ENTREES AT A GLANCE

***Milk served with all meals***

- 3/2 - Hot Dog (s)
- 3/3 - Pasta Bolognese
- 3/4 - Ham, Macaroni & Cheese Bake
- 3/5 - Hot Turkey/Gravy & Mashed
- 3/6 - Beef Stroganoff
- 3/9 - Swedish Meatballs
- 3/10 - French Toast
- 3/11 - Teriyaki Meatballs
- 3/12 - Meatloaf
- 3/13 - Tuna Sandwich on roll L/T/O
- 3/16 - Sausage, Peppers & Onions Hoagie
- 3/17 - Corned Beef, Boiled Potatoes & Carrots
- 3/18 - Ham, Roasted Potatoes
- 3/19 - Alaskan Pollock
- 3/20 - Stuffed Shells
- 3/23 - Chef Salad
- 3/24 - Herbed Chicken Breast
- 3/25 - Stuffed Cabbage
- 3/26 - Potato Crunch Fish Filet
- 3/27 - Cheese Omelet
- 3/30 - Swedish Meatballs
- 3/31 - Ham & Cheese on Rye

SALAD BAR-Thurs & Fri

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Living Well Chronic Disease Self-Management Program

The Pike County Area Agency on Aging’s Health & Wellness Program will offer the Living Well, Chronic Disease Self-Management Program at the Blooming Grove Senior Center on Thursdays starting March 19th and running through April 22, 2020 from 1:30 p.m. to 4:00 p.m.

This is a 2 ½ hour program one time a week for six weeks.

Stanford University Chronic Disease Self-Management Program (CDSMP) teaches consumers skills to manage their conditions and build their self-confidence so they can be successful in adopting healthy behavior, improve communications with their physician, and enhance their quality of life. It is designed to give older adults with chronic diseases, such as high blood pressure, diabetes and heart conditions; tips to help them make their daily life more enjoyable.

Topics include: managing symptoms, fitness/exercise, nutrition, communication, medications, working with health care professionals and systems, and more. This program is recommended by AOA (Administration on Aging)

A light snack will be provided each week. There is no cost to participate in this program.

Please RSVP as soon as possible by calling 570-775-5550.
Space is limited call today!
For more information contact: Lana K. Romeo, Health & Wellness Coordinator, 570-775-5550 ex-1317

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Computer Lessons will start March 10th
By appointment only
Please call Lana for an appointment
570-775-5550 x 1317
Marching into spring

Soon the clocks will “spring ahead” on the 8th and we will be thrust into Spring! So quickly the winter went this year. Not a particularly cold winter that is for sure. The skis never came out of the basement for me this year. No ice fishing either. Not that there wasn’t enough ponds and coves to set up the tip ups, but that it never felt like ice fishing weather. Strange. I did enjoy the hikes around Promised Land and Lake Wallenpaupack in January and February. Something which was truly enjoyable. That is what winter is, a time to slow down and look at the things that make you happy and maybe change the things that don’t. If you didn’t have such a reflective February, than let’s move on to the happenings of March and the rest of the spring and early 2020!!

Nutrition Month is here and we have a bunch of cool projects and activities. We will be sending out the Fun Food Bingo cards again to our home delivered meal consumers. Good luck, the instructions and playing pieces should be hitting your door this week. Prizes will be given for a number of board displays, check with your drivers.

Also March for Meals is underway and a guest delivery person may be coming to your door! Please let us know if you prefer to have zero pictures or paparazzi. Sometimes we get a little zealous with the camera. Aleaha, our nutrition intern will be visiting all of the centers to provide a fun-educational-calcium-fortified program. Jeopardy! See calendar for details.

Our Four Year plan surveys are coming out this month so please take time to fill them out and let us know how we are doing. The survey will be on the website as well as by email as well as the paper copies. Secretary Torres, from the PA Department of Aging has the following
* Supporting families and caregivers
* Expanding employment opportunities
* Working towards the integration of health, health care and social services system
* Improving alzheimers disease related programs and accessibility
* Nutrition Innovations
* No Wrong Door and other programs that support community living

Look for a survey near you.

Chronic disease Management is coming this month.
This evidenced based program helps people to remain safer at home and empowers them to manage and conquer their own health issues.

Think Spring!!!
March is a very exciting month for folks in the nutrition world! Each year for National Nutrition Month, the Academy of Nutrition and Dietetics celebrates the importance of making healthy food choices and developing positive lifestyle habits. This year’s campaign theme is, “Eat Right, Bite by Bite.”

The idea behind this theme is that even the smallest lifestyle changes can make a significant difference over time.

Did you know? The first National Nutrition Month campaign was launched in 1973.

<table>
<thead>
<tr>
<th>Life Stage Group (age and gender)</th>
<th>Calcium</th>
<th>Vitamin D</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>RDA (mg/d)³</td>
<td>Upper Limit (UL) (mg/d)</td>
</tr>
<tr>
<td>31-50 yr (M+F)</td>
<td>1000</td>
<td>2500</td>
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<tr>
<td>51-70 yr (M)</td>
<td>1000</td>
<td>2000</td>
</tr>
<tr>
<td>51-70 yr (F)</td>
<td>1200</td>
<td>2000</td>
</tr>
<tr>
<td>71+ yr (M+F)</td>
<td>1200</td>
<td>2000</td>
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</table>

This year, the Academy has developed a different key message for each week of March that we can all keep in mind to help us live our best lives! During the first week, remember to eat a variety of nutritious foods every day. In week two, think ahead and aim to plan your meals each week. During week three, learn a new skill to create tasty meals. In week four, consider consulting a Registered Dietitian Nutritionist (RDN) to receive personalized nutrition advice. Let’s celebrate the power of good nutrition and healthy lifestyles year-round!

In honor of National Nutrition Month, Dietetic Intern Aleaha Wacker, will be presenting at each center about Osteoporosis and the importance of getting enough Calcium and Vitamin D in your diet.

Did you know? Osteoporosis affects 1 in 4 (25%) of women and 1 in 20 (5%) of men aged 65 and older.

Submitted by Aleaha Wacker, Priority Nutrition Care Intern
Come out to our senior centers to be educated and informed.

Nadeen Manzoni, director of Pike County Elections will be here to speak about absentee voting, paper ballots and some of the new election reforms.

Please join us on Thursday, March 3rd at 11:00 in Blooming Grove
Thursday, March 5th at 12:00 in Lackawaxen
Friday, March 13th at 12:00 in Matamoras
Wednesday, March 18th at 11:00 in Saw Creek

Do you receive Medicare? Are you turning 65?
Join us for a free, confidential call to learn if you may be eligible for Medicare cost-saving programs earn about the following topics:

<table>
<thead>
<tr>
<th>Help with Medicare</th>
<th>Help with Prescription Drugs</th>
<th>How to get your new Medicare Card if you haven’t received it</th>
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</thead>
<tbody>
<tr>
<td>Preventive Benefits</td>
<td>costs</td>
<td></td>
</tr>
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</table>

The Pennsylvania Health Law Project and APPRISE Program staff will be available to answer your questions, or you may contact your local APPRISE office located at Pike County Area Agency on Aging, 150 Pike County Blvd. Hawley, PA 18428 or call (570) 775 5550 x 1313 for further information.

The conference call will take place:
Thursday, March 5, 2020
10:00 AM
Blooming Grove Senior Center
150 Pike County Blvd.
Hawley, PA 18428

and also at

State Representative Rosemary Brown Office
143 Seven Bridge Rd, East Stroudsburg, PA 18301
Thursday, March 5, 2020
10:00 AM

Any donation made goes to helping our Senior population, whether it be for Senior Center Activities or our Home Delivered Meal Program.

Please take advantage of this easy way to donate to our agency, at www.pikeaaa.org.

Thank you for all your continued support!

2020 Volunteer Luncheon will be held on Friday, May 1st at Woodloch Pines Resort. Details to follow in the April Newsletter.
If you need help paying your heating bills, or have a heating emergency, LIHEAP can help.

Add $6,630 for each additional family member. LIHEAP is a cash grant. You do NOT have to repay it. Apply online at www.compass.state.pa.us or call the LIHEAP hotline at 1-866-857-7095 or PA Relay at 711 for the hearing.

LIHEAP
Low-Income Home Energy Assistance Program

Apply now through Apr 10th 2020. Applications are available at your local County Assistance Office and all of our senior centers.

INCOME GUIDELINES 2019-2020
1 person.... $18,735
2 people ....$25,365
3 people.... $31,995

Please call 570-775-5550 to schedule an appointment to have someone at our Blooming Grove office assist you with your application.

The Pennsylvania Fish and Boat Commission announced its 2020 trout stocking schedules are now available online and the FishBoatPA mobile app. The schedule is searchable by county, it lists the waterways in alphabetical order, and indicates stocking dates and the species of trout that will be stocked. The commission plans to once again stock approximately 3.2 million trout in 707 streams and 130 lakes open to public angling. PFBC plans to double the amount of trophy-sized trout being stocked to approximately 60,000 fish, 70% of which are slated to be stocked during the preseason.

The 2020 trout season will officially open Saturday, March 28, with the Regional Mentored Youth Trout Fishing Day program in 18 southeastern counties, including: Adams, Berks, Bucks, Chester, Cumberland, Dauphin, Delaware, Franklin, Juniata, Lancaster, Lebanon, Lehigh, Montgomery, Northampton, Perry, Philadelphia, Schuylkill and York. The following weekend – Saturday, April 4 – kicks off the Regional Opening Day of Trout Season in the same 18 southeastern counties.

A second Mentored Youth Trout Fishing Day will be held on April 11, the Saturday before the April 18 regular statewide opening day of trout season.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>2 Red Cabbage Slaw Hot Dog (s) Bun Baked Beans Beets Mandarin Oranges</td>
<td>3 Broccoli &amp; Chick Pea Salad Pasta Bolognese (meaty tomato sauce) Broccoli/ Cauliflower Medley Italian Bread Pistachio Pudding</td>
<td>4 Split Pea Soup Ham &amp; Macaroni &amp; Cheese Bake Spinach Wheat Bread Fresh Fruit</td>
<td>5 Chicken Noodle Soup Hot Turkey/Gravy Mashed Potatoes String Beans Dinner Roll Ambrosia</td>
<td>6 Tossed Salad Beef Stroganoff Egg Noodles Brussel Sprouts Rye Bread Fruit Cocktail</td>
</tr>
<tr>
<td>9 Tossed Salad Swedish Meatballs Rotini Zucchini &amp; Tomato Ratatouille Wheat Bread Pears</td>
<td>10 Yogurt Cup French Toast With Apple Compote Syrup Sausage Patties Blueberry Muffin</td>
<td>11 Tomato Green Bean Salad Teriyaki Meatballs Stir Fried Vegetables Rice Rye Bread Fruit Cocktail</td>
<td>12 Lentil Soup Meatloaf Red Potatoes String Beans Rye Bread Fresh Fruit</td>
<td>13 Chicken Noodle Tuna Sandwich On a roll with L/T/O Pasta Salad Pineapples</td>
</tr>
<tr>
<td>30 Cranberry Juice Swedish Meatballs Rotini Pacific Medley Rye Bread Pears</td>
<td>31 Turkey Noodle Soup Ham &amp; Cheese on Rye L/T/O Potato Salad Fresh Fruit</td>
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Please remember if you receive home delivered meals the suggested donation is $3.00 per meal, per person, per day. Thank you for your generosity!

Seniors Are Our First Priority
## March 2020 Blooming Grove Activities 8 am-4 pm 570-775-5550

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>2</strong> Medical Transport</td>
<td>3 Arts &amp; Crafts Bob Chi 10:30 Wii Bowling</td>
<td>4 Cards Dominoes, Rummikube</td>
<td>5 Bingo @ 10:30 Wii Bowling Lunch at 12:00</td>
<td>6 Cards Arts &amp; Crafts</td>
</tr>
<tr>
<td></td>
<td><del>Speaker on Voting @ 11:00 am</del></td>
<td></td>
<td><del>Tai-Chi for Arthritis @ 11:30</del></td>
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</tr>
<tr>
<td><strong>9</strong> Medical Transport</td>
<td>10 Arts &amp; Crafts Wii Bowling <em>Bigger Shopping Dingmans/Shohola</em></td>
<td>11 Cards Dominoes, Rummikube</td>
<td>12 Bingo @ 10:30 Wii Bowling Lunch at 12:00</td>
<td>13 Cards Arts &amp; Crafts</td>
</tr>
<tr>
<td>Monday’s Angels Alzheimer’s Support @ 1:30</td>
<td></td>
<td></td>
<td><del>Tai-Chi for Arthritis @ 11:30</del></td>
<td></td>
</tr>
<tr>
<td><strong>16</strong> Medical Transport</td>
<td>17 Arts &amp; Crafts Bob Chi 10:30 Wii Bowling</td>
<td>18 Cards Dominoes, Rummikube</td>
<td>19 Bingo @ 10:30 Wii Bowling</td>
<td>20 Cards Arts &amp; Crafts</td>
</tr>
<tr>
<td></td>
<td><em>St. Patty’s Day Party</em> <del>VA Rep @ 9:30</del> <del>Computer Lessons</del></td>
<td></td>
<td><del>Blood Pressure</del></td>
<td></td>
</tr>
<tr>
<td><strong>23</strong> Medical Transport</td>
<td>24 Arts &amp; Crafts Bob Chi 10:30 Wii Bowling</td>
<td>25 Cards Dominoes, Rummikube</td>
<td>26 Bingo @ 10:30 Wii Bowling Lunch at 12:00</td>
<td>27 Cards Arts &amp; Crafts</td>
</tr>
<tr>
<td>Monday’s Angels Alzheimer’s Support @ 2:30</td>
<td></td>
<td></td>
<td><del>Tai-Chi for Arthritis @ 11:30</del></td>
<td></td>
</tr>
<tr>
<td><strong>30</strong> Medical Transport</td>
<td>31 Arts &amp; Crafts Bob Chi 10:30 Wii Bowling</td>
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</tr>
<tr>
<td></td>
<td><del>Computer Lessons</del></td>
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**DO YOU HAVE EXTRA SPACE IN YOUR HOME? WOULD YOU LIKE SOME COMPANIONSHIP? EXTRA INCOME?**

If you answered “yes” to these questions, the SHARE program may be just what you need. SHARE (Shared Housing And Resource Exchange) is a new housing program being offered in Monroe, Pike and Wayne Counties. Professional Housing Counselors screen and match people who have extra space in their homes with people seeking an Affordable living situation. If this sounds like a good idea for you or someone you know, please contact:

*Pike County and Wayne County, Larisa Yusko 570-832-5133*

*Monroe County Lauren Buccine 570-832-0538*
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>2 Closed Medical Transport</td>
<td>3 CLOSED</td>
<td>4 Cards, Games Lunch <del>Diabetes Clinic 10:30-11:30</del></td>
<td>5 CLOSED</td>
<td>6 Bingo, Cards &amp; Games Lunch Exercise, Line Dancing &amp; Meditation with Lana @ Noon Nutrition Speaker @ 12:00</td>
</tr>
<tr>
<td>9 Closed Medical Transport</td>
<td>10 CLOSED</td>
<td>11 Cards, Games Lunch <del>Tai-Chi for Arthritis @ 10:30</del></td>
<td>12 CLOSED</td>
<td>13 Bingo, Cards &amp; Games Lunch Exercise, Line Dancing &amp; Meditation with Lana @ Noon Voting Presentation @ 12:00</td>
</tr>
<tr>
<td>16 Closed Medical Transport</td>
<td>17 CLOSED</td>
<td>18 Cards, Games Lunch <del>Blind Assoc. Support</del></td>
<td>19 CLOSED</td>
<td>20 Bingo, Cards &amp; Games Lunch Exercise, Line Dancing &amp; Meditation with Lana @ Noon <del>Karen Ann Quinlan Speaker @ 12:00</del></td>
</tr>
<tr>
<td>23 Closed Medical Transport</td>
<td>24 CLOSED</td>
<td>25 Cards, Games Lunch <del>Golden Age Club</del> <del>Tai-Chi for Arthritis @ 10:30</del></td>
<td>26 CLOSED</td>
<td>27 Bingo, Cards &amp; Games Lunch Exercise, Line Dancing &amp; Meditation with Lana @ Noon <del>Birthday Celebration</del></td>
</tr>
<tr>
<td>30 Closed Medical Transport</td>
<td>31 CLOSED</td>
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**BUSHKILL CENTER FOR ACTIVE ADULTS**
Sponsored by Pike County Area Agency on Aging
Top of the World Restaurant at Saw Creek Estates
148 Cambridge Ct, Bushkill PA 18324
9:30 am to 2:00 pm

9:30am Meet & Greet, Socializing, Tea and Coffee
9:30 to 11:00am Games, Racquet Ball, Exercise Room, Indoor Tennis and many more activities
11:00 to 11:30am Speaker
11:30 to 12 noon Lunch; Light Menu

3/4-Exercise with Lana
3/4-Blood Pressure
3/11-Nutrition Presentation
3/11-Water Aerobics with Darcie 12:30-1:30
3/18-Voting Presentation @ 11:00
3/25-Exercise with Michelle

Price: $2.50

All registration through Pike County Area Agency on Aging only

Please call 570-775-5550

You do not need to be a resident of Saw Creek Estates to participate

**CENTER WITHOUT WALLS**
**WEDNESDAYS AT SAW CREEK ESTATES**
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>2 Cards &amp; Games Exercise Lunch</td>
<td>3 CLOSED</td>
<td>4 Cards &amp; Games Exercise Lunch</td>
<td>5 Cards, Games &amp;Bingo Lunch @ 11:45 Mahjongg @ 1:00 <em>Speaker on Voting @ 11:00</em></td>
<td>6 CLOSED</td>
</tr>
<tr>
<td>9 Cards &amp; Games Exercise Lunch</td>
<td>10 CLOSED</td>
<td>11 Cards &amp; Games Exercise Lunch</td>
<td>12 Cards, Games &amp;Bingo Lunch @ 11:45 Mahjongg @ 1:00</td>
<td>13 CLOSED</td>
</tr>
<tr>
<td>16 Cards &amp; Games Exercise Lunch</td>
<td>17 CLOSED</td>
<td>18 Cards &amp; Games Exercise Lunch</td>
<td>19 Cards, Games &amp;Bingo Lunch @ 11:45 Mahjongg @ 1:00 <em>Blood Pressure</em></td>
<td>20 CLOSED</td>
</tr>
<tr>
<td>23 Cards &amp; Games Exercise Lunch</td>
<td>24 CLOSED</td>
<td>25 Cards &amp; Games Exercise Lunch</td>
<td>26 Cards, Games &amp;Bingo Lunch @ 11:45 Mahjongg @ 1:00 <em>Birthday Celebration</em></td>
<td>27 CLOSED</td>
</tr>
<tr>
<td>30 Cards &amp; Games Exercise Lunch</td>
<td>31 CLOSED</td>
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</thead>
<tbody>
<tr>
<td>2 Closed Medical Transport</td>
<td>3 Cards, Games Lunch</td>
<td>4 Closed</td>
<td>5 Closed</td>
<td>6 Bingo, Cards &amp; Games Lunch</td>
</tr>
<tr>
<td>9 Closed Medical Transport</td>
<td>10 Cards, Games Lunch</td>
<td>11 Closed</td>
<td>12 Closed</td>
<td>13 Bingo, Cards &amp; Games Lunch</td>
</tr>
<tr>
<td>16 Closed Medical Transport</td>
<td>Cards, Games Lunch <em>St. Patty’s Day Party</em></td>
<td>18 Closed</td>
<td>19 Closed</td>
<td>21 Bingo, Cards &amp; Games Lunch</td>
</tr>
<tr>
<td>23 Closed Medical Transport</td>
<td>24 Cards, Games Lunch <em>Karen Ann Quinlan Speaker @ 12 <del>Celebrate Birthdays</del></em></td>
<td>25 Closed</td>
<td>26 Closed</td>
<td>27 Bingo, Cards &amp; Games Lunch</td>
</tr>
<tr>
<td>30 Closed Medical Transport</td>
<td>31 Cards, Games Lunch</td>
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</tbody>
</table>
Happy Birthday Doris & Louise

Congratulations Karen on the correct guess

Happy Birthday Erma

Happy Birthday Alma

Happy Birthday Sandra
EVENTS and PROGRAMS

**KNIGHTS OF COLUMBUS**
Free **Chicken Parmigiana** Dinner at ST. JOHN NEMANN PARISH HALL, 705 Route 739, Lords Valley 2:00—4:00 on Sunday, 3/1/2020
All are welcome. If you plan to attend please call 775-0681 or 775-9826. Please leave your name, telephone number and number of people attending when making reservations.

The Food Pantry Program at the Church at Hemlock Farms will be open
The 3rd Monday of the month 3/16/2020
4:00 PM to 6:30 PM
Registration is a MUST prior to distribution.
Please register by calling 570-775-6787

St. Ann’s Church, 121 Richardson Ave
Shohola, PA 570-832-4275 — ALL WELCOME
3/8/20 **Beef Medallions with Noodles & Vegetables Dinner** 2pm-4pm dinner is being served downstairs in Mulligan Hall.

Do you live in the Greentown area & need assistance with your shopping? There are a few supermarkets that will deliver to you.

**Lake Region IGA**
570-226-6000 extension 10 (you must order between 7 am & 9:30 am on Tuesdays).
They deliver same day, by 1:30 PM. There is a $9.95 delivery charge.
Now offering online shopping
www.lakeregioniga.com Delivery is $4.95 picking fee plus $6.95 delivery fee and in store pickup is $4.95.

**Dutch’s Market**
570-676-3373
No weekend delivery.
24 hour notice required when ordering week days.
$10 delivery charge.

**Dave’s Foodtown/Super Duper**
570-251-9530 They do not deliver too far from store. Call them for details.

**Shoprite** delivers ($10 internet fee & $6.95 delivery fee) shop at www.shoprite.com

**The Care Cabin, Growing Lackawaxen**
169 Urban Rd, Hawley 570-685-2273
4th Saturday of the month 10am to 2pm
Proof of residency required.
Declaration of need form to be filled out.

**Faith Christian Outreach Center**
104 Red Shale Rd, Lords Valley 570-226-4658
Application to be filled out the first time
Every 4th Monday 2pm to 6pm

**Holy Trinity Lutheran Church Food Pantry**
103 Delaware Crest, Dingmans Ferry
570-828-7411. Monday thru Friday 9-12 by appointment only.
Please call 24-48 hours ahead to schedule
Volunteers always welcome

**Hands of Hope Food Pantry**
at the Lord’s Valley Community Church (located behind Ryan’s Deli on Route 739) will be distributing on the 2nd Thursday of the month from 2:00pm-6:00 pm
570-503-6644

**Ecumenical Food Pantry**
321 5th St., Milford
570-618-1568
Fridays: 6:30-7:30
Eligibility is based on income
Photo ID & verification of address

**Food Pantry**
**St. Ann’s Catholic Church**
125 Richardson Ave.
Shohola, PA 18458
570-832-4275
– ALL WELCOME
3/8/20 **Beef Medallions with Noodles & Vegetables Dinner** 2pm-4pm dinner is being served downstairs in Mulligan Hall.

**Community Lunch**
Especially for Seniors (but all are welcome!)
Thursday, March 12th 11:30-12:30
Buffet closes at 12:30
Dining Hall open until 1:00
No charge and no need to call first
Good Shepherd Episcopal Church Parish Hall
Corner of W. Catharine & 5th Sts., Milford
Sponsored by the Ecumenical Food Pantry
To renew subscription, clip out mailing label and send it in with the $5 yearly fee. If you have email, just send your email address to: kdantuono@pikepa.org, and get your newsletter sent right to your email address for FREE—Save time and money!

www.pikeaaa.org

Where to Find Information About the Medicare Plans Available in your County:
* Medicare & You 2019 Handbook
* www.medicare.gov Call APPRISE at: 1-800-783-7067
* Call Medicare at: 1-800-633-4227 (Phone) or 1-877-486-2048 (TTY)
* Or call us at: 570-775-5550 x 1313 for an appointment to assist you

Executive Director - Robin S. Skibber - email: rskibber@pikepa.org
Protective Services & Options Supervisor - Robin Soares - email: rsoares@pikepa.org
Waiver Supervisor – Joan Edel - email: jedel@pikepa.org
Nutrition Site Managers - Cherie Bland, Pam Capps, Jennifer Miller & David Zlasney
Activity & Program Director & Health & Wellness Coordinator - Lana Romeo - email: lromeo@pikepa.org

Blooming Grove Center-150 Pike County Blvd., Hawley, PA 18428
(Phone: 570-775-5550 or 1-800-233-8911 Fax: 570-775-5558)
Office / Center: Monday through Friday - 8am to 4pm

Dingmans Center-American Legion 851-107 Ball Park Rd, Dingmans Ferry, PA 18328
(Phone: 570-828-7812) Tuesday & Friday 9 am to 2 pm

Lackawaxen/Shohola Township Center-Lackawaxen Fire Dept., Beisel Beck Rd. & Rte. 590, Lackawaxen, PA 18435. Monday, Wednesday and Thursday 9 am to 2 pm (Phone: 570-685-7808)

Eastern Pike Center @ Matamoras-Matamoras Fire House, 506 Avenue Q, Matamoras, PA 18336
Wednesday & Friday 9 am to 2 pm (Phone: 570-832-1929)

Bushkill Center for Active Adults-Top of The World Restaurant at Saw Creek Estates
148 Cambridge Ct., Bushkill PA 18324 Wednesdays 9:30 am to 2 pm (Phone: 570-775-5550)

ELDER ABUSE REPORTING NUMBER 1-800-233-8911
www.pikeaaa.org

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