

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

WE ARE UNDER CONSTRUCTION

WE ARE GETTING A FRESH NEW LOOK!

We will be replacing ceiling tiles, flooring, painting, and refreshing some other finishes & amenities throughout the building. We are very excited for all of our members to enjoy the new look!

WHAT DOES THIS MEAN?

During the next few months, there will be some closures to some areas of the building and at times full closure. We will do our best to limit these disruptions. However, we need to make sure our members are safe, while visiting the center.

THINGS WE DO KNOW:

The entire center will be closed Monday, March 2nd through Friday, March 6th for installation of new flooring throughout bldg.

While we are renovating, PLEASE observe all signs, Do not enter areas of constructions.

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 Bldg. Supervisor

Josie D'Andries
Front Desk Receptionist

Maureen Cortazzo,
Sue Lomeo, Steve Bodnar
Group Exercise Instructors

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, aged 50+ are required to pay a **\$60** annual fee. Membership is renewed 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 you 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 want to become a member of the center, you must complete the membership paperwork. We strongly encourage making an appointment to guarantee a staff member is available to complete your registration. Please call Kristy Chusko, the MSC Membership Coordinator, at 412.856.7825 to schedule. Please allow 30 minutes to complete the registration process.

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 company.

Additional paperwork must be completed to use the MSC fitness center. Details about fitness center memberships and fees can be viewed 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 newsletter's 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

2026 Newsletter Distribution Schedule:

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

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

Winter Newsletter (*December, January, February*)
Releases on Friday, November 9th

Making a Reservation

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

Program Registration: You must be a member to visit the center and participate in any 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 – 3:30 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 of 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 always be at the front desk 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 a 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 MSC main office during normal hours of operation. Please be aware that being registered with one of the health plans 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.

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

If you are a current member of the center (resident or Non-resident), you still need 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 member, we will waive your annual membership. THIS IS IMPORTANT, we are 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. Thank you for your cooperation.

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" at the front desk. These cards allow you (10) visits to any exercise group class.

Cards are \$30, which equals \$3 per class. The instructor will punch your card at the beginning of each class. These cards do not expire. Cards are non-refundable/transferable.

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 these fitness plans want to see its members being active BOTH mentally, physically, and socially.



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 our 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 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. 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 polices 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. There will be NO exception to this rule. You will not be allowed access without a change of shoes.



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, Frank Loffredo, the MSC Fitness Coordinator 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



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?

Program Starts:

Monday, March 30th, 1pm
(Introduction to Course)

Challenge Runs:

Monday, April 6th thru
Monday May 18th
(7-week program)

*Meet-ups are everyone
Monday at 1:00 pm*

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 Friday, March 20th

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

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.

Get ready for swimsuit weather!

Fit Tips from Frank

Benefits and Tips for Positive Affect Journaling

This type of journaling was developed from expressive writing but adjusted using the tenets of positive psychology. In Positive Affect Journaling (PAJ), you are instructed to write about positive aspects of yourself, your life, and past experiences and encouraged to create positive meaning from previous events. In recent study, adults with elevated anxiety symptoms, participants were assigned to PAJ. The PAJ group showed increased well-being, decreased mental distress, depression symptoms, and anxiety symptoms.

There are many other benefits to journaling whether you are writing down your exercise goals, logging your daily food intake, or just writing how your day was.

The Benefits Include the Following:

Improves physical wellness as it helps keep track of your physical and mental well-being. Reduces symptoms of anxiety and has you feeling less stressed about the things going on with your day that contribute to increased stressors. Increase self-awareness and self-confidence through the re-writing of experiences and reflect on positive changes in your life. Bolsters personal growth and greater sense of self-control.

While the benefits are all fantastic, many of you might ask yourself, "Where do I even begin writing down all this?" Journaling looks different for everyone. There are many different styles and forms. For instance, some prefer a pen and paper while others use a computer. Choose whichever one works best for you! If you're wondering how to start journaling, try not to think too hard. There is no right or wrong thing to write about...just write! Some strategies to get your journaling include:

Set a timer for one minute and write for the entire minute. Increase time every few days. Use the "free writing" technique by writing in a stream-of-consciousness style and not lifting the pen from the paper for the entire allotted time. If nothing is coming to mind to write about, then write about how it makes you feel that nothing is coming to mind. Try not to edit your words or be too critical about how you're writing. Simply focus on writing. You may feel stress relief and other benefits after just one journaling session, but the benefits will grow as you journal. Think of it as a new lifestyle habit and try to make journaling part of your daily or weekly routine!

Step into Spring Fitness Challenge

Jumpstart your fitness goals by joining the MSC "[Step into Spring](#)" Fitness Challenge. Challenge runs from Monday, March 16th through Friday, April 17th.

Sign up to participate!

Pre-Registration is required to participate in this challenge. Sign up by Monday, March 9th to participate.

Keep track and record your steps daily and earn prizes. A weekly tracking sheet will be given at registration.

From basic walking, taking an exercise class, to using the cardio equipment in the fitness center, it all counts!

Get those steps up. Try improving your numbers each week to improve overall health and wellness.

Anyone can join this challenge; you do not have to be an avid exerciser!

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 in 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 exercise 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

March Topic: Small Group Training - Benefits of Working Out with a Partner

Thursday, March 19th @ 2:00 pm

Introducing a new style of personal training programming at the Monroeville Senior Center! Join us for this month's Fitness Clinic as we learn about the benefits of small-group personal training and how great it is to experience personal training in a partner setting.

Sign-Ups Begin: Monday, February 16th

Registration Deadline: Thursday, March 12th

April Topic: Static Stretching vs. Dynamic Stretching

Thursday, April 16th @ 2:00 pm

There are so many ways to stretch and lots of benefits. However, it is known to be highly under-utilized. This is especially true for the older adult population! Join Olivia Wood, MSC's College intern from Chatham University for this month's Fitness Clinic. Olivia is getting her graduate degree in Occupational therapy. Learn about different types of stretching and how it is a very important component to strength training and cardiovascular exercise!

Sign-Ups Begin: Monday, February 16th

Registration Deadline: Thursday, April 9th

May Topic: Essential Oils that Support Your Daily Wellness Routine

Thursday, May 14th @ 2:00 pm

If you have been curious about how to use essential oils, we've got information to get you started! Join us for this month's Fitness Clinic as we learn about different types of essential oils and how they boost immunity, ease stress, improve sleep quality and improve overall health.

Sign-Ups Begin: Monday, February 16th

Registration Deadline: Thursday, May 7th

\$3 per member, per clinic.

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

SPRING GROUP EXERCISE SCHEDULE

Schedule runs Monday, March 2nd – Friday, May 29th

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 dynamic mental and physical workout. Rock out to your favorite music while getting a great workout. You'll be sure to have a blast in this class! ALL fitness levels. 

Have questions about what class you should take? Please see Frank Loffredo, MSC Fitness Coordinator for a quick assessment to see what classes are best for you.

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 also having fun! Instructor: Gail Griffith

Tuesday, March 17th @ 1 pm *(Irish Disco, Wear Green)*

Tuesday, April 14th @ 1 pm *(Disco, Go for It!)*

Tuesday, May 26th @ 1 pm *(Irish Disco, Wear Blk/Wht)*

\$5 per workshop. All fitness levels welcome. Pre-Registration required. Spaces are limited. *Registration Deadline is one week prior to the class.*

Mental Aerobic Workshop

Mental exercises help 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 on mental health.

Instructor: Frank Loffredo

Monday, April 20th @ 12:30 pm

Monday, June 22nd @ 12:30 pm

\$5 per workshop. Pre-Registration required. Spaces are limited. *Registration Deadline is one week prior to the class.*

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, March 26th @ 1:00 pm

Thursday, April 23rd @ 1:00 pm

Thursday, May 21st @ 1:00pm

\$5 per workshop. All fitness levels welcome. Pre-Registration required. Spaces are limited. *Registration Deadline is one week prior to the class.*



Hula & Yoga Fusion Workshop

**TUESDAY, APRIL 28th
@ 1:00 pm**

Connect your body, breath, and spirit in this unique fusion class. Move to Ahola. Stretch with ease. Let your body flow and your heart smile.

Experience the graceful flow of Hawaiian & Tahitian Dance basics infused with the calming strengthening principles of yoga.

No experience needed. All levels and abilities are welcome. Chairs will be available for seated modifications.

Workshop taught by Leigh Garbo Minnifleice
Experience Polynesian Dancer and Yoga/fitness Instructor

\$5 members only. Pre-registration required. Spaces are limited.

Sign-ups Begin:
Monday, February 16th

Registration Deadline:
Tuesday, April 21st

SEWING CLUB

Sit & Sew 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.



Social Chess Club

Join us for our newest social club! Players can meet up on Monday mornings at 9:30 am and share their love for the game and learn from each other.

No registration is required. Just stop by anytime.

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.

Mondays 11:30 am- 3:00 pm, Card Rm. and Fridays, 11:30 am- 3:00 pm, Sm. Classroom.

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. Rooms are not rentable.



STATE SENATOR
NICK PISCIOTTANO



SATELLITE OFFICE HOURS

Senator Nick Pisciotano is collaborating with us to provide our members with hands-on senior services!

You can now discuss numerous state concerns, apply for the Allegheny County ConnectCard Bus Pass, have your Property Tax Rent rebate done, learn about the Yellow Dot program, and so much more. His office staff will be bringing their services right to you monthly.

3rd Wednesday of the month from 10:00 am – noon.

Cork & Craft Club

Thursday, April 23rd 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 seasonal crafts and snacks. We will meet seasonally with a new craft.

Spring Theme: DIY Doormats

Make a great impression with this easy DIY doormat.

They are super fun to make and can be personalized to make a great look on your front porch for summer.

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

Sign-Ups Begin: Monday, February 16th

Registration Deadline: Thursday, April 16th

MSC Cooking Club

Wednesday, April 15th @ 11:00 am

Join us seasonally as we stir up something new and delicious! Hands-on fun is 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.

Spring Theme: Cinco De Mayo

Celebrate Mexican-American culture with some great recipes. You'll all be set for this year's Cinco De Mayo party!

We will show you how to make a variety of dips to serve at your own celebration. We will make homemade guacamole, queso, and fresh salsa. Everyone gets a guacamole bowl to take home plus there will be plenty of leftovers to take home and share.

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

Sign-Ups Begin: Monday, February 16th

Registration Deadline: Wednesday, April 8th

Coin Collectors Club

1st Tuesdays of the month

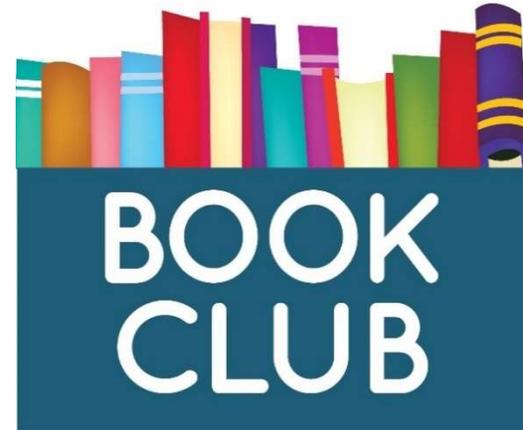
9:30 am – 11:30 am

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.

Club meets at 9:30 am each month.

Upcoming Dates: April 7th, May 5th, and June 2nd

No registration required. Just stop by!



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.

Spring Book:

Wreck your Heart

by Lori Rader-Day

Wreck Your Heart is an engaging, "wisecracking and wonderful" crime novel with a big heart, about a country and midwestern singer out to catch her big break before family—or murder—wrecks everything.

Wednesday, May 20th

1:00 pm

Coffee, tea, and snacks will be provided.

Sign-Ups Begin:

Monday, March 9th

Registration Deadline:

Wednesday, May 13th



Coffee with Canvas

Wednesday, March 25th
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: Monday, February 16th

Registration Deadline: Wednesday, March 18th



Meet N' Greet Social

Friday, April 17th, 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

Mondays, 1:00 – 3:00 pm

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. Just stop by no registration is required. Do you want to see what it's all about, help will be available, with a small start up project.

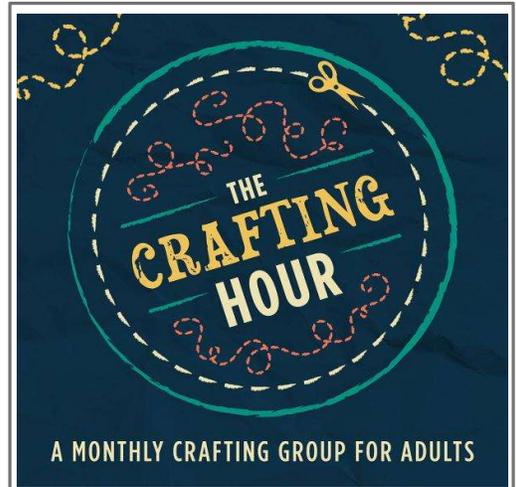
PopUp Art Workshop

Wednesday, June 3rd, 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 Friday, May 22nd. 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. Easy project with minimal 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.

Spring Project:

Loom Art

Learn how to use a knitting loom to make a scarf. The quick and easy looms make knitting a synch (easy enough to watch TV too) Once you learn the basic technique with the scarf, hats and throws are not far off. Plus, we give you the loom for you to take home!

Thursday,
April 30th @ 10:00 am

\$10 Members Only.

Sales Begin:

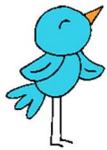
Monday, March 9th

Registration Deadline:

Wednesday, April 23rd

Crafty Creators Workshop

Unleash your creativity! Craft creators is a fulfilled seasonal 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 seasonal themed project. All projects are super easy; you don't have to be super crafty. Enjoy socializing and creating by joining this fun club.



Spring Craft: Yarn Birds

Wednesday, April 8th @ 1:00 pm

Need a small boost of spring? Come and make yourself a fuzzy bird to brighten your day, before the real ones return for the spring. This spring craft is fun for everyone and it's easy to make. Once you learn the few simple steps, you'll be using your scrap yarn to make everyone a bird friend.

\$10 per person. Non-Refundable. Spaces are limited.

Sign-Ups Begin: Monday, February 16th

Registration Deadline: Wednesday, April 1st

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.



Spring Craft: Cricut Aprons

Wednesday, May 6th @ 1:00 pm

The Cricut is an amazing tool for crafters. From cutting iron-on vinyl, making your own stencils, or cutting fabric. You can have it cut or draw and just about any material using your computer, tablet, or even your phone. Join us for an instructional class where we demonstrate how to use this tool. You will get to make your own custom apron.

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

Sign-Ups Begin: Monday, March 9th

Registration Deadline: Wednesday, April 29th



Chunky Yarn Blanket

Thursday, May 14th
1:00 pm – 3:00 pm

Learn everything you need to know to make a gorgeous chunky hand knit blanket in just a few hours.

No knitting experience needed. You will be using your hands to knit the blanket.

It's super fun and easy. BEWARE... Once you learn you will be making blankets for everyone.

Participants need to buy (6) skeins of Bernat Big Chunky Yarn. (1) color or (2) of three different colors.

\$10 per person.
Non-refundable.
Spaces are limited.

Sign-Ups Begin:
Monday, March 9th

Registration Deadline:
Thursday, May 7th

AARP Drivers Safety Course

Most drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from refreshing their driving skills. Tune up your driving skills and update your knowledge on rules of the road. This two-day class is designed to help older adults to maintain their driving privileges. Participants review changes that occur with age that affect how you deal with traffic, road hazards, and accident prevention. Participants that take this class may be eligible for a 5% discount on car insurance.

Monday, March 30th and Tuesday, March 31st
9:15 am – 1:30 pm *(Must attend both days)*

Pre-registration required. Spaces are limited.
Registration Deadline: Monday, March 23rd

AARP Drivers Refresher Course

This course is ONLY for individuals who have previously taken the original eight-hour course and or the refresher course within the past three years. Participants are required to take the refresher course every 3 yrs. to be eligible for the insurance discount. Participants must show their previous certification at the time of registration.

Monday, March 16th
9:15 am – 1:30 pm

Sign up today!
Pre-registration required. Spaces are limited.

Registration Deadline: Monday, March 9th

\$25 per person. AARP Members receive a **\$5** discount.
You must show your AARP card to receive the discount.

All registrations need to be completed in person.
Registrations will not be taken over the phone.

You must show your driver's license to sign up for either class.
You **MUST** show a copy of your DSC certificate from your last class of less than (3) yrs. if you are taking the refresher course.
If it's been longer than (3) yrs. you must take the (2) day course.

*We encourage you to pack lunch and snacks.
Bottled water will be provided.*



Tech Connect

Need help with your technology? Have a question about your phone, tablet, or other device? Whether it's figuring out how to play a video someone texted you, installing or using a new app on your iPhone/Android. Stop into our tech clinic and our experts will do their best to untangle more than just the cords. This program is presented in partnership with the Monroeville Public Library.

Spring Dates

Wednesday, April 29th
Wednesday, May 27th

1:00 pm – 3:00 pm

Sign-ups Begin:
Monday, March 9th

*Limited spaces are available.
Signups are required.*

*Don't forget to bring your
cords and your passwords!*

Trips and Tours

The following trips are 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.

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.

Seneca Allegheny Weekend

Saturday, April 18th – Sunday, April 19th

Enjoy an overnight stay at Seneca Allegany Resort & Casino promises a blend of luxury and excitement nestled in the scenic foothills of the Allegheny Mountains. After a relaxing visit to the spa or a swim in the sparkling indoor pool, you can savor diverse dining options before trying your luck at the casino's wide array of slot machines and table games. Whether you're seeking relaxation or entertainment, the resort's attentive service and world-class facilities ensure a memorable getaway in Western New York.

Trip Includes: Deluxe roundtrip motor coach transportation, One night accommodation, plus a Casino Bonus* - \$25 Free Slot Play & \$10 Dining Dollars. **\$197** 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.

Pittsburgh Oldies AllStars

Sunday, May 3rd

Take a trip down memory lane! Together again "The Pittsburgh Oldies All Stars" will be appearing at The Palace Theatre in Greensburg. This show is not to be missed! These legendary groups come together in an All-Star tribute to doo wop, oldies and rock. They will be performing all their greatest hits.

Relive all the memories of an era, renowned for its music and vocal harmonies. Show Starring:

The Jaggerz, Chuck Blasko's Vogues, The Skyliners, The Marcells, And New Pure Gold.

Dinner will be at Abruzzi, after the show. **\$177** per person.

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 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.

Lunchbox Presentation Program

Tuesday, May 5th @12:00 pm

Join us seasonally for a fun interactive lunch program. Each season will be a different lunch and program.

Spring Topic: Introduction to Preservation

The PennState Extension explains the scientific principles behind modern home food preservation methods while dispelling common myths and outdated practices. Interest in home food preservation has grown in recent years, with canning, freezing, and drying offering ways to enjoy seasonal foods year-round. While these methods have existed for centuries, recent research has provided new insights into the science of safe preservation.

Lunch Menu: Subway Turkey Sub, Chip, Cookie, & Refreshment

\$20 per person. Spaces Limited. Non-refundable.

Sign-Ups Begin: Monday, March 9th

Registration Deadline: Monday, April 27th

Brunch & Learn Program

Thursday, May 7th @ 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.

Spring Topic: Ear, Nose, and Throat Red Flags Seniors Shouldn't Ignore

Many ear, nose, and throat changes can occur with aging - but some should not be overlooked. Join UPMC otolaryngologist, Nicole Bosley, MD, as she discusses symptoms related to hearing, balance, voice, swallowing, and breathing that may be red flags, and when it's time to see an ENT specialist. Bring your questions!

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

Sign-Ups Begin: Monday, March 9th

Registration Deadline: Thursday, April 30th



Donuts & Discussion Program

Friday, April 10th
@ 10:00 am

Join us monthly as we travel back in time, remembering our youth and events from the past. 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.

Spring Topic: Steel City Mafia

Step into Pittsburgh's hidden underworld and uncover the gripping saga of organized crime in the Steel City.

Meet mob bosses, bootleggers, and racketeers who operated in the shadows of Burgh. Learn how influence reaches far beyond the streets. It's a true Godfather's story.

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

Sign-Ups Begin:

Monday, February 16th

Registration Deadline:

Monday, March 30th

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

Enjoy a delicious polish delight (*One Roll*)
Served with mashed potatoes, green beans, dinner roll, dessert, and refreshments.

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



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

Enjoyed a lightly breaded chicken breast
Served with mac n 'cheese, corn, buttermilk biscuit, dessert, and refreshments.

Tickets Go on Sale: Monday, March 9th

Ticket Deadline: Tuesday, May 5th

\$10 per person, Members Only. Limited tickets.

Tickets will not be sold at the door! (Tickets are non-refundable)

Takeout is 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.



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

Friday, March 20th, 1pm

Registration Deadline:
Friday, March 13th

May - August Birthday Social

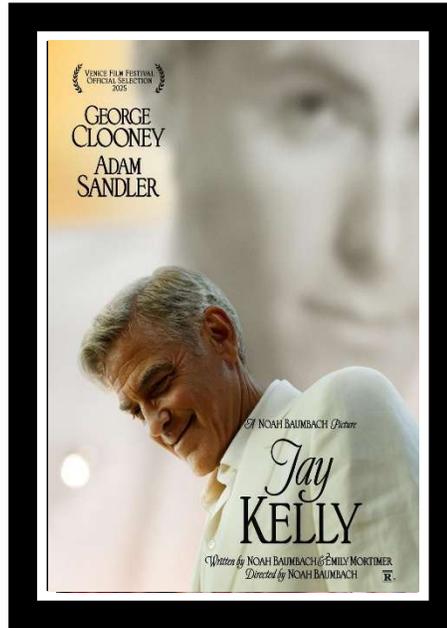
Friday, July 24th, 1pm

Sign-Ups Begin:
Monday, May 11th
Registration Deadline:
Friday, July 17th



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 popcorn. Admittance is not allowed once the movie begins. Give yourself enough time to get settled into your seat and grab your snack. This program is free.



March Movie: **Roofman**

Thursday, March 12th @ 1:00 pm

Roofman tells the true story of Jeffrey Manchester, a former Army Ranger who earns the nickname after robbing McDonald's through rooftop break-ins. Following a daring prison escape, he hides inside a Toys 'R' Us for months, sparking an unexpected romance with an employee. Comedy/Drama. PG-13. 2hr, 6 mins.

Starring: Channing Tatum and Kristen Dunst

April Movie: **Jay Kelly**

Thursday, April 9th @ 1:00 pm

Jay Kelly follows a famous movie actor and his loyal manager on a spontaneous trip through Europe, prompting reflections on fame, strained family bonds, and life choices. Mixing humor with poignancy, Noah Baumbach's dramedy offers a layered look at aging, legacy, and complicated friendships.

Comedy/Drama. Rated R, 2 hrs. 12 mins. Starring: George Clooney, Adam Sandler, and Laura Dern

May Movie: **Ella McCay**

Thursday, May 7th @ 1:00 pm

This story follows an idealistic young woman as she juggles her family and work life in a political comedy about people you love and how to survive them. Comedy/Drama. PG-13. 1hr, 55 mins.

Starring: Emma Mackey, Woody Harrelson, and Jamie Lee Curtis.

Movie start time is now 1:00 pm



Aging Well Resource Fair



For Caregivers, Seniors, and Healthcare Professionals

Thursday

May 21, 2026

10am to Noon

@ **the Monroeville Senior Center**

Meet with 25 local businesses that provide

COMMUNITY EVENT

Free Admission

Everyone Welcome



Life Options Pittsburgh is a group of over 50 local health care industry and senior care professionals dedicated to helping families find the right information, products and resources for their needs as they age.

For more information visit www.lifeoptionspittsburgh.com

cupcake concerts

Tuesday, April 21st

1:00 pm – 3:00 pm

(Doors open @ 12pm)

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

Entertainment:
Darryl & Kim Duo

This duo combines soulful melodies, harmonies, and a touch of nostalgia. If you're a fan of R&B and Motown, you will want to check out this performance. They will surely have you dancing and singing along!

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

Ticket Sales Begin:
Monday, March 9th

Ticket Deadline: Tuesday,
April 14th



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.



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 reservations are needed. Just stop by.



Summer: Mahalo
Monday, July 17th

Thanking you Hawaiian style this summer with the Kona Ice Truck. Join us on the back patio from 11:00 am – 1:00 pm and enjoy a special thanks! No reservations are needed. 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.

March: National Cheesecake Day
Monday, March 23rd

Stop by the center between 10:00 am and 12:00 pm for a free slice of cheesecake and a hot cup of coffee. Free to all members. No reservations are needed. Just stop by.

April: National English Muffin Day
Thursday, April 23rd

Stop by the center between 10:00 am and 12:00 pm for our English muffin bar and a hot cup of coffee. Free to all members. No reservations are needed. Just stop by.

May: National Apple Pie Day
Wednesday, May 13th

Come help us celebrate. 10:00 am and 12:00 pm a free slice of apple pie and a cup of coffee. Free to all members, while supplies last. No registration required.

June: National Egg Day
Wednesday, June 3rd

Come help us celebrate. Stop by between 10:00 am and 12:00 pm for a free sausage, egg, and cheese bagel sandwich. Free to all members, while supplies last. No registration required.



Sip 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.

Tuesday, April 14th, 5:00 pm – 7:00 pm

Music provided by Nicole Belli Dou, Jazzy Sweet Sounds

\$7 per person. Spaces are limited. Tickets are non-refundable. Community Event. You do not need to be a member to attend.

Sign-Ups Begin: Tuesday, February 24th

Registration Deadline: Tuesday, April 7th



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, March 26th, 5:00 pm – 7:00 pm

Spring Game: Trivia Time

Compete for prizes, have some fun, and show off your smarts. Bring your brain power for an unforgettable night of trivia time.

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

Sign-Ups Begin: Monday, February 16th

Registration Deadline: Thursday, March 19th

Cornhole Socials

The weather is getting warmer so that means, our cornhole socials are back Get ready to toss, score, and conquer in our social cornhole gathering. The focus is to have fun, socialize, and meet new friends. A night of laughs is sure to be had. No experience or partner needed. Bring your friends, it's going to be fun. Light snacks, tasty pizza, and refreshments will be served.

Summer Dates: Tuesdays, 5:00 pm – 7:30 pm

June 9th, July 7th, and August 4th

\$5 per social. Members Only. Spaces are limited.

Pre-registration required. Sign-Ups Begin: Thursday, April 28th

Registration Deadline closes one week prior to the social.



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.

Thursday, June 18th
5:00 pm – 7:30 pm

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

\$5 Members Only.

Limited Tickets.

Pre-registration required.

Sign-Ups Begin:

Friday, April 10th

Registration Deadline:

Tuesday, June 9th

Special Events

Gift Card Bingo

Tuesday, March 10th @ 12:00 pm
(Doors open @ 11am)

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.

\$12 Members only. Tickets are non-refundable/transferable. You must have a ticket to enter. Tickets cover for lunch/bingo. Ticket Deadline: Thursday, March 5th



Spaghetti Festival

Tuesday, April 7th @ 12:00 pm
(Doors open @ 11am)

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



Strawberry Social

Thursday, May 28th @ 12:00 pm
(Doors open @ 11am)

When strawberries are at their best, come join us for a delicious summer lunch and strawberry dessert.

Menu: BBQ Pulled Pork on Kaiser Roll with coleslaw
Dessert - Pound Cake with Fresh Strawberries and Whipped Cream.

Entertainment: Kevin Hylton, Award Winning Elvis Tribute Artist

\$10 Members Only. Ticket is for the cost of lunch/entertainment. Must have ticket to enter. (Tickets are non-refundable)
Sales Begin: Monday, March 2nd
Ticket Deadline: Friday, May 22nd



PAINT PARTY

Monday, June 8th

1:00 pm

Unleash your inner artist! Join Bonnie Benaquita, one of the communities talented local artists, as she guides you through the painting, step by step and you will go home with your very own masterpiece!

Everyone will do the same painting. Even though the paintings may all start out the same, you'll see how completely different everyone's turn out.

Sample picture is available at the front desk.

Snack and refreshments will be served.

\$25 Member Only.
non-refundable/transferable.

Sales Begin:
Monday, April 13th

Ticket Deadline:
Monday, June 1st

"Lifestyles for Active Adults 50 Years and Older"



Hot Dog Roast

Thursday, June 25th @ 12:00 pm (Doors open @ 11am)

Join us for our Annual Hot Dog Roast and help us start the summer off with a big bang. There is nothing better than a hot dog cooked right off the grill. Enjoy an afternoon of summer fun.

Menu: Freshly Grilled All Beef Hot Dog (sauerkraut available)
Served with baked beans, potato chips, dessert, and refreshments

Bingo: \$300 in cash prizes with a \$100 Jackpot!
Bring your own daubers or buy one for \$1.

\$12 Members Only. Ticket is for the cost of lunch/bingo. Must have ticket to enter.
(Tickets are non-refundable) Sales Begin: Monday, April 6th Ticket Deadline: Thursday, June 11th



Cash Bash Bingo

Tuesday, July 14th @ 12:00 pm (Doors open @ 11am)

Come play bingo and get ready to WIN BIG! This is an open community event. Bring your friends and family and enjoy an afternoon of fun together. Tickets include (10) Regular games at \$25 each, (4) Special games at \$50 each, and a Jackpot for \$150!!! We will also have special raffles for an additional fee for chances to win great prizes. Bring your own daubers or buy one for \$1.

Lunch Menu: Popcorn, Pizza, and Soda Pop

\$12 per ticket. Tickets are for the cost of lunch/ bingo. Must have ticket to enter.
(Tickets are non-refundable) Sales Begin: Monday, May 5th Ticket Deadline: Tuesday, July 7th



Burger Bash

Thursday, August 27th @ 12:00 pm (Doors open @ 11am)

Taste your way to the burger bash. This event will be sure to end your hunger. Enjoy a freshly grilled burger topped with all the goodies to make your burger so big it won't fit in your mouth! End the good meal with some great entertainment. Dancing and singing will be highly encouraged during this great event.

Menu: Freshly Grilled Hamburger with lettuce, tomato and onion.
Served with potato salad, dessert, and refreshments.

Entertainment: Fabulous Gemstones performing a wide repertoire of classic songs and oldies.

\$12 Members Only. Ticket is for the cost of lunch/entertainment. Must have ticket to enter.
(Tickets are non-refundable) Sales Begin: Monday, June 1st Ticket Deadline: Thursday, August 13th

Special Event Registration Policy

Due to high demand, the members must be present to purchase a ticket.

You will not be allowed to purchase a ticket for anyone else, except for someone that lives in the same household. Individuals that do not drive or need assistance can call the office to make other arrangements. Policy does not include senior luncheons.

Fundraising Programs



Spring Hoagie Fundraiser

Our fall Hoagie Fundraiser was a big hit! We sold over 150 hoagies and raised over \$1,000. Enjoy another freshly made famous “Triangle Hoagie” and help us raise more funds for our great events and programs.

We will be selling 8-inch Italian AND Turkey Hoagies.

\$8 per hoagie.

Pick up your orders on Friday, April 17th between 12:00 pm and 1:30 pm.

Sign-ups Begin: Monday, February 23rd

Order Deadline: Thursday, April 9th

Tell your family, friends, and neighbors to join us for our fundraising nights. Just mention to your server you are visiting for the MSC Dine and Donate. Have your flyer ready or a digital version on your phone. Hard copy flyers will be available at the senior center.



Bunny Basket Raffle

Monday, March 9th through Friday, March 27th

During the month of March, gift basket filled with lots of Easter goodies, including gift cards, will be displayed at the front desk. Take a chance to win by purchasing a ticket for \$5. Winner takes it all. Winner will be drawn on Friday, March 27th at 3pm, Facebook Live. All proceeds go towards the center’s event entertainment. Tickets go on sale March 2nd.

Summer Lottery Scratch-Off Raffle

During the month of July, a \$200 PA Lottery Scratch-off basket will be displayed at the front desk. Take a chance to win by purchasing a ticket for \$5. Winner takes it all. Winner will be drawn on July 31st.

All proceeds go towards the center’s event entertainment.

Tickets go on sale Friday, June 26th.



Dine to Donate Tuesday, June 2nd

Panera, Miracle Mile Monroeville

Dine with us and help the center receive **20%** of the food sales.

Lunch, dinner, or carryout between 8:00 am – 8:00 pm.

Thank you for your continued support of the Monroeville Senior Center!

Monroeville Council of Senior Citizens

President

Carol Chambers

Vice President

Rhoda Ioerger

Treasurer

Jane Austin

Executive Director

Tara Gresock

Municipal Liaison

Michael Adams

At Large Members

Hank Zolyak

Tom Morrissey

James Neubauer

Dorothy Daw

Roy Brown

Marilyn Cohn

Carolyn Boone

Angela Tori

Tom Marcin

Hank Zolyak

Linda Kirk

Carol Olson

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.



Summer Hours of Operation:

Summer hours will begin on Monday, June 1st
and run through Friday, August 28th.
Evening hours will resume in the fall.

Monday – Friday 8:00 am – 4:00 pm

Program and Memberships registrations can be done,
Daily, 8:30 am – 3:30 pm. All daily Groups exercise sign-ups
begin at 8:30 am as the front desk.

MSC Holiday Hours

Easter Holiday: The center will be close 4:00 pm Thursday,
April 2nd and re-open on Monday, April 6th, *Closed Good Friday.*

Elections: The center will be closed on Monday, May 18th
and Tuesday, May 19th, *The center is a polling site.*

Memorial Day: The center will be closed at 12:00 pm on
Friday, May 22nd and will be closed on Monday, May 25th.
Normal hours will resume Tuesday, May 26th.

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 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

Important Monroeville Info:

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