



*The centers are places
in the community where
those 60 and older
can enjoy an
Abundant Life[®]
by meeting new people,
having fun, learning new
things, staying healthy,
and obtaining information
on senior services.*

Centers for Active Adults in Westmoreland County is a program of Lutheran Service Society. Lutheran Service Society is a nonprofit human services provider with the mission to empower our neighbors to lead independent, dignified, and secure lives. Lutheran Service Society is an affiliate of Lutheran SeniorLife, a premier provider of senior living communities throughout southwestern Pennsylvania.




**Lutheran
SeniorLife**
Lutheran Service
Society

971 Old Salem Road
Greensburg, PA 15601
Phone: 724-837-4330



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This program is operated by Lutheran Service Society and is funded under a contract with the Westmoreland County Area Agency on Aging, the PA Department of Aging and the Westmoreland County Commissioners.

Center for Active Adults

Westmoreland County




**Lutheran
SeniorLife**
Lutheran Service
Society

www.lutheranseniorlife.org

Centers for Active Adults



ATTEND FOR MANY REASONS:

Socialization

Meet new people and participate in a variety of activities and events. Enjoy bingo, card parties, board games, holiday parties, Wii, and many other activities.

Health and Fitness

It's important to stay active and the centers provide many classes to help achieve that goal. Enjoy SilverSneakers, yoga, healthy steps in motion, line dancing, and chair aerobics, just to name a few.

Lunch

Let someone else do the cooking. An affordable lunch is served Monday through Friday, offering menus planned by a registered dietician and meeting 1/3 of the daily requirements for healthy older adults.

Love of Travel

Trips are planned several times a year to areas of interest such as shopping, theater, concerts, and seasonal events.

Information

Learn new things by utilizing materials available at the center such as books, videos, and information stations. There are also many scheduled presentations on requested topics pertinent to senior lifestyles. WiFi is available.

Needed Services

Each center has information on many community and governmental resources available to seniors and will assist in finding the right programs and forms.

Transportation

Transportation can be provided to the centers through the Shared Ride Program at Westmoreland County Transit Authority, 1-800-242-2706.



WESTMORELAND COUNTY CENTERS TIMES AND LOCATIONS

Open 8 A. M. – 3:30 PM

Monday through Friday unless otherwise posted



Herminie Fire Hall

101 Sewickley Avenue

Herminie, PA 15637

724-446-3282

monica.werley@lutheranseniorlife.org



Holy Trinity Lutheran Church

211 Gaskill Avenue

Jeannette, PA 15644

724-527-3200

robin.mozley@lutheranseniorlife.org



McKenna Center for Active Adults

971 Old Salem Road

Greensburg, PA 15601

724-837-8832

ellen.williams@lutheranseniorlife.org

SATELITE LOCATIONS

Monthly lunch meetings only

Call 724-837-4330 for dates and times

Hempfield Towers

Hilltop Methodist Church

Pershing Square

Saint Barbara RC Church

Trafford Municipal