

MONROEVILLE SENIOR CITIZENS CENTER

6000 Gateway Campus Blvd. Monroeville, PA 15146

www.monroeville.pa.us 412.856.7825



Hours of Operations

Monday – Thursday

8:00 am – 7:30 pm

Fridays

8:00 am – 4:00 pm

These hours run from Monday, December 1st through Friday, February 27th

MSC STAFF

Tara Gresock
Executive Director

Alan Rader
Assistant Director

Frank Loffredo
Fitness Coordinator

Kristi Chusko
Membership Coordinator

Jerry Corrie
Bldg. Maintenance Supervisor

Mike Evans
Evening Supervisor

Josie D'Andries
Front Desk Receptionist

Maureen Cortazzo,
Sue Lomeo, Steve Bodnar
Silver Sneakers Instructors

Holiday Dinner Dance

Start picking out those fancy holiday outfits because we are having another holiday dinner dance this year! Dinner, dancing, and drinks... Its a great way to start celebrating the holidays with friends. Open community event. Everyone is welcome (50+ years). Tickets sold in advance.

Saturday, December 13th
5:00 pm - 8:00 pm

Catered Buffet Dinner provided by Jaden's Catering. Holiday Ham, Scalloped Potatoes, Green Beans, Dinner Rolls, Dessert, and Refreshments.

Live Music provided by the Jazz Warriors

BYOB... Bring your own Booze.

\$25 Per Ticket

Ticket Sale Deadline:
Friday, December 5th
Limited Tickets. Non-refundable.
Tickets will not be sold at the door.

Becoming a Member

Any visitor who wants to attend **ANY** activity, program, or event at the center will be required to become an MSC member.

RESIDENTS OF MONROEVILLE AND PITCAIRN

Residents of Monroeville and Pitcairn, age 50+ receive a "FREE" full access membership to the Monroeville Senior Center.

NON-RESIDENTS MEMBERSHIP

Non-residents, age 50+ are required to pay a **\$60** annual fee. Membership renews each year on the date of your original registration. Notices will be mailed to members a month prior to expiration date. Members will not be permitted to attend daily activities, programs, or special events until these dues are paid. If qualify for one of our accepted health care fitness plans (see page 4 for details), this annual fee will be waived. These plans also cover the costs for a fitness center membership and the costs of group exercise classes.

HOW DO YOU BECOME AN MSC MEMBER?

If you are wanting to become a member of the center, you must complete the membership paperwork. Its takes about 30 minutes to complete. We strongly encourage making an appointment to guarantee a staff member is available to complete your registration. Please call Kristy, the MSC Membership Coordinator, at 412.856.7825 to schedule.

Residents must provide a driver's license or proof of residency at the time of registration. If you are a part of one of our participating health care fitness plans, please bring your health insurance cards and/or the healthcare fitness card if provided by your health insurance co.

Additional paperwork must be completed to use the fitness center. Details about fitness center memberships and fees are on page 6.

EVERYONE RECEIVES AN MSC MEMBERSHIP CARD.

You are required to scan your membership card as you enter the building. The scanner is located at the front desk. MSC staff will be present to assist you. If you have healthcare fitness card you **MUST** scan that card in addition to the MSC Card. You must scan both!



DONATIONS

The Monroeville Senior Citizens Center is owned and operated by the Municipality of Monroeville. The municipality covers the operational costs of the building. All programming expenses are raised and paid for by the Monroeville Council of Senior Citizens.

Each year the Senior Council works hard to raise funds to offset expenses. These funds have helped pay for the following: Exercise equipment, commercial grade appliances for the kitchen, furniture for the lobby, computers, and movie screen/projector. These funds also offset our entertainment.

Donations can make a big difference. Even the smallest amount can help. The center is a 501 © (3) charitable organization and your donation would be tax-deductible. Please contact the main office if you would like to contribute!

Program Participation

All classes, programs, and social groups must be pre-approved by the main office to ensure facility availability. All programs and classes will require pre-registration. Classes and programs will be scheduled on a seasonal basis, following the newsletters release dates. Newsletters will now be distributed seasonally and are available at the front desk and can be viewed online at www.monroeville.pa.us

2024 Newsletter Distribution Schedule:

Spring Newsletter (March, April, May)
Releases on Friday, February 13, 2026

Summer Newsletter (June, July, August)
Releases on Friday, May 8th

Fall Newsletter (September, October, November)
Releases on Friday, August 7th

Making a Reservation

Program registration, new member registrations, social service assistance, and all inquiries can be done at the front reception desk. A staff person will be available at all times.

Program Registration: You must be a member to visit the center and participate in any program/event. If you are not a member, please go to page 2 to learn how to join.

Members will be required to make a reservation to participate in all classes, programs, and events, unless noted otherwise. All fees will be due at time of registration. Refunds will be given.

Reservations can be made Monday through Thursday from 9:00 am – 6:30 pm and Fridays from 9:00 am – 3:00 pm. Summer Months, 8:30 am – 4:00 pm

Some of our popular programs and events will have a beginning registration date and a deadline date. Please read over the newsletter for full details on when to register.

Please be aware there are limited spaces available for each program/class. To be courteous to your fellow members, we ask you to inform us if you need to cancel your reservation. Many of our classes and programs become full with members on a waitlist.



Entering the building

Everyone must enter through the front door and check-in at the front desk prior to attending your daily activities.

Please have both your MSC membership card and FHCC card ready upon your arrival as to help not cause a traffic jam at the scanners.

You will be required to scan your cards before being allowed access past the front desk area. A staff person will be at the front desk at all times to assist you.

Everyone must enter and exit through the front doors. The side doors are now closed during our normal days of operations and will only be open during larger events.

Side doors will be open for the seasonal luncheons and larger special events.

At all other times they will be used as emergency exits only.

STAY FIT. STAY FOCUSED. STAY YOU!

Who is eligible for a healthcare fitness plan?

It is available at no additional cost to individuals who belong to participating Medicare health plans/Medicare supplements carriers. Please check with your health care provider to see what program, if any that you are eligible for.

Silver Sneakers Program: Highmark Freedom Blue, Security Blue, Medigap Blue, Aetna, HOP and UPMC for Life,

Renew Active Program: Health America (HAPA) and United Healthcare

Silver&Fit: Cigna Healthcare

How do I sign up?

Visit the main office. Please be aware that being registered at another facility, does not mean you are registered as a member of the Monroeville Senior Center. Please bring your health insurance cards and/or the healthcare fitness plan card if provided by your health insurance company at the time of registration. If you are not sure if you qualify for a program, we can assist you in the process of finding out.

What if I am already a member of the senior center?

If you are a current member of the center, you still need to come to the main office to register as a fitness plan member. You need to do this before participating in any of the group exercise classes at no cost. If you are a non-resident registering we will also waive your annual non-resident membership fee. THIS IS IMPORTANT, the center is compensated for your visits through these health care fitness plans. We use this revenue to help offset operational costs. You will be required to scan the required cards each time you visit the center. Cards vary between healthcare fitness plans. You will be given instructions at the time of registration. A staff person will always be available to assist you upon your visit. We ask that you please have your cards ready to scan upon arrival, so that the line is not being held up.

What if I am not eligible to join? Can I still take group exercise classes?

YES! You may still take group exercise classes; however, you will need to pay to attend.

All non-healthcare fitness plan members will have to purchase a "MSC Exercise Punch Card" in the main office. These cards allow you (10) visits to any group exercise classes. Cards are \$30, which equals to \$3 per class. The instructor will punch your card at the beginning of each class. These cards do not expire.

Swipe your card every time you enter the building!

You must swipe your MSC membership card AND your healthcare fitness plan card each time you visit the center, not just the exercise classes and the fitness room. All of these fitness plans want to see you being active - mentally, physically, and socially.



Senior Center Fitness Facility

Our facility features a great line of senior friendly cardiovascular and strength training equipment. State of the art equipment with the newest technology to make your experience a positive one!

FITNESS MEMBERSHIPS:

Monroeville Residents:

65 years + are FREE!

Residents Member (50 – 64 yrs)

(Choose a Package)

\$60 - Three Month Plan

\$100 - Six Month Plan

\$160 - Full Year Plan

Non-Resident Member

(Choose a Package)

\$90 - Three-month Plan

\$130 - Six Month Plan

\$190 - Full year Plan

Stop by the front desk for more information or questions.

Getting Started

Investing in your health and wellness and making time for you is the best gift you could give yourself! We hope that the fitness facility will provide you with the motivation, encouragement, and support you need to help improve your level of wellness.

We recommend that participants consult with their physician before beginning any exercise program.

Each participant must register in the main office and complete a Physical Activity Questionnaire, which may require a Physician's Clearance Form. All individuals will be required to sign an Assumption of Risk Waiver.

All participants are given a **Required Orientation** prior to being given access to the fitness facility. Orientations will be scheduled once all the paperwork is completed. Takes approx. 30 mins.

The orientation introduces you to the equipment, including how to adjust each piece to fit you properly and correct exercise techniques. Rules and policies of the fitness center will also be explained. Upon completion of your orientation you may utilize the fitness room anytime.

Fitness Center Cleaning Policies

The fitness center will be disinfected daily; members must clean equipment after their workout; staff will follow up after each use.

A hands-free water bottle filling station has been installed at the center. Please bring your own water bottles to enjoy this new covid safety addition. No food or drinks other than water allowed in the area.

Large personal items will not be allowed in the facility. Small items must be placed in storage cubbies or in the lockers located in the hallway.

A full list of fitness center policies will be given in your orientation packet and are posted within the center.

Street Shoes not permitted!

Street shoes are not permitted in the fitness center. The salt and debris can cause serious damage to the floors and cardio equipment. Wet shoes are also a tripping hazard. You must bring a separate pair of sneakers and change prior to entering the fitness area.



The Benefits to Working with a Personal Trainer...

Makes sure that you are exercising safely with proper technique

Teaches you new and exciting exercise techniques to enhance your fitness program.

Helps you stay motivated and fights exercise boredom

Monitors your progress towards fitness goals & keep you focused

Identifies weaker areas of your body and helps you get stronger & feel better

Modifies your workout to accommodate for unique medical needs like arthritis, diabetes, heart conditions, and obesity.

Personal Training

Inspire Motivate Coach

Working with a Personal Trainer is one of the fastest, easiest and most successful ways to achieve your fitness goals! The goal of our Personal Training Program is to turn you into your own personal trainer. Only you are guaranteed to be with you the rest of your life. Each participant is guaranteed specialized fitness programs developed for individual needs. We have taken great measures to ensure our clients with special health needs will be accommodated.

Some Specialties Include:

- Balance and Fall Prevention Training
- Cardio and weight loss training for improved endurance & health profile
- Resistance training for gaining & maintaining functional strength
- Exercise training for improved posture, mobility, & injury prevention
- Speed agility and quickness for improved performance

When you choose MSC to start your personal training program, you get an enthusiastic & experienced partner in achieving your health & wellness goals!

Call or stop by the office to schedule a "free" consultation!

New Member Orientation

Been gone a while? Need help getting back into the swing of things. Scheduling a FREE re-orientation could be of great assistance. Orientation takes approximately 30-45 minutes. Please see, Fitness Coordinator, Frank Loffredo to schedule a re-orientation to get you back in the swing of things.

PROGRAM FEES:

1 on 1 Training
\$450 for 6 weeks
2 Sessions per week, 1 hr.

2 on 1 Training
\$480 for 6 Weeks, 1 hr. sessions
2 Sessions per Week

One-Time Training Session:
1 hr. Training Session, \$40.00
1/2 hr. Training Session, \$30.00

BEST BODY™

COUNTDOWN



It's All About Balance... and reaching your Best Body!

This winter we will be offering a nutritional fitness program called 52 Day Countdown to Your Best Body a program that supports good nutrition and fitness so that you can be at your healthiest. This may mean lowering blood pressure, improving blood sugar control, losing weight or becoming more active-everyone's body is different making each person's goals to reach their best body different. Eat Great, Feel Great! Nutrition is important for our bodies to work well. Begin your journey toward optimal health...

We want you to be successful in your endeavors and will **EMPOWER** you to better health, wellness, and fitness.

EMPOWER!

52-Day Challenge

The nutrition, fitness, and lifestyle challenges of this 52-day Best Body Countdown are strategically designed to help you reach your Best Body, regardless of your starting fitness level or weight. You will receive interactive materials that guide you step-by-step to your best body over 52 days, providing you with daily strategies and recipes so that you can feel and see the results along the way! Are you ready to get your best body this fall?

**Meet every Monday
@ 1:00 pm**

Program starts Monday,
January 19th through
Monday, March 2nd
(7-week program)

Program Cost: \$99

includes weekly group support sessions to receive interactive materials that guide you step by step providing you with daily strategies and recipes.

Sign up in the main office by Monday, January 12th.

PERFECT TIMING!

Just before the holidays.

*Instructors: Sue Lomeo RD, LDN
and MSC Fitness Coordinator,
Frank Loffredo*

Start the New Year off in the right directions.

How Hard Should I Be Exercising?

This is one of the most common questions that is asked by our members in both classes and personal training here at the Senior Center! To answer that question, Silver Sneakers instructors, and many fitness professionals like to use a Rate of Perceived Exertion chart (as shown below) to have a visual representation to guide members in seeing how intense the exercise feels to them. Rate of Perceived Exertion (RPE) is a subjective measure of how hard you are working out. It is based on your own perception of effort and can be measured using the RPE scale, which ranged from 0 (no effort or easy) to a 10 (maximal effort and complete exhaustion). Listed below are some key points about how to measure perceived exertion:

Breathing: Your breathing rate can indicate how hard you are working. Quick breathing can mean a higher intensity and you performing a more intense workout.

Heart Rate: A higher heart rate during exercise indicates a higher intensity. For example, if your heart rate is around 70% of your estimated maximal heart rate, it would mean you have an estimated RPE of a 6.

Sweating: Increased sweating can also be a sign of increased exertion and a harder workout.

Tiredness: If your muscles feel tired, it is a common indicator that you are working harder, accelerating your RPE number to a higher value while exercising.

The RPE scale is useful for all fitness levels and anyone looking to monitor their exercise intensity.

It is greatly helpful in adjusting workout routines to avoid over exertion and ensures that you are pushing yourself enough during exercise sessions to where you feel challenged, but not struggling to complete the routine.



WINTER GROUP EXERCISE SCHEDULE

Schedule runs Monday, December 1st – Friday, February 27th

Monday	Tuesday	Wednesday	Thursday	Friday
Silver Sneakers BOOM 9:00 – 9:45 am Maureen Cortazzo	YOGA Stretch 8:45 – 9:45 am Sue Lomeo	Silver Sneakers BOOM 9:00 – 9:45 am Maureen Cortazzo	YOGA Stretch 8:45 – 9:45 am Sue Lomeo	Silver Sneakers CARDIOFIT 9:00 – 9:45 am Maureen Cortazzo
Silver Sneakers CLASSIC 10:00 – 10:45 am Maureen Cortazzo	Silver Sneakers CLASSIC 10:00 – 10:45 am Frank Loffredo	Silver Sneakers CLASSIC 10:00 – 10:45 am Maureen Cortazzo	Silver Sneakers CLASSIC 10:00 – 10:45 am Frank Loffredo	Silver Sneakers CLASSIC 10:00 – 10:45 am Maureen Cortazzo
Silver Sneakers YOGA 11:00 – 11:45 am Maureen Cortazzo	Gentle PILATES 10:00 – 10:45 am Sue Lomeo	SUN TAI CHI <i>Intermediate Class</i> 10:00 – 10:45 am <i>Beginner's Class</i> 11:00 – 11:45 am Steve Bodnar	Gentle PILATES 10:00 – 10:45 am Maureen Cortazzo	Silver Sneakers YOGA 11:00 – 11:45 am Maureen Cortazzo
SILVER&FIT 12:00 – 12:45 pm Frank Loffredo	SIT&FIT Chair Exercise 11:00 – 11:30 pm Frank Loffredo	Silver Sneakers YOGA 11:00 – 11:45 pm Maureen Cortazzo	SIT&FIT Chair Exercise 11:00 – 11:30 pm Frank Loffredo	SILVER&FIT 12:00 – 12:45 pm Frank Loffredo
	BALANCE CIRCUIT 12:00 – 12:45 pm Frank Loffredo	Cardio DRUMS ALIVE 12:00 – 12:45 am Frank Loffredo	Silver Sneakers STABIITY 12:00 – 12:45 pm Frank Loffredo	

Low Intensity Class Level	
Medium Intensity Class Level	
High Intensity Class Level	

Class sizes are limited to 24 participants.

Reservations are made daily on a first come, first serve basis. Group exercise sign-in sheets are now located at the front reception desk. You must be present to register. You can only sign-in yourself. Doors close promptly at registered start time. No one will be allowed entrance afterwards. *There will be no exceptions.*

Group classes are open to all MSC members, and are suitable for all fitness levels.

Check out the class descriptions on page 11 to find out which class meets your fitness level needs. Need assistance? Contact MSC Fitness Coordinator, Frank Loffredo for help.

All daytime and evening classes are FREE for fitness health plan members.

\$30 Punch cards (10 classes) are available to purchase for non-participating members. Purchase your cards at the front desk. Your instructor will punch your card at the beginning of class.

MSC Group Exercise Class Descriptions

Silver Sneakers® CLASSIC: Exercises designed to increase muscular strength, range of movement, & activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. Intermediate level class. ♥ ♥

Silver Sneakers® CARDIOFIT: Increase your cardiovascular and muscular endurance with an advanced standing circuit workout. Upper body strength work with hand-held weights, elastic tubing, and a ball is used. Advanced level class. ♥ ♥ ♥

Silver Sneakers® YOGA: Yoga will move your whole body through a complete series of seated and standing yoga poses. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Beginner's level class. ♥

Silver Sneakers® STABILITY: Designed specifically to keep participants "safe on their feet". Stability provides substantial knowledge and practical work for you to increase function and long-term independence. Intermediate level class. ♥ ♥

Silver Sneakers BOOM® This unique class is a blend of cardio and strength training with moves inspired by your favorite sports like golf and tennis, focuses on toning muscles & building overall body strength. The cool down phase incorporates Yoga and Pilates to improve flexibility/core strength. Advanced level class. ♥ ♥ ♥

SILVER&FIT EXPERIENCE: For moderately active older adults who exercise in some way one to two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, and cardio endurance. Intermediate level class. ♥ ♥

SIT&FIT: A chair-based class which gives a full body workout including cardiovascular exercise, strength training, and stretching from a seated position. Great class for those that have difficulty performing standing exercises. This is a beginner's level class. ♥

YOGA STRETCH: 60-minute Hatha based yoga class. The class involves performing various yoga poses both standing and on the floor exercises. This is an Intermediate level class. Bring a mat. ♥ ♥

BALANCE CIRCUIT: 45-minute program designed to build strength, balance, and fall prevention awareness. Participants will work in a small group setting with a variety of balance circuit routines and equipment options to meet their individual goals. This is a beginner's level class. ♥

GENTLE PILATES: Pilates is a form of low impact exercise that aims to strengthen the core and trunk muscles while improving postural alignment and flexibility. It can be modified to fit the needs and abilities of everyone. This is an intermediate level class. ♥ ♥

DRUMS ALIVE: This class uses drumsticks on a fitness exercise ball with upbeat music, drumming and body movements that create a dynamic mental and physical workout. ALL fitness levels. ♥

MSC FITNESS PROGRAMS

Fitness Clinics

If you are new to the fitness center or simply would like to break up the monotony of your exercise routine, we are here to help you make this transition by educating you on the many different ways you can improve your overall fitness. In addition to the variety of assessments, orientations, and programming that we offer to you as part of your membership, we also provide how-to clinics designed to teach you how to do exercises safely, help you stay motivated, and add variety to a workout. Take full advantage of what the MSC Fitness Center has to offer!

Instructor: Frank Loffredo, MSC Fitness Coordinator

Topic: 12 Days of Fitmas

Thursday, December 18th @ 2:00 pm

Let's make a commitment to stay healthy during the holidays by participating in our winter fitness challenge. Check out our Holiday-Themed Fitness Clinic for a low-impact workout routine that will keep you strong and mobile!

Sign-ups Begin: Friday, November 7th Registration Deadline: Friday, December 12th

Topic: State of the MSC Fitness Center

Thursday, January 15th @ 2:00 pm

For this month's fitness clinic, we are taking a different approach on health and fitness topics and providing a formal discussion on how our fitness program has been going! We are providing a fitness survey throughout the month of November and this discussion will go over the results. This is also a great opportunity to gain further insight on what additional services we offer, and what we are planning to add for the new year!

Sign-ups Begin: Friday, November 7th Registration Deadline: Friday, January 9th

Topic: GLP-1 and Its Effects on Older Adults

Thursday, February 19th @ 2:00 pm

An Effective Weight Loss Tool or Risky for Your Health? With the rising use of GLP-1 injections such as Wegovy and Ozempic, it has become a mainstream item for weight loss. But is it effective for older adults and exercise programming? Join us for this month's Fitness Clinic as we discover research on the effects of GLP-1 usage and how this trend can be a possible risk factor.

Sign-ups Begin: Friday, November 7th Registration Deadline: Friday, February 13th

\$3 per member, per clinic.

Pre-registration required. Non-Refundable. Spaces limited.

Line Dancing Workshops

Get moving with our monthly line dancing workout.

This workout will work your legs, core, and keep your arms moving as it helps improve your coordination and balance. It is good to give your body a different workout every so often. This is a perfect class to change things up while having fun too. Instructor: Gail Griffith

Tuesday, January 20th @ 1:00 pm

Tuesday, February 24th @ 1:00 pm

Tuesday, March 17th @ 1:00 pm

\$5 per workshop. All fitness levels welcome.
Pre-Registration required. Spaces are limited.

Sign-Ups Begin: Tuesday, December 9th
Reg. Deadline is one week prior to the class.

Mental Aerobic Workshop

Mental exercises helps stimulate the brain and sharpen thinking, memory, reasoning, and processing skills. It is never too late to focus on your cognitive health. Work on a series of memory games, puzzles, and creative exercises. It's a great opportunity to socialize which also has its positive benefits. Instructor: Frank Loffredo

Monday, February 23rd @ 12:30 pm

\$3 per person. Pre- registration is required. Spaces are limited.

Sign-Ups Begin: Tuesday, December 9th
Registration Deadline: Monday, February 16th

Zumba

Zumba is an energizing dance fitness program that combines Latin, pop, and international music with dance moves. Zumba is interval training based which includes total body aerobic, cardio, and toning workout. Zumba is safe for participants of all ages and can help lower the risk of heart disease & reduce blood pressure.

Instructor: Jen Marco

Thursday, January 29th @ 1:00 pm

Thursday, February 26th @ 1:00 pm

Thursday, March 26th @ 1:00 pm

\$5 per workshop. All fitness levels welcome.
Pre-Registration required. Spaces are limited.

Sign-Ups Begin: Tuesday, December 9th
Reg. Deadline is one week prior to the class.



Mike @ Night Fitness Clinic "Growing Stronger"

**Tuesday, January 20th
6:00 pm – 7:00 pm**

In this clinic, you'll learn why weight training balances any workout routine, and actually burns more fat than cardio. Even very small changes in muscle strength can make a real difference in your ability to perform everyday activities. We actually go into the fitness center and put the basics we learned into action. We will be focusing on the proper use of the various pieces of strength equipment. Don't be so quick to think that you cannot increase your muscular strength because of your age! Come learn how...
Instructor: Mike Evans

\$5 per member, must have clearance to use the fitness ctr.
All fitness levels welcome.

Sign-ups Begin:
Monday, November 17th

Registration Deadline:
Tuesday, January 13th

Shuffleboard Group

Exercise and have fun at the same time. Join our shuffleboard group. We have three indoor courts that provide a great place to play! Great way to get some exercise AND make new friends. Stop in anytime. Everyone is welcome. League is always looking for players!

League meets Wednesdays at 2:00 pm.

Sit & Sew Social Club

Join us for our new social club. The Sit & Sew Craft Club will meet on Fridays from 11:00 to 2:00 pm. Bring your own sewing machine and your current sewing project. We will also provide a service project for the group to work on from time to time. Have fun sewing and socializing. Meet new friends that have the same interest in sewing. We do have several sewing machines that are also available to use.

Social Chess Club

We are looking to provide a space where players can meet up, share their love for the game, and learn from each other. Day and time will be announced once we get enough interest. Interested? Sign up at the front desk today!

Weekly Activities

Dominos Social Group: Mondays, 11:30 am – 3:00 pm, Small Classroom.

Cross Stitch Social Group: Tuesdays, 10:00 am- 12:30 pm, Arts & Craft Room.

Contract Bridge Card Club: Tuesdays & Fridays, 11:00 am – 3:00 pm, Card Room.

500 Card Club: Wednesdays, 11:00 am – 3:30 pm, Card Room.

Mah Jongg Social Group: Wednesdays, 12:00 pm- 3:30 pm, Small Classroom.

Crocheting & Knitting Social Group: Thursdays, 9:00 am – 12:00 pm, Arts & Craft Room.

Pinochle Card Club: Thursdays, 11:00 am – 3:30 pm, Card Room.

Poker Card Club: Thursday, 11:00 am – 3:30 pm, Small Classroom.

All Cards Social Group: Grab a group of friends and come play your favorite card games. Open play. Mondays 11:30 am- 3:00 pm, Card Room *and* Fridays, 11:30 am- 3:00 pm, Small Classroom.

Baseball Darts: Fridays, 1:00 pm – 3:00 pm, Social Hall

Ping Pong: Daily, We have (2) tables in the large social hall. Open free play.

Billiards: Daily, free to all members. We have (2) tables. Open free play, Billiard Room.

Please Note: All social activities must be approved by the main office. Room are not available for open play or rentable.

Cork & Craft Club

Thursday, February 5th
from 6:00 pm – 7:30 pm

Calling all crafters, you're going to love this program. Grab a bottle of wine and a bunch of your friends for a night of fun. Who doesn't love wine, food, and crafting? We will provide the seasonal craft and the snacks. We will meet seasonally with a new craft.

Winter Theme: Paint Your Own Tote Bag

Paint, sip, and slay your own custom tote bag. Create your own design, we will have all the supplies needed for you to design something awesome to carry all your treasured items around in.

\$20 per person. All supplies included. Non-Refundable.

Sign-Ups Begin: Monday, December 15th

Registration Deadline: Thursday, January 29th

MSC Cooking Club

Wednesday January 14th @ 1:00 pm

Join us seasonally as we stir up something new and delicious! Hands-on fun suitable for beginners. Learn new recipes each time that you'll want to keep making for family and friends. Food samples and recipe cards will be given at each session.

Winter Theme: Waffle Mania

Who said waffle irons are just for making waffles? Well we know that's not true. Come join us for a fun afternoon and learn the hidden secrets of the mini waffle iron. From omelets to grilled cheese sandwiches to cinnamon roll treats, you'll be leaving with a full tummy. Plus, everyone takes home their own mini waffle iron to remake the recipes and create new ones.

\$20 per person. All supplies included. Non-Refundable.

Sign-Ups Begin: Monday, November 10th

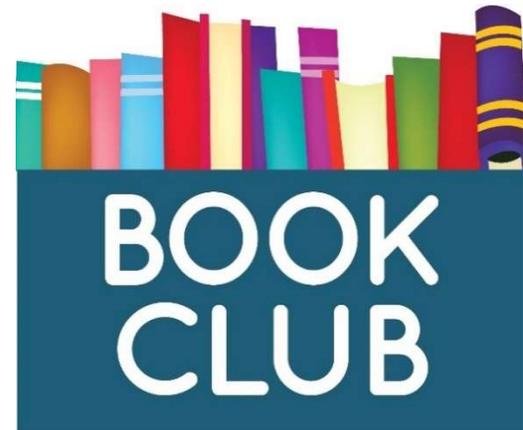
Registration Deadline: Wednesday, January 7th

Coin Collectors Club

1st Tuesdays of the month @ 9:30 am

Do you have a coin collection? Come share your interest with others as we discuss coins, collections, history and market trends. Coin swapping is welcome. Coffee and cookies will be provided.

The 1st meeting will be held on Tuesday, December 2nd at 9:30 am. Pre-registration required. Sign-up at the front desk.



Do you love to read? Join others seasonally who share your hobby. Every season we will read a book someone from the club has chosen. Everyone will have a chance to showcase one of their favorite books. Participants must provide their own book.

Winter Book: TWICE

By Mitch Albom

A novel about love, choice, and second chances. From childhood, Alfie Logan discovers he can relive any moment of his life, just one time, but soon discovers every redo carries consequences. What begins as playful do-overs and teenage risk-taking becomes a profound test when love and temptation collide. Told through a gripping frame of an elderly Alfie under investigation.

Tuesday, February 10th
11:00 am

Coffee, tea, and snacks will be provided.

Pre-register at the front desk by Monday, February 2nd



Coffee with Canvas

Wednesday, January 7th
from 10:00 am – 12:00 pm

A fun way to connect with other members and make new friends as well as your inner artist while sipping on java and expressing yourself with paints. Join us for our seasonal open paint session. Supplies provided for participants to freely paint. Coffee & donuts will be here too!

\$5 Members Only. Limited Spaces. Non-Refundable.

Sales Begin: Friday, November 7th Reg. Deadline: Friday, Jan. 2nd



Meet N' Greet Social

Friday, January 23rd, 10:00 am - 12:00 pm

Join us seasonally for free coffee, a donut, and good conversation. Enjoy this time to socialize with other members and meet new friends. As a new member, this is a way to find out what is happening at the center. Members of the Monroeville Senior Council will be there to help answer any questions you may have. No registration required.

DiamondArt Meet-Up

Join us for a relaxing few hours of socialization while working on our new favorite craft. DiamondArt is a craft where you stick diamond jewels onto a pattern to look like a mosaic. This fun creative craft is easy to do but so satisfying. Bring your own project and we will provide the coffee and snack. Please pre-register at the front desk.

2nd Monday of each month, 10:30 am – 12:30 pm

1st meet up is Monday, January 12th.

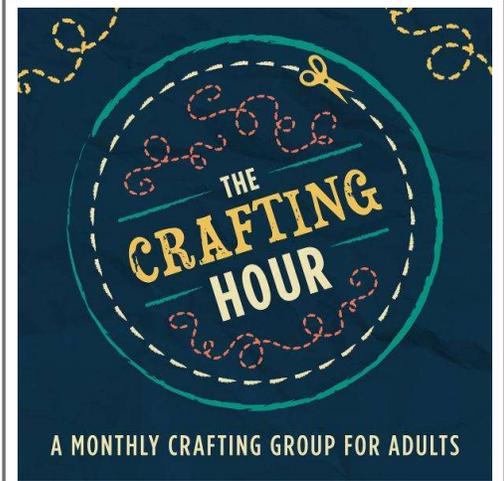
PopUp Art Workshop

Monday, February 9th, 10:00 am – 12:00 pm

We know you all love doing crafts. Join us for this new seasonal craft program. We are putting a little twist into this program to keep you on your toes. Secret craft project will POP UP one-week prior to the workshop. A fun craft everyone can do. What will the first craft be???

Release Date is Monday, February 2nd. Craft will be displayed at the front desk. Don't wait... Only a few spots for each workshop.

\$20 per person. Non-Refundable. Spaces are limited.



Enjoy crafting and chatting with your fellow crafters. Offered seasonally, this new program is sure to be lots of fun for everyone.

Easy project with no instruction needed will be selected for everyone to work on at their leisure. Everyone that participates will walk away with a finished piece of art. All supplies will be provided.

Winter Project:

Charm Bar

Design your own charm jewelry with tons of charms to choose from, you can design your own bracelet or bag charm.

Wednesday,
February 11th @ 10 am

\$5 Members Only.

Pre-registration required.

Sales Begin:

Monday, December 8th

Registration Deadline:

Tuesday, February 3rd

Crafty Creators Workshop

Unleash your creativity! Craft creators is a fulfilled monthly artistic gathering packed with inspiring and exciting art projects. Join us as we draw, paint, collage, glue, and create masterpieces each month. All supplies will be included for you to complete the monthly themed project. All project are super easy, you don't have to be super crafty to participate. Refreshments and snacks will be provided. Enjoy socializing and creating by joining this fun club.

Winter Craft: Valentine's Day Garland

Wednesday, January 21st @ 1:00 pm

Oh man, its LOVE month! Don't like go all out for Valentine's Day, but you want to have a cute heart something here and there. If you've been looking for a simple and sweet garland to make and hang around your house, then look no further! No sewing machine or crazy craft skills are required to make these cute valentine garlands that you can add to your Valentine's day décor. We will provide a variety of supplies for you to make two garlands to add to your décor. All supplies included.

\$20 per person. Non-Refundable. Spaces are limited.

Sign-Ups Begin: Friday, December 5th

Registration Deadline: Wednesday, January 14th

Instructional Craft Class

Join us seasonally for an instructional class that helps improve your creativity, imagination, problem solving skills, develops better motor skills, and provides sensory integration. Each season we will introduce a new craft that you'll complete during class and take home for your enjoying pleasure.

Winter Craft: Framed Spackle Art

Wednesday, February 18th @ 1:00 pm

Did you guys know you can create pretty cool looking art with just a cheap can of spackle and a canvas? Yep, it's true. And it's really fun to do! This DIY spackle art project is sure to become one of your faves. The beauty of this project is that you can't really mess it up. You use your imagination and we provide the supplies!

\$20 per person. Non-Refundable. Spaces are limited.

Sign-Ups Begin: Friday, December 5th

Registration Deadline: Wednesday, February 11th



QUILTING 101

Snowman Table Runner

What a fun addition to your holiday décor. Plus, you can keep this out all winter long.

Who doesn't like seeing a smiling snowman that won't melt. This two-day class will teach you how to machine applique like a pro!

Two- Day Class

Classes will be held from
1:00 pm to 3:00 pm.

Monday, December 1st
Wednesday, December 3rd

\$30 per person

Supplies list will be given at time of registration, some supplies will be provided for each participant.

Registration Deadline:

Monday, November 24th
Spaces are limited.



Trips and Tours

The following trips are being run through the main office. Full payment is required at the time of reservation. Refunds will not be given unless tour protection is purchased or a replacement is found. *Trips are sponsored by Thomas Tours and Travel.* You must be a member to sign up through the center. All participants will be picked up at Monroeville Giant Eagle Parking Lot, end of Row L.

Wicked at the Benedum Theater

Thursday, January 15th

The Broadway sensation, looks at what happened in the Land of Oz...but from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin—smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships...until the world decides to call one “good,” and the other one “wicked.” Trip Includes: Deluxe Motor Coach Transportation, a Matinee Performance at The Benedum, and Dinner at the Grand Concourse. **\$297** per person.

Chicago at the Benedum Theater

Sunday, March 15th

Chicago is still the one musical with everything that makes Broadway shimmy-shake: a universal tale of fame, fortune, and all that jazz, with one showstopping song after another and the most astonishing dancing you've ever seen. In the whirlwind of Chicago's Jazz Age, two of the Cook County Jail's most notorious murderesses—vaudeville star Velma Kelly and chorus girl Roxie Hart—become fierce rivals as they compete for headlines amidst a media frenzy. Broadway's longest-running musical has been dazzle audiences for over 28 years, and after more than 10,000 performances, 6 Tony Awards®, 2 Olivier Awards, and a Grammy®, we're just getting started. Come on, babe! Head to CHICAGO! Trip Includes: Deluxe Motor Coach Transportation, a Matinee Performance at The Benedum, and Dinner at the Grand Concourse. **\$247** per person.

Amish Spring Tour

Saturday, April 18th

Take a trip to Walnut Creek Ohio and enjoy a day in Amish Country. Trip includes stops to the Amish Country Flea Market, Amish Lunch, Walnut Creek Cheese, and the Swiss Heritage Winery. **\$167** per person.

Hartville Market, Hartville OH

Saturday, May 16th

Founded in 1939, Hartville Market Place and Flea Market has evolved into a unique indoor marketplace with over 100 unique shops featuring food, fashion, crafts, antiques, home décor, and more. The indoor market features a fully stocked food court where you will find gourmet treats and traditional fast casual items like burgers and fries. Outside you will experience one of the largest outdoor open flea markets in the state of Ohio, boasting over 800 vendors daily in peak season. Hartville Hardware: America's largest hardware store. Hartville Hardware offers so much more than a traditional hardware store, from grills and outdoor furniture to Earhart clothing and John Deere tractors. Hartville Kitchen Restaurant & Bakery - for meals from scratch, on-site bakery. **\$77** per person, Deluxe Motor Coach Transportation only.

What is tour protection? If for any reason you need to cancel, and you contact Thomas Tours & Travel office one day prior to departure, you will receive a travel voucher for the amount of your tour payment. This plan covers the cost of your tour on Thomas Tours & Travel motor coach tour departures only and must be purchased at the time your reservation is made. Cost of the Protection: \$8 for a trip under \$100. \$16 for a trip between \$101 - \$200. For more information, please call Thomas Tour and Travel at 724.337.9000. No shows on the day of departure are not covered. Protection for shows theater and musical trips: The protection for these trips is \$8 per person. Thomas Tours will only give \$100 voucher refund for a cancellation. You will NOT receive a full refund. Cancellations must be placed 24 hours in advance. Participants can replace themselves you must notify Thomas Tours prior to the date of the trip.

Donuts & Discussion Program

Friday, February 13th @ 10:00 am

Join us monthly as we travel back in time remembering our youth. Each month we will discuss a new topic down memory lane that will evoke fond memories through the decades. Donuts and coffee will be served.

Winter Topic: Love is in the Air

Learn more about the history of Valentine's Day. Explore the fascinating evolution of Valentine's Day, a tradition that dates back to the 4th century and the legacy of St. Valentine, a martyred priest whose story inspired a global history. Discover how love is expressed through cultures & generation.

\$3 per person. Pre-registration required. Non-Refundable.

Sign-up Begin: Monday, December 8th

Registration Deadline: Friday, February 6th

Brunch & Learn Program

Thursday, February 5th @ 10:00 am

Satisfy your hunger and need to learn with these exciting lectures. A wide variety of topics will be presented throughout the year. Forums are educational, never a sales pitch. Each participant will receive a freshly made breakfast sandwich, coffee and hot tea.

Winter Topic: Skin Care

Once admired as a sign of health, a sun-kissed glow is now known to carry serious risks due to UV radiation. Join Dr. James J. Worry from UPMC East as he shares why regular skin checks are essential for early detection. Skin cancers like basal cell carcinoma, squamous cell carcinoma, and melanoma often appear subtly but can be life-threatening if left untreated. Join us to learn all the facts about skincare while you age.

DermaView Screening Included!

This tool uses black light technology to assess and identify problem areas on the skin, highlighting areas that may be oily, dry, or sun-damaged. The screening takes approximately five minutes per person. Screenings will take place prior to presentation, from 9:00 – 10:00 am, for registered participants only. If you'd like a screening, please arrive at 9:00 am.

\$5 per person. Pre-registration required. Non-Refundable.

Sign-up Begin: Monday, November 10th

Registration Deadline: Thursday, January 29th

The logo for "LUNCH & LAUGH" is displayed in a bold, sans-serif font. "LUNCH" is in yellow with a white outline, and "&" is in white. "LAUGH" is in white with a yellow outline. The logo is set against a dark blue background.

Lunch & Laugh Program

Sometimes you gotta laugh. Listen to stories from all over the world that will have you in stitches. You gotta hear them to believe them. You can't make this stuff up. This event is will be too funny not to laugh. Bet you didn't know, laughter is the best medicine to ease pressure, reduce stress and tension. Join us for this new event and enjoy an afternoon of food, fun, and lots of laughter.

Wednesday, March 18th
12:30 pm

Lunch Menu :

Subway turkey sub, chips, brownies, and refreshments

\$8 Members Only.
Non-Refundable.

Sign-ups Begin:

Monday, February 2nd.

Registration Deadline:

Wednesday, March 11th

Senior Luncheons

Enjoy an afternoon where you don't have to worry about making yourself lunch. We will provide a home cooked meal that will come with all the fix-ins, including dessert and refreshments. All meals are cooked in-house by the MSC staff and volunteers.

Lunches are served at 12:00 pm.



Tuesday, March 24th
Stuffed Cabbage Dinner

Served with mashed potatoes, green beans, dinner roll, dessert, and refreshments.

Sign-ups Begin: Monday, January 12th
Registration Deadline: Monday, March 16th



Tuesday, May 12th
Fried Chicken Dinner (*Chicken Breast*)

Served with mac n 'cheese, corn, buttermilk biscuit, dessert, and refreshments.

Tickets go on Sale: Monday, March 9th
Registration Deadline: Tuesday, May 5th

\$10 per person, Members Only. Limited tickets.
Tickets will not be sold at the door! (Tickets are non-refundable)

Takeout's are available for senior luncheons only.

Takeout's will not be available for special events. They will be given after everyone in-house has been served. We will be charging **\$.50** per takeout. You are welcome to bring your own.



Enjoy a game of bingo after lunch!
Members are welcome to come and just play bingo. You do not need a lunch ticket.

We will play (12) games: (8) regular games with \$10 winnings (3) special games with \$20 winning and a \$50 jackpot. Winnings will be split for a double bingo.

\$2 per bingo packet.

Participants are allowed to purchase more than one packet. Bring your own daubers or buy one for \$1. Don't want lunch you can still come play bingo.



BIRTHDAY SOCIALS

Share in celebration of joy and friendship as you get a year older. If you were born during the months of celebration make your reservation to join us!

MSC Membership required to participate. The birthday member is allowed to bring (1) one guest.

Enjoy cake, ice cream, refreshments, and a game of gift card bingo as we celebrate your birthday!

January - April Birthday Social

Join us if your birthday falls within these months.

**Friday, March 20th
1:00 pm – 2:30 pm**

*Sign-ups Begin:
Friday, January 2nd*

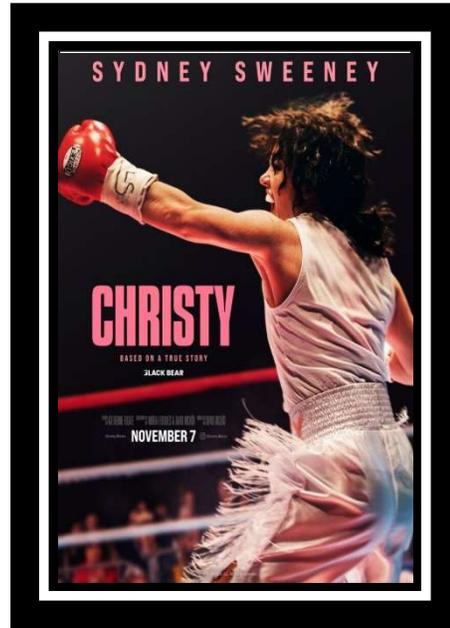
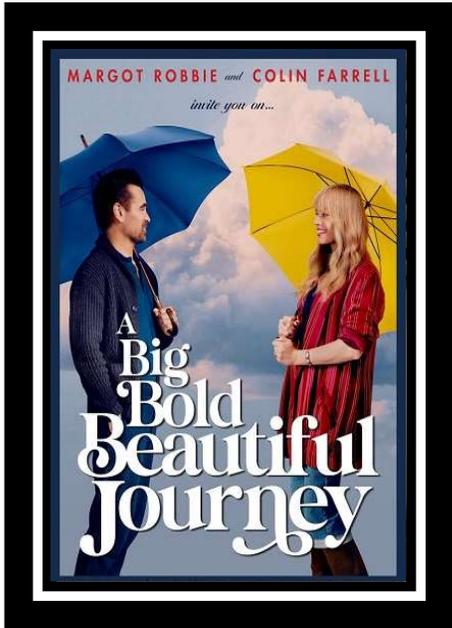
*Registration Deadline:
Friday, March 13th*

This is a free event curiosity of the Monroeville Senior Council.



Movie Day Mania

Calling all movie lovers! Join us as we watch the newest movie releases together! Bring your own brown bag lunch and beverage. We will provide the popcorn. Admittance not allowed in once the movie begins. Give yourself enough time to get settled into your seat and grab your snack. This program is free.



December Movie: **Big Bold Beautiful Journey**

Thursday, December 18th @ 12:30 pm

The story is about a pair of strangers and the unimaginable journey that ties them together. David (Colin Farrell) and Sarah (Margot Robbie) find themselves on a funny, fantastical adventure where they get to re-live important moments from the past and possibly alter their future. Romance/Fantasy. 1 hour and 49 minutes. Starring: Colin Farrell, Margot Robbie, and Jennifer Grant

January Movie: **Christy**

Thursday, January 8th @ 12:30 pm

Christy is a 2025 American biographical sports drama film about the former professional boxer Christy Martin, played by Sydney Sweeney. The film, directed by David Michôd and written by Michôd and Mirrah Foulkes, chronicles Martin's rise to becoming America's most well-known female boxer in the 1990s, and later her husband's attempt to murder her in 2010. Biography/Drama, 2 hours and 15 minutes. Starring: Sydney Sweeney, Coleman Pedigo, and Merritt Wever.

February Movie: **Wicked: For Good.**

Thursday, February 12th @ 12:30 pm

The sequel to Wicked, it adapts the second act of the 2003 stage musical by Stephen Schwartz and Holzman, which was loosely based on Gregory Maguire's 1995 novel, itself a reimagining of L. Frank Baum's 1900 novel The Wonderful Wizard of Oz and its 1939 film adaptation. Musical/Fantasy. 2 hours and 18 minutes. Starring: Cynthia Erivo, Ariana Grande, Jonathan Bailey.

Member Appreciation Days

We happen to think that the members of the senior center are some of the best people around! Thank you for being such loyal members of our center. We couldn't do what we do in the community without you. We are so glad you have chosen to be a part of the MSC family. To show our appreciation, we are throwing a celebration EVERY SEASON for all members.



Winter: Thank You SNOW Much

Thursday, January 29th

We appreciate you "snow" much that we are having a cookies and hot cocoa in the lobby between 10:00 am and 1:00 pm. Come enjoy a special thanks! Free to all members, available while supplies last. No reservations needed. Just stop by.

SPRING: "You Make Us POP With Appreciation"

Monday, April 13th

You have us popping with appreciation and to show our appreciation we be handing out boxes of popcorn and soda pops in the lobby from 11:00 am – 2:00 pm. Free to all members, available while supplies last. No registration required. Just stop by.

National Celebration Days

We always find a way to party. Party with us as we celebrate some of the most wacky and fun holidays in 2026. Each month we will pick one of the national themed holidays. Free for all members, available while supplies last, courtesy of the Monroeville Senior Council.

January: National Bagel Day

Thursday, January 15th

Stop the center between 10:00 am and 1:00 pm enjoy free bagel bar. Enjoy a warm toasted bagel with your favorite topping and a hot cup of coffee. Free to all members. No reservations needed. Just stop by.

February: National Banana Bread Day

Monday, February 23rd

Stop by the center between 10:00 am and 1:00 pm to receive your free slice of banana bread. Free to all members. No reservations needed. Just stop by.

March: National Cheesecake Day

Monday, March 23rd

Stop by the center between 10:00 am and 1:00 pm for a free slice of cheesecake and a hot cup of coffee. Free to all members. No reservations needed. Just stop by.



Sip & Socialize Social

Join us for another cocktail hour. Bring your bottle of wine or cocktail of choice. We will provide the Hors d'oeuvres and snacks. Enjoy socializing and listening to soft music. This program will be held seasonally.

Thursday, December 4th, 5:00 – 7:00 pm

Music provided by Nicole Belli Dou, Jazzy Sweet Sounds

\$7 per person. Spaces limited. Tickets are non-refundable.
Community Event. You do not need to be a member to attend.
Registration Deadline: Tuesday, November 25th



MSC Game Night

Let the games begin! Come Join us for our new adult game night. Every season will be something new and fun to participate in. Bring your friends, it's going to be fun. Light snacks, tasty pizza, and refreshments will be served.

Thursday, January 22nd, 5:00 – 7:00 pm

Winter Game: Family Feud

You've been selected to be a contestant for the MSC Family Feud. Teams of five, randomly picked by the staff. Get ready for the ultimate showdown. Prizes will be given to the top teams.

\$5 per person. Spaces are limited.
Tickets are non-refundable.

Sales Begin: Friday, November 7th

Registration Deadline: Thursday, January 15th

Cupcakes & Concerts

Thursday, December 11th @ 1:00 pm

Join us seasonally for a fun afternoon of entertainment. Each season, we will provide new entertainment plus dessert. Everyone will get a scrumptious cupcake and ice cream. There is no better combo than that!

Entertainment: North Hills Harmony Line Chorus
Holiday Classic to get you into the mood to celebrate!

\$5 per person. Limited Tickets. Tickets are non-refundable.

Sales Begin: Friday, November 7th

Registration Deadline: Friday, December 5th



Wii Bowling Social Night

Let's Bowl... Strike, Spare...
Wii don't care as long as you are there. Join us for an evening of fun!

You don't even have to be a good bowler to have a good time. Never played before? No worries, we will teach you how to play. It's super easy.

Tuesday, February 17th
5:00 pm – 7:30 pm

Pizza, Popcorn, snacks, and refreshments will be provided.

\$5 Members Only.
Limited Tickets.
Pre-registration required.

Sales Begin:
Friday, November 7th

Ticket Deadline:
Tuesday, February 10th

Special Events

Santa Bingo

Tuesday, December 16th @ 12:00 pm

Santa's bringing the cash! You won't want to miss out on this great holiday event. We welcome your families to this great event. Get ready to WIN BIG. \$500 in cash prizes with a \$100 Jackpot! This is a great opportunity for you to show them where you spend your days through the year. All ages welcome!

13 Games of Bingo: (8) regular games, \$25 each. (4) specials, \$50 each, and a \$100 Jackpot!

Lunch Menu: Salisbury steak served with scalloped potatoes, asparagus, dinner roll, dessert, and refreshments.

\$12 Members and **\$14** for Guest. Limited Tickets!

Tickets are non-refundable/transferable.

You must have a ticket to enter. Tickets cover of lunch/bingo.

Sales Begin: Friday, October 31st

Ticket Deadline: Tuesday, December 9th

Christmas PJ Party

Tuesday, December 9th

Let's start celebrating... The tree isn't the only thing getting decorated at the center this year. Join us for Christmas Pajama day. Get those holiday PJ's out of the closet and join us for a day fun as we start spreading some holiday cheer!

No registration required. Just stop by and join in on the fun. Have fun participating in holiday themed group exercise classes, and an afternoon holiday movie. Cookies and hot cocoa will be in the lobby all day. Socializing with friends.

WEAR YOUR HOLIDAY ENTIRE... If you wear your PJ's, you will be entered into a raffle to win a **\$50** Giant Eagle Gift Card! Winner will be drawn at the end of the day.

- Hot cocoa and cookies in the lobby all day long!
- Join us for a holiday themed Silver Sneakers Classic Group exercise class at 10:00 am.
- The holiday movie will be shown at 12:30 pm. Free popcorn and refreshments will be served.

Holiday Movie: OH.WHAT.FUN

Holiday comedy. PG -13/

Starring: Michelle Pfeiffer, Eva Longoria, and Chloe Grace Moretz.



Holiday Cookie Exchange

Friday, December 12th
@1pm

Bake your favorite cookie, the one you do best! Bring (4) dozen cookies to share and (2) dozen to eat while you socialize.

Cookies will be judged by members of the Monroeville Municipal Council and the Monroeville Council of Senior Citizens, so make sure you bake your finest!

Prizes will be given to the best tasting and most creative cookies.

All cookies must be homemade. Bring your recipes when you sign up. We will be making a recipe booklet for everyone to take home and try to make themselves.

Spaces are limited. RSVP by December 1st.



Lets celebrate the holidays with



SPIRIT WEEK

Monday, December 15th - Friday, December 19th

With only a week left before the big holiday, we thought we should spend each day having a little fun. These events are free to all MSC members!



Monday

Deck the Halls

Its a decoration competition. Show your holiday spirit by transforming a wreath into a winter wonderland. We will provide all the supplies. Wreath will be displayed all week for members to vote on their favorite. Winner will be announced Friday afternoon.



Tuesday

Festive Attire Day

Dress in your merriest attire! Put on those ugly holiday sweaters. Santa will be here from 12:00 pm - 2:00 pm. Get your picture with Santa to show your were a good senior this year. All those that dress up will get a special treat from Santa.

Wed.

Candy Candy Count

Guess how many candy canes are in Santa's present bag. The bag will be displayed in the lobby all day for members to take a guess. The closet to amount will win a special prize. Winner will be announced at the end of the day.



Thursday

Sweet Treats Extravaganza

Let's decorate some cookie! We will decorate, giggle, have lots of fun, and eat what we make. Each participant will receive (2) large cookies to decorate. Coffee and tea will also be served. No registration required. Stop by between 10:00 am – 12:00 pm.



Friday

Santa's Workshop

DIY ornament and holiday craft station. Get creative and make your own festive decorations. Each person will be given (1) project to work on. No registration required. Just stop by between 10:00 am - 12:00 pm.

Takeout Tuesday

Tuesday, February 24th

Take Out Tuesday is back for the winter. When it is cold and dreary outside, nothing is better than a warm homemade cooked meal. Especially when someone else is cooking it for you. Let us do all the work and you just enjoy eating it. All meals are cooked in houses by staff and MSC Volunteers!

Pick up your meal in the MSC kitchen between 12:30 pm – 1:30 pm.

Menu: Chicken Parmesan

Served with ziti, garden salad, and a dessert.

\$10 Members only. Limited Tickets! Pre-registration required.
(Tickets are non-refundable)

Sales Begin: Monday, December 15th

Deadline: Tuesday, February 17th

Gift Card Bingo

Tuesday, March 10th @ 12:00 pm

It's not your normal bingo game... Call bingo & win big. Hundreds of dollars will be given out in gift cards. (12) games will be played with (8) \$25 regular games, (3) \$50 special games, and a \$100 Jackpot.

Menu: Chicken salad croissant sandwich with lettuce and tomato.
Served with chips, dessert, and refreshments.

\$10 Members only. Tickets are non-refundable/transferable.
You must have a ticket to enter. Tickets cover of lunch/bingo.

Sales Begin: Monday, January 5th

Registration Deadline: Thursday, March 5th

Spaghetti Festival

Tuesday, April 7th @ 12:00 pm

You don't have to be Italian to love this event. You just gotta love good food and entertainment. This event is sure to sellout!

Menu: Spaghetti Dinner

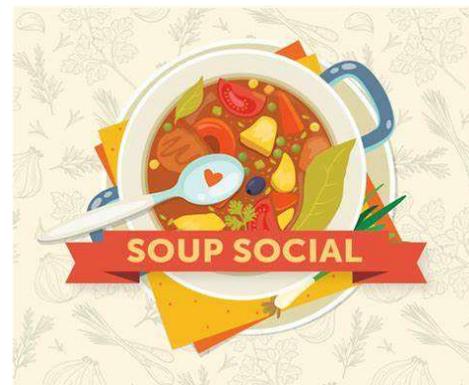
Served with one large meatball, garden salad, breadsticks, dessert, and refreshments.

Entertainment: Dr. Zoot, 6 - Piece Jazz Band

\$12 Members only. Tickets are non-refundable/transferable.
You must have a ticket to enter. Tickets cover lunch/entertainment.

Sales Begin: Monday, Feb. 23rd

Ticket Deadline: Tuesday, March 31st



Winter Soup Social Tuesday January 27th

Enjoy a homemade bowl of soup by the splendid spoonful and a little socialization. This is a perfect opportunity to meet up with old friends you haven't seen. Stay and socialize as long as you'd like, or just pick up your soup and take it home.

Soup served from
12:00 to 12:30 pm.

Broccoli Cheddar Soup

Chunks of fresh broccoli and seasoning are simmered in a velvety smooth cheese sauce with accents of shredded carrots in this hearty soup.

\$5 Members Only, includes 12 oz. bowl of soup, crackers, and a bottled water
Pre-Registration required.
(Tickets are non-refundable)

Sales Begin:

Monday, December 15th

Ticket Deadline:

Tuesday, January 20th

**\$150
JACKPOT**

**Cash
BINGO
Bash**

**TUESDAY, JANUARY 13TH
12:00 PM**

HUNDREDS OF \$ IN PRIZES

**\$12 Per Ticket, Guests Welcome.
Pre-Registration Required.**

Tickets go on sale Friday, November 7th

**Tickets included lunch & bingo.
Must have a ticket to enter.**

**Pizza, Soda Pop, Popcorn,
and dessert included!**

Fundraising Programs



Winter 50/50 Cash Raffle

Win big during the month of January! All month long we will be selling tickets for the winter raffle. Winner will take home **HALF** of what is collected! Updated collections will be posted each day at our display in the lobby and on our Facebook page. This is an open community event. Anyone can purchase tickets!

\$10 per ticket. Tickets will go on sale Monday, January 5th.

Last day to purchase a ticket will be on Friday, January 30th.

Winner will be drawn on Monday, February 2nd on Facebook Live at 10:00 am.

PA Lottery Scratch Off Raffle

Win \$200 PA Lottery Scratch off tickets. Spend a little to possibly win a lot!

Tickets will be displayed at the front desk.

\$5 per ticket. Tickets will go on sale Monday, February 2nd.

Winner will be drawn Friday, February 27th on Facebook Live at 12:00 pm.



Monroeville Council of Senior Citizens

President

Carol Chambers

Vice President

Rhoda Ioerger

Treasurer/Asst. Treasurer

Jane Austin/Hank Zolyak

Executive Director

Tara Gresock

Municipal Liaison

Michael Adams

At Large Members

Tom Morrissey

James Neubauer

Dorothy Daw

Roy Brown

Marilyn Cohn

Carolyn Boone

Angela Tori

Tom Marcin

Tonya Bentley

Hank Zolyak

(1) Vacancy

Volunteering to make a difference...

Interested in helping,
consider joining the
Monroeville Council
of Senior Citizens.

For more information
about joining, talk to a
Council Member or the
MSC Director.



Winter Weather Closures:

All weather closures will now be announced through the Municipal Nixle Program.

We will no longer be using the Gateway School District for closures, but will be working closely with the Monroeville Police and Public Works Department to make the best decision on delays and closures.

Receive Important Monroeville Info:

Sign-up to receive alerts from the Municipality of Monroeville by texting our zip code (15146) to 888777. You may also sign-up by going to www.nixle.com to receive alert by email. You'll receive alerts instantly about road closures, severe traffic, severe weather, municipal closures and cancellations.

MSC Holiday Hours

Thanksgiving: The center will be closed from Wednesday, November 26th through Friday, Nov. 28th

Christmas & New Year: The center will be closed from Wednesday, December 24th through Friday, December 26th for the Christmas holiday. Center will be open on Monday, December 29th and 30th from 8:00 am – 12:00 pm. We will then be closed for the New Year holiday on Wednesday, December 31st and Thursday, January 1st. Normal hours will resume on Friday, January 2nd.

Join us on Facebook

Like the Monroeville Senior Center Facebook page and get daily updates on events, programs, and schedule changes. This is a great way to find out the latest news.

Did you know you can view our newsletter at

<https://www.monroeville.pa.us/senior-center>

Copies available at the Monroeville Library & municipal bldg.

Access Registration

65 years +, you can register for an Access in the main office. Proof of age is required (Driver's License). Individuals must be present at the time of registration.

Meals on Wheels Programs

If you or someone you know cannot provide meals for themselves. Meals on Wheels can help! Areas served include Monroeville, Pitcairn, Trafford, and Level Green. For more information call, 412.856.0311