



The Jackson Express



A few of our members stopped for a picture during our Mardi Gras party in February!
Our next party will be held on March 15th. Be sure to sign up to join us!

We welcome new members throughout the year, so join us for some fun!!

Please be sure to sign up for lunch by noon the day before or by noon Thursday for Tuesday's lunch!

(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)

Upcoming Events

March 3rd – Blood Screening

March 5th – Senior Life Bingo

March 12th – Tupperware Cooking Demo

March 15th – St. Patrick's Day Party

March 21st – Angel Sculpting (Sign Up)

March 22nd – Blood Pressure Screening

April 2nd – Senior Life Bingo

April 9th – Rivers Casino Bus Trip

April 19th – Blood Pressure Screenings

*Check out the calendar for all events!

Previous and Upcoming Events!!

Old man winter sure has shown his face during January and February. While we have continued to host an abundance of activities and events to help our members beat the winter blues and stay active, we have had a few of the days that were just too cold and snowy for many to venture out in.

January was an up and down month for us with cancellations and cold weather. Our monthly Produce for People date was canceled due to the bitter cold temperatures. We did have several people brave the cold to participate in our monthly craft, creating beautiful candle holders. We welcomed Senior Life of Ebensburg on January 8th for a special Monday bingo. They brought everyone pizza and we provided salads and dessert. Our Senior Life representative, Mary, called an afternoon of bingo with prizes. Our Thursday game evenings are still a hit with several coming each week and playing a variety of games. We had homemade hot chocolate and cinnamon bread for our January snack. It was perfect for a cold winter day.

February started off with some snowy weather. The February Produce for People was cancelled again due to a snow day at the center. We welcomed Mary from Senior Life Ebensburg to the center again. She provided lunch and prize bingo for everyone for a Monday of afternoon fun. Our February craft was provided by Laurel Wood Care Center. Gwen brought the supplies for our seniors to make bird feeders using pine cones, peanut butter and bird seed. Once everyone was finished with their craft, she played a game where members were shown a picture and asked to identify the bird. She brought some great prizes to help everyone get ready for summer.

Our Monday lunch crowd continues to grow. In January we had a homemade turkey dinner, complete with mashed potatoes, stuffing, corn, green beans and desserts. We had twenty-six people join us for a great lunch and even better company. When we started cooking for Monday lunches, we only had about twelve people signing up. Over the last few weeks there have been over twenty.

In February, we celebrated Mardi Gras. We had entertainment by Polish Bill, door prizes and even had some hats and crowns & beads for everyone to wear. Those that chose to stay tested their luck at some bingo as well.

Senior Life has started to offer blood pressure screenings at the center once a month. This is a service that many appreciate. Check the activity calendar for the upcoming dates.

We have a full calendar for March. To kick the month off, in conjunction with Chan Soon-Shiong Medical Center at Windber, we will be offering a Community Lab Blood Screening on Saturday, March 3 from 7 a.m. to 9 a.m. If you would like to pre-register you can do so by calling 814-467-3961. They will also be taking walk-ins that day. For these screenings, you do not need to have a physician order nor do you need to be a patient of a Windber physician. On March 5th we will welcome Mary from Senior Life. She will be bringing us lunch again and also calling bingo and giving away some great prizes. On March 12th, Susan Wiley of Tupperware will be at the center doing a cooking demonstration using Tupperware products. The food she makes at the demonstration will be served to those that sign up for lunch. If any products are ordered the center will receive credit for the sale. The Wii bowling league is in full swing of another session. We have gained a few more members on the team. If you are interested in joining the Wii Bowling League please see Amy or Polish Bill. It is not too late to join, as we can get you caught up in games to continue and finish out this session with everyone.

April's calendar is filling up quickly as well. We will have senior life in for some Monday Bingo at the beginning of the month. We are offering a bus trip to Rivers Casino on Monday, April 9th. A minimum of thirty people are required to make the trip go and we can't go over 54 so sign-ups will be on a first come first serve basis. On March 29th we will be having an Easter Egg Hunt. In order to participate, we are requiring everyone to sign up by March 22nd. We will have snacks and the eggs will have a mixture of candy and prizes inside them. In honor of the first day of Trout Season, we will be having a "First Day of Fishing" party on Thursday, April 12th. We will have fishy snacks and games with prizes. Please sign up for lunch for this day and as always we welcome side dishes and desserts to share with everyone.

Looking ahead, on May 7th from 9 a.m. to 1 p.m., we will be holding a 55 Alive driving class here at the center. Sign up will be available in the middle of March. Our trips with CamTran will start back up in the spring so be sure to check back to see what adventures we are going on this year.

As always, any suggestions on activities and trips are always welcome. Have a great spring!!

Amy's Recipes

I know we are closing out our winter months but I made this hot chocolate for our January snack and it was a hit. In February I made a cherry dump cake. We served it warm with vanilla ice cream. It is a quick dessert that tastes like you spent hours on it.

I hope you enjoy!

Crockpot Hot Chocolate

5 cups Milk
½ cup Hershey's Cocoa
½ cup White Sugar
1 cup Hot Water

Combine cocoa, sugar and hot water in a large pan. Stir and bring to a gentle boil. Transfer mixture to crockpot, add milk and stir. Cook on high for two hours or low for four hours or until hot. Pour into mugs and top with whip cream and sprinkles. Enjoy!

Easy Cherry Dump Cake

1 Box Vanilla Cake Mix (15.25 oz)
2 Cans Cherry Pie Filling (21 oz each)
1 Stick Butter, Melted

Preheat oven to 350 degrees. Spray 9x13 cake pan with non-stick cooking spray. Empty cans of cherry pie filling into bottom of baking dish and spread out evenly. In a medium mixing bowl, combine dry cake mix and melted butter. Stir until crumbly (break up any large chunks into small crumbles with spoon). Pour cake/butter crumble mixture over cherries in baking dish and spread out evenly. Bake for 30 minutes or until sides are hot and bubbly. Serve with ice cream or whip cream.

HAPPY BIRTHDAY!!

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

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

TUESDAY	WEDNESDAY	THURSDAY
		1 Breaded Chicken Patty Sandwich w/Cheese, Lettuce, & Tomato 1 c. Creamy Potato Soup W/Crackers Sandwich Roll 1/2c. Blushed Pears
*All menus Subject to Change		
6 Mushroom Swiss Burger 1 c. Creamy Cauliflower Soup W/Crackers Hamburger Roll Fresh Seasonal Fruit	7 Breaded Chicken Cutlet 1/2c. Au Gratin Potatoes 1/2c. Sweet Peas Wheat Bread 4 oz Orange Juice	8 Roasted Turkey w/2 oz Gravy 1/2c. Whipped Potatoes w/chives 1/2c. Sliced Carrots White Bread Orange Dream Cake w/ Icing
13 BBQ Chicken Breast 1/2c. Scalloped Potatoes 1/2c. Sweet & Sour Coleslaw Wheat Bread Brownie	14 Porcupine Ball w/2 oz tomato Sauce 1/2c. Garlic Whipped Potatoes 1/2c. Corn Dinner Roll 1/2c. Cinnamon Apples	St. Patrick's Day Special Corned Beef & Cabbage 1/2c. Parslied Redskins 1/2c. Carrots Dinner Roll 1/2c. Lime Fluff
20 1 c. Chicken & White Bean Chili 1 c. Tossed Salad w/Tomato & Dressing 1/2c. Baked Potato Corn Drop Biscuit Fresh Seasonal Fruit	21 Cheese Burger 1/2c. Baked Sweet Potato Bites 1/2c. Creamy Coleslaw Hamburger Roll 1/2c. Chocolate Ice Cream	March Birthdays Center Cut Pork Chop w/2 oz Gravy 1/2c. Whipped Potatoes w/Chives 1/2c. Green Beans White Bread Strawberry Shortcake
27 Beef Burrito (3 oz meat, cheese, lettuce, tomato) 1/2c. Warm Fiesta Corn 1/2c. Spanish Rice Tortilla Shell 1/2c. Baked Pineapple	28 Chicken Alfredo 1/2c. Penne Pasta w/Sauce 1/2c. Italian Green Beans Garlic Breadstick Fresh Seasonal Fruit	29 Turkey Roll Up w/Stuffing & Gravy 1/2c. Whipped Potatoes 1/2c. Mixed Vegetable Medley White Bread 1/2c. Applesauce

Thursday, March 15th will be our St. Patrick's Day Party. We will have games at 11 a.m. Lunch will be at 12 followed by entertainment at 12:30 and Bingo at 1:30. Join us for an afternoon of fun! Please be sure to sign up!!

We will be having an Easter Egg Hunt on Thursday, March 29th. The eggs will be filled with candy and other prizes. You must sign up for this event to participate. The eggs will be hid either in the center or outside depending on the weather.

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)
 PEANUT BUTTER LOVERS DAY!!
 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
 12:30 - Lunch (Senior Life Ebensburg)
 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
 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)
 POPCORN LOVERS DAY!!
 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
 11 a.m. -Tupperware Demo & Lunch (\$3)
 1:00 p.m. - Bible Study
 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 (Senior Life J-Town)
 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
 NATIONAL POTATO CHIP DAY!!

15
 8 a.m. - 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 11 a.m. - St. Patrick's Day Party
 12 p.m. - Lunch (Must Sign Up)
 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)

22
 8 a.m. - 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 12 p.m. - Lunch (Please sign up)
 1:00 p.m. - Bingo

25
 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.

26
 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

27
 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

28
 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
 2:30 p.m. - Easter Egg Hunt (Must Sign Up)

25

27

28

29

April 2018

TUESDAY	WEDNESDAY	THURSDAY
<p>3</p> <p>Turkey, Bacon, & Cheese Jr. Club Sandwich w/condiments 1c. Cream of Broccoli Soup w/Crackers Sandwich Roll 1/2c. Applesauce</p>	<p>4</p> <p>Beef Stroganoff w/ gravy 1/2c. 1/2c. Buttered Noodles 1/2c. Mixed Vegetables Wheat Bread Fresh Seasonal Fruit</p>	<p>5</p> <p>Stuffed Pepper w/tomato sauce 1/2c. Garlic Whipped Potatoes 1/2c. Coin Carrots Wheat Bread Stawberry Shortcake</p>
<p>10</p> <p>Chicken, Spinach & Cranberry Salad w/Balsamic Drs 1c. Mixed Greens & Spinach w/Cucumber 1/2c. Pickled Diced Beets Breadstick Cookie</p>	<p>11</p> <p>Meatloaf w/Gravy 1/2c. Whipped Potatoes 1/2c. Green Beans White Bread 1/2c. Banana Pudding, 2 Nilla wafers</p>	<p>12</p> <p>Pork Carnita Taco- 3oz Topped w/sweet & sour slaw 1/2c. Rice w/Chives 1/2c. Corn Tortilla Fresh Melon</p>
<p>17</p> <p>Creamy Chicken Salad Croissant w/lettuce & tomato 1c. Tomato Soup w/Crackers WG Croissant Fresh Seasonal Fruit</p>	<p>18</p> <p>Salisbury Steak w/Gravy 1/2c. Cheesy Whipped Potatoes 1/2c. Sweet Peas White Bread Brownie</p>	<p><u>April Birthdays</u> Baked Salmon w/dill sauce Baked Potato w/margarine 1/2c. Broccoli & Carrots White Bread Birthday Cake</p>
<p>24</p> <p>Baked Breaded Chicken Cutlet 1/2c. AuGratin potatoes 1/2c. Sweet Peas White Bread Cookie</p>	<p>25</p> <p>Cheeseburger 1/2c. Sweet Potato Bites 1/2c. Green Beans Sandwich Roll, Condiments Fresh Seasonal Fruit</p>	<p>26</p> <p>Roasted Turkey 1/2c. Whipped Potatoes w/gravy 1/2c. Peas & Carrots Wheat Dinner Roll 1/2c. Gelatin</p>

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

3
 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

4
 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)

5
 8 a.m. - 3:45 p.m. - Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 12 p.m. - Lunch (Please sign up)
 1:00 p.m. - Bingo

9
 8 a.m. - 3:45 p.m. - Exercise Room
 8:45 a.m. - Strong Bones
 9 a.m. - Silver Sneakers
 10 a.m. - Yoga
 11:30 a.m. - Yoga
 12 p.m. - Lunch (\$2)
 1:30 p.m. - Bible Study
 6:30 p.m. - Pinochle/Exercise Rm.

10
 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

11
 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

12
 8 a.m. - 3:45 p.m. - Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 12 p.m. - Lunch (Please sign up)
 Fishing Party!
 12:30 p.m. - Polish Bill
 1:30 p.m. - Bingo

16
 8 a.m. - 3:45 p.m. - Exercise Room
 8:45 a.m. - Strong Bones
 9 a.m. - Silver Sneakers
 10 a.m. - Yoga
 11:30 a.m. - Yoga
 12 p.m. - Lunch (\$2)
 6:30 p.m. - Pinochle/Exercise Rm.
 STRESS AWARENESS DAY!

17
 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

18
 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)

19
 8 a.m. - 3:45 p.m. - Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 12 p.m. - Lunch (Please sign up)
 1:00 p.m. - Bingo

23
 8 a.m. - 3:45 p.m. - Exercise Room
 8:45 a.m. - Strong Bones
 9 a.m. - Silver Sneakers
 10 a.m. - Yoga
 11:30 a.m. - Yoga
 12 p.m. - Lunch (\$2)
 1:30 p.m. - Bible Study
 5:30 p.m. - Pinochle/Exercise Rm.
 EARTH DAY CELEBRATION!

24
 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

25
 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

26
 8 a.m. - 3:45 p.m. - Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 12 p.m. - Lunch (Please sign up)
 1:00 p.m. - Bingo

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

On April 12th, we will have a Fishing Party! The event will be in honor of the first day of trout season. Dress in your favorite fishing gear. Enjoy fishy snacks and some entertainment by Polish Bill. Please be sure to sign up for this!

On April 16th, we will have activities and information on stress awareness and the effects on your health. Information will follow lunch.

