

A decorative graphic on the left side of the page featuring a jack-o'-lantern, a black cat, bats, and autumn leaves and flowers.

Columbia-Montour Aging Office, Inc. October Newsletter 2026

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Christine's Corner – Celebrating Our Employees



The Columbia-Montour Aging Office will be celebrating our employees on October 9th! On this Employee Appreciation Day, we want to take the time to recognize and thank our staff for the hard work and dedication they demonstrate every day in helping older adults throughout Columbia and Montour counties.

Our employees work tirelessly to identify, coordinate, and organize services that help older adults remain safe, independent, and connected to their communities. They face many challenges, including decreased funding, a shortage of care providers, growing caseloads, and the demands of managing multiple responsibilities. Despite these challenges, our staff continue to rise to the occasion and successfully maintain the Agency's compliance with the regulations and policies established by the Pennsylvania Department of Aging.

This success is truly a **team effort**. From our highest-ranking employees to our support staff, every person plays an important role in helping the Agency fulfill its mission. Each employee brings unique skills, dedication, and commitment to the work we do, and together, we are able to make a difference in the lives of the older adults we serve.

In addition to their regular job responsibilities, our employees are also asked to volunteer their personal time to support the Agency's fundraising efforts. One of our biggest events is our annual BINGO fundraiser, which is certainly no small undertaking! Year after year, our staff step up to the challenge, giving their time and energy to help make the event a success.

Because of their dedication and willingness to go above and beyond, the Agency is able to provide additional services and assistance to older adults that we would not otherwise be able to offer.

To all of our employees: Thank you for everything you do! Your hard work, compassion, teamwork, and commitment to the older adults in our community do not go unnoticed. We appreciate you—not just on Employee Appreciation Day, but every day!

82

67

52

Columbia Montour Aging Office Inc.'s
Fundraiser

31

BINGO

\$25 per Ticket

20 Games/20-\$100. Gift Cards/Cash

Sunday, November 15, 2026

Doors open at 12pm/ Bingo starts at 2pm

Espy Fire Hall
300 Tenny Street
Bloomsburg, PA 17815

Bring a non-perishable item for a chance to
win \$100

Plus

4 special games

50/50's

Rip Offs

Basket Raffle

Food and Drinks

For more info call

570-784-9272

5

3

9

1

11



You and your Care Receiver are invited to attend



IT TAKES A VILLAGE
Caring for the Caregiver



Celebrating National Caregiver Month

Come spend some time networking with other caregivers and learning about valuable local resources. Lunch will be provided.

"Empowering Caregivers Through Self-Care"

WEDNESDAY NOV. 4TH

9 a.m. – 1 p.m.

9am to 10am-Registration and Resource Fair

10am to 12noon - Program: Self Care for the Caregiver:

Caregiver Burnout, Guided Meditation and First Aid for the Caregiver

12noon to 1pm - Lunch with Interactive Expert Panel discussion and Networking

**** Choose to attend all or part of the event****

**St Luke's Lutheran Church
Bloomsburg, PA**

Space is Limited. Registration is Required.

RSVP by October 26th

Nancy Irons at (570) 784-9272



Sponsored by:

COLUMBIA-MONTOUR
Aging Office, Inc.
The Agency with Heart!



What We Offer, How We Help: Senior Centers- Staying Active and Connected

The Aging Office oversees four senior centers located in Danville, Benton, Bloomsburg, and Berwick. These centers provide welcoming gathering places for active older adults to connect with others, explore new interests, and enjoy a variety of activities.

Programs and activities may include health and nutrition education, crafts, games, day trips, parties, and guest speakers covering a wide range of topics. A daily congregate meal is also provided, offering members an opportunity to enjoy a nutritious meal while visiting with friends.

Senior center members stay busy not only with activities and social events, but also through fundraising efforts and community give-back projects. These opportunities allow older adults to share their time and talents while making a positive difference in their communities.

Whether enjoying a meal, learning something new, making a craft, or simply spending time with friends, the senior centers offer older adults a place to stay active, engaged, and connected.



Benton Senior Center
42 Community Drive
Benton, PA 17814
(570) 925-6533

Bloomsburg Senior Center
229 W. 6th Street
Bloomsburg, PA 17815
(570) 784-8615

Berwick Senior Center
1401 Orange Street
Berwick, PA 18603
(570) 204-0884

Montour Senior Center
605 W. Mahoning Street
Danville, PA 17821
(570) 275-1466

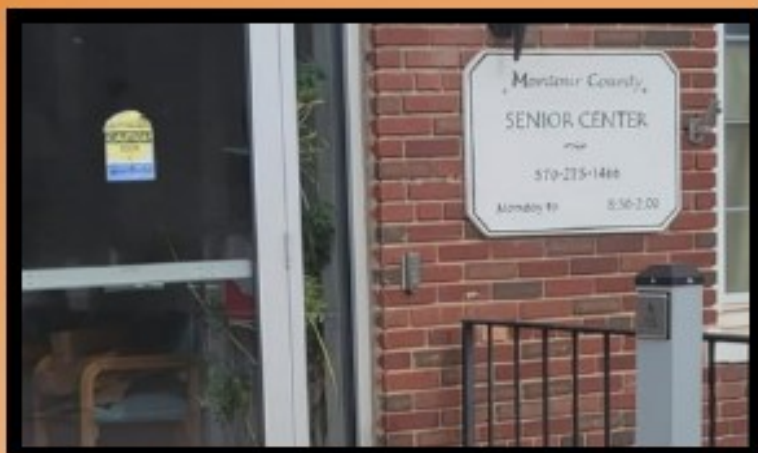


Heeter's Drive-In Restaurant

**October 2026
Community Give Back Day!**

Wednesday, October 14, 2026

10% OF ALL SALES WILL BE DONATED TO...



MONTOUR SENIOR CENTER

**THE MONTOUR SENIOR CENTER
PROVIDES OUR LOCAL SENIORS CAN
GATHER FOR FRIENDSHIP,
ACTIVITIES, MEALS, AND
MEANINGFUL CONNECTION THAT
KEEP THEM ACTIVE, SUPPORTED,
AND ENGAGED IN OUR COMMUNITY.**

36 Elysburg Road, Danville, PA

570-275-5900

www.heetersdriveinonline.com



The start of a new season brings with it changing leaves, shorter days and falling temperatures. Wet leaves, fog, frost, sun glare and increased deer activity all create fall driving hazards.

Wet leaves are not only slippery, but they can obscure traffic lines and pavement markings. Frost can also make the roadway and bridges slippery, and when the temperature drops, watch for icy spots.

In the fall, the sunrise and sunset often coincide with the morning and afternoon commutes with can cause sun glare.

Follow these safe driving tips:

- Increase your following distance, especially during inclement weather.
- Inspect your tires for sufficient tread.
- Check that your headlights and taillights are working properly.
- Make sure your wiper blades are in good condition.
- Slow down and use caution particularly where deer crossing signs are posted.
- Keep sunglasses in your car in case of sun glare, and keep your visors clear of clutter.
- Always wear your seatbelt and make sure any children riding in your vehicle are properly secured.
- Never drive impaired.

When there is rain or fog, remember: **Wipers On, Headlights On**, it's the law.

BENTON SENIOR CENTER
42 COMMUNITY DRIVE
BENTON, PA. 17814
570-925-6533 Mon -Thu 9-2

October 2026

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

Mon	Tue	Wed	Thu
			1 9:00 Morning Joe 11:30 Lunch 12:30 Games of Choice
5 Board Meeting 9:00 Board & Members Meeting 10:00 Sit and Fit 10:30 Patti Stout American Sign Language Class 11:30 Lunch 12:30 Games of Choice	6 Pinochle 9:00 Morning Joe 9:00 Pinochle Tournament 11:30 Lunch 12:30 Games of Choice	7 Panera Day 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	8 9:00 Morning Joe 10:45 Speaker: Richard Klingerman Elder Law & Estate 11:30 Lunch 12:30 Games of Choice
12 CENTER CLOSED	13 9:00 Morning Joe 11:30 Lunch 12:30 Games of Choice	14 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	15 CHEESE SMOKING AT THE CREEK (weather permitting) (Center Closed)
19 9:00 Morning Joe 10:00 Sit and Fit 10:30 Speaker: Trooper Petroski-Safe Driving 11:30 Lunch 12:30 Games of Choice	20 Food Bank (N4Cs) 9:00 Morning Joe 9-11 Food Bank Volunteers 11:30 Lunch 12:30 Games of Choice	21 Panera Day 9:00 Morning Joe 10:00 Sit and Fit 10:30 Speaker: Shelly Strable-Central Susquehanna Sight Services 11:30 Lunch 12:00 Games of Choice	22 BUS TRIP TO HUNTERDON HILLS DINNER THEATER (Center Closed)
26 9:00 Morning Joe 10:00 Sit and Fit 10:30 Amanda and Todd-Encompass (BP screening) 11:30 Lunch	27 Pinochle 9:00 Morning Joe 9:00 Pinochle Tournament 11:30 Lunch 12:30 Games of Choice	28 Panera Day 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	29 9:00 Morning Joe 11:30 SPECIAL LUNCHEON BY LIN 12:30 Games of Choice

October 2026 Berwick Senior Center



1401 Orange St., Berwick PA 18603
Phone: 570-204-0884 * bcenter@cmaaa15.org
Open Mon - Fri 9:00 AM - 2:00 PM

Lunch is served daily at 11:30 AM

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

Mon	Tue	Wed	Thu	Fri
Important Dates in October ⇒ Closed for Bloomsburg Fair the 1st and 2nd ⇒ Jim Thorpe train ride the 6th ⇒ Halloween Party the 30th			1 Closed	2 Closed
5 Games of Choice Pinochle after Lunch 12:15 Penny Bingo	6 CLOSED Jim Thorpe Train Ride	7 Fruit & Pastries Social time Games of Choice 10:00 Active Shooter Training with Trooper Anthony Petroski	8 Canasta, Hand & Foot Word Games <u>10:30 Chair Yoga</u> Mara, Berwick Yoga Studio 12:15 Quarter Bingo	9 Pizza Day Cards of Choice <u>10:45 Pokeno</u> 12:15 Penny Bingo
12 CLOSED	13 Rumikub Hand & Foot SCRABBLE DAY 12:15 Quarter Bingo	14 Fruit & Pastries Social Time Games of Choice 10:00 CENTER MEETING 12:15 Penny Bingo	15 CANASTA TOURNAMENT <u>10:30 Chair Yoga</u> Mara, Berwick Yoga Studio 12:15 Quarter Bingo	16 Sliders and Soup Cards of Choice <u>10:45 Pokeno</u> 12:15 Penny Bingo
19 Games of Choice 12:15 Penny Bingo Pinochle after Lunch	20 Rumikub Hand & Foot 10:45 Pokeno 12:15 Quarter Bingo	21 Fruit & Pastries Amanda – BP 10:30 Nichole from Keystone Care 12:15 Penny Bingo	22 Canasta, Hand & Foot Word Games <u>10:30 Chair Yoga</u> Mara, Berwick Yoga Studio 12:15 Quarter Bingo	23 HOAGIE DAY GAMES OF CHOICE <u>10:45 POKENO</u> 12:15 Penny Bingo
26 Games of Choice 12:15 Penny Bingo Pinochle after Lunch	27 Rumikub Hand & Foot SCRABBLE DAY 12:15 Quarter Bingo	28 Fruit & Pastries Social Time Games of Choice 	29 Canasta, Hand & Foot Word Games <u>10:30 Chair Yoga</u> Mara, Berwick Yoga Studio 12:15 Quarter Bingo	30 Halloween Party!

OCTOBER 2026



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

229 West 6th St, Bloomsburg (570) 784-8615

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

MON	Tue	Wed	Thu	Fri
October is Fall Festival Month	Birthstone for October: Opal or Pink Tourmaline; which means hope and Creativity		1 SNACKS 10:00 BINGO 11:30 PIZZA PARTY 12:00-1:00 TAI-CHI WITH PAM	CLOSED
5 SNACKS 10:00 CRAFT CLASS WITH DARLENE DOMINOS	6 NO YOGA CLASS 10:00-11:30 BP BY MEDICINE SHOP RUMMYKUB	7 TABLE TALK 10:00-11:00 EXERCISE WITH PAM BRAIN QUEST	8 SNACKS 10:00 MARIA FROM GLENBROOK 12:00-1:00 TAI-CHI WITH PAM CHAIR OR STANDING	CLOSED
12 CLOSED 	13 10:00-11:00 YOGA CLASS WITH HEATHER GAMES & PUZZLES	14 SNACKS 10:00-11:00 EXERCISE WITH PAM PANERA BREAD DAY RUMMYKUB	15 10:00 JASMYN ELDER CARE 10:30 BINGO WITH SHAWN FROM VISITING ANGELS 12:00-1:00 TAI-CHI CLASS	CLOSED
19 TODAYS NEWS 10:00 BAKING BROWNIES 11:00 SPECIAL MUSIC GAMES & PUZZLES	20 10:00-11:00 YOGA 10:30 BRITTANY, ENCOMPASS LAST DAY TO ORDER HOAGIES	21 10:00-11:00 EXERCISE WITH PAM 11:30 OCTOBERFEST COVERED DISH	22 SNACKS RUMMYKUB 12:00-1:00 TAI-CHI CLASS WITH PAM, CHAIR OR STANDING	CLOSED
26 SNACKS 9:30-10:30 EXERCISE WITH ANDREA	27 10:00-11:00 YOGA CLASS WITH HEATHER HOAGIE PICK UP AFTER 10:30	28 10:00-11:00 EXERCISE WITH PAM BOARD MEETING OCTOBER BIRTHDAYS 	29 SNACKS BINGO 12:00-1:00 TAI-CHI CLASS WITH PAM	CLOSED



MONTOUR SENIOR CENTER

605 W. Mahoning Street, Danville, PA 17821

570-275-1466 dcenter@cmaaa15.org

Lunch served at 11:30

2026



Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED		CLOSED	1 Morning Mix & Munchies 10:30 BP Checks with Amanda 12:30 Game of Choice	2 CLOSED
5 CLOSED	6 Goods from Giant 10:30 Music with Mike 12:30 Fraud BINGO with George - PA Dept of Banking Center Picnic - Washies Playground	7 CLOSED	8 Gather-Graze-Gab 10:00 Oakland Health & Rehab with Courtney 12:30 PPL WRAP Program with Nicole	9 CLOSED
12 CLOSED 	13 Goods from Giant 10:30 Monthly Center Meeting 12:30 Game of Choice	14 CLOSED Community Give Back Day: Show your Support and visit Heeter's today! 	15 Coffee-Conversation & Light Bites 10:00 Talk Circle with Kathy & Carol 12:30 Mindful Movements with Maggie	16 CLOSED
19 CLOSED	20 Goods from Giant 10:00 Music with Mike 12:30 Pastor Bill	21 CLOSED	22 Sip-Snack-Socialize 10:30 BINGO 12:30 Mindful Movements with Maggie	23 CLOSED
26 CLOSED	27 Goods from Giant 10:30 Exercise 12:30 Halloween Craft	28 CLOSED	29 Java-Jumbles-Juggling 10:30 Halloween Experiences 12:30 Game of Choice *Bring in favorite Candy-Donation for Kids*	30 CLOSED 

FREY'S MENU

October 5

Chicken Pot Pie
with Bow Tie Gravy
Biscuit
Mixed Vegetables
Fresh Orange

October 6

Meatloaf with Gravy
Macaroni and Cheese
Italian Vegetable Blend
Fresh Banana

October 7

Roasted Pork
with Sauerkraut
Mashed Potatoes
Apple Sauce
Dinner Roll

October 8

Jumbo Texas Hot Dog
Hot Dog Roll
Molasses Baked Beans
Carrot Coins
Fresh Clementine

October 12

Tuna Noodle Casserole
Glazed Carrots
Peas and Cauliflower
Pepper Slaw

October 13

Hamburger Barbeque
Sandwich Roll
Garlic Broccoli
Creamed Corn
Chocolate Pudding

October 14

Chicken Parmesan
Spaghetti with Sauce
Cauliflower
Romaine with Italian Dressing

October 15

Cheeseburger Casserole
Green and Wax Beans
Buttered Corn
Gelatin with Fruit



October 19

BarBeQue Chicken
Sandwich Roll
Molasses Baked Beans
Broccoli and Carrots
Creamy Cole Slaw

October 20

Goulash
Green and Wax Beans
Honey Glazed Carrots Coins
Fresh Banana

October 21

Roasted Pork with Gravy
over Stuffing
Mashed Potatoes
Catalina Vegetable Blend
Carrot Raisin Salad

October 22

Chicken Noodle Casserole
Carrots and Cauliflower
Creamed Corn
Baked Custard

October 26

Sweet and Sour Pork
Buttered Noodles
Island Vegetable Blend
Three Bean Salad

October 27

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

October 28

Baked Pizza Casserole
Garlic Broccoli
Carrot Coins
Fresh Banana

October 29

Alpine Hamburger
with Hamburger Roll
German Potato Salad
Yellow Wax Beans
Fresh Grapes

LIGHTER FARE MENU

October 5

Beef Barley Soup
Tuna Salad
with lettuce leaf
Croissant
Carrot Raisin Salad
Mandarin Oranges

October 6

Chicken Cobb Salad
with Blue Cheese Dressing
Pasta Salad
Carrot Raisin Salad
Fresh Pear

October 7

Waldorf Chicken Salad
Croissant
Pickled Beet Salad
Cinnamon Apples
Fresh Banana

October 8

Turkey with Swiss
with lettuce leaf
Whole Grain Wrap
Tropical Fruit Salad
Pickled Beet Salad
Sugar Cookie

October 12

Seafood Salad
Croissant
Carrot Raisin Salad
Mandarin Oranges
Vanilla Ice Cream

October 13

Italian Hoagie
with lettuce and tomato
Hoagie Roll
Pepper Slaw
Cinnamon Apples

October 14

Beef Vegetable Soup
Turkey with Swiss
with lettuce leaf
Whole Grain Wrap
Three Bean Salad
Mandarin Oranges

October 15

Ham Salad
with lettuce leaf
Croissant
Carrot Raisin Salad
Tropical Fruit Salad
Sugar Cookie



October 19

Turkey with Provolone
with lettuce leaf
Cottage Cheese with AB
Pepper Slaw
Whole Grain Bread
Fresh Orange

October 20

Chicken Craisin Salad
Croissant
Fresh Romaine
with Italian Dressing
Chocolate Pudding
Fresh Clementine

October 21

Ham, Turkey, Swiss
with lettuce leaf
Whole Grain Bread
Peaches
Broccoli Salad
Fresh Banana

October 22

Ham and Bean Soup
Chef Salad and Ranch
with Ham, Turkey, Cheese
Macaroni Salad
Fruit Cocktail
Fresh Orange

October 26

Ham Salad
Whole Grain Bread
Carrot Raisin Salad
Banana Pudding
Fresh Orange

October 27

Italian Hoagie
with lettuce and tomato
Hoagie Roll
Creamy Cole Slaw
Mandarin Oranges

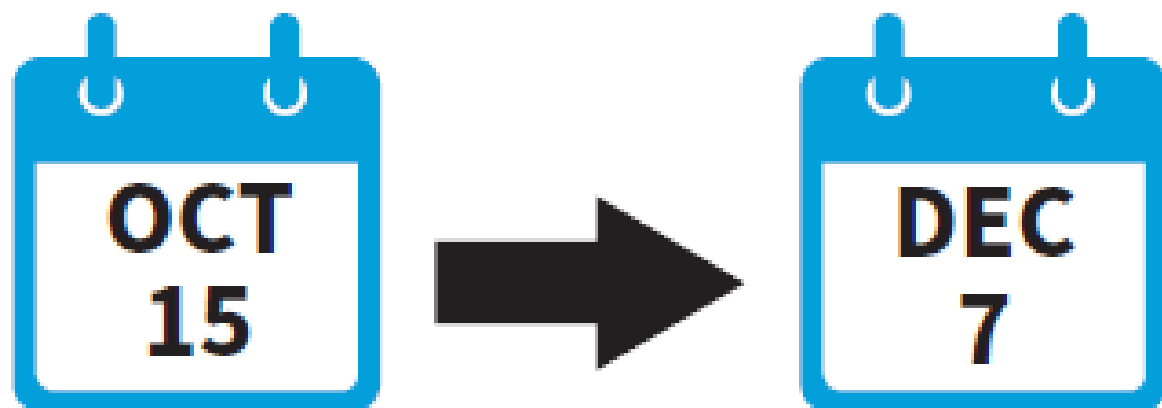
October 28

Turkey with Provolone
with lettuce leaf
Cottage Cheese with AB
Pepper Slaw
Whole Grain Bread
Fresh Orange

October 29

Beef Vegetable Soup
Tuna Salad
with lettuce leaf
Whole Grain Wrap
Three Bean Salad
Mandarin Oranges

Medicare Open Enrollment



Be informed

Review your coverage. Compare your options.
Choose or change your Medicare health and
prescription drug plans for the coming year.

Help is available!

Medicare.gov

1-800-MEDICARE

(1-800-633-4227) TTY: 1-877-486-2048





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

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**

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

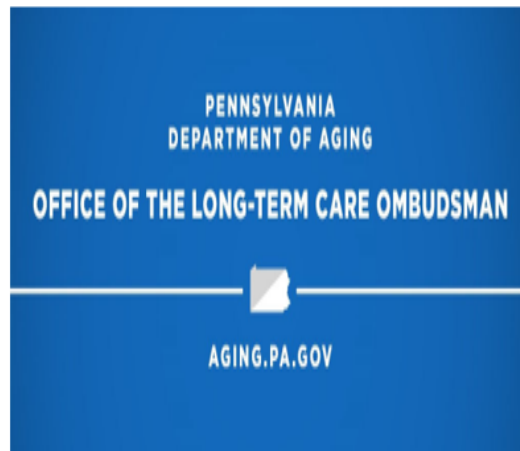


Union-Snyder Agency on Aging, Inc.

*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*****