



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

- November 13th: Rivers Casino Trip
- November 22nd: Happy Thanksgiving
- November 25th: Light Up Night
- December 24th – January 1st: Closed

(814) 322-3327
Monday-Thursday
8 a.m. - 4 p.m.

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



Previous and Upcoming Events!!

September and October have come to an end leaving the members of Jackson Twp. Senior Center with many more memories. Let's recap the past two months. September started with a visit from Mary from Senior Life for our monthly bingo and pizza Monday. On September 12th, members that signed up for lunch or came for bingo, were treated to a Chocolate milkshake in honor of National Chocolate Milkshake Day. We even had vanilla for those that aren't a fan of chocolate. On September 13th, a group of seniors from not only our center but from centers throughout Cambria County, made their way to the Ebensburg Courthouse to attend the Cambria County Commissioners meeting to voice their concerns over the recent CamTran changes. These changes stopped trips from going to destinations in Somerset, Bedford and Westmoreland counties. Their voices were heard. Starting October 15th, services were restored to select destinations in Somerset and Bedford counties. Frank Burns hosted a free Senior Fair at the Young People's Community Center in Ebensburg on Friday, September 14th. Joyce and I attended and set up a table to display information about the Jackson Twp. Senior Center. We were able to speak to a lot of seniors and answer any questions that they had. Many of our members even stopped by to say hello. On September 17th, we celebrated National Apple Dumpling Day by enjoying homemade apple dumplings after lunch. To keep going with the National Day Calendar, we celebrated National String Cheese Day on September 20th. Members enjoyed a string cheese with their lunches. For our craft in September, we made pumpkins out of jar lid rings. Those that signed up had the choice between orange, red or white. Some of the beautiful finished products can be seen on the front page of the newsletter. Senior Life came on September 27th for their monthly blood pressure screenings. September closed out with a great crowd for big bingo. In October, we welcomed several guests to the center. We started with Mary and Matt of Senior Life joining us for bingo and subs. I made (with the help of high school student volunteer Emily Sherry) homemade chicken noodle soup for everyone to have with their subs. On Saturday, October 13th, we welcomed Chan Soon-Shiong Medical Center at Windber for a blood screening. We had forty people participate in the screening this time. Mainline Pharmacy came to the center on Wednesday, October 17th giving free glucose screenings and talking with members about other things such as diabetic shoes and medications. Vicki from Heritage Hospice came to the center on October 18th to talk about the services offered by the company. She also brought prizes for bingo. We celebrated Halloween on October 25th. Members brought side dishes and desserts to share with everyone. We had American Entertainment DJ the party and we were able to give out door prizes to those at the party and prizes for

the special games during big bingo. To end our month, we welcomed Michele from Amber Hills for a special Monday prize bingo.

Our November and December are both looking busy. We will start the month with Mary from Senior Life for our monthly lunch and bingo. Amber Hills will return on November 12th for another prize bingo Monday. On Tuesday, November 13th, we have a trip from the center to the Rivers. On Thursday, November 15th, we will have a Thanksgiving Feast. On Monday, November 19th, we will be playing Monopoly in honor of National Play Monopoly Day. We are also planning on welcoming Mainline Pharmacy back in November, so stay tuned for the date in the near future. On November 25th, the center will once again host the Jackson Township Light Up Night. The activities will start at 5:30. Dave Hirko has once again put together a great arrangement of entertainment, including students from Jackson Elementary singing, students from Central Cambria High School band ensemble playing, a group of dancers that will perform the Nutcracker, and Pike Church Choir. Santa will also be here for the kids to tell him what they have on their Christmas lists. While we are still working on dates and confirming guests but we are looking forward to having Mary from Senior Life, Mainline Pharmacy, and we have a few others in the works. On December 19th, we will have our Christmas Party. We will have a Christmas gift exchange game for those that choose to participate, we will have an ugly sweater contest and DJ Skiddy will be joining us for an hour of trivia following lunch. I am also working on some other holiday activities, so be sure to check back for the details. With the closing of another fantastic year at the center, we want to remind everyone that memberships will be due on January 2nd. Memberships must be up to date for participation in any senior center activity. As we did last year, we will require a membership application to be filled out with just your name, date of birth and address and signed and returned with your \$15 yearly dues. If you have questions regarding memberships, please let me know.

HAPPY BIRTHDAY!!

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

Amy's Recipes

We celebrated National Apple Dumpling Day with homemade apple dumplings so I wanted to share the recipe with everyone.

Apple Dumplings

Dough Ingredients:

2 cups sifted flour	2/3 cup shortening
2 tsp. baking powder	½ cup milk
1 tsp. salt	6 medium apples, peeled & cored

Instructions

Sift dry ingredients together, cut in shortening until mixture resembles coarse crumbs. Add milk all at once and stir just until flour is moist. On lightly floured surface, roll 1/8" to ¼" thick into 18" x 12" rectangle. Cut with knife in to 6" squares. Place an apple in each square. Sprinkle each apple generously with sugar & cinnamon. Moisten edges of squares, fold corners to center and pinch edges together. Place 1" apart in ungreased baking pan. Pour syrup over dumplings and sprinkle with sugar. Bake at 375 degrees for 35 minutes or until apples are done. Serves 6.

Syrup Ingredients:

1 ½ cups sugar	6 to 10 drops of red food coloring
1 ½ cups water	3 tbsp. butter or margarine
¼ tsp. cinnamon	¼ tsp. nutmeg

Combine sugar, water, spices and coloring. Bring to a boil. Remove from heat & add butter.

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

**Veterans
 Day Program
 @ 11 a.m.**



Center is Closed Today!

8 a.m. - 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 11:45 a.m. - Yoga
 12:00 p.m. - Lunch
 1:00 p.m. - Monopoly Games
 6:30 p.m. - Pinochle/Exercise Rm.

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
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo
 1 p.m. & 2:15 p.m. Silver Sneakers

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 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
 10 a.m. Produce Day for Signed Up
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo

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
 9 a.m. - Noon - Line Dancing
 10 a.m. - Noon - Wii Bowling
 12 p.m. - Lunch (Must Sign Up)
 1:30 p.m. - Bingo

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. - Lunch (Please sign up)
 1:00 p.m. - Bingo
 6 p.m. - Game Night

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
 6 p.m. - Game Night

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)
 Thanksgiving Feast!
 1:00 p.m. - Bingo
 6 p.m. - Game Night




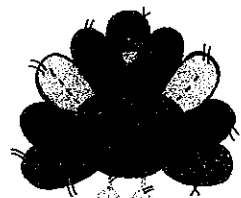


**Happy
 Thanksgiving!!**

Center is Closed Today!

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
 6 p.m. - Game Night

November 2018

TUESDAY	WEDNESDAY	THURSDAY
		<p>1</p> <p>Breaded Fish Filet 1/2c. Cheesy Twists 1/2c. Stewed Tomatoes 1/2c. Mandarin Oranges & Pineapple</p>
<p>6</p> <p>Warm Ham & Cheese on Ciabatta 1c. Creamy Vegetable Chowder w/crackers WG Ciabatta Roll Fresh Fruit</p>	<p>7</p> <p>Hot Dog 1/2c. Cheesy Pierogi Casserole 1/2c. Sweet Peas Hot Dog roll 1/2c. Applesauce</p> 	<p><u>November Birthdays</u> Vegetable Lasagna w/vegetable cream sauce 1c. Tossed Salad w/hardboiled Egg, cucumber, & dressing Diced Peaches Birthday Cake</p>
<p>13</p> <p>Sloppy Joe 1/2c. Ranch Seasoned Potatoes WG Sandwich Roll 1/2c. Tropical Fruit</p>	<p>14</p> <p>Hawaiian Pork Chop 1/2c. Blended Rice Pilaf 1/2c. Peas & Carrots 1/2c. Sliced Apples</p> 	<p><u>Thanksgiving Special</u> Roasted Turkey & Gravy 3oz Homemade Stuffing Ball 1/2 c Whipped Potatoes 2oz Cranberry Sauce Pumpkin Mousse</p>
<p>20</p> <p>Grilled Chicken Salad Diced Chicken, Tomato, Cucumber & Mozzarella Cheese 1c. Mixed Greens w/dressing 1c. Bean Soup w/Crackers Dinner Roll Cookie</p> 	<p>21</p> <p>Creamy Chicken Divan over 1/2c. White Rice 1 c. Tossed Salad w/tomato & drs 1/2c. Pineapple Delight</p>	 <p>Happy Thanksgiving</p>
<p>27</p> <p>Grilled Chicken Bacon & Swiss Club 1 c. Creamy Potato Soup w/Crackers Sandwich Roll 1/2c. Blushed Pears</p>	<p>28</p> <p>Baked Ziti (3/4c.) w/Meatballs (3) Marinara Sauce & .5 oz Cheese Topping 1 c. Caesar Salad 1/2c. Mixed Fruit Salad</p> 	<p>29</p> <p>Salisbury Steak w/2 oz Onion Gravy 1/2c. Cabbage & Noodles 1/2c. Carrots 1/2c. Pineapple Tidbits</p> 

December 2018

Monday Tuesday Wednesday Thursday

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

4
 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

5
 8 a.m.-3:45 p.m.- Exercise Room
 9 a.m. - Noon - Line Dancing
 10 a.m. - Noon - Wii Bowling
 10 a.m. Produce Day for Signed Up
 12 p.m. - Lunch (Must Sign Up)
 1 p.m. - Bingo

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
 6 p.m. - Game Night

10
 8 a.m. - 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 11:45 a.m. - Yoga
 12:00 p.m. - Lunch
 1:00 p.m. - Bible Study
 6:30 p.m. - Pinochle/Exercise Rm.

11
 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

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
 6 p.m. - Game Night

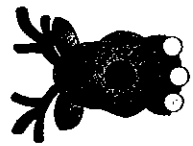
17
 8 a.m. - 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. - Silver Sneakers
 11:45 a.m. - Yoga
 12:00 p.m. - Lunch
 1:00 p.m. - Amber Hills Bingo
 6:30 p.m. - Pinochle/Exercise Rm.

18
 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

19
 8 a.m.-3:45 p.m.- Exercise Room
 9 a.m. - Noon - Line Dancing
 10 a.m. - Noon - Wii Bowling
 11 a.m. - Christmas Gift Exchange
 12 p.m. - Lunch (Must Sign Up)
 12:30 p.m. - Christmas Party
 1:30 p.m. - Bingo

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. - Big Bingo
 6 p.m. - Game Night

24
Merry Christmas Eve!
 The Center is Closed



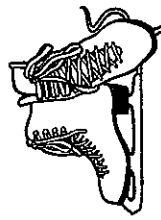
25
Merry Christmas!
 The Center is Closed



26
The Center is Closed







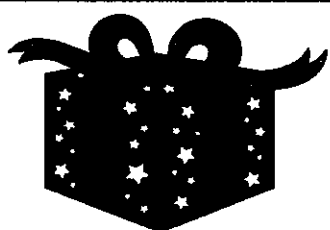



27
The Center is Closed



31
The Center is Closed
Happy New Year



December 2018

TUESDAY	WEDNESDAY	THURSDAY
4	5	<p><u>Holiday Special</u></p> <p>Baked Meatloaf w/gravy 3oz Homemade stuffing 1/2c. Whipped Potatoes 1/2c. Green Beans 1/2c. Strawberry Mousse</p> 
11	12	13
<p>Turkey & Cheese Sandwich w/lettuce, tomato, & condiments 1 c. Creamy Broccoli Soup w/Crackers WG Pretzel Roll Fresh Fruit</p>	<p>Lemon Pepper Chicken w/gravy 1/2c. Wild Rice 1/2c. Carrots 1/2c. Pears</p> 	<p>Baked Cabbage Roll w/2 oz tomato Sauce 1/2c. Garlic Whipped Potatoes 1/2c. Corn Cinnamon Raisin Bread Pudding</p>
18	19	19
<p>Taco Salad (3 oz meat & cheddar cheese) 1c. Tossed Salad w/tomato Nacho Chips Taco Sauce & Sour Cream 1/2c. Pineapple Tidbits</p>	<p>BBQ Chicken Breast 1/2c. Blended Rice 1/2c. Creamy Coleslaw 1/2c. Apple Cranberry Crisp</p> 	<p><u>December Birthdays</u></p> <p>Pot Roast w/1 oz Gravy 1/2c. Baked Potato w/margarine 1/2c. Sliced Carrots Wheat Bread Birthday Cake</p> 
	26	27
	<p>1c. White Chicken Chili 1/2c. Baked Potato w/margarine WG Mini Biscuit 1/2c. Warm Peaches</p> 	<p>Liver & Onions w/gravy 1/2c. Whipped Potatoes 1/2c. Green Beans White Bread Cookie</p>
		 <p>*Menu Subject to Change</p>