

The Jackson Express



Christmas Decorations!

The center looked absolutely beautiful with all of the Christmas decorations. I would like to send a big thank you to Anne Marie Sowolla, Larry Fender, Dennis & Colleen Tippie, Joyce McMullen, John Kot and everyone else that pitched in, for all of their help and hard work with the decorating. If you did not get to see it, you truly missed out. As our November craft, members made cinnamon ornaments to add to both the tree in the lunch room and the tree in the community room, giving both areas a nice cinnamon aroma.

(814) 322-3327

Monday-Thursday

8 a.m. - 4 p.m.

Mon. Exercise Rm: 6:30-8 p.m.

Wed. Exercise: 6:30 to 8 p.m. (Please call the center to schedule for Wednesday evening exercise)

Income Tax Season

Once again, the Jackson Township Senior Center will be welcoming John Adams and Monica Hildebrand for income tax preparation. We will be scheduling appointments beginning on January 3rd for Tuesday and Wednesday mornings (8:30 a.m. to 11 a.m.) for the months of February, March & part of April. Appointments must be scheduled and are on a first come, first serve basis. For any appointment scheduled, you will need to bring your state issued photo i.d., social security card, last year's tax return, all sources of income statements (W-2s, Social Security Statement, Bank Statements (Interests/Dividends), & Pension & Annuity Statements). If you come to your appointment without these items, your taxes will not be completed and you will be asked to reschedule for another open time. The income limit is \$54,000. Please note, John and Monica are volunteers donating their time to assist seniors and the program is not intended for business or rental returns. If you have any questions, please call Amy during center hours at 322-3327.

Previous and Upcoming Events!!

Wow.....another year has passed. They seem to go quicker and quicker each year. This past year has been a great year spent at the Jackson Township Senior Center. We had several activities in November. We had a full bus to Rocky Gap Casino. While no one came home significantly richer, it seemed to be a nice day out. We welcomed two guest bingo callers for prize bingo. On November 16th, we had a Thanksgiving Feast. We had an afternoon of fun and food! We welcomed covered dishes to add to the lunch being served, Polish Bill played some music and included a few story lines and trivia questions, and bingo followed to end the day. Our November craft was cinnamon ornaments for two of the Christmas trees we have decorated in the center. They have given off a great aroma for the season and look great on the trees in both the lunch room and the bingo room. December brought much colder weather and even some snow in to our lives. We had our first "snow day" of the season also. Please remember that when Central Cambria School District is closed due to weather, we are also closed. In some cases (like our recent snow day), the district started off as a 2-Hour Delay but then changed to a closing. Be sure to check the local channels for the latest update or give us a call at the center before you head out to the center. On December 13th, we had our first Trivia Day. After bingo, those that stayed had the chance to win some scratch off tickets with some trivia questions. The questions were all Christmas and New Year's related and each question was worth two points. It was a hit and we will be planning it monthly starting in January. December marks the third month for Thursday Game Nights. Each week approximately 10-15 members gather in the community room to play a variety of games. Each person participating contributes a snack to share with everyone. They welcome any members that would like to join them. If you have any questions please give Amy a call or see Larry Fender at the center. On December 20th, we had our Ugly Christmas Sweater Christmas Party. We had over fifty people attend the event. While wearing an ugly sweater was not a requirement, we had ten people create and/or wear an ugly sweater to our party. Our top three winners included Larry Fender, Dennis Tippie and Karen Neuder. The other seven were also given a prize for their efforts. Polish Bill provided us with some holiday music, trivia and jokes to keep us all entertained. We had chances for sale for a lottery frame and each person received a free chance for a door prize. After the entertainment and Ugly Sweater Contest, we finished the day with some bingo games before starting our Christmas break.

As we begin a new year, we encourage you all to join us for the some of the many activities and events we have at the senior center. There is so much offered at the center and we would love for you to try something new and continue to join us for your old favorites! New to the year, we will be having Trivia on the second Wednesday of each month. It will follow bingo and begin at approximately 2:30 p.m. On January 8th, we will welcome Senior Life to do a special Monday bingo. Senior Life will provide pizza for everyone and those participating will play for money (as we usually do). We will require those participating to sign up so we are able to give Senior Life an accurate count for the pizza. We also welcome suggestions for activities and events that you would like to see take place at the center. It helps to have suggestions and feedback from our active members so we know what the majority like to see happen here and enjoy participating in. We have a few things in the works but do not have all of the details set up yet. They include a possible overnight trip to Niagara Falls in June. This trip would be on the American side with the opportunity to go to the Canadian side with the required passport. It would be open to members and the public. The plan is to have the trip over a weekend for a two night stay to give more people that work during the week the opportunity to go. We are also working on bringing a representative in to create a craft as a form of physical therapy for seniors. Please check back for further details on each of those plus more as we are able to get it on our calendar in the early weeks of the new year.



Amy's Recipes

We are into the "Soup Season". I made soup a few weeks ago for our Monday lunch and it was a hit. I wanted to share the recipe with you all. I hope you enjoy!!

Cream Cheese Potato Soup

6 cups of water

7 tsp. Bouillon Granules (Chicken Flavor)

2 8oz pkgs. of Cream Cheese (Cubed)

1 30oz pkg. Frozen Cubed Hash Brown Potatoes (Southern Style)

1 ½ cups Fully Cooked Ham (7 slices of cooked ham from the deli) (cubed)

½ cup Chopped Onion

1 tsp. Garlic Powder

Combine water and bouillon granules. Add cream cheese. Cook and stir until cream cheese is melted. Stir in remaining ingredients. Simmer uncovered for 18-20 minutes.

Blood Screenings!

The Chan Soon-Shiong Medical Center at Windber will be at the center on Saturday, March 3rd for blood screenings. The doors will open at 7 a.m. and they will do screenings until 9 a.m. They ask that you fast for 12 to 14 hours prior to your appointment. You can schedule an appointment by calling 814-467-3961. You do not need a physician order for these. The cost is \$30 with optional add on testing for extra fees. This will be the only blood screening at the center this year so don't miss it!!

BLOOD TEST


HAPPY BIRTHDAY!!

**We want to wish a Happy Birthday to
all of the January & February
Birthdays!! We hope that each of you
enjoy your special day & have
happy & healthy year!!**

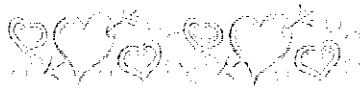
Memberships!

If you have not renewed your membership yet, please pick up an application and get it filled out and returned.

This year's dues have remained at \$15 for the year. Applications can be picked up at the resource table or in the office. Thank you!!

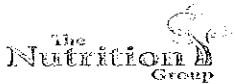







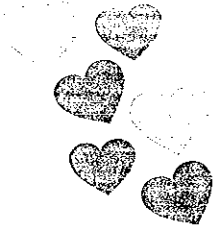
TUESDAY	WEDNESDAY	THURSDAY
<p>2</p> <p>Chicken Marsala 1/2c. Garlic & Parmesan Pasta 1/2c. Green Beans Wheat Bread 1/2c. Mandarin Oranges</p>	<p>3</p> <p>Baked Meatloaf w/gravy 1/2c. Whipped Potatoes 1/2c. Creamed Corn Wheat Bread 1/2c. Sliced Apples</p>	<p>4</p> <p>Bratwurst 1/2c. Parslied Potatoes 1/2c. Peas & Onions Hotdog Roll/ Mustard Pc Fresh Baked Cookie</p>
<p>9</p> <p>Chicken Philly Sandwich w/onions, peppers, cheese 1 c. Creamy Potato Soup w/Crackers Hamburger Roll 1/2c. Blushed Pears</p>	<p>10</p> <p>Sausage Pizza Casserole w/cheese topping 1/2c. Broccoli & Carrots Breadstick Fresh Seasonal Fruit</p>	<p>11</p> <p>Lemon Pepper Pollock 1/2c. Wild Rice 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Applesauce</p>
<p>16</p> <p>Baked Ziti(3/4c.) w/Meatballs (3) w/Cheese Topping 1 c. Caesar Salad Italian Bread 1/2c. Tropical Fruit Salad</p>	<p>17</p> <p>Breaded Chicken Cutlet 1/2c. Au Gratin Potatoes 1/2c. Sweet Peas Wheat Bread 1/2c. Mandarin Oranges</p>	<p><u>January Birthdays</u> Roasted Turkey w/2 oz Gravy 1/2c. Whipped Potatoes w/chives 1/2c. Sliced Carrots White Bread Chocolate Chip Cak</p>
<p>23</p> <p>BBQ Chicken Breast 1/2c. Scalloped Potatoes 1/2c. Sweet & Sour Coleslaw Wheat Bread Brownie</p>	<p>24</p> <p>Porcupine Ball w/2 oz tomato Sauce 1/2c. Garlic Whipped Potatoes 1/2c. Corn Dinner Roll 1/2c. Cinnamon Apples</p>	<p>25</p> <p>Beef Brasciole w/gravy 1/2c. Mashed Potatoes 1/2c. Coin Carrots White Bread 1/4c. Cottage Cheese w/1/2c. Sliced Peaches</p>
<p>30</p> <p>1 c. Chicken & White Bean Chili 1 c. Tossed Salad w/Tomato & Drs 1/2c. Baked Potato Corn Drop Biscuit Mandarin Oranges</p>	<p>31</p> <p>Cheeseburger 1/2c. Baked Sweet Potato Bites 1/2c. Creamy Coleslaw Hamburger Roll 1/2c. Sherbet</p>	

1	8 a.m. - 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. - Silver Sneakers 11:30 a.m. - Yoga 12 p.m. - Lunch (\$2) 6:30 p.m. - Pinochle/Exercise Rm.	2	8 a.m.-3:45 p.m. - Exercise Room 10 a.m. - Board Games 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo 1 p.m. & 2:15 p.m. Silver Sneakers	3	8 a.m.-3:45 p.m.- Exercise Room 9 a.m. - Noon - Line Dancing 10 a.m. - Noon - Wii Bowling 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo 2:30 p.m.- Craft (Must Sign Up)	4	8 a.m. - 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. - Silver Sneakers 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo
8	8 a.m. - 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. - Silver Sneakers 11:30 a.m. - Yoga 12 p.m. - Lunch (Senior Life) & Bingo 1 p.m.- Bible Study 6:30 p.m. - Pinochle/Exercise Rm.	9	8 a.m.-3:45 p.m. - Exercise Room 10 a.m. - Board Games 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo 1 p.m. & 2:15 p.m. Silver Sneakers	10	8 a.m.-3:45 p.m.- Exercise Room 9 a.m. - Noon - Line Dancing 10 a.m. - Noon - Wii Bowling 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo	11	8 a.m. - 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. - Silver Sneakers 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo
15	8 a.m. - 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. - Silver Sneakers 11:30 a.m. - Yoga 12 p.m. - Lunch (\$2) 6:30 p.m. - Pinochle/Exercise Rm.	16	8 a.m.-3:45 p.m. - Exercise Room 10 a.m. - Board Games 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo 1 p.m. & 2:15 p.m. Silver Sneakers	17	8 a.m.-3:45 p.m.- Exercise Room 9 a.m. - Noon - Line Dancing 10 a.m. - Noon - Wii Bowling 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo 2:30 p.m.- Snack Attack (Sign-Up)	18	8 a.m. - 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. - Silver Sneakers 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo
22	8 a.m. - 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. - Silver Sneakers 11:30 a.m. - Yoga 12 p.m. - Lunch (\$2) 1 p.m.- Bible Study 6:30 p.m. - Pinochle/Exercise Rm.	23	8 a.m.-3:45 p.m. - Exercise Room 10 a.m. - Board Games 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo 1 p.m. & 2:15 p.m. Silver Sneakers	24	8 a.m.-3:45 p.m.- Exercise Room 9 a.m. - Noon - Line Dancing 10 a.m. - Noon - Wii Bowling 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo 2:30 p.m.- Trivia	25	8 a.m. - 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. - Silver Sneakers 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo
29	8 a.m. - 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. - Silver Sneakers 11:30 a.m. - Yoga 12 p.m. - Lunch (\$2) 6:30 p.m. - Pinochle/Exercise Rm.	30	8 a.m.-3:45 p.m. - Exercise Room 10 a.m. - Board Games 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo 1 p.m. & 2:15 p.m. Silver Sneakers	31	8 a.m.-3:45 p.m.- Exercise Room 9 a.m. - Noon - Line Dancing 10 a.m. - Noon - Wii Bowling 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo	32	8 a.m. - 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. - Silver Sneakers 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo



February 2018



TUESDAY	WEDNESDAY	THURSDAY
		<p style="text-align: right;">1</p> <p>Center Cut Pork Chop w/2 oz Gravy 1/2c. Whipped Potatoes w/Chives 1/2c. Braised Cabbage White Bread 1/2c. Apple Cranberry Crisp</p>
<p style="text-align: right;">6</p> <p>Beef Burrito (3 oz meat, cheese, lettuce, tomato) 1/2c. Warm Fiesta Corn 1/2c. Spanish Rice Tortilla Shell 1/2c. Baked Pineapple</p>	<p style="text-align: right;">7</p> <p>Chicken Alfredo 1/2c. Penne Pasta w/Sauce 1/2c. Italian Green Beans Garlic Breadstick Fresh Seasonal Fruit</p> 	<p style="text-align: right;">8</p> <p>Turkey Roll Up w/Stuffing & Gravy 1/2c. Whipped Potatoes 1/2c. Mixed Vegetable Medley White Bread 1/2c. Applesauce</p> 
<p style="text-align: right;">13</p> <p>Honey Orange Chicken Thigh 1/2c. Blended Rice Pilaf 1/2c. Oriental Vegetable Blend White Bread 1/2c. Pineapple Delight</p> 	<p style="text-align: right;">14</p> <p><i>Happy Valentine's Day!</i> Vegetable Lasagna w/Parmesan Cream Sauce 1c. Tossed Salad w/Cucumber & Hard Boiled Egg Garlic Stick 4 oz Orange Juice <i>Ash Wednesday</i></p>	<p style="text-align: right;">15</p> <p><i>Happy Valentine's Day!</i> Country Fried Steak w/2 oz Creamy Gravy 1/2c. Cheesy Whipped Potatoes 1/2c. Peas & Carrots Wheat Bread <i>Waffle Day</i></p>
<p style="text-align: right;">20</p> <p>Bratwurst 1/2c. Parslied Potatoes 1/2c. Peas & Onions Hotdog Roll/ Mustard Pc Fresh Baked Cookie</p> 	<p style="text-align: right;">21</p> <p>Baked Meatloaf w/gravy 1/2c. Whipped Potatoes 1/2c. Creamed Corn Wheat Bread 1/2c. Sliced Apples</p>	<p style="text-align: right;">22</p> <p>Chicken & Dumplings- 1c. 1/2c. Pepper Slaw Whole Grain Buttermilk Biscuit 1/2c. Warm Peaches</p> 
<p style="text-align: right;">27</p> <p>BBQ Pork Ribette 1/2c. Cheesy Hashbrowns 1/2c. Green Beans White Bread 1/2c. Sliced Peaches</p>	<p style="text-align: right;">28-Jan</p> <p>Baked Ham w/ Fruit Sauce 1/2c. Whipped Sweet Potatoes 1/2c. Cauliflower White Bread Brownie</p> 	

Thursday, February 15th, we will have a Mardi Gras Party! We will have the congregate lunch and ask everyone to bring a side or dessert to share. Polish Bill will provide us with some entertainment. Bingo will follow at 1:30 p.m. You Must Sign Up for this event!!

8 a.m. - 3:45 p.m. - Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo

5
 8 a.m. - 3:45 p.m. - Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 11:30 a.m. - Yoga
 12 p.m. - Lunch (\$2)
 6:30 p.m. - Pinochle/Exercise Rm.

6
 8 a.m.-3:45 p.m. - Exercise Room
 10 a.m. - Board Games
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo
 1 p.m. & 2:15 p.m. Silver Sneakers

7
 8 a.m.-3:45 p.m. - Exercise Room
 9 a.m. - Noon - Line Dancing
 10 a.m. - Noon - Wii Bowling
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo
 2:30 p.m.- Craft (Must Sign Up)

8 a.m. - 3:45 p.m. - Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo

12
 8 a.m. - 3:45 p.m. - Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 11:30 a.m. - Yoga
 12 p.m. - Lunch (\$2)
 6:30 p.m. - Pinochle/Exercise Rm.

13
 8 a.m.-3:45 p.m. - Exercise Room
 10 a.m. - Board Games
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo
 1 p.m. & 2:15 p.m. Silver Sneakers

14
 8 a.m.-3:45 p.m. - Exercise Room
 9 a.m. - Noon - Line Dancing
 10 a.m. - Noon - Wii Bowling
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo

8 a.m. - 3:45 p.m. - Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 12 p.m. - Mardi Gras Party!! (Sign Up)
 12:30 p.m. - Entertainment w/Polist EB.
 1:30 p.m. - Bingo

19
 8 a.m. - 3:45 p.m. - Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 11:30 a.m. - Yoga
 12 p.m. - Lunch (\$2)
 6:30 p.m. - Pinochle/Exercise Rm.

20
 8 a.m.-3:45 p.m. - Exercise Room
 10 a.m. - Board Games
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo
 1 p.m. & 2:15 p.m. Silver Sneakers

21
 8 a.m.-3:45 p.m. - Exercise Room
 9 a.m. - Noon - Line Dancing
 10 a.m. - Noon - Wii Bowling
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo
 2:30 p.m.- Snack Attack (Sign-Up)

8 a.m. - 3:45 p.m. - Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo

26
 8 a.m. - 3:45 p.m. - Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 11:30 a.m. - Yoga
 12 p.m. - Lunch (\$2)
 6:30 p.m. - Pinochle/Exercise Rm.

27
 8 a.m.-3:45 p.m. - Exercise Room
 10 a.m. - Board Games
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo
 1 p.m. & 2:15 p.m. Silver Sneakers

28
 8 a.m.-3:45 p.m. - Exercise Room
 9 a.m. - Noon - Line Dancing
 10 a.m. - Noon - Wii Bowling
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo
 2:30 p.m.- Trivia

8 a.m. - 3:45 p.m. - Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo

