

**COLUMBIA-MONTOUR
AGING OFFICE, INC.
2026 AUGUST NEWSLETTER**

Page 2

Christine's Corner

Page 3

What We Offer, How We Help

Pages 4-7

Senior Center Calendars

Pages 8-9

Frey's & Lighter Fare Menus

Pages 10-11

Food Box, Free Meals, Food Box

Page 12

Senior Farmers Market

Nutritional Program

Page 13

The Dutch Reach

Pages 14-17

Additional Information

Page 18

**August Happenings Across
Columbia-Montour Counties**

Christine's Corner-August



National Senior Citizen Day is celebrated each year on August 21. In 1988, President Ronald Reagan proclaimed this day as an opportunity to recognize and honor the invaluable contributions of older adults. In his proclamation, he stated:

"Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land."

He further noted:

"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older—places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."

More than three decades later, President Reagan's words remain as relevant as ever. Older adults are the pioneers of science, technology, medicine, education, industry, and civil rights. They continue to make meaningful contributions to their families, communities, and the workforce, while sharing a lifetime of experience, wisdom, and perspective.

At the Columbia-Montour Aging Office, we share the goal of helping older adults lead safe, dignified, and independent lives. Through a variety of programs, resources, and services, we work to ensure that Columbia and Montour Counties remain communities where individuals can successfully age in place and continue to thrive.

As we celebrate National Senior Citizen Day, let us take time to recognize the resilience, accomplishments, and lasting impact of the older adults who have helped shape our communities and continue to enrich our lives every day. Whether through volunteering, caregiving, mentoring, or serving as the foundation of their families, older adults deserve our gratitude, respect, and appreciation. The Columbia-Montour Aging Office remains committed to supporting and advocating for older adults, ensuring they have access to the resources and opportunities needed to age with dignity, independence, and purpose.

What We Offer, How We Help; Information and Referral



The Aging Office staff have accumulated knowledge on a variety of topics. Community resources are forever changing and can be difficult to navigate, overwhelming in abundance, or difficult to find. Our staff have the experience and knowledge to assist with all of these hurdles. We have food bank and senior housing information, we assist with the completion of LIHEAP and Rent Rebate applications, we can provide guidance and support on applying for the LIFE program, in home services through the waiver program, and on the process of admitting your loved one into long term care. These are just a few of the resources we regularly assist the community with.

If you are unsure where to turn for help, start with the Aging Office. Our knowledgeable staff are committed to connecting older adults, caregivers, and families with the information, services, and resources they need to maintain independence, dignity, and quality of life.



BENTON SENIOR CENTER
42 Community Drive
Benton, PA 17814 570-925-6533

August 2026

Lunch Orders:

Meals must be ordered by 10 A.M.
the day before you want to eat

Mon	Tue	Wed	Thu
3 9:00 Board & Members Meeting 10:00 Sit and Fit 10:30 Amanda—BP Screening 11:00 Todd—Physical Therapy Q & A 11:30 Lunch 12:30 Games of Choice	4 9:00 Morning Joe 9:00 Pinochle Tournament 11:30 Lunch 12:30 Games of Choice	5 Trip to Camp Ladore 10-3 <i>(center closed for the day)</i> <i>Meet here to catch bus 8:30</i> <i>(\$25 suggested donation for trip)</i>	6 9:00 Morning Joe 10:30 Chair Yoga 11:30 Lunch 12:30 Games of Choice
10 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	11 9:00 Morning Joe 10:30 Chair Yoga 11:30 Lunch 12:30 Games of Choice	12 Trip and Picnic: World's End State Park 9:00-2:00 <i>(center closed for the day)</i> <i>(\$10 suggested donation for pavilion rental)</i>	13 9:00 Morning Joe 10:30 Chair Yoga 11:30 Lunch 12:30 Games of Choice
17 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	18 Food Bank Day (at N4Cs) 9:00 Morning Joe 10:30 Chair Yoga 11:30 Lunch 12:30 Games of Choice	19 Panera Day 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	20 9:00 Morning Joe 9:00 Pinochle Tournament 11:30 Lunch 12:30 Games of Choice
24 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	25 9:00 Morning Joe 10:30 Chair Yoga 11:30 Lunch 12:30 Games of Choice	26 Panera Day and National Dog Day 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	27 9:00 Morning Joe 10:30 Judy Endo—Therapy dogs (training and services provided) 11:30 Lunch 12:30 Games of Choice
31 9:00 Morning Joe 10:00 Sit and Fit Special Luncheon at Grotto's Pizza 12:30 Games of Choice			

August 2026 Berwick Senior Center

Lunch is served daily at 11:30 AM



1401 Orange St., Berwick PA 18603
Phone: 570-204-0884 * bcenter@cmaaa15.org
Open Mon—Fri 9a.m.-2 p.m.

Order lunches/rides by 9:30 the weekday prior to visit

Mon	Tue	Wed	Thu	Fri
3 Games of Choice Pinochle after Lunch 12:15 Penny Bingo	4 Canasta, Hand & foot 10:45 Pokeno 12:15 Quarter Bingo	5 Fruit & Pastries Social Time Games of Choice 10:30 Kelly from RSVP	6 Canasta, Hand & Foot Word Games 10:30 Chair Yoga Mara, Berwick Yoga Studio 12:15 Quarter Bingo	7 PIZZA DAY Cards of Choice 10:45 Pokeno 12:15 Penny Bingo
10 Games of Choice Pinochle after Lunch 12:15 Penny Bingo	11 Scrabble Day RUMMIKUB HAND & FOOT 10:45 POKENO 12:15 Quarter Bingo	12 Fruit & Pastries Social Time Games of Choice 10:30 CENTER MEETING	13 Canasta, Hand & Foot Word Games <u>10:30 Chair Yoga</u> Mara, Berwick Yoga Studio 12:15 Quarter Bingo	14 
17 Games of Choice Pinochle after Lunch 12:15 Penny Bingo	18 Canasta Tournament 12:15 Quarter Bingo	19 Fruit & Pastries Social Time 12:15 Penny Bingo 10:30 Geisinger Hospice 	20  CENTER CLOSED	21 HOAGIE DAY Cards of Choice 10:45 Pokeno 12:15 Penny Bingo
24 Games of Choice 12:15 Penny Bingo Pinochle after Lunch	25 Scrabble Day Rumikub Hand & Foot 12:15 Quarter Bingo	26 Fruit & Pastries Amanda – BP 12:15 Penny Bingo 10:00 Kimmy from Brookdale	27 Canasta, Hand & Foot Word Games <u>10:30 Chair Yoga</u> Mara, Berwick Yoga Studio 12:15 Quarter Bingo	28 
31 Games of Choice Pinochle after Lunch 12:15 Penny Bingo			IMPORTANT DATES IN August ⇒ Surfs up cow girl party Friday the 14th ⇒ Silver Birches trip Thursday the 20th ⇒ End of summer picnic Friday the 28th	

AUGUST 2026



Bloomsburg Senior Center, Open 9:00-2:00 M-T-W-T

229 West 6th St Bloomsburg 570-784-8615

Lunch at 11:30, please order the day before by 10am

MON	Tue	Wed	Thu	Fri
3 9:30 -10:30 EXERCISE CLASS WITH ANDREA HOAGIE SIGN UP \$6 BEFORE THE 18TH	4 10:00 -11:00 YOGA CLASS WITH HEATHER BINGO	5 9:00 TABLE TALK 10:00 -11:00 EXERCISE WITH PAM DOMINOS AFTER LUNCH	6 10:30 MARIA FROM GLENBROOK SPECIAL MUSIC 12:00 -1:00 TAI-CHI WITH PAM, CHAIR OR STANDING	CLOSED
10 SNACKS 10:00 CRAFT CLASS WITH DARLENE DOMINOS	11 10:00 - 11:00 YOGA CLASS WITH HEATHER 10:00 -11:30 BP BY MEDICINE SHOPPE	12 TABLE TALK 10:00 -11:00 EXERCISE WITH PAM BRAIN QUEST PANERA BREAD DAY	13 SNACKS 10:00 CELL PHONE HELP WITH ROSS 12:00 - 1:00 TAI-CHI WITH PAM, CHAIR OR STANDING	CLOSED
17 TODAYS NEWS 10:00 WORD CARD GAME 12:30 PUZZLES DOMINOS	18 10:00 - 11:00 YOGA CLASS WITH HEATHER HOLLYWOOD TRIVIA WITH THERESA - MEDICARE	19 CLOSED HIAWATHA TRIP	20 10:30 BINGO WITH SHAWN FROM VISITING ANGELS 12:00 -1:00 TAI-CHI WITH PAM, CHAIR OR STANDING	CLOSED
24 TODAYS NEWS 10:00 LETS GET PHYSICAL BAKING FOR FAIR	25 10:00 - 11:00 YOGA CLASS WITH HEATHER HOAGIE PICK-UP	26 10:00 - 11:00 EXERCISE WITH PAM BOARD MEETING AUGUST BIRTHDAYS 	27 10:00 BINGO 12:00 - 1:00 TAI-CHI WITH PAM, CHAIR OR STANDING	CLOSED
31 SNACKS 9:30-10:30 EXERCISE CLASS WITH ANDREA MUSIC		AUGUST BIRTHSTONE - SARDONYX FLOWER - GLADIOLUS COLORS - RED AND ORANGE	A GOOD FRIEND IS LIKE A FOUR LEAF CLOVER, HARD TO FIND AND LUCKY TO HAVE. HAPPY FRIENDSHIP MONTH	CLOSED



MONTOUR SENIOR CENTER

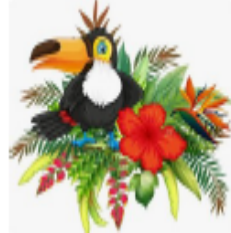
2026

605 W. Mahoning Street, Danville, PA 17821

570-275-1466 dcenter@cmaaa15.org

Lunch served at 11:30



Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED	4 Goods from Giant 10:30 Music with Mike 12:30 CPR Training with Sherri	5 CLOSED	6 Morning Mix & Munchies 10:30 BP Checks with Amanda 12:30 Game of Choice	7 CLOSED
10 CLOSED	11 Goods from Giant 10:30 Monthly Center Meeting 12:30 Craft Time	12 CLOSED	13 Gather-Graze-Gab 10:00 Oakland Health & Rehab with Courtney 12:30 Game of Choice Baking for Fair	14 CLOSED
17 CLOSED	18 Goods from Giant 10:30 Music with Mike 12:30 Pastor Bill	19 HIAWATHA TRIP	20 Coffee-Conversation & Light Bites 10:00 Talk Circle with Kathy & Carol 12:30 Mindful Movements with Maggie	21 CLOSED
24 CLOSED	25 Goods from Giant 10:00 Morning Exercise 11:30 Monthly Luncheon: Bloomsburg Perkins	26 CLOSED	27 Sip-Snack-Socialize 10:30 Your Hiawatha Trip Experience 12:30 Mindful Movements with Maggie	28 CLOSED
31 CLOSED				

FREY'S MENU

August 3

Hamburger Barbeque
Sandwich Roll
Garlic Broccoli
Creamed Corn
Chocolate Pudding

August 4

Chicken Parmesan
Spaghetti with Sauce
Cauliflower
Fresh Watermelon

August 5

Cheeseburger Casserole
Green and Wax Beans
Buttered Corn
Gelatin with Fruit

August 6

Sausage Patty
with Peppers and Onions
Sandwich Roll
Molasses Baked Beans
Broccoli and Carrots
Fresh Clementine



August 10

Goulash
Green and Wax Beans
Honey Glazed Carrots Coins
Fresh Banana

August 11

Roasted Pork
with Sauerkraut
Whipped Potatoes
Apple Sauce
Dinner Roll

August 12

Chicken Noodle Casserole
Carrots and Cauliflower
Creamed Corn
Baked Custard

August 13

Pepper Steak
with Pepper Gravy
Halushkie
Peas with Pearl Onions
Pears

August 17

Honey Glazed Pork Loin
White Rice
Buttered Sesame Broccoli
Pineapple

August 18

Chicken Ala King
Buttered Noodles
Buttered Lemon Pepper
Broccoli and Cauliflower
Apple Sauce
Whole Grain Bread

August 19

Alpine Hamburger
with Hamburger Roll
German Potato Salad
Yellow Wax Beans
Tomato and Cucumber Salad

August 20

Baked Pizza Casserole
Garlic Broccoli
Carrot Coins
Fresh Banana

August 24

Pork Schnitzel
with Mushroom Gravy
Rice Pilaf
Mixed Vegetables
Fresh Clementine
Dinner Roll

August 25

Creamy Pesto Chicken
Buttered Noodles
Glazed Carrots
Fresh Orange

August 26

Pepper Steak with
Pepper Tomato Sauce
Scalloped Potatoes
Rivera Vegetables
Three Bean Salad

August 27

Chicken and Broccoli Casserole
with Egg Noodles
Broccoli
Butternut Squash
Pepper Slaw



August 31

Roasted Pork with Gravy
Mashed Potatoes
Buttered Catalina Vegetables
Fresh Peach
Whole Grain Bread

September 1

Stuffed Pepper Casserole
Harvard Beets
Green and Wax Beans
Gelatin with Fruit
Whole Grain Bread

September 2

Honey Mustard Chicken
Mixed Vegetables
Halushkie
Italian Tomato Salad

September 3

Meatball Sub
with Hoagie Roll
Creamy Pesto Rotini
Peas and Cauliflower
Fresh Apple

LIGHTER FARE MENU

August 3

Pimento Spread
Whole Grain Crackers
Tomato and Cucumber Salad
Fresh Clementine



August 4

Italian Hoagie
with Lettuce and Tomato
Hoagie Roll
Pepper Slaw
Fresh Cantaloupe

August 5

Chef Salad with Ranch
and Ham, Turkey, Cheese
Macaroni Salad
Tomato and Cucumber Salad
Fresh Banana

August 6

Sliced Turkey and Provolone
with Lettuce Leaf
Whole Grain Bread
Broccoli Salad
Tropical Fruit Salad
Fresh Apple

August 10

Tuna Salad
Whole Grain Bread
Macaroni Salad
Cucumber and Onion Salad
Fresh Clementine

August 11

Sliced Turkey and Cheese
Whole Grain Wrap
Broccoli Salad
Fresh Watermelon
Chocolate Chip Cookie

August 12

Sliced Ham and Swiss
Whole Grain Bread
Three Bean Salad
Mandarin Oranges
Fresh Apple

August 13

Chicken Salad
Croissant
Fresh Romaine
with French Dressing
Italian Tomato Salad

August 17

Waldorf Chicken Salad
Croissant
Italian Tomato Salad
Fresh Grapes

August 18

Seafood Salad
Fresh Romaine
with Sweet Dressing
Italian Tomato Salad
Fresh Orange
Dinner Roll

August 19

Tuna Salad
Whole Grain Bread
Three Bean Salad
Cucumber and Onion Salad
Fresh Clementine

August 20

Bacon, Lettuce, Tomato
Whole Grain Bread
Italian Tomato Salad
Creamy Cole Slaw
Fresh Apple

August 24

Sliced Ham and Swiss
Whole Grain Bread
Creamy Cole Slaw
Pears
Fresh Clementine

August 25

Antipasta Salad with Italian
and Ham, Salami, Cheese
Tomato and Cucumber Salad
Fresh Cantaloupe
Dinner Roll

August 26

Chicken Salad
Croissant
Pepper Slaw
Sliced Apples
Fresh Banana

August 27

Sliced Turkey and Provolone
Whole Grain Wrap
Fresh Watermelon
Broccoli Salad
Fresh Apple



August 31

Ham Salad
Croissant
Italian Tomato Salad
Sliced Apples
Baked Custard

September 1

Italian Hoagie
with Lettuce and Tomato
Hoagie Roll
Creamy Cole Slaw
Fresh Watermelon

September 2

Chef Salad with Ranch
and Ham, Turkey, Cheese
Pasta Salad
Fresh Cantaloupe
Dinner Roll

September 3

Pimento Spread
Sandwich Roll
Tomato and Cucumber Salad
Fresh Cantaloupe
Fresh Clementine



Food Box Program

Commodity Supplemental Food Program (CSFP)

3301 Wahoo Dr

Williamsport PA 17701

570-321-8023

www.centralpafoodbank.org

- Monthly food package sponsored by the USDA
- Seniors age 60 and older
- Must meet income requirements.
- The senior must go to the distribution centers and sign-up at that location.
- Remember to bring proof of age and proof of residency.

Once registered, participants will have the opportunity to name a proxy or proxies to pick up their food box when they are not able to do so.

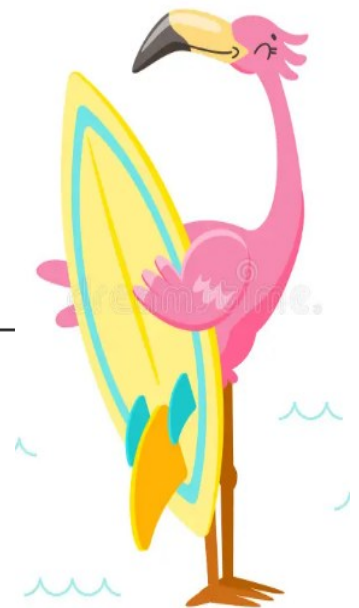
Local locations are:

Benton: 4NC's

Berwick: Salvation Army

Bloomsburg: Agape

Danville: Riverside Food Bank



Free Meals

Agape Lunch

851 Railroad St

Bloomsburg PA 17815

570-317-2210

Every Tuesday from 11:30 to 1:30 pm

Hot lunch available with dessert and drinks

Jubilee Kitchen

Trinity Lutheran Church

241 E Market St

Danville PA 17821

570-275-0283

September to June

Every Saturday from 11 am to 12:30 pm

Community Friendship Meal

Wesley United Methodist Church

3rd and Market Sts

Bloomsburg PA 17815

570-784-1407

Every Saturday from 10:30 am to 12:30 pm

New Heart Café

New Heart Christian Fellowship

507 E 3rd St (on the corner)

Nescopeck PA 18635

570-394-3100

Last Monday of each month from 5 pm to 6 pm

Friends Feeding Friends

Salvation Army

320 W 2nd St

Berwick PA 18603

570-759-1214

Every Tuesday from 4:00 pm to 5:00 pm

Every Friday lunch from 12 pm to 1 pm

Night of Joy

241 E Market St

Danville PA 17821

570-275-0283

Last Tuesday of the month from 4 pm to 6 pm

Meal with household good giveaway and bingo



Food Banks

American Legion--Bloombsburg 110 Juniper St Bloombsburg PA 17815 570-683-5449—Gail Participants must reside in Columbia County. All participants must call to pre-register.	Central Susquehanna Opportunities Ber Vaughn Park the 3rd Wednesday of every month from 11 AM to 1 pm Danville Area Community Center the 4th Wednesday of every month from 11 AM to 1 PM
American Legion-Millville American Legion Post 564 259 Legion Rd Millville PA 17846 570-458-5960 1st Saturday of the month, 7 AM to 1 PM, Walk-in, enter basement through ramp in lower parking lot	Community Cupboard in Nescopeck Wesley United Methodist Church 101 Broad St, Nescopeck PA 18635 570-752-3502 2nd Tuesday of the month, 10 am to 1:45 pm Berwick Area School District only, must register and fill out an application, proof of residency, will be assigned pick up time
Benton Food Pantry Northern Columbia Cultural Center 42 Community Dr, Benton PA 17814 570-925-0163 3rd Tuesday of the month from 9 am to 11 am and 4:00 pm to 5:30 pm Benton residents only, need to complete application, provide proof of residency (current bill) and income	Danville-Riverside Food Bank Shiloh United Church of Christ 500 Bloom St, Danville PA 17821 570-441-6861 1st Saturday of the month from 10 am to 1 pm
Berwick Food Pantry Salvation Army Building 320 W 2nd St, Berwick PA 18603 570-752-1214 4th Wednesday of the month from 9 am to 12 pm Berwick residents only	Fresh Express, Agape 851 Railroad St, Bloombsburg PA 17815 570-317-2210 Every 1st and 3rd Thursday of the month from 11 am to 4 pm Columbia, Montour, and Northumberland residents only, complete an initial application that day
Bloombsburg Food Pantry, Agape 851 Railroad St, Bloombsburg PA 17815 570-317-2210 Choose one day only 3rd Wednesday of the month from 4:30 to 5:30 PM or 3rd Friday of the month from 9 am to 10:30 AM Live in Bloombsburg, proof of residency (current bill), provide ID, complete an initial application that day	Greenwood Food Pantry Greenwood Township Building 90 Shed Rd, Millville PA 17846 570-458-0212 3rd Friday of the month (Nov and Dec will be the 2nd Friday) 11 am to 3 pm or by appt, Greenwood Township, Millville Borough, and Madison Township residents, 2 forms of ID with same address, income based according to number in household
Bloom Food Cupboard, St. Columba Church Old Winona Fire Hall 329 Center St, Bloombsburg PA 17815 570-784-0801 Every week on Tuesday from 12:30 am to 2:30 am and Sunday from 9:15 am to 10:15 am Provide proof of residency (current bill), must reside in Bloombsburg, Central Columbia, Benton, Millville, or Southern Columbia school districts. Not income based. Bring own bags. If older adult has no way to get food, they may write a letter stating so and designate someone to pick up their food for them. That person will need to provide proof of residency for that older adult. www.bloombsburgfoodcupboard.org	Montour County Food Bank Montour County Administration Center 435 E Front St, Danville PA 17821 570-271-3028 x 2 Last Thursday of the month, 9 am to 12 pm, Montour County residents only, proof of residency, complete application Due to holiday falling on the last Thursday of the month 2025, they will be held on November 20th and December 18th.
Catawissa Food Pantry First United Methodist Church 228 South St, Catawissa PA 17820 570-356-2152 3rd Thursday of the month, 4:30 pm to 6:00 pm, Southern Columbia School District residents only including Rupert and Legion Rd, need to provide proof of residency and income	Orangeville Food Pantry Orange Township Municipal Building 2028 State Rte 487, Orangeville PA 17859 570-683-5836 2nd Saturday of the month from 9 am to 10 am



Senior Farmers Market Nutrition Program



Completed applications should be dropped off or mailed to:
Columbia/Montour Aging Office, Inc.
702 Sawmill Road Suite 201
Bloomsburg, PA 17815

SFMNP applications and other related information
can be found on our website:

www.cmaaa15.org

Check the website below regarding what stands accept vouchers:

<https://www.pameals.pa.gov/public/farmmarketsearch>

The 2026 household income eligibility is:

1 person - \$29,526	5 people - \$71,558
2 people - \$40,034	6 people - \$82,066
3 people - \$50,542	7 people - \$92,574
4 people - \$61,050	8 people - \$103,082

The Dutch Reach

Named for its origin in one of the world's most cyclist-friendly nations, the "Dutch Reach" refers to a method of opening your car door using the hand furthest from the door.

The far hand reach stops drivers and passengers from opening a vehicle door in front of an oncoming cyclist, pedestrian, or vehicle.

It involves the driver or passenger inside a vehicle using their far hand — the hand furthest from the door — to open the door to exit.

When people use this method, they must reach across their body, which causes them to swivel.

They then are in an ideal position to look at the side-view mirror and along the side of the vehicle to check for approaching traffic.

The far hand reach curbs the sudden, wide opening of vehicle doors, which too often ambush cyclists and others passing by.

As a reminder place a bright colored ribbon or sticker on the door handle to do the Dutch Reach.

<https://www.dutchreach.org/>

<https://www.nsc.org/community-safety/safety-topics/seasonal-safety/summer-safety/far-hand-reach>



Teach the Reach





ADDITIONAL INFORMATION

*State Representative Robert Leadbeter is inviting
you and other area seniors to this year's*

DRIVE-THROUGH SENIOR EXPO

As I continue my legislative work to uphold Columbia County's conservative values – such as creating economic growth; reducing the tax burden; restoring fiscal discipline; defending Second Amendment rights; and supporting our local businesses, farmers, families and seniors – I hope you and your families will join me for a free **DRIVE-THROUGH** Senior Expo. Senior citizens who go through the expo line will receive favor bags that include a handout provided by our host, **ROHRBACH'S FARM MARKET**, and important information about government services, healthcare, fraud protection, veterans programs, and much more.

A handwritten signature in black ink, reading "Robert Leadbeter".

**SEE YOU AT
THE FARM!**

WHEN

Wednesday, Aug. 12
10 a.m. to Noon

LOCATION

Rohrbach's Farm Market
240 Southern Drive, SR 487, Catawissa

In Partnership with:



DEMENTIA FRIENDLY SUSQUEHANNA VALLEY

Caregiver Support Group



The vision of DFSV is to make the Susquehanna Valley Region a place where those living with dementia, and their caregiver, feel supported, understood, and included as a valued member of the community.

One Thursday Each Month | 6:00 PM - 7:00 PM

JULY 23

OCTOBER 22

AUGUST 27

NOVEMBER 19

SEPTEMBER 24

DECEMBER 17



To Register:

Contact Elaine Spicher
at (570) 784-5211

**401 S. Market St.
Bloomsburg, PA 17815**



DEMENTIA FRIENDLY SUSQUEHANNA VALLEY CAREGIVER SUPPORT GROUP

The vision of DFSV is to make the Susquehanna Valley Region a place where those living with dementia, and their caregiver, feel supported, understood, and included as a valued member of their community.

HOSTED BY:



Glen Brook

Rehabilitation
& Healthcare
Center

901 East 16th Street

Berwick, PA 18603

TO REGISTER

Contact Maria Fazio

 **570-204-8308**

 **MFazio@glenbrookrhc.com**

**Third Wednesday of each Month
1:00 to 2:00pm**

**August 19th
September 16th
October 21st
November 18th
December 16th**

Ombudsman

Are Special Volunteers...

Have you ever had a loved one in a Long Term Care Facility?

(Nursing Home, Personal Care Home or Assisted Living)

If so, then you know the importance of visitors.

Ombudsman volunteers are special people who enrich the lives of residents who are living in Long Term Care Facilities. Ombudsman volunteers will receive training to help empower all residents, to ensure they are living with dignity and respect and to ensure they are receiving the highest quality of care they deserve.



You can help with this important program! We will provide all necessary training, orientation and experience...

APPLY NOW!

The Union-Snyder Area Agency on Aging, Inc. is a 501(c)(3) nonprofit corporation advancing the rights of older adults living in Union and Snyder counties. It serves as the primary agency for developing and providing services for persons sixty and over in Union and Snyder counties.

For information, call Amy Foster: 1-800-533-1050



Union-Snyder Agency on Aging, Inc.

Serving older adults and their families
with vision, dedication and concern

****We serve nursing facility and personal care home residents in Union, Snyder, Northumberland, Columbia, Montour & Perry county facilities****

DO YOU HAVE A CONCERN ABOUT YOUR LONG-TERM CARE FACILITY?



If you have a question, concern, or complaint, Pennsylvania's Long-Term Care Ombudsman Program can help. Your local ombudsman is trained to advocate for your rights and will work to resolve your problems by

- Listening to your concerns
- Respecting your choices
- Offering ideas and options to help meet your individual needs

Services are Free and Confidential

CALL THE UNION-SNYDER AGENCY ON AGING

(570) 524-2100 or 1-800-533-1050



Union-Snyder
Agency on Aging, Inc.

*****Our Ombudsman program serves residents in nursing facilities and personal care homes in Union, Snyder, Perry, Northumberland, Columbia and Montour counties*****

AUGUST HAPPENINGS ACROSS COLUMBIA-MONTOUR COUNTIES



- August 1** Car Show - Montour DeLong Community Fairgrounds
(570) 437-2178 - montourdelongfair.com
- August 1** Susquehanna Greenway Outdoor Expo - Shikellamy State Park - Marina
(570) 478-0178 - susquehannaexpo.com
- August 1 & 2** Eagle Arms Gun Show - Bloomsburg Fairgrounds/Industrial Arts Building
(610) 393-3047 - eaglearms.com
- August 5** Music In The Garden - Jeff Jam - Folk's Butterfly Farm
(570) 394-7298 - folksbutterflyfarm.org
- August 6** Annual Cake And Ice Cream Festival - Bloomsburg Town Park
(570) 784-7123 - bloomsburgpa.org
- August 7 & 8** Farmfest 2026 - The Farm in Bloom
(570) 784-6625 - thefarminbloom.com
- August 7 & 8** Mifflinville Peach Festival - Mifflinville Carnival Grounds
- August 8** Winos and Dinos - Clyde Peeling's Reptiland
(570) 538-1869 - reptiland.com
- August 14 - 16** BBQ & Brew Music Festival - Bloomsburg Fairgrounds
facebook.com/BBQandBrewMusicFestival
- August 22** Artfest 2026 - Market Street, Bloomsburg
(570) 317-2596 - exchangearts.org
- August 30 - Sept 1** Ann Kerstetter Band - The Exchange Gallery
(570) 317-2596 - exchangearts.org