

March 1, 2018



SETON CENTER

CENTER for INTERGENERATIONAL PROGRAMMING

1900 Pioneer Avenue

Pittsburgh, Pa. 15226

NEWSLETTER

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

Bingo Mondays in March (and every Monday following) from 10:00 AM – 2:00 PM (**No regular bingo on March 26th**)
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

SUPER BINGO Monday, March 26, 2018
10:00 a.m. – 2:00 p.m.
1-\$75.00 Jackpot, 1-\$50.00 Jackpot and 10 Regular Bingos
Lunch will be served
Reservation required, please call: 412-344-4777

Saint Patrick's Day Monday, March 19, 2018
10:00 a.m. – 2:00 p.m. **Reservation required, please call: 412-344-4777**
Homemade Lunch Served
Bingo Party 1-\$100.00 Jackpot, (if 60 or more people attend the St. Patrick's Day Bingo the jackpot will jump to \$250.00)
2-\$75.00 and 2-\$50.00

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 National Aviary in Pittsburgh
Wednesday, April 11, 2018
The cost of \$15.00 (group of 15 required) includes admission, transportation and a pizza lunch at Seton Center.
Reservation required, please call: 412-344-4777

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

CCAC Classes at Seton Center
Fraud Forgery, Racketeering, Assignments that are phony, Usury, Destruction
Wednesday May 2, 9, and 16, 2018
6:00 p.m. to 7:30 p.m.
Please call to register 412-344-4777

ADULT DAY SERVICE Events in March

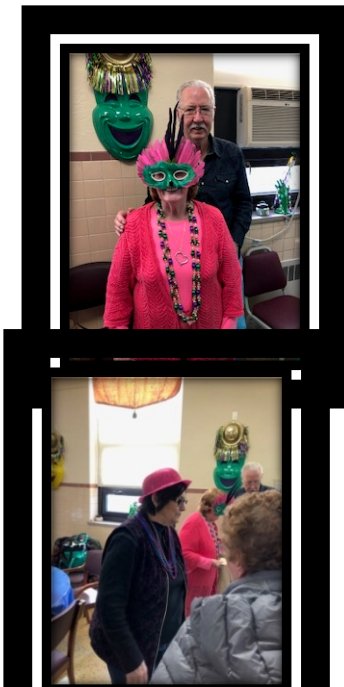
COMMUNITY Started January 1, 2018
HEALTH For more information please call
CHOICES Seton Center: 412-344-4777

NOTES FROM I will be creating a care plan individualized for each client. These care plans are reviewed with staff and families to
NURSE "JJ" 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 St. Patrick's Day Hat

Mardi Gras





CHILD DAYCARE

Friday, March 2nd is Dr. Seuss day! The Daycare will served a special breakfast of green eggs!

Valentine Day



Read Across America – Family members told some time to share a story



THE FUTURE IS IN YOUR HANDS

“The future is in your hands” is a phrase that knows no age. All too many senior members of our society believe that after a certain age they are finished in taking part in shaping the future. As a member of this group don't underestimate your value. Take time and ask yourselves – “What other generation has the wisdom, skills, insights and perspectives on life that we do? Who better at providing positive role models and acting as communicators of culture, knowledge, and values?”

It is a shame that in today's world many of our seniors allow themselves to believe in many of the common assumptions about aging that are incorrect or doubtful. We have heard it said the older people are more accident prone, not as productive or efficient as the younger members of society and are unreceptive to new ideas. Not necessarily true. In a study in 1974 by McCormick and Tifflin it was found that older workers are less accident prone and more productive, efficient and enterprising. In fact it has been demonstrated that advancing age does not significantly diminish the capacity for learning and growing.

As society's most experienced and learned members why is it that many have a tendency to isolate themselves? Why is it that we have segregated our most skilled teachers from our most eager learners? If we look at any of the theories that describe the way children grow and develop they all stress the need for adults to teach them the skills they need to cope with the realities of life and to provide role models for success. Adults are responsible for sharing their knowledge and skills with children it is a key factor in shaping their development. This transfer of knowledge and values has a long-term impact on the learning, growth, and security of the younger generation.

Interaction with the younger generation has positive effects on the senior generation as well. Theories being studied on older adult development agree that remaining active and engaged is a critical factor for the physical well-being, mental health and productive aging process.

No matter what age – You hold the future in your hands.

Sister Barbara Ann Boss
CEO