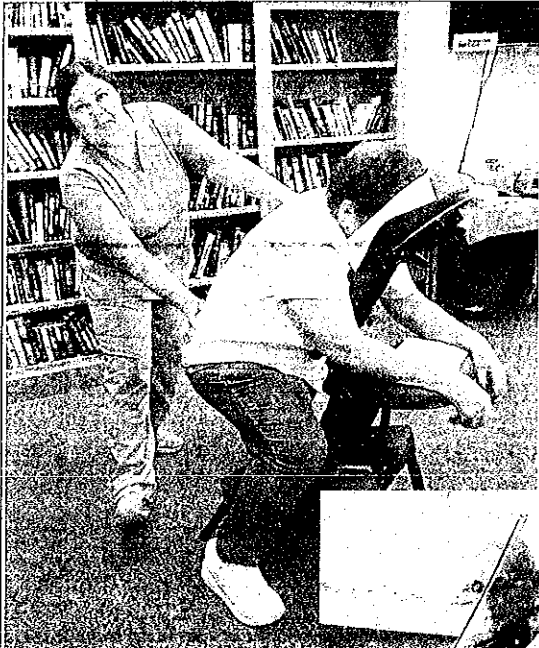




The Jackson Express



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 and by noon Thursday for Tuesday's lunch!

Upcoming Events

May 7th: 55 Alive Driving School

May 19th: Basket Party

May 21st: Meadows Casino Trip

June: Horseshoe League Begins

(814) 322-3327

Monday-Thursday

8 a.m. - 4 p.m.

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

Wed. Exercise: Exercise will resume in the Fall.



Previous and Upcoming Events!!

Everyone is hoping that the snow and cold weather is over the season. We are ready for the sun and warmth! The nasty weather hasn't given up the fight to stick around but we know spring is around the corner.

We kicked off March with a full schedule. We held a blood screening here with Chan Soon-Shiong Medical Center at Windber, which brought in just over thirty participants. If you missed it, we have another blood screening scheduled for October. On March 12th, we welcomed Susan Wiley of Tupperware to the center. She cooked lunch for everyone using Tupperware products, including the Microwave Pressure Cooker and the MicroPro Grill. Our menu consisted of breaded chicken, macaroni and cheese, hash brown casserole, steamed broccoli, lava cake, pineapple upside down cake and banana bread, which were all cooked in the microwave. Our members had the opportunity to go to Westmoreland for a day of shopping. They went to the WOW Outlet, the Westmoreland Mall and Gabes to do some Easter shopping. Our Wii Bowling league is still going strong and has even picked up a few new bowlers. We celebrated Mardi Gras with a party filled with outfit accessories, games and entertainment followed by bingo. In honor of the first day of trout season, we held a fishing party. We had fish identification games, a "Go Fish" game, and fishing related door prizes. The Pennsylvania Fish & Boat Commission loaned us games, fishing poles with magnetic fish and gave us Pennsylvania fish posters and packets to help those heading out for the first day to identify their big catches. Thursday night game night has wrapped up for the summer. They will start again in the fall. Our Monday night Pinochle group still meet each week. They always welcome new members to join the group. On April 9th, the center held a bus trip to River's Casino. We were able to send a full bus of people eager to win some money. In recognition of Stress Awareness Day, the center welcomed Stacie from Aglow Spa to do chair massages for the seniors on Monday, April 16th. She was here for two hours and was able to squeeze everyone in with no time to spare. To celebrate Easter, we held an Easter Egg Hunt for our members. There were over one hundred eggs filled and hid for participants to find. Those that participated enjoyed it and it will be something we do next year again.

We have some great things planned at the center. First, on Monday, May 7th, we will be having a 55 Alive Driving Class. You can call Somerset Trust Co. to register for this class. We also welcome guest bingo callers this month. In May will welcome Gwen from Laurel Wood on Wednesday, May 9th and Kiersten from Amber Hills on Wednesday, May 16th. On Monday, May 14th, Mary from Senior

Life of Ebersburg will be here to do our special Monday bingo. Our May craft will be planting flowers. It will take place on Wednesday, May 9th after bingo. On Monday, May 21st, we have a trip going to the Meadows Casino. There are still a few seats available for anyone over the age of 21 to sign up. The cost is \$35 each and the return is \$25 in free play.

In June, Horseshoes group will start up. This is open to any center members. The cost is \$20, which is used for dinner and prizes at the end of the 12 week session. They meet each Monday at 6 p.m. This group is led by Janet Hagerich and she can be reached at 814-322-4518. Should you not be able to get in touch with her, you can contact Amy with any questions.

Please keep checking back as there are some things in the works for May and June but have not been confirmed. Sign-up sheets are always on the resource table in the lunch room.

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



Bill Baughman was honored on Tuesday, February 6, 2018 at the Ebersburg VFW for his service in the Korean War. The Ambassador for Peace Award was issued by the Minister of Patriots and Veterans Affairs in the Republic of Korea. Bill served 4 years in the Air Force.

Amy's Recipes

We are really wishing for spring to arrive so we used that mindset for our snack for March by offering Shamrock Shakes. In April, as we do most Mondays, I made BBQ Ham Sandwiches. Two quick but delicious recipes. I hope you enjoy!!

Shamrock Shake

- 3 Cups Vanilla Ice Cream
- 1 1/3 Cup Whole Milk
- 1/2 Teaspoon Pure Mint (NOT Peppermint)
- 8-10 Drops Green Food Coloring
- Whipped Cream and Cherry for Topping

In a blender place ice cream, milk, mint and green food coloring. Cover and blend until smooth. Pour into glasses and top with whipped cream and a cherry.

BBQ Ham Sandwiches

- 3/4 Cup Water
- 1 Cup Ketchup
- 1/4 Cup Brown Sugar
- 1/4 Cup Worcestershire Sauce
- 2 Tablespoons White Vinegar
- 1 Teaspoon Prepared Mustard
- 1-2 Tablespoons Cornstarch Prepared with Equal Parts Water as Needed
- 1 1/2 lbs Shaved Deli Ham

Combine water through mustard in a large pan over high heat. Bring to a boil and then reduce to a simmer over medium heat. Simmer 3-4 minutes to bring flavors together. Stir in corn starch and water mixture until you reach desired thickness. Add ham and heat through 3-4 minutes. Serve on your favorite bun or roll.

May 2018

TUESDAY	WEDNESDAY	THURSDAY
1	2	<p><i>(This is King's Day)</i></p> <p>Taco Salad (3oz taco meat & cheddar cheese)</p> <p>1c. Tossed salad w/tomato</p> <p>1c. Black Bean Soup w/Crackers</p> <p>Nacho Chips</p> <p>1/2c. Pineapple Tidbits</p>
<p>BBQ Pork Ribette</p> <p>Baked Potato w/margarine</p> <p>1/2c. Creamy Coleslaw</p> <p>Wheat Bread</p> <p>1/2c. Sliced Peaches</p>	<p>Chicken Parmesan</p> <p>w/ marianara & cheese topping</p> <p>1/2c. Rotini Pasta w/sauce</p> <p>1/2c. Parmesan Zucchini & Corn</p> <p>Wheat Bread</p> <p>Fresh Seasonal Fruit</p>	<p><i>Mother's Day Special</i></p> <p>Baked Chicken Breast w/gravy</p> <p>1/2c. Stuffing</p> <p>1/2c. Whipped Potatoes</p> <p>1/2c. Carrots</p> <p>Chocolate Chip Cake</p>
8	9	15
<p>Spaghetti & Meatballs (4)</p> <p>3/4c. Pasta w/Sauce/Parm Cheese</p> <p>1/2c. Italian Green Beans</p> <p>Italian Bread</p> <p>1/2c. Sliced Peaches</p>	<p>Chili Cheese Hot Dog</p> <p>(2oz Chili, 1 oz Cheddar)</p> <p>1/2c. Sweet Potato Bites</p> <p>Hot Dog Roll</p> <p>Apricot Crisp</p>	<p><i>May Birthdays</i></p> <p>Roasted Pork Loin w/Gravy</p> <p>1/2c. Whipped Potatoes</p> <p>1/2c. Green Beans</p> <p>Dinner Roll</p> <p><i>Birthday Cake</i></p>
15	16	16
<p>Antipasto Salad</p> <p>(1.5oz Ham & Salami, .5oz Mozzarella, 2 Olives)</p> <p>1c. Tossed Salad w/tomato, Italian Drs</p> <p>1c. Wedding Soup w/Crackers</p> <p>Breadstick</p> <p>1/2c. Sunset Peaches</p>	<p>Egg Omelet</p> <p>1- Sausage Patty</p> <p>WG English Muffin w/Jelly</p> <p>4 oz Orange Juice</p> <p>Fresh Banana</p>	<p>Roasted Pork Loin w/Gravy</p> <p>1/2c. Whipped Potatoes</p> <p>1/2c. Green Beans</p> <p>Dinner Roll</p> <p><i>Birthday Cake</i></p>
22	23	24
<p>Turkey, Bacon, & Cheese Jr. Club Sandwich</p> <p>w/condiments</p> <p>1c. Cream of Broccoli Soup</p> <p>w/Crackers</p> <p>Sandwich Roll</p> <p>1/2c. Applesauce</p>	<p>Beef Stroganoff w/ gravy</p> <p>1/2c. Buttered Bowties</p> <p>1/2c. Mixed Vegetables</p> <p>Wheat Bread</p> <p>Fresh Seasonal Fruit</p>	<p>Porcupine Ball</p> <p>w/tomato sauce</p> <p>1/2c. Garlic Whipped Potatoes</p> <p>1/2c. Coin Carrots</p> <p>Wheat Bread</p> <p>Stawberry Shortcake</p>
29	30	31
<p>Sweet & Sour Meatballs (4)</p> <p>1/2c. Egg Noodles</p> <p>1/2c. Hawaiian Coleslaw</p> <p>Dinner Roll</p> <p>1/2c. Sliced Pears</p>	<p>Steak Sandwich</p> <p>w/onions, peppers, cheese, condiments</p> <p>1/2c. Ranch Seasoned Potatoes</p> <p>Sandwich Roll</p> <p>Fresh Seasonal Fruit</p>	<p>Chicken, Spinach & Cranberry Salad</p> <p>w/Balsamic Drs</p> <p>1c. Mixed Greens & Spinach w/Cucumber</p> <p>1/2c. Pickled Diced Beets</p> <p>Breadstick</p> <p>Cookie</p>

HAPPY BIRTHDAY!!

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

Thank You!!

We would like to send a huge Thank You to John Adams, Monica Hildebrand and Beverly Phillip for their time, hard work and patience during the tax season. The three volunteers spent each Tuesday and Wednesday from February through April 11th plus a few extra afternoons, completing income tax returns and property tax rebates. While they had their fair share of bumps in the road they were able to help many people with their taxes. They hope to return next year refreshed and ready to tackle it all again.



**MAY 19th - BASKET PARTY AT THE
FIRE HALL. DOORS OPEN AT
NOON. DRAWING AT 3. STAY OR
DROP YOUR TICKETS AND LEAVE.
FIRE CO. WILL HAVE FOOD FOR
SALE. CALL AMY WITH
QUESTIONS OR FOR TICKETS!**

8 a.m.-3:45 p.m. - Exercise Room
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
8:45 a.m. - Strong Bones
10 a.m. - Silver Sneakers
11:30 a.m. - Yoga
12:00 p.m.- Lunch
6:30 p.m. - Pinochle/Exercise Rm.

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 w/Senior Life
Johnstown
2:30 p.m.- Craft (Must Sign Up)

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

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 w/Laurel Wood

14
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
12:00- Lunch (Senior Life Ebensburg)
6:30 p.m. - Pinochle/Exercise Rm.

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

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 w/Amber Hills
2:30 p.m.- Snack (Must Sign Up)

21
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.

22
8 a.m.-3:45 p.m. - Exercise Room
12 p.m. - Lunch (Must Sign Up)
1 p.m. - Bingo
1 p.m. & 2:15 p.m. Silver Sneakers

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

23

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

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 (Please Sign Up)

2

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
10 a.m. - Silver Sneakers
12 p.m. - Lunch (Please sign up)
1:00 p.m. - Bingo

16

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

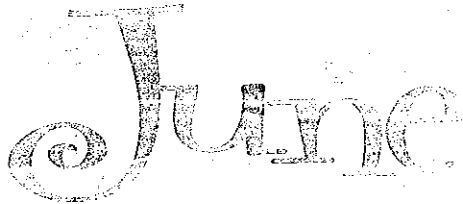
8 a.m. - 3:45 p.m.- Exercise Room
8:45 a.m. - Strong Bones
10 a.m. - Silver Sneakers
12 p.m. - Lunch (Please sign up)
1:00 p.m. - Bingo

30

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

CLOSED

Join Us for the Annual
Memorial Day Ceremony
Beginning at 11 a.m.



TUESDAY

WEDNESDAY

THURSDAY

5

6

7

Creamy Chicken Salad Croissant
w/lettuce & tomato
1c. Tomato Soup
w/Crackers
WG Croissant
Fresh Seasonal Fruit

Orange Glazed Pork Loin
1/2c. Vegetable Rice Pilaf
1/2c. Cauliflower
Wheat Bread
1/2c. Applesauce

Liver & Onions w/Gravy
1/2c. Mashed Potatoes
1/2c. Green Beans
White Bread
1/2c. Peaches

12

13

Tuna Salad Sandwich
w/lettuce & tomato
1c. Creamy Potato Soup
w/Crackers
2 Wheat Bread
1/2c. Pineapple & Cherries

Hamburger
w/lettuce & tomato
1/2c. Sweet Potato Bites
1/2c. Green Beans
Sandwich Roll, Condiments
Fresh Seasonal Fruit (Melon)

Father's Day Special

Beef Brasciole
1/2c. Whipped Potatoes w/gravy
1/2c. Peas & Carrots
Chocolate Cake w/White Icing

19

20

Taco Salad
(3oz taco meat & cheddar cheese)
1c. Tossed salad w/tomato
1c. Black Bean Soup w/Crackers
Nacho Chips
1/2c. Pineapple Tidbits

Chicken Parmesan
w/ marianara & cheese topping
1/2c. Rotini Pasta w/sauce
1/2c. Parmesan Zucchini & Corn
Wheat Bread
Fresh Seasonal Fruit

June Birthdays

Roast Beef w/Gravy
1/2c. Whipped Potatoes
1/2c. Green Beans
White Bread
Birthday Cake

26

27

Grilled Chicken Cordon Bleu Sandwich
1/2c. Parmesan Potatoes
1/2c. Tomato & Cucumber Salad
Sandwich Roll
Orange Dream Cake

Spaghetti & Meatballs (4)
3/4c. Pasta w/Sauce/Parm Cheese
1/2c. Italian Green Beans
Italian Bread
1/2c. Sliced Peaches

Hamburgers & Grilled Hotdogs
1/2c. Pasta Salad
1/2c. Baked Beans
Sandwich/ Hotdog Rolls
Ice Cream Sandwich
Watermelon Wedge

Wednesday, June 13, 2018

4	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. - Senior Life Lunch/Bingo 6:30 p.m. - Pinochle/Exercise Rm.	5	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)	6	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	7
11	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) 1:30 p.m. - Bible Study 6:30 p.m. - Pinochle/Exercise Rm.	12	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	13	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	14
18	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.	19	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 (Must Sign Up)	20	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	21
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 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 (Please Sign Up)	27	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. - BIG Bingo	28

