

CLEARFIELD CENTER LISTS SPECIAL PROGRAMS

Clearfield County residents are invited to the Clearfield Center for Active Living during the month of January to learn about a variety of interesting topics. Items of significance include information on Medicare-endorsed preventative care, the Center's much anticipated annual Antiques Sideshow, as well as a demonstration of vision issues known to trouble aging eyes.

Shirley Coulter, RN, with Clearfield Community Nurses will be on hand at 11:00 a.m. on Wednesday, January 16, to provide information on preventative services that are available to people with Medicare. Since prevention is the first step in staying healthy, join the Center's participants as they find out what shots, screenings, and other services Medicare can provide.



Pictured are individuals from the Clearfield Center for Active Living preparing items for their Antique Sideshow. From left: Eleanor Shifter, Center participant; Janice Schenk, Program Operations Specialist; Carol Nottingham, Center participant; and Sue Wootton, Center participant.

eligible dealing with vision problems in Blair and Clearfield Counties with matters such as chore services, transportation, and other tasks of daily living, as well as providing other assistance.

Individuals are invited to join the Center participants every Monday at 11:00 a.m. for its Healthy Steps in Motion exercise program. This moderate exercise program focuses on improving three functions: strength, stretching, and balance. Free blood pressure checks are offered every Tuesday at 11:00 a.m.

There are no charges and no reservations needed for the programs. However, those interested in having lunch at the Center are asked to call the day before to make a meal reservation. Any Clearfield County individual 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.

The Clearfield Center for Active Living strives to provide entertaining and educational programs to area residents. However, many individuals visit simply for the friendly socialization or to use one of the computers at the center. Whatever the reason, please join us anytime Monday through Friday, from 9:00 a.m. to 3:00 p.m. at the Clearfield County Area Agency on Aging, Inc. building located at 103 North Front Street, Clearfield.

More information on programs, meals, and activities is available by calling the Agency at 765-9319 or 1-800-225-8571.

Wednesday, January 23, from 10:00 a.m. to 11:30 a.m. Pat Errigo will conduct free antique appraisals for area residents aged 50 and older at the center's Antiques Sideshow. Attendees are requested to bring along one or two items to be appraised, but please, nothing larger than can be carried in two hands. Those without an item are invited to bring only their curiosity. Mr. Errigo is a member of the PA Auctioneers Association, the National Auctioneers Association, and the Mid-State Appraisers Association.

Come learn about various vision problems individuals encounter as they age on Wednesday, January 30. Donna Zierer of Blair County Association for the Blind will have the new Vision Simulation Kit available for demonstration. The kit is designed to recreate vision difficulties. The Association aids those