



2022

#### INSIDE THIS ISSUE

Page 2-Director's Desk  
Page 3- Homebound Booster Info  
Page 4- Saw Creek & PMLE Activities  
Page 5- Lackawaxen & Eastern Pike Activities  
Page 6- Blooming Grove Activities  
Page 7-Menu  
Page 8-Pictures  
Page 9-Programs  
Page 10-Contact Us & Other Information

**STAY SAFE, STAY HEALTHY  
& WEAR A MASK**



Exercise & Line Dancing  
With Lana

Every **WEDNESDAY** @ 1:30

Please call us and give us  
your email address and we  
will send you the link every  
week.

570-775-5550 or email:  
kdantuono@pikepa.org

**\*\*\*PLEASE NOTE  
CHANGE IN DAY\*\*\***

**New Day for our Center  
Without Walls at Saw  
Creek Estates  
Top of the World  
Restaurant  
MONDAYS**

**New Hours 9:00 to 3:00**

## *Pike County Area Agency on Aging*



Pike County Area on Aging is encouraging seniors to participate in the "Age my Way" contest in honor of Older American's month, May, 2022.

Show us how you "Age in Place" with a picture, craft, letter, or hobby etc. Winners will receive an interview with the local media, Facebook post and a gift card! There will be winners in categories including most community minded, most artistic, and most talented.

**Please return entries by May 16th.** Submissions can be delivered to the Pike County Area Agency on Aging or mailed to:

Pike County Area Agency on Aging  
150 Pike County Blvd.  
Hawley, PA 18428

Entries may also be emailed to Robin Soares at  
rsoares@pikepa.org or Gabriela Sympson  
at gsympson@pikepa.org.

Senior center staff will also accept submissions.

## Healthy IDEAS

**Empowering** older adults to manage their depressive symptoms through a behavioral activation approach that encourages involvement in meaningful activities.

For referrals:  
775-5550  
Ext. 1304

**ncoa**  
National Council on Aging

## May Day May Day

Here is to Spring! Welcome the warm breeze, the sunshine, and the longer days. The time of year to open windows and breathe in the freshness. Our Walk with Ease will be gearing up again soon and it will be nice to rejoin everyone doing their "laps". May is actually National Walking Month.

Try getting involved in a charity walk near you this summer, there is more information at Eventbrite or Active.com.

Our Farmer's Market vouchers are being printed as we speak and we look forward to June distribution.

Look for more information in the upcoming newsletter. New this year is an opportunity to get PA Senior Food Boxes to Pike County. If you are in need of food and or information on SNAP Benefits, a food pantry near you, or any other information, please call. We are working with Second Harvest Food Bank to possibly increase the program in our area. \*age and income guidelines apply.

The Furry Robotic pets are here. Joan will be busily taming them and distributing them this month. If you would like more information about this fun program, contact Joan Edel at 570-775-5550 ext. 1304.

We were sad to say goodbye to our Medicare counselor, Chris Crossley. She is pursuing new endeavors and we wish her well. For Medicare-related questions you can still call our office in the mean time and someone will get back to you. Until the position is filled.

To all our senior center participants, as we are getting busier, it is important to please make reservations for lunch. It would be sad if there was not enough portions of some darn good meals! Our suggested donations remains \$2.50/meal. Call in and take-out meals are still available. 570-775-5550.

RSVP  
Recognition  
event will be  
May 13th.  
We are so  
happy to  
have the  
dedicated  
volunteers  
we have.  
If you would  
like infor-  
mation  
contact  
Dawn @  
570-390-  
4540

## May is Mental Health Awareness Month

You're in good company if you, too, are eager to consume the latest literary works from authors who don't shy away from addressing pain and injustice, and instead inspire us — through their pages — to do good in the world.

This [list of book recommendations](#) that will leave you feeling more hopeful (and with a big TBR list





Are you  
homebound?

Do you need  
your booster  
shot?

Please call  
our office  
570-775-5550

We will take some information and  
get you on the list for a booster shot  
by Pike County Emergency  
Management (EMS).

**\$100**

**CASH BINGO**



Eastern Pike Center @ Matamoras  
Matamoras Fire House  
506 Avenue Q  
Matamoras PA

**starting @ 10:00 am SHARP**

Wednesday, **May, 18th.**

\$5.00 per card for all games  
every 3rd Wednesday of the month

**RESERVATIONS REQUIRED**

Please call 570-775-5550



### **PA 1000 Rebate**

The rebate program benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older. The income limit is \$35,000 a year for homeowners and \$15,000 annually for renters, and half of Social Security income is excluded.

If you need help filing your PA 1000

AARP trained volunteers will be at our  
Blooming Grove office on May 4th  
and May 18th.

Please call 570-775-5550 x 0  
to schedule an appointment

Congratulations to Alice  
MacDonald she won the tickets for the free trip to the  
Hunterdon Playhouse





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



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

5/2—Exercise  
5/9— Cards & Games  
5/16— Pool Exercise  
5/23— Bingo & Birthday Celebration  
5/30—CLOSED FOR MEMORIAL DAY

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

Suggested Lunch  
Donation  
\$2.50

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

**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



5/3– Bingo & Exercise  
5/10– Cards & Games  
5/17– Cards & Games  
5/24– Cards & Games  
5/31—Birthday Celebration

All Registration through  
Pike County Area  
Agency on Aging only.  
PLEASE CALL 570-775-5550

*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**




## Lackawaxen/Shohola Township 9 am-2 pm 570-685-7808

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b> Cards & Games Exercise Lunch @ 11:45	<b>5</b> Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00	<b>6</b> <b>CLOSED</b>
<b>9</b> <b>CLOSED</b>	<b>10</b> <b>CLOSED</b>	<b>11</b> Cards & Games Exercise Lunch @ 11:45	<b>12</b> Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00	<b>13</b> <b>CLOSED</b>
<b>16</b> <b>CLOSED</b>	<b>17</b> <b>CLOSED</b>	<b>18</b> Cards & Games Exercise Lunch @ 11:45	<b>19</b> Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00	<b>20</b> <b>CLOSED</b>
<b>23</b> <b>CLOSED</b>	<b>24</b> <b>CLOSED</b>	<b>25</b> Cards & Games Exercise Lunch @ 11:45  <b>Birthday Celebration</b>	<b>26</b> Cards, Games & Bingo Lunch @ 11:45 Mahjongg @ 1:00  <b>Birthday Celebration</b>	<b>27</b> <b>CLOSED</b>
<b>30</b> <b>CLOSED</b>	<b>31</b> <b>CLOSED</b>			



## Eastern Pike Center @ Matamoras 9am-2pm 570-775-5550

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>Closed</b>	<b>3</b> <b>Closed</b>	<b>4</b> Cards Bingo Lunch	<b>5</b> <b>Closed</b>	<b>6</b> Bingo Lunch Exercise & Line Dancing
<b>9</b> <b>Closed</b>	<b>10</b> <b>Closed</b>	<b>11</b> Cards Bingo Lunch	<b>12</b> <b>Closed</b>	<b>13</b> <b>All Centers Closed</b>
<b>16</b> <b>Closed</b>	<b>17</b> <b>Closed</b>	<b>18</b> Cards Bingo Lunch <b>\$100 Cash Bingo @ 10:00</b> 	<b>19</b> <b>Closed</b>	<b>20</b> Bingo Lunch Exercise & Line Dancing
<b>23</b> <b>Closed</b>	<b>24</b> <b>Closed</b>	<b>25</b> Cards Bingo Lunch	<b>26</b> <b>Closed</b>	<b>27</b> Bingo Lunch Exercise & Line Dancing
<b>30</b> <b>Closed</b>	<b>31</b> <b>Closed</b>	<b>27</b> Cards Bingo Lunch	<b>28</b> <b>Closed</b>	<b>29</b> Bingo Lunch Exercise & Line Dancing <b>Birthday Celebration</b>



**2022 Blooming Grove Activities 8:00 am - 4:00 pm 570-775-5550**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Medical Transport	<b>3</b> Arts & Crafts <b>Chess @ 1:00</b>	<b>4</b> Cards Dominoes Rummikube	<b>5</b> Bingo	<b>6</b> Cards Arts & Crafts
<b>9</b> Medical Transport	<b>10</b> Arts & Crafts <b>Chess @ 1:00</b>  <b>Bigger Shopping Shohola &amp; Dingmans</b>	<b>11</b> Cards Dominoes Rummikube  <b>Bigger Shopping Mil/Mat</b>	<b>12</b> Bingo  <b>Bigger Shopping Promised Land</b>	<b>13</b> All Centers Closed RSVP Volunteer Luncheon
<b>16</b> Medical Transport  <b>Advisory Board Mtg</b>	<b>17</b> Arts & Crafts <b>Chess @ 1:00</b>	<b>18</b> Cards Dominoes Rummikube	<b>19</b> Bingo	<b>20</b> Cards Arts & Crafts
<b>23</b> Medical Transport	<b>24</b> Arts & Crafts <b>Chess @ 1:00</b>	<b>25</b> Cards Dominoes Rummikube	<b>26</b> Bingo  <b>Birthday Celebration</b>	<b>27</b> Cards Arts & Crafts
<b>30</b> Medical Transport	<b>31</b> Arts & Crafts <b>Chess @ 1:00</b>			

**SAVE THE DATE**

**Elder Justice Day**

August 10th

10:00 to 2:00

Fraud Bingo with prizes  
sponsored by

PA Dept. of Banking and Securities

This will be an outside event.

Location to be determined.

**KNIGHTS OF COLUMBUS**  
Council 12571

**FOOD FOR FAMILIES & FRIENDS PROGRAM**  
**TAKE OUT DINNERS**  
**MUST CALL IN FOR RESERVATION**

**Mother's Day**

<p><b>ROASTED CHICKEN DINNER</b></p>  <p><b>May 1 1:30-3:00</b> St. John's Parking Lot 705 Rt. 739 Lords Valley, PA</p>	<p><b>Turkey Meatloaf Dinner</b></p>  <p><b>May 8 1:30-3:00</b> St. Ann's Parking Lot 123 Richardson Ave. Shohola, PA</p>
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**All are invited. Donations are welcomed but not necessary**

**PLEASE CALL**

St. John's 570-775-6791 Angelo- 570-775-2755	St. Ann's 570-832-4275 Frank -347-446-9636 or text
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# 2022 Menu

\*\*\*Milk served with all meals\*\*\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Lentil Soup Corned Beef & Swiss Chees/ Rye Lett/Tom Potato Salad Pudding	<b>3</b> Cole Slaw Pierogis (3) Sautéed Onions & Peppers Baked Beans Fruit Crisp	<b>4</b> Three Bean Salad Beef Stroganoff Buttered Noodles Carrots Dinner Roll Fresh Fruit	<b>5</b> Orange Juice Beef & Bean Burrito Corn & Bean Salsa Spanish Rice Wheat Bread Ice Cream	<b>6</b> Tossed Salad Chicken Strips in Garlic Sauce Roasted Potatoes String Beans Wheat Bread Cookies
<b>9</b> Orange Juice Vegetable Lasagna Peas & Carrot Italian Bread Fresh Fruit	<b>10</b> Tomato Soup Meatloaf Gravy Mashed Potatoes Brussel Sprouts Wheat Bread Chocolate Cake	<b>11</b> Broccoli & Chick Pea Salad Beef Stew With Potatoes & Vegetables Dinner Roll Apple Sauce	<b>12</b> Tossed Salad Rigatoni & Meatballs Marinara Sauce Green Beans Italian Bread Peaches	<b>13</b>  <b>RSVP</b> Recognition Luncheon All Centers Closed
<b>16</b> Yogurt Cup French Toast Sticks Sausage Patty Fresh Fruit Compote Blueberry Muffin	<b>17</b> Red Beets & Onions Sweet & Sour Chicken Stir Fried Vegetables Rice Fresh Fruit	<b>18</b> Italian Wedding Soup Chicken Cordon Bleu Rice Medley Peas & Onions Wheat Bread Ice Cream	<b>19</b> V-8 Juice Hot Dogs/Bun(2) Baked Beans Red Potatoes Pudding	<b>20</b> Black Bean Salsa Chili Con Carne Rice Confetti Corn Corn bread Pears
<b>23</b> Tossed Salad BBQ Chicken Herbed Rice Carrots Rye Bread Apple Sauce	<b>24</b> Split Pea Soup Turkey & Swiss on Hoagie Let/Tom Macaroni Salad Fruit Salad	<b>25</b> Red Cabbage Salad Stuffed Shells Tomato Sauce Spinach Italian Bread Melon	<b>26</b> Cranberry Juice Swedish Meatballs Rotini Pasta Pacific Medley Wheat Bread Oatmeal Fruit Crisp	<b>27</b> Cucumber salad Rigatoni & Meatballs Marinara Sauce Green Beans Italian Bread Peaches
<b>30</b>  All Centers Closed For Memorial Day	<b>31</b> Minestrone Soup Fish Sticks Tater Tots Green Beans Rye Bread Fresh Fruit			

**Seniors Are Our First Priority**



PMLE Easter Hat Contest  
Congratulations Helen



*Happy  
94th  
Ethel*



Saw Creek Easter Hat Contest  
Congratulations Juanita



Blooming Grove Easter Hat  
Contest  
Congratulations Elaine



Lackawaxen Nail Day



Lackawaxen Easter Hat  
Contest  
Congratulations Hella

# PROGRAMS

Loaves to Fishes Food Pantry  
Paupack Methodist Church, Route 507  
570-857-1141 Serves Palmyra Twp.

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

Pike County Food Pantry  
Dreher Township Building  
(formerly at Moravian Church)  
899 Main St. Newfoundland, Pa  
570-676-4066 Serves Greene Twp.

Good News Good Cheer Food Pantry  
St. Luke's Lutheran Church  
Rt 590, Greeley PA 18425  
570-226-3966

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

## Lake Region IGA

**570-226-6000 extension 10** (you must order between 7 am & 9:30 am on Tuesdays). They deliver same day, by 1:30 PM. There is a \$9.95 delivery charge.

Now offering online shopping

[www.lakeregioniga.com](http://www.lakeregioniga.com) Delivery is \$4.95 picking fee plus \$6.95 delivery fee and in store pickup is \$5.95.

## Dutch's Market

**570-676-3373**

**No weekend delivery. 24 hour notice required when ordering week days.**  
**\$10 delivery charge.**

## Dave's Foodtown/Super Duper

**570-251-9530** They do not deliver too far from store. Call them for details.

**Shoprite delivers (\$10 internet fee & \$6.95 delivery fee) shop at [www.shoprite.com](http://www.shoprite.com)**

Agape Food Pantry  
300 Avenue H  
Matamoras, PA  
diagonal from United Methodist Church  
Every Tuesday 5:00 pm – 6:00pm  
845-772-0218

## Growing Lackawaxen Care Cabin

169 Urban Rd, Hawley 570-685-2273  
4th Saturday of the month 8 am to 11am  
Proof of residency required.  
Declaration of need form to be filled out.

## Holy Trinity Lutheran Church Food Pantry

103 Delaware Crest, Dingmans Ferry  
570-828-7411. Monday thru Friday 9 am-noon  
by appointment only.  
Please call 24-48 hours ahead to schedule  
**Volunteers always welcome**

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



## Ecumenical Food Pantry

321 5th St., Milford

**570-618-1568**

**Fridays: 12 noon - 1:00 pm**

**Fridays: 6:30pm-7:30pm**

**Eligibility is based on income**

**Photo ID & verification of address required**

## Food Pantry

### St. Ann's Catholic Church

125 Richardson Ave., Shohola, PA 18458

570-832-4275

Distribution 1st & 3rd Thursdays  
9:30 am to 11:30 am Registration at pick up.

## Bushkill Outreach

168 Lehman Park Rd, Bushkill, Pa 18324

570-588-0660

Tues—Thurs 9am to noon

Blooming Grove Food Pantry  
St. John Neumann/Good Shepherd Church

705 Route 739, Lords Valley

570-775-6791

3rd Thursday of month

**Please do not bring children**

**WEAR A MASK**

## 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](http://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](mailto:kdantuono@pikepa.org), and get your newsletter sent right to your email address for **FREE**—Save time and money!  
**[www.pikeaaa.org](http://www.pikeaaa.org)**

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

- \* Medicare & You 2021 Handbook
- \* [www.medicare.gov](http://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](mailto:rskibber@pikepa.org)

**Protective Services & Options Supervisor** - Robin Soares - email: [rsoares@pikepa.org](mailto:rsoares@pikepa.org)

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

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

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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