



Columbia/Montour Aging Office, Inc.
2026 May Newsletter

PAGE 2	LACY'S DESK
PAGE 3-4	SENIOR FARMERS MARKET NUTRITON PROGRAM
PAGES 5-8	SENIOR CENTER CALENDARS
PAGES 9-10	FREY'S AND LIGHTER FARE MENUS
PAGE 11	MONTOUR SENIOR CENTER
PAGE 12	DISASTER PREPAREDNESS FOR OLDER ADULTS
PAGES 13-14	FOOD BANKS, FOOD BOX PROGRAM AND FREE MEALS
PAGES 15-21	ADDITIONAL INFORMATION
PAGE 22	HELLO MAY

From Lacy's Desk--

May is Older Americans Month.

Each May, we celebrate **Older Americans Month**, a time to recognize the contributions, resilience, and strength of older adults in our communities. This year's theme, "*Champion Your Health*," is a powerful reminder that taking charge of our well-being is one of the most important—and empowering—things we can do at any age.

Championing your health doesn't mean striving for perfection. It means making intentional choices each day that support your physical, mental, and emotional well-being. Whether it's staying active, eating nourishing meals, attending regular medical appointments, or simply making time for connection with others, every small step matters.

For many older adults, maintaining health also means navigating challenges—managing chronic conditions, accessing transportation, or finding affordable care and support. That's why community resources and support systems are so important. At Columbia-Montour Aging Office, Inc., we are committed to helping older adults access the services they need to remain safe, independent, and healthy at home. We offer a variety of health and wellness programs, in-home services, and senior centers to help older adults stay healthy and active.

This month is also an opportunity to reflect on the importance of prevention and planning. Staying proactive about your health—by scheduling screenings, reviewing medications, and asking questions—can make a significant difference in overall quality of life. Equally important is caring for your mental and emotional health. Staying socially connected, engaging in meaningful activities, and asking for help when needed are all part of a well-rounded approach to wellness.

We encourage caregivers, family members, and community partners to join us in supporting older adults as they champion their health. Sometimes, the most impactful thing we can do is check in, offer a ride, share a meal, or simply listen.

At every stage of life, your health is worth prioritizing. This Older Americans Month, let's celebrate the strength of our older adults and support one another in taking steps—big or small—toward healthier, more fulfilling lives.



Until next month--Lacy

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

Senior Farmers Market Nutrition Program



Applications can be picked up at the following locations:

- ◆ **Columbia/Montour Aging Office, Inc.**
- ◆ **Bloomsburg and Berwick YMCA's**
- ◆ **Benton, Berwick, Bloomsburg, and Montour Senior Centers**
- ◆ **Montour County Courthouse**
- ◆ **Montour County Administrative Building**
- ◆ **Most Columbia/Montour Post Office's**
- ◆ **Managers of Columbia/Montour Senior Apartment Buildings**

**SFMNP checks cannot be used before June 1, 2026,
or after November 30, 2026.**


Look for the application in the Press Enterprise

BENTON SENIOR CENTER
 42 COMMUNITY DRIVE
 BENTON, PA. 17814
 925-6533 Mon—Thu 8:30– 2

May 2026

Lunch Orders:
 Meals must be ordered by 10 AM
 the day before you want to eat



Mon	Tue	Wed	Thu
4 9:00 Morning Joe 9:00 Board Meeting 10:30 Amanda BP screen 11:00 Todd Fall Prevention 11:30 Lunch 12:30 Games of Choice	5 9:00 Morning Joe 9:00 Pinochle Tournament 11:30 Lunch 12:30 Games of Choice	6 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	7 9:00 Morning Joe 10:30 Chair Yoga 11:30 Lunch 12:30 Games of Choice
11 9:00 Morning Joe 10:00 Sit and Fit 10:30 Speaker—Brookdale Center 11:30 Lunch 12:30 Games of Choice	12 9:00 Morning Joe 10:30 Chair Yoga 11:30 Lunch 12:30 Games of Choice	13 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	14 9:00 Morning Joe 10:30 Chair Yoga 11:30 Lunch 12:30 Games of Choice
18 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	19 9:00 Morning Joe 9-11 Food Bank Volunteers 10:30 Chair Yoga 11:00 Trip Update 11:30 Lunch 12:30 Games of Choice	20 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	21 9:00 Morning Joe 9:00 Pinochle/Passing Card Tournament 11:30 Lunch 12:30 Games of Choice
25 CLOSED 	26 9:00 Morning Joe 10:00 Speaker—Sen. Linda Culver 11:30 Lunch 12:30 Games of Choice	27 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	28 9:00 Morning Joe 10:30 Chair Yoga 11:30 Lunch 12:30 Games of Choice

May 2026 Berwick Senior Center



1401 Orange Street, Berwick, PA 18603
Phone: 570-204-0884 * bcenter@cmaaa15.org
Open Mon—Fri 9am—2 pm

Lunch is served daily at 11:30 AM

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

Mon	Tue	Wed	Thu	Fri
IMPORTANT DATES IN May ⇒ Mother's Day Party Friday the 8th ⇒ Big Western Party Friday the 22nd ⇒ Chair Yoga EVERY Mon & Thurs				1 SURPRISE MEAL Cards of Choice 10:45 Pokeno 12:15 Penny Bingo
4 Games of Choice 10:30 Chair Yoga Pinochle after Lunch 12:15 Penny Bingo	5 Scrabble Day RUMMIKUB HAND & FOOT 10:45 POKENO 12:15 Quarter Bingo	6 Fruit & Pastries Social time Games of Choice 10:00 Kim from Brookdale	7 Canasta, Hand & Foot Word Games 10:30 Chair Yoga Mara, Berwick Yoga Studio 12:15 Quarter Bingo	8 Mother's Day Party
11 Games of Choice 10:30 Chair Yoga Pinochle after Lunch 12:15 Penny Bingo	12 Canasta Tournament 12:15 Quarter Bingo	13 Fruit & Pastries Social time 12:15 Penny Bingo 10:30 CENTER MEETING	14 Canasta, Hand & Foot Word Games 10:30 Chair Yoga Mara, Berwick Yoga Studio 12:15 Quarter Bingo	15 HOAGIE DAY Cards of Choice 10:45 Pokeno 12:15 Penny Bingo
18 10:30 Chair Yoga 12:15 Penny Bingo Pinochle after Lunch	19 Scrabble Day Rumikub Hand & Foot 12:15 Quarter Bingo	20 Fruit & Pastries Amanda–BP 12:15 Penny Bingo 	21 Canasta, Hand & Foot Word Games 10:30 Chair Yoga Mara, Berwick Yoga Studio 12:15 Quarter Bingo	22 WESTERN PARTY
25 CLOSED 	26 Rumikub Hand & Foot 10:45 Pokeno 12:15 Quarter Bingo	27 Fruit & Pastries 10:30 Nancy Irons from Agency - Case Manager 12:15 Penny Bingo	28 Canasta, Hand & Foot Word Games 10:30 Chair Yoga Mara, Berwick Yoga Studio 12:15 Quarter Bingo	29 PIZZA DAY Cards of Choice 10:45 Pokeno 12:15 Penny Bingo





MAY



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
4 9:30 EXERCISE CLASS WITH ANDREA 10:30 SCRABBLE 1:00 TRAVEL VIDEO	5 10:00-11:00 YOGA CLASS WITH HEATHER 12:00 UNO CARD GAME	6 9:00 TABLE TALK 10:00-11:00 EXERCISE WITH PAM DOMINOS AFTER LUNCH SIGN UP FOR HOAGIE DAY	7 10:30 SPRING BINGO WITH SHAWN 12:00 "REMEMBERING MOM" 12:00-1:00 TAI-CHI CLASS WITH PAM	8 CLOSED
10 9:00 SNACKS 10:00 PUZZLES AND CARDS 1:00 VIDEO OF CHOICE	12 10:00-11:00 YOGA CLASS WITH HEATHER 10:00-11:30 BP BY MEDICINE SHOP	13 SNACKS 10:00-11:00 EXERCISE WITH PAM BRAIN QUEST PANERA DAY	14 SNACKS 11:00 CELL PHONE HELP WITH ROSS 12:00-1:00 TAI-CHI WITH PAM CHAIR OR STANDING	15 CLOSED
18 TODAYS NEWS 10:00 WORD CARD GAME 12:00 PUZZLES DOMINOS	19 TABLE TALK 10:00-11:00 YOGA CLASS WITH HEATHER 500 RUMMY	20 TABLE TALK 10:00-11:00 EXERCISE WITH PAM HOAGIE DAY MUST SIGN UP BY MAY 13	21 10:00 KIMMIE FROM BROOKDALE 12:00-1:00 TAI-CHI CLASS WITH PAM, CHAIR OR STANDING	22 CLOSED
25 CLOSED HOLIDAY	26 10:00-11:00 YOGA CLASS WITH HEATHER SHUFFLE BOARD	27 10:00-11:00 EXERCISE WITH PAM BOARD MEETING MAY BIRTHDAYS 	28 10:00 MOVIE DAY WITH SNACKS 12:00-1:00 TAI-CHI CLASS WITH PAM, CHAIR OR STANDING	29 CLOSED
			MAY BIRTHSTONE: EMERALD FLOWER: LILY OF THE VALLEY COLORS: RED & YELLOW	CLOSED

May
2026

MONTOUR SENIOR CENTER
605 W. Mahoning Street, Danville, PA 17821
570-275-1466 dcenter@cmaaa15.org

MON	TUES	WED	THURS	FRI
				1 CLOSED
4 CLOSED	5 9 Goods from Giant 10 Music with Mike 12:30 Surprise Visit	6 CLOSED	7 9 Social Hour 10 BP Checks with Amanda 10:30 Mother's Day Appreciation 12:30 Skee Ball	8 CLOSED
11 CLOSED	12 9 Goods from Giant SHADY MAPLE TRIP! CLOSED	13 CLOSED	14 9 Social Hour 10 Oakland Health & Rehab with Courtney 12:30 Game of Choice	15 CLOSED
18 CLOSED	19 9 Goods from Giant 10 Music with Mike 12:30 Pastor Bill 1:30 Skip Bo	20 CLOSED	21 9 Social Hour 10 Table Talk with Kathy 12:30 The Price is Right Game	22 CLOSED WESTERN PARTY AT THE BERWICK SENIOR CENTER 
25 CLOSED  MEMORIAL DAY	26 9 Goods from Giant 10 Care Management Services with Nancy 11 Lunch Outing	27 CLOSED	28 9 Social Hour 10 Disaster Preparedness with Deb 12:30 Bingo	29 CLOSED

FREY'S MENU



<p>May 4</p> <p>Fresh Pork Sausage Link with Peppers and Onions Sandwich Roll Molasses Baked Beans Peas and Carrots Peaches</p>	<p>May 5</p> <p>Chicken Ala King Buttered Noodles Lemon Pepper Vegetables Apple Sauce Dinner Roll</p>	<p>May 6</p> <p>Chili Con Carne White Rice Four Seasons Vegetables Fresh Banana</p>	<p>May 7</p> <p>Chicken with Gravy and Stuffing Mashed Potatoes Vegetable Bean Blend Mandarin Oranges Whole Grain Bread</p>	<p>May 8</p> <p>Roasted Pork with Apples Warm Biscuit with Apple Butter Mashed Potatoes Fresh Clementine</p>
<p>May 11</p> <p>Cheeseburger Hamburger Bun Shaved Brussels German Potato Salad Gelatin with Fruit</p>	<p>May 12</p> <p>Country Fried Chicken with White Pepper Gravy Mashed Potatoes Buttered Corn Creamy Cole Slaw Whole Grain Bread</p>	<p>May 13</p> <p>Spaghetti and Meatballs with Marinara Italian Vegetable Blend Peaches</p>	<p>May 14</p> <p>Honey Mustard Chicken Honey Ginger Carrots Buttered Orzo Broccoli Salad</p>	<p>May 15</p> <p>Italian Pork Loin Creamy Pesto Rotini Rivera Vegetable Blend Tropical Fruit Salad Whole Grain Bread</p>
<p>May 18</p> <p>Roasted Pork with Sauerkraut Mashed Potatoes Carrot Raisin Salad Dinner Roll</p>	<p>May 19</p> <p>Baked Ziti Casserole with Ground Sausage Green Beans Garlic Cauliflower Pears</p>	<p>May 20</p> <p>BBQ Pork Rib Sandwich Roll Carrots & Cauliflower Molasses Baked Beans Fresh Clementine</p>	<p>May 21</p> <p>Chicken Pot Pie with Bow Tie Gravy Biscuit Mixed Vegetables Mandarin Oranges</p>	<p>May 22</p> <p>Meatloaf with Gravy Macaroni and Cheese Island Vegetable Blend Fresh Banana</p>
<p>May 25</p> <p>MEMORIAL DAY MEMORIAL DAY MEMORIAL DAY MEMORIAL DAY MEMORIAL DAY</p>	<p>May 26</p> <p>Cheddar Cheese Omelet Diced Peaches Red Beets Fresh Orange Whole Grain Bread</p>	<p>May 27</p> <p>Chicken Marsala Mashed Potatoes Spinach Casserole Fresh Banana Whole Grain Bread</p>	<p>May 28</p> <p>Parmesan Breaded Fish Au Gratin Potatoes Dilled Carrot Coins Gelatin with Fruit Whole Grain Bread</p>	<p>May 29</p> <p>Hamburger Barbeque Sandwich Roll Garlic Broccoli Creamed Corn Chocolate Pudding</p>



LIGHTER FARE MENU

May 4

Turkey with Provolone
and Lettuce Leaf
Whole Grain Bread
Cinnamon Apples
Broccoli Salad
Sugar Cookie

May 5

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

May 6

Italian Hoagie
with Ham, Salami, Provolone
Hoagie Roll
Pepper Slaw
Fresh Cantaloupe

May 7

Pimento Spread
Whole Grain Crackers
Tomato and Cucumber Salad
Fresh Clementine

May 8

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

May 11

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

May 12

Turkey with Provolone
with Lettuce Leaf
Whole Grain Wrap
Broccoli Salad
Fresh Watermelon
Chocolate Chip Cookie

May 13

Chicken Salad
Fresh Romaine Salad
with French Dressing
Italian Tomato Salad
Dinner Roll

May 14

Chicken Fajita Salad
with Romaine Lettuce
and Ranch Dressing
Fresh Cantaloupe
Corn and Black Bean Salad
Tortilla Chips

May 15

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

May 18

Ham Salad
Croissant
Italian Tomato Salad
Sliced Apples
Baked Custard

May 19

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

May 20

Italian Hoagie
with Ham, Salami, Provolone
Hoagie Roll
Fresh Watermelon
Creamy Cole Slaw

May 21

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

May 22

Turkey with Swiss
with Lettuce Leaf
Sandwich Wrap
Tomato and Cucumber Salad
Fresh Cantaloupe
Fresh Banana

May 25

MEMORIAL DAY
MEMORIAL DAY
MEMORIAL DAY
MEMORIAL DAY
MEMORIAL DAY

May 26

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

May 27

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

May 28

Turkey with Provolone
with Lettuce Leaf
Sandwich Wrap
Fresh Watermelon
Broccoli Salad
Fresh Apple

May 29

Chicken Salad
Croissant
Pepper Slaw
Sliced Apples
Fresh Banana



Montour Senior Center



Members of the Montour Senior Center gathered for their monthly luncheon at Good Wil's, where good food and great company made for a wonderful afternoon. Our server provided great service - staying on top of our orders and making sure our glasses were always full. Her friendly and attentive service added to the outing making the afternoon more enjoyable for all who attended.



Disaster Preparedness for Older Adults

Evaluate and plan

Learn about what kinds of disasters are most likely to affect you and your family based on where you live. Communities near water may be more likely to experience floods. Those who live close to a forest may be more likely to experience wildfires.

Next, develop a plan that includes possible evacuation routes and locations of shelters. State, county, and local governments will often set up emergency shelters or evacuation centers for people affected by disasters.

Discuss your plan and needs with friends, family, caregivers, and neighbors. Include backup communication measures for how to keep in touch and have a plan in the likely event of power outages. Be sure to keep cell phones and similar electronics charged regularly.

Another part of planning is protecting important documents and records. These include:

- Identification, Social Security cards, passports, birth certificates
- Health and dental insurance
- Medical records
- Property insurance policies
- Family or other emergency contact information

10 Emergency Kit Essentials

Older adults can be especially vulnerable during severe weather and natural disasters. Stock your emergency kit with these 10 essentials.

- Water and non-perishable food
- Flashlight and extra batteries
- First aid kit
- Sanitation and hygiene supplies
- Sleeping bags and warm blankets
- Communication devices
- Change of clothes and shoes
- Eyeglasses and hearing aids
- Medications and equipment
- Health information and documents
- Have a plan and supplies for your furry friends, too.



Consider your medical needs

Assemble supplies, consider special needs related to medical conditions or disabilities.

Plan for an evacuation

- Anticipate road closures, traffic jams, and public transportation delays.
- Know how to access local emergency shelters.
- If you no longer drive, arrange in advance for a friend, neighbor, or family member to pick you up.
- Communicate with neighbors, friends, and family on your plans and check in once you are safe.

Food Banks

<p>American Legion--Bloomsburg 110 Juniper St Bloomsburg PA 17815 570-683-5449—Gail Participants must reside in Columbia County. All participants must call to pre-register.</p>	<p>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</p>
<p>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</p>	<p>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</p>
<p>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</p>	<p>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</p>
<p>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</p>	<p>Fresh Express, Agape 851 Railroad St, Bloomsburg 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</p>
<p>Bloomsburg Food Pantry, Agape 851 Railroad St, Bloomsburg 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 Bloomsburg, proof of residency (current bill), provide ID, complete an initial application that day</p>	<p>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</p>
<p>Bloom Food Cupboard, St. Columba Church Old Winona Fire Hall 329 Center St, Bloomsburg 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 Bloomsburg, 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.bloomsburgfoodcupboard.org</p>	<p>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.</p>
<p>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</p>	<p>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</p>

Food Box Program

<p>Commodity Supplemental Food Program (CSFP) 3301 Wahoo Dr Williamsport PA 17701 570-321-8023 www.centralpafoodbank.org</p> <ul style="list-style-type: none"> -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. 	<p>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.</p> <p>Local locations are: Benton: 4NC's Berwick: Salvation Army Bloomsburg: Agape Danville: Riverside Food Bank</p>
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Free Meals

<p>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</p>	<p>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</p>
<p>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</p>	<p>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</p>
<p>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</p>	<p>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</p>



Lisa's Place MEMORY CAFÉ

1ST & 3RD THURSDAYS* OF THE MONTH

11:00 AM - 12:30 PM AT THE BLOOMSBURG PUBLIC LIBRARY



UPCOMING DATES:

Jan 15*	Apr 2 & 16
Feb 5 & 19	May 7 & 21
Mar 5 & 19	Jun 4 & 18

Join us for a welcoming social gathering designed for individuals living with memory loss and their care partners. Enjoy delicious baked goods, a warm cup of coffee or tea, and meaningful time spent together making new friends and trying out new activities. Relax and spend time with people who have experience interacting with people living with memory challenges.

Each month offers something new such as engaging activities, creative art projects, and the chance to connect with others who truly understand. Whether you come to participate or simply to relax and enjoy the company, you'll always be among friends and, above all, become part of a community!

*Special date because of the New Year Holiday.

In general, we meet on the first and third Thursdays of each month from 11:00 AM-12:30 PM.

There is no cost to participate in this program.

Space is limited.

Registration is required.

To inquire and/or to register, please call the library at 570-784-0883.



Visit blaka.shircut.org/memory-connections for more programs and info!

PURPLE PLATE MEALS

Join Fellow Dementia Care Partners & Their Loved Ones For A Special Meal Out

Enjoy a pay-your-own-way meal featuring a limited menu in a warm, welcoming, and supportive environment.



REGISTRATION BY THE MONDAY BEFORE IS REQUIRED!

Registration or questions: Call or text 570-979-1199 or email info@brighterpathwaysspeech.com

MONTHLY DINNERS:

3RD WEDNESDAY
4:00 - 5:30 PM

JANUARY 21	APRIL 15
FEBRUARY 18	MAY 20
MARCH 18	JUNE 17

MONTHLY LUNCHEONS:

1ST SATURDAY
12:30 - 2:00 PM

JANUARY 24*	APRIL 4
FEBRUARY 7	MAY 2
MARCH 7	JUNE 6

*special date

WHERE:

TURKEY HILL BREWING CO., 991 CENTRAL RD., BLOOMSBURG



Dementia & Memory Loss Support Group

Engaging activities for loved ones and support and connection for care partners!

2nd Tuesday of the Month
10:00 - 11:30 am

Join Us!

SHILOH BIBLE CHURCH
in Youth Activity Center
123 Church St.
Bloomsburg, PA 17815



UPCOMING DATES:

Jan 13	Apr 14
Feb 10	May 12
Mar 10	Jun 9

CARE PARTNERS: If you plan to bring a person living with dementia, please **REGISTER IN ADVANCE** so we can create functional and engaging activities with support from community members.

Questions & Registration:

Call/Text Hazley at 570-979-1199
info@brighterpathwaysspeech.com





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 their community.

ONE THURSDAY EACH MONTH 6-7PM

JANUARY 22

FEBRUARY 26

MARCH 26

APRIL 23

MAY 28

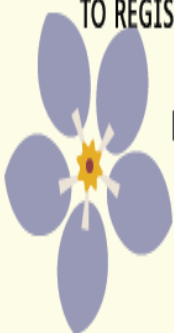
JUNE 25

TO REGISTER, CONTACT ELAINE SPICHER AT (570) 784-5211

HOSTED BY:

KREISHER MARSHALL & ASSOCIATES, LLC

401 S. MARKET STREET
BLOOMSBURG, PA 17815



CRAFTING AT THE EXCHANGE

EVERY 2ND WEDNESDAY OF THE MONTH

1:30PM - 2:30PM

JANUARY 14

FEBRUARY 11

MARCH 11

APRIL 8

MAY 13

JUNE 10

JOIN US FOR A RELAXING AFTERNOON OF CREATING ART AND
MAKING FRIENDS

LOCATION: THE EXCHANGE, 24 EAST MAIN STREET,
BLOOMSBURG, PA 17815

**DESIGNATED DROP OFF & PICK UP PARKING
SPOT DIRECTLY IN FRONT OF THE
EXCHANGE.**

STAFF ASSISTANCE AVAILABLE.

RSVP TO ELAINE @ 570-784-5211 OR
EMAIL AT ELAINES@KMAELDERLAW.COM

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 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

March 18th

April 15th

May 20th

June 17th

July 15th

Anticipatory Grief Support

Facing the impending loss of a loved one

Second Saturdays

10:00 AM – 11:30 AM

**MEMORY
CONNECTIONS**

Emily Kahn, MSW, hosts a monthly support group that is specially designed for care partners of loved ones who are experiencing terminal illness, including dementia. The anticipation of losing someone close, the “long goodbye” as it is commonly referred to, can be isolating and confusing. This group allows for the opportunity to share in the company of others who are moving through a similar life experience in a supportive, judgement-free environment.



No registration necessary. For more information, please call the Library at 570-784-0883.



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

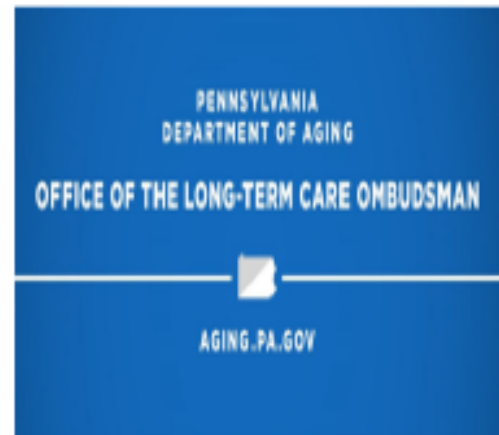


Union-Snyder Agency on Aging, Inc.

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*****

Berwick Hospital Center's 3rd Annual:


MENTAL HEALTH AWARENESS FAIR 2026




MAY 12
1:00-4:30 PM

701 E 16TH STREET
BERWICK, PA

For more information:

 (570) 759-5556

 alexa.wall@berwickhospitalcenter.com



BERWICK
HOSPITAL CENTER



Glen Brook

Rehabilitation
& Healthcare
Center

FRAUD PREVENTION

Friday, May 22nd



Protect yourself and
your loved ones.

Featuring Pennsylvania
State Trooper Evans with
expert tips on identifying
and avoiding modern
scams.

Open to Family, Residents, and Community Members

10:30 am

Building 1 Lobby - 801 E 16th St, Berwick, PA 18603

RSVP to Maria Fazio 570-204-8308 (call/text) mfazio@glenbrookrhc.com



- ◆ **May 1** is May Day. The return of Spring by bringing branches of forsythia, lilacs, or other flowering shrubs. It's also "Lei Day" in Hawaii.
- ◆ **May 5** is Cinco De Mayo. This celebrates the victory of the Mexican Army over the French Army at the battle of Puebla in 1862.
- ◆ **May 10** is Mother's Day-don't forget!
- ◆ **May 16** is Armed Forces Day, which honors those who serve in all branches of the United States Military.
- ◆ **May 18** is Victoria Day in Canada. This holiday celebrates the birthday of Queen Victoria, who was born on May 24, 1819. Observed on the Penultimate Monday in May.
- ◆ **May 22** is National Maritime Day. Created in commemoration of the first trans-ocean voyage via steamboat (completed by the U.S.S. Savannah in 1819), this holiday recognizes the efforts of the U.S. Merchant Marine during both war and peace.
- ◆ **May 25** is Memorial Day-a poignant reminder of the tenacity of life. It's tradition to raise the flag on this day.



Lily-of-the-Valley

Also known as Our Lady's Tears, May lily, and May bells, Lily-of-the-valley (*Convallaria majalis*) is not actually a lily but rather a member of the asparagus family, Asparagaceae. Native to Eurasia, it has become naturalized in North America, having been planted in home gardens for its simple foliage and lovely flowers.

The emerald has been linked to producing a calming effect and loving energy. Ancient civilizations considered it a symbol of fertility and immortality.

