

# Community Leisure Services

An Elder Community Services Program  
Promoting Health Wellness and Enrichment Programs  
for Young & Mature Adults

Review the activities carefully; some may be planned to enrich the lives of children.

For more information, call Randie,  
Community Leisure Services Coordinator  
at (717)-242-0492

March - April 2010



## List of Ongoing Activities:

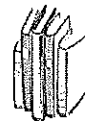
**Lewistown Scrapbooking Workshop:** meets the second Friday of the month at Lewistown Senior Community Center located in the Central Novelties building on the Heights in Lewistown from 6:00PM - ? For more information call Diane Shamory, Creative Memories consultant @ 1-570-658-7495

**Afternoon Delite:** meets at the Fountain Square Senior Center in Milroy the second Tuesday of the month for a covered dish meal. Doors open at 4:00PM. Come and join the fun.



**Juniata Quilt Guild:** will meet the next 3 months in Mifflintown at the CJEMS Building the 3rd. Tuesday of the month with the meetings starting at 6:30PM. The Quilt Guild will also hold Sew-cials at the CJEMS building in Mifflintown (stage side) on Saturday February 6th. And April 24th. From 9:00AM - 4:00PM. For more information about the meetings and Sew-cials call Ann Hart @ 463-3885

**Book Club:** meets the 2nd Wednesday of the month in the community room of the Lewistown Library at 1:00PM.



**Duplicate Bridge:** meets at the Elder Community Services building at 505 Harvard Street, Lewistown every Wednesday at 6:00PM. New players are welcome.

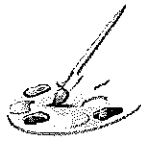
## Ongoing Activities Contd.

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**Monday Nite Seniors:** will be meeting at the West Kishacoquillas Presbyterian Church on W. Main Street, Belleville on the 4th. Monday of the month at 5:30:M. Bring a covered dish and enjoy a delicious meal and great conversation. Hope to see you there!

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**Decorative Art Painting:** will meet on Wednesday from 1:00 - 3:30PM at the Lewistown Senior Center during tax time at the F.W. Black Building. Cost: Donation of \$1.25 for the class plus the cost of supplies.



**Card & Game Nite:** is back at the Fountain Square Senior Community Center in Milroy. Bring a friend or two and a covered dish and join us the last Friday of the month for cards, board games, and lots of fun and laughter. Doors open at 3:00PM. We will be there - will YOU?

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**Game Day @ McAlisterville Senior Center:** Don't like those soap operas, then come out for an afternoon of fun at the McAlisterville Senior Community Center located in the Lions Den. Come and enjoy some stimulating games such as rummikub, hoss, and dominoes, just to name a few. Better yet bring your favorite game to share. All the fun is on the 3rd Tuesday of the month from 1:00 - 4:00PM. Hope to see you there.



## Cards & Games @ Richfield Senior

**Center:** Come out the 1st. and 3rd. Thursdays of the month between 2:00PM and 5:00PM and enjoy some old fashion fun. (No card and game night in February).

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## Special Scrapbooking workshops:

February 26th. and 27th. From 5PM - 5PM at the CJEMS Building in Mifflintown and on April 9th. and 10th. From 5PM - 5PM at the Lewistown Senior Community Center.

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## February 26th.

### Pennsylvania Garden Expo

**Deadline to register - February 17th.**

The PA Garden Expo - the premier garden show in the Mid-Atlantic region. Be amazed as top area landscape designers transform the farm Show complex into magnificent walk through gardens of 1,500 - 25,000 square feet with elevations, boulders, hardscapes, and water features.

A popular feature of the Expo is Market Faire - with 200 quality vendors. Expo management seeks out quality vendors nationwide whose products center on flowers, landscaping and outdoor living. Market Faire is also home to a wide selection of Pennsylvania Preferred Products.

Last but not least there is a full schedule of seminars and how-to Demonstrations conducted throughout the 3-day Expo. Presenters include master gardeners, experts in garden design and tree, shrub and lawns. Depart from the rear of the F.W. Black Building at 12:00Noon, CJEMS building in Mifflintown at 12:15PM.

Arriving at 1:30PM. Departing from the Complex at 4:00PM with a supper stop at Romano's Macaroni Grill or Crackle Barrel (at the same location). ERT: 6:30PM. Cost: \$23.50, transportation and admission. Supper is at your expense. Reservation deadline February 17th. Money is due to hold your reservation.

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**March 9th.**

**Deadline to register - March 1st.**

**Rummikub**

Community Leisure Service is sponsoring a RUMMIDUB Tournament at the Adult Daily Living Center, 505 Harvard Street, Lewistown and McAlisterville Senior Community Center, located in the Fayette Area Lions Den, 158 Lions Den Drive, McAlisterville. The tournament will start at 9:30AM with a break for lunch. (A light lunch will be provided for a donation).

**First place winner will receive \$15.00**

**Second place winner will receive \$10.00**

If you don not know how to play Rummikub and are interested in learning or maybe just need to brush up on the game you can visit the McAlisterville Senior Center in Juniata County, Monday thru Friday from 8:30AM - 2:00PM. or on the 3rd. Tuesday of the month from 1:00PM - 4:00PM for their Game Day or visit the Country Cross Roads Center in Atkinson Mills on Monday, Wednesday or Thursday from 8:30AM - 2:00PM. The folks at these centers will be more than happy to help you.

For copies of the rules that will be followed and to register, call Randie at 242-0492, Monday thru Friday from 8:00AM - 4:00PM. **Deadline to register is March 1, 2010.**

*Community Leisure Services reserves the right to consolidate or cancel competition in which the numbers of registrations does not warrant the competition.*

**April 6**

**Hollywood Casino**

**Deadline to register - March 30th.**

Winter fever! Travel with us to Pennsylvania Hollywood Casino and try your luck. Cost: \$15.00 - transportation only. Depart from the rear of the F.W. Black building at 7:30AM, CJEMS Building in Mifflintown at 7:45AM. Arrive at 9:00AM. Depart for home at 3:00PM. ERT: 4:30PM. Reservation deadline March 30th. Money is due to hold your reservation.

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**March 23rd.**

**Nana's Naughty Knickers**

**Rainbow Theatre**

**Deadline to register - February 2nd.**

Bridget and her Grandmother are about to become roommates! However, what Bridget saw as a unique opportunity to stay with her favorite Nana in New York for the summer quickly turns into an experience she'll never forget! It seems her sweet Grandma is running an illegal boutique from her apartment, selling hand-made naughty knickers to every senior citizen in the five borough area! Will Bridget be able to handle all the excitement? Will her Nana get arrested-or-worse-evicted?? Come along and find out! Cost: \$65.00 - includes meal, show and transportation. Depart from the rear of the F.W. Black building at 9:00AM., CJEMS in Mifflintown at 9:15AM. Lunch at 11:30AM.. Show at 1:00PM. ERT: 5:00PM. Reservation deadline February 22nd. Money is due to hold your reservation.



**April 28th.**

**Susquehanna Valley Mall**

**Deadline to register April 20th.**

It's time for a shopping trip—come along and shop at the Susquehanna Valley Mall, Boscov's, JC Penny's, Bon-Ton, Sears and numerous other stores. Shop at your leisure here for have the van driver take you down the road a bit and check out the new shopping center (Kohl's) or have him take you across the road to Wal-Mart! Wherever you shop at - have a light lunch. The van driver will give you a time and place to be pick up at and will escort you to supper at Applebee's before heading home. Depart from the rear of the Ft. Square Senior Center in Milroy at 8:45AM, from the rear of the F. W. Black Building at 9:00AM. Arrive at 10:00AM Depart for Applebee's at 4:00PM ERT: 6:30PM. Cost: \$10.50 - transportation only. Reservation deadline is April 20th. Money is due to hold your reservation.

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**PLEASE NOTE:** Some of our trips are by bus, some by vans. Please inquire when booking if this is important to you. We must make reservations for these events, so please call early to avoid disappointment. Please consider bringing a partner along if you will be needing any kind of assistance. Our drivers are paid to drive only.

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***Watch for future events:***

- Wine tasting tour of Seven Mountain Wine Cellars
- Senior Games

## Tid bits

- Watch for additional events in the local media.
- Cabin Fever? - Check out the on-going activities for something to do.
- Want to go somewhere? See something? Do something? Call Randie @ 242-0492 and see what she can do.
- Elder Community Cookbooks are now \$5.00.

Elder Community Services, Inc.

# PrimeTime Health



## Calendar

PROMOTING THE HEALTH OF OLDER PENNSYLVANIANS

ALL PROGRAMS ARE FREE AND OPEN TO THE PUBLIC

Please check your local Senior Community Center's Calendar for Health and Wellness Programs. Centers will have Nutrition and Health and Wellness programs of their

**LION'S DEN** - Mondays, Tuesdays, and Wednesdays from 1:00 -2:00PM - free weight room, walking track, and fitness center are available at no cost to Seniors (60 plus) in Juniata and Mifflin Counties only.

### **YMCA Program**

On Tuesday, Thursdays, and Fridays from 1:30 - 3:00 PM, the heated indoor pool and fitness center are available free of charge to seniors (60 plus) from Mifflin and Juniata Counties only. Just call 242-0492 to register for this popular PrimeTime Health program.

### **Healthy Step In Motion (HSIM)**

A weight resistance and walking program developed especially for the Pennsylvania Department of Aging to help maintain independence and vitality is being offered at the following locations:

- Lewistown Senior Community Center - Tuesdays & Thursday, 12:30PM
- Mifflintown Senior Community Center (4 Seasons) - Monday, Wednesday and Friday, 10:00AM

- Oakwood Center, Valley View, Belleville, Tuesday, 3:00PM
- Milroy (Fountain Square) Senior Community Center - Tuesday, and Thursday, 2:00PM
- East Waterford Satellite Senior Community Center - Monday, 1:00PM, Wednesday and Friday, 10:00AM
- Thompsettown Lutheran Church - Tuesday, 10:00AM

Healthy Steps in Motion (HSIM) Programs are open to the public and free of charge to any age.

Please call Susie or Randie at 242-0492 with any questions or additional information concerning these programs

PrimeTime Health needs your help. We need to up-date our records so we are asking everyone that participates in the YMCA program to fill out a new registration form. We appreciate the time you spend on the registration form. We assure you that all the information requested is necessary to complete statistics required by the state. All information is kept confidential. Registration forms are available at the YMCA or at Elder Community Services at 505 Harvard Street. You may also call 242-0492 to re-register. Thanks for your cooperation.

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OUR GOAL IS TO PROMOTE HEALTHY AGING!  
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