * Jacqueline Eadicicco * Laura Guccini-Engle * Kathie Joseph * Leatrice Langer * Barbara Leary * Marianne McMillin * Monica McVitie * Joe Shevlin * Sue Siska * Catherine Steele * Rita Tepperman * Pike County Commissioners * Matt Osterberg * Ronald Schmalzle * Steven R. Guccini*

**Pike County Transportation Hours 7:30am—4:00pm Phone 570-296-3408 Fax 570-296-3409
Toll Free: 1-866-681-4947 STATUS LINE: 570-296-1959**

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