

KARTHAUS CENTER FOR ACTIVE LIVING RELOCATING

The Clearfield County Area Agency on Aging, Inc. is pleased to announce that the Karthaus Center for Active Living will resume center services in a new location starting September 7, 2011. The CCAAA is now leasing space at the Shepherd of the Hills Lutheran Church fellowship hall located at 3637 Main Street in Karthaus. Hours of operation will remain the same: Mondays, Wednesdays, and Fridays from 10:30 a.m. – 1:00 p.m.

Individuals 60 years of age and older and their spouses interested in having lunch at the Center are asked to call the day before to make a meal reservation to insure we have an accurate count of those wanting to attend. Because meals are delivered pre-plated, walk-ins will not be guaranteed a meal. From September 6 – 14, lunch reservations can be made by calling 263-4611 or the CCAAA at 765-2696. After September 14, lunch reservations may be made by calling 263-7277. Any Clearfield County resident 60 years of age or older may contribute to the cost of the meal on a donation basis. The cost to those under age 60 is \$3.00.

Along with a noontime meal, programs on health, disease prevention, safety and nutrition, socialization activities, ceramics, crafts, music, and other activities are available for individuals to enjoy. Individuals with access to the internet can view a listing of these activities and the menus of all the Clearfield County centers on the CCAAA web site at www.ccaaa.net. Click on Community Life, then Centers for Active Living, and then the name of the center you would like to view. Also, a listing appears every week in the local newspapers including *The Progress*. For more information, consumers may call the CCAAA at 765-2696 or 1-800-225-8571.