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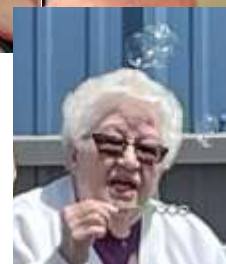
2022 in Review



We would like to apologize our Matamoras people for canceling your Christmas party. The center was still under construction therefore we are rescheduling your party for Friday, January 13th.

We would love to see you in your Christmas party outfits!

All centers are invited too.
 This is open for everyone.
Reservations are required.
 Please call 570-775-5550.
 Hope to see you there.



Happy New Year to All!

We have had a much better year, but at the end had quite a bump in our schedules and staffing.

Thanks to all who have been such great supporters of this Agency. Our SHARE Housing anniversary on the 9th of December was fantastic and we were so happy to host Secretary Torres for this event.

As you can see from our year in review, we are coming out of the pandemic with gusto. We do still have COVID spreading in different areas, so please, take precautions, social distance, and wash your hands! Hoping the weather cooperates for our rescheduled (2x) Holiday event for January 13th. Our center is now the Beautifully remodeled Eastern Pike Center at Matamoras. Thanks to all of the community and especially the dedicated Fire Dept. and Aux. members of Matamoras Volunteer Fire Dept. They are starting up the Friday night bingo so be there or be square.

We are running a matching game this month to challenge those trivia wiz's. The first person who gives us the most correct answer will win a \$25.00 Weis Gift Card. Good Luck.

Stay warm and remember to pack an emergency kit when traveling or for any weather emergency.

Match these dates, listed below, to the correct event.

A \$25 Weis Gift Card to the first person to match the most events correctly

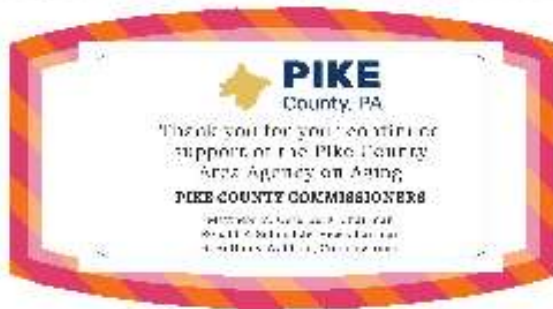
January 23rd		Chinese New Year, 2023 is the year of the Rabbit
January 16th		World Braille Day
January 18th		National Popeye Day
January 28th		Martin Luther King Day, celebrates the life and work of Dr. King.
January 24th		Winnie the Pooh Day or A.A. Milne's Birthday
January 31st		Pike AAA Holiday Party postponed from 2022
January 22nd		Burns Night, celebrates Scottish author Robert Burns, tradition is to dine on Scottish fare.
January 20th		Lego Day, Celebrates anniversary of when Danish inventor invented the first 2x4 Lego Brick
January 16th		Richard Wilhelm's Birthday, famous AAA meal driver
January 13th		National Chocolate Cake Day
January 25th		Birthday of famous senior center manager Cherie Bland
January 17th		International Zebra Day
January 27th		Avocado presentation by foodie at Matamoras Center
January 4th		St Dwynwen's Day, Welsh version of St. Valentine's Day
January 29th		Birthday of Tom Selleck & Oprah Winfrey



The#ShareTheLoveEvent is back to help deliver meals and support to America's seniors!



For every new vehicle bought or leased between November 17th and January 3rd, Subaru of America and Subaru retailers will donate \$250 to #MealsOnWheelsAmerica.





Publishers Clearing House Sweepstakes Scam

We have received several calls from consumers stating they received a phone call from Publishers Clearing House stating they have won the big prize and have even told the recipient to choose the color of the car they have won.

The caller then goes on to tell the consumer that they will have to meet at the bank.

PLEASE, PLEASE, PLEASE do not give these people any information or meet anyone that calls you at the bank.

Join us for Avocado Day

Our own chef will be cooking and have recipes to share.

Thursday, January 11th @ 12:00 at the Lackawaxen Center

Friday, January 20th @ 12:00 at the Matamoras Center

Tuesday, January 24th @ 12 at the PMLE Center

Thursday, January 26th @ 12 at the Blooming Grove Center

Monday, January 30th @ 12 at The Saw Creek Center



Let's start the New Year off the correct way.

Be a **Champion** for your heart—Keep it healthy!!!!

Stay Active. Experts recommend at least 30 minutes **Stop** you think that is too much. Then split it, do 15 minutes in the early part of the day and 15 minutes later in the day of activity. Brisk walking, running, biking, and swimming are examples of activities that are good for your heart. Pike County Area Agency on Aging has great exercise programs at our senior centers.

Track Your Numbers. Get your blood pressure and cholesterol checked as often as your health professional recommends. Pike County Area Agency on Aging has qualified volunteers at our senior centers doing blood pressure once a month.

Focus On Fiber. Eat plenty of fruits, veggies, whole grains, beans, and lentils for proteins. Pike County Area Agency on Aging has speakers on nutrition, health, emergency preparedness, and many other topics.

Remember we can teach you how to do something, tell you if you are doing something wrong. We cannot do it for you, that's up to you and only you. So become a recycled teenager and get healthy.

Cooking for 1 or 2
Classes starting soon.

If interested please call our office
570-775-5550.

Classes will be held mid
morning in Blooming Grove



LYME DISEASE



If you have or had Lyme Disease and get a COVID vaccine and experience symptoms or feel sick, please call your doctor.



Bingocize is a 10 week, evidence-based health promotional program that combines exercise and health education with a familiar game of Bingo. It is a great way to have fun to get moving and socializing while exercising.

Where else can you go to socialize, have fun, and live a healthier life, than Pike County Area on Aging the one stop shop. Come join us, we'd love to see you. Register now, have a heart healthy lunch for a donation of \$2.50. See you soon. Please call 570-775-5550

Lana

EMERGENCY PREPAREDNESS

Please join us as our own Emergency Management team tell us what to do in an emergency.

All presentations start at 12:00 noon

Thursday, January 12th @ Lackawaxen

Tuesday, January 17th @ PMLE

Thursday, January 19th @ Blooming Grove

Friday, January 20th @ Eastern Pike

Monday, January 23rd @ Saw Creek

For reservations call 570-775-5550

PAJAMA DAY

Join us and wear your most comfy Pajamas

Friday, January 13th @ Eastern Pike

Tuesday, January 17th @ PMLE

Thursday, January 19th @ Blooming Grove

Thursday, January 19th @ Lackawaxen

Monday, January 30th @ Saw Creek



Knights of Columbus
Council 12571
Food for families & friends
program

TAKE OUT DINNER

Must call for reservations

Chili & Rice Dinner

Sunday, January 1st 1:30 to 3:00

St. John's Parking Lot

705 Route 739, Lords Valley, PA

St. John's 570-775-6791 or

Angelo 570-775-2755

MUST call for Reservations

Pork Marsala Dinner

Sunday, January 8th 1:30 to 3:00

St. Ann's Parking Lot

123 Richardson Ave., Shohola

MUST call for Reservations

St. Ann's 570-832-4275

Frank 347-446-9636 or text

Donations are welcome but not necessary



Wednesday, January 18th
@ 10:00 am Sharp

Eastern Pike Center @

Matamoras Fire

House

506 Avenue Q

Matamoras

MUST call for
reservations
570-775-5550



Please check with
the Pike County
State Health
Center for updates
on vaccine
availability
570-296-6512

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ALL CENTERS CLOSED FOR HOLIDAY	3 Grape Juice Beef Stroganoff Buttered Noodles Brussel sprouts Wheat Bread Fruited Jell-O	4 Minestrone soup Meatloaf Baked Potato Wedges Peas & Onion Rye Bread Chocolate Pudding	5 Tossed Salad Stuffed Shells Tomato Sauce Italian Green Beans Dinner Roll Fresh Fruit	6 Orange Juice BBQ Chicken Breast Potatoes O'Brien Broccoli Rye Bread Chocolate Cake
9 Red Beets & Onions Baked Ham Sweet Potatoes Corn Rye Bread Pudding	10 Split Pea Soup Stuffed Pepper Tomato Sauce Mashed Potatoes Corn Rye Bread Fresh Fruit	11 Chicken Noodle Soup Baked Fish Thermidor Brown Rice Zucchini & Tomatoes Dinner Roll Pears	12 Cucumber Salad Chicken Stew on a Biscuit (vegetables & sauce) Mashed Potatoes Cookies	13 Tossed Salad Vegetable Lasagna String Beans Italian Bread Fruit Cocktail
16 ALL CENTERS CLOSED FOR HOLIDAY	17 Black Bean Salsa Chicken Fajitas (peppers & onions) Flour Tortilla Spanish Rice Red Pinto Beans Fresh Fruit	18 Tossed Salad Tuna Noodle Casserole Peas & Carrots Wheat Bread Fruit Crisp	19 Broccoli/chick Pea Salad Fish Sticks Tartar Sauce Potato Puffs Corn Dinner Roll Apple Sauce	20 Red Cabbage Slaw Pork BBQ Slider Zucchini Baked Beans Potato Salad Jell-O
23 Cranberry Juice Sausage, Peppers & Onions Hoagie Potato Puffs Cookies	24 Tossed Salad Chili Con Carne Rice Corn & Red Peppers Corn Muffin Mandarin Oranges	25 Cole Slaw Swedish Meatballs Gravy Pasta Creamed Spinach Dinner Roll Fresh Fruit	26 Beef Barley Soup Turkey & Swiss Hoagie (lettuce, tomato) Potato Salad Ice Cream	27 Italian Wedding Soup Pierogis' Onions & Peppers Sour Cream Dinner Roll Pineapples
30 Corn Chowder Stuffed Cabbage Tomato Sauce Mashed Potatoes Pacific Medley Rye Bread Pudding	31 Mandarin Salad Teriyaki Meatballs Stir Fried Vegetables Rice Wheat Bread Melon Cup	ADRC Link Coordinator Joan Edel provides a gift bag for the meeting of the Pike County Senior Advisory Board to promote the assistance that has been provided to Seniors in need in Monroe/Pike/Wayne counties. Funds have been provided through Aging and Disability Resource Center, Administration of Community Living.		





Seniors Are Our First Priority

January

2023 Blooming Grove Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ALL CENTERS CLOSED FOR HOLIDAY	3 Arts & Crafts <i>Chess after lunch</i>	4 Cards Dominoes, Rummikube	5 Bingo	6 Arts & Crafts Cards
9 Medical Transport	10 Arts & Crafts <i>Bigger Shopping Dingmans & Shohola</i> <i>Chess after lunch</i>	11 Cards Dominoes, Rummikube <i>Bigger Shopping Mil/Mat</i>	12 Bingo <i>Bigger Shopping Promised Land</i>	13 Arts & Crafts Cards
16 ALL CENTERS CLOSED FOR HOLIDAY	17 Arts & Crafts <i>Chess after lunch</i> <i>Jewelry Class @ 10:00 am</i> 	18 Cards Dominoes, Rummikube	19 Bingo <i>Blood Pressure @ 10:00</i> <i>Speaker @ 12:00</i> PAJAMA DAY	20 Arts & Crafts Cards
23 Medical Transport	24 Arts & Crafts <i>Chess after lunch</i>	25 Cards Dominoes, Rummikube	26 Bingo <i>Celebrate Birthdays</i> <i>Avocado Day</i> 	27 Arts & Crafts Cards
30 Medical Transport	31 Arts & Crafts <i>Chess after lunch</i>	Hemlock Farms Community Association PULSE Saturday, January 14th Health & Wellness Event Steer Barn Clubhouse at 101 Basswood Drive, Lords Valley, PA 18428. EXPO HALL 10:00 AM-2:00 PM		

Jewelry Class



Jewelry Class Tuesday, January 17th, at Blooming Grove Center 10:00 to 11:30.

Classes are free. Sybil Allen instructor. You can learn to make beautiful things to enjoy or give as gifts. Sybil said we can learn and listen to great music.

Come and join in the fun. **Please call Lana**

570-775-5550 ext.1317 for reservations.

Avocado Day



Join us for a fun, informative class to learn how to cook with Avocados.

All presentations start at 12:00

Wednesday, January 11th @ Lackawaxen

Friday, January 13th @ Eastern Pike

Tuesday, January 24th @ PMLE

Thursday, 26th @ Blooming Grove

Monday, January 30th @ Saw Creek



Sponsored by Pike County Area Agency on Aging
Top of the World Restaurant at Saw Creek Estate
148 Cambridge Ct, Bushkill PA 18324
MONDAYS 9:00 am to 3:00 pm

January

9:30am Meet & Greet, Socializing, Tea and Coffee
11:30 to 12 noon Lunch; Light Menu

1/2-CLOSED FOR HOLIDAY

1/9-Bingocize @ 12:30

1/16—CLOSED FOR HOLIDAY

1/23— Cards & Games

1/23-Speaker @ 12:00

1/30-Pajama Day

1/30—Bingo & Birthday Celebration

1/30-Avocado Day @ 12:00

All registration through
Pike County Area Agency
on Aging only
Please call 570-775-5550

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

Suggested Lunch
Donation
\$2.50

CENTER WITHOUT WALLS
Mondays at Saw Creek Estates



Sponsored by Pike County Area Agency on Aging
Pocono Mountain Lake Estates
Memorial Hall
2095 Milford Rd, Bushkill PA 18324
TUESDAYS 9:30 am to 2:00 pm

January

All registration through
Pike County Area Agency
on Aging only
Please call 570-775-5550

1/3-Cards & Games, Exercise & Swim 11-12

1/10-Bingocize @ 12:30

1/17-Speaker @ 12

1/17-Pajama Day

1/17-Cards & Games, Exercise & Swim 11-12

1/24-Exercise & Swim 11-12


1/24-Avocado Day @ 12:00





1/31-Bingo & Birthday Celebration

*You do not need to be a resident of
Pocono Mountain Lake
Estates to participate*

Suggested Lunch
Donation
\$2.50

CENTER WITHOUT WALLS
Tuesdays At Pocono Mountain Lake Estates

January		Lackawaxen/Shohola Township 9 am to 2 pm 570-685-7808		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 CLOSED	4 Cards & Games Exercise Lunch @ 11:45	5 Cards, games & bingo Lunch @ 11:45	6 CLOSED
9 CLOSED	10 CLOSED	11 Cards & Games Exercise Lunch @ 11:45 <i>Avocado Day</i> 	12 Cards, games & bingo Lunch @ 11:45	13 CLOSED
16 CLOSED	17 CLOSED	18 Cards & Games Exercise Lunch @ 11:45	19 Cards, games & bingo Lunch @ 11:45 	20 CLOSED
23 CLOSED	24 CLOSED	25 Cards & Games Exercise Lunch @ 11:45 <i>Birthday Celebration</i>	26 Cards, games & bingo Lunch @ 11:45 <i>Birthday Celebration</i>	27 CLOSED
30 CLOSED	31 CLOSED			

January		Eastern Pike Center @ Matamoras 9am-2pm 570-775-5550		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 CLOSED	4 Cards Bingo Lunch	5 CLOSED	6 Lunch Exercise & Line Dancing
9 CLOSED	10 CLOSED	11 Cards Bingo Lunch	12 CLOSED	13 Lunch Exercise & Line Dancing <i>Christmas Party</i>
16 CLOSED	17 CLOSED	18 Lunch  <i>\$100 Cash Bingo @ 10 am</i>	19 CLOSED	20 Lunch Exercise & Line Dancing <i>Speaker @ 12:00</i>  
23 CLOSED	24 CLOSED	25 Cards Bingo Lunch	26 CLOSED	27 Lunch Exercise & Line Dancing <i>Birthday Celebration</i> 
30 CLOSED	31 CLOSED			



Halloween in Lackawaxen



Halloween fun at Matamoras



Happy Birthday Sally



Halloween in Saw Creek



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Happy Birthday Elaine

EVENTS and PROGRAMS

Loaves to Fishes Food Pantry
Paupack Methodist Church, Route 507
570-857-1141 Serves Palmyra Twp.
1st Friday of month 9:30am - 11:00am

Hemlock Farms Food Pantry
98 Willow Drive, Hawley PA
The 3rd Monday of the month
4pm - 6:30pm
Registration is a must prior to distribution
Please register by calling 570-775-6787

Pike County Food Pantry
Dreher Township Building
899 Main St. Newfoundland, Pa
570-676-4066 Serves Greene Twp.
3rd Thursday of the month 12pm - 2pm
Pre-registration is required

Good News Good Cheer Food Pantry
St. Luke's Lutheran Church
Rt 590, Greeley PA 18425
570-226-3966
1st Sunday of the month 10:30 am- 11:30 am
Proof of residency and photo ID required

Agape Food Pantry
300 Avenue H, Matamoras PA
845-772-0218
Every Tuesday 5pm - 6pm

Lake Region IGA
570-226-6000 extension 10 (you must order between 7 am & 9:30 am on Tuesdays).
They deliver same day, by 1:30 PM.
There is a \$9.95 delivery charge.
Now offering online shopping
www.lakeregioniga.com
Delivery is \$4.95
Picking fee plus \$6.95 delivery fee
In store pickup is \$5.95

Dutch's Market
570-676-3373
Curbside pick up only
dutchsdelivery@gmail.com

Dave's Super Duper 570-251-9530
Deliveries on Wednesdays only.
superduper9530@yahoo.com

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

Growing Lackawaxen Care Cabin
169 Urban Rd, Hawley 570-685-2273
4th Saturday of the month 8am - 11am

Holy Trinity Food Pantry
103 Delaware Crest, Dingmans Ferry
570-828-7411
Help available Tuesday, Wednesday & Thursday from 9am-1pm every week by appointment only.
Please call 24-48 hours ahead

Lords Valley Community Church / Hands of Hope Pike County
707 Rt 739, Suite 3, Lords Valley
570-775-3777
2nd Thursday of the month
3pm-5pm



Pre-packaged and placed into car



Ecumenical Food Pantry
321 5th St., Milford
570-618-1568
Fridays: 12pm - 1pm
Fridays: 6:30pm - 7:30pm
Eligibility is based on income
Photo ID & verification of address required

St. Ann's Bridge Point Food Pantry
125 Richardson Ave., Shohola, PA
570-832-4275
1st & 3rd Thursday of the month 9am-12pm
Registration is at pickup

Bushkill Outreach Food Pantry
168 Lehman Park Rd, Bushkill, PA
570-588-0660
Tuesday, Wednesday, Thursday 9am-12pm
Every week except the 5th of the month

Blooming Grove Food Pantry
St. John Neumann / Good Shepherd Church
705 Route 739, Lords Valley
570-775-6791
3rd Thursday of the month 9:30am - 11am
Pre-registration is required
Do not bring children and wear a mask

First Presbyterian Church of Hawley
815 Church St, Hawley PA 570-226-4835
2nd & 4th Saturday of the month 11:30am

Senior Law Center

Senior Law Center protects the legal rights & interests of Seniors in Pennsylvania through legal services, referral services and advocacy. Call the Senior Law helpline if you need assistance at: 877-727-7529

Pike County Area Agency on Aging
150 Pike County Blvd.
Hawley, PA 18428
570-775-5550

Non-Profit mailer



DO NOT CALL REGISTRY

If you want to stop those nagging calls from solicitors you can place your phone number on the Do Not call registry by calling:
1-888-382-1222 and
1-888-777-3406 or go on line to: www.donotcall.gov

To renew subscription, clip out mailing label and send it in with the \$5 yearly fee. If you have email, just send your email address to: kdantuono@pikepa.org, and get your newsletter sent right to your email address for **FREE**—Save time and money!
www.pikeaaa.org

Where to Find Information About the Medicare Plans Available in your County:

- * Medicare & You 2022 Handbook
- * www.medicare.gov Call the PA MEDI Helpline at: 1-800-783-7067
- * Call Medicare at: 1-800-633-4227 (Phone) or 1-877-486-2048 (TTY)
- * Or call us at: 570-775-5550 x 1313 for an appointment to assist you

Pike County Area Agency on Aging

Executive Director - Robin S. Skibber - email: rskibber@pikepa.org

Protective Services & Options Supervisor - Robin Soares - email: rsoares@pikepa.org

Aging Care Supervisor/PA LINK Coord. Monroe/Pike/Wayne – Joan Edel - email: jedel@pikepa.org

Nutrition Site Managers - Cherie Bland, Emily DeLeeuw, Galina Grishina & David Zlasney

Activity & Program Director & Health & Wellness Coordinator - Lana Romeo-email: lromeo@pikepa.org

Blooming Grove Center-150 Pike County Blvd., Hawley, PA 18428

(Phone: 570-775-5550 or 1-800-233-8911 Fax: 570-775-5558)

Office / Center: Monday through Friday - 8am to 4pm

Lackawaxen/Shohola Township Center-Lackawaxen Fire Dept., Beisel Beck Rd. & Rte. 590,
Lackawaxen, PA 18435.

Wednesday and Thursday 9 am to 2 pm (Phone: 570-685-7808)

Eastern Pike Center @ Matamoras-Matamoras Fire House, 506 Avenue Q, Matamoras, PA 18336

(Phone: 570-775-5550)

Wednesday and Friday 9 am to 2 pm

ELDER ABUSE REPORTING NUMBER 1-800-233-8911

Advisory Council

Chairperson: *Patricia Crane

* Alicia Bonadonna * Cordell Bowman * Jeanne Carlstedt

* Laura Guccini-Engle * Kathie Joseph * Leatrice Langer * Barbara Leary * Linda Leyh

* Monica McVitie * Mary Little * Barbara Shevlin * Sue Siska * Rita Tepperman * Lori VanSlot *

Pike County Commissioners * Matt Osterberg * Ronald Schmalzle * Tony Waldron

Pike County Transportation Hours 7:30am—4:00pm Phone 570-296-3408 Fax 570-296-3409

Toll Free: 1-866-681-4947 STATUS LINE: 570-296-1959

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