

February 1, 2018



SETON CENTER

CENTER for INTERGENERATIONAL PROGRAMMING

1900 Pioneer Avenue
Pittsburgh, Pa. 15226

NEWSLETTER

SENIOR Events in February – must be 60 years of age or older

Bingo Mondays in February (and every Monday following) from 10:00 AM – 2:00 PM
We will play 16 games of bingo. Winner of each game will receive \$5.00, and there will be one \$25.00 jackpot.
lunch will be provided.
Cost: \$5.00 per person

Mardi Gras Bingo: Monday, February 12, 2018, 8:00 a.m.-2:00 p.m. (Reservations needed, call 412-344-4777)
Join us for a day of fun and food! We will have bingo (1- \$200.00, 2 - \$75.00 Jackpots, 2-\$50.00 Jackpots) baskets and share the wealth.
All you can eat breakfast including pancakes, sausage, coffee, tea and juice, plus a lunch will be served!
Cost: \$10.00 per person

CCAC Arts & Crafts Classes at Seton Center
Tuesday, March 13, 20, and 27, 2018
10:30 a.m. to 12:30 p.m.
Please call to register 412-344-4777

CCAC Recreational Games Classes at Seton Center
Learn to play Mahjong
Thursday, April 5, 12, 19, 26, 2018
1:00 a.m. to 3:00 p.m.
Please call to register 412-344-4777

National Aviary We are thinking of planning a trip to the National Aviary in Pittsburgh late March or early part of April.
The cost of \$20.00 (group of 15 required) will include admission to the Aviary, transportation and a pizza lunch at Seton Center. If you are interested
Please contact Seton Center at 412-344-4777

CCAC Healthy Cooking Classes at Seton Center
Monday, April 2, 9, and 16, 2018
1:00 p.m. to 3:00 p.m.
Please contact Seton Center at 412-344-4777

ADULT DAY SERVICE Events in February

COMMUNITY
HEALTH
CHOICES Started January 1, 2018
For more information please call
Seton Center: 412-344-4777

NOTES FROM
NURSE "JJ" I will be creating a care plan individualized for each client. These care plans are reviewed with staff and families to ensure the best possible care for each client.

It is a state requirement that all clients must have a physical done every year and a TB test every 2 years. When you receive a form from my office please give it your utmost attention. Thank you for your cooperation.

CRAFT Adult Day Service and Senior Center craft will be a Valentine Heart

INTERGENERATIONAL ACTIVITY BINGO!



VALENTINE CRAFT



WINTER BLUES BINGO





Sharing Life's Stories

How many times when we were young did we hear our parents use the phrase, "You have to share"? Then the things we shared were usually objects such as a toy or a special treat. As we grew older what we needed to share became more personal - our lives. That included such things as our dreams, hopes, fears, thoughts and beliefs. When we are able to share these things with others, we bring compassion, healing and inner strength into another's life.

This was brought home to me just recently when I sat and listened to a gentleman who served in the Korean War. As he told his story I found myself understanding better what the people who serve our country suffer, and what makes them strong in their beliefs. This is a richness that is being lost because those who experience life do not take time to share their story, and those who could learn from the past do not take time to sit and listen. I am a firm believer that, until we get the generations to sit and talk to one another, there will continue to be barriers that will only grow stronger.

Sharing life's stories, especially within families, take on a priceless value. These stories not only strength bonds they also enlighten the younger generation of the family's trails, joys, sorrows, hopes and successes. If these stories are shared, they can teach the younger generation lessons of hope, endurance and self confidence in facing the future. This is a priceless legacy to leave to future generation, worth more than silver and gold. "You have to share" are words we heard when we were young and need to remember as we grow old.

Sister Barbara Ann Boss

CEO