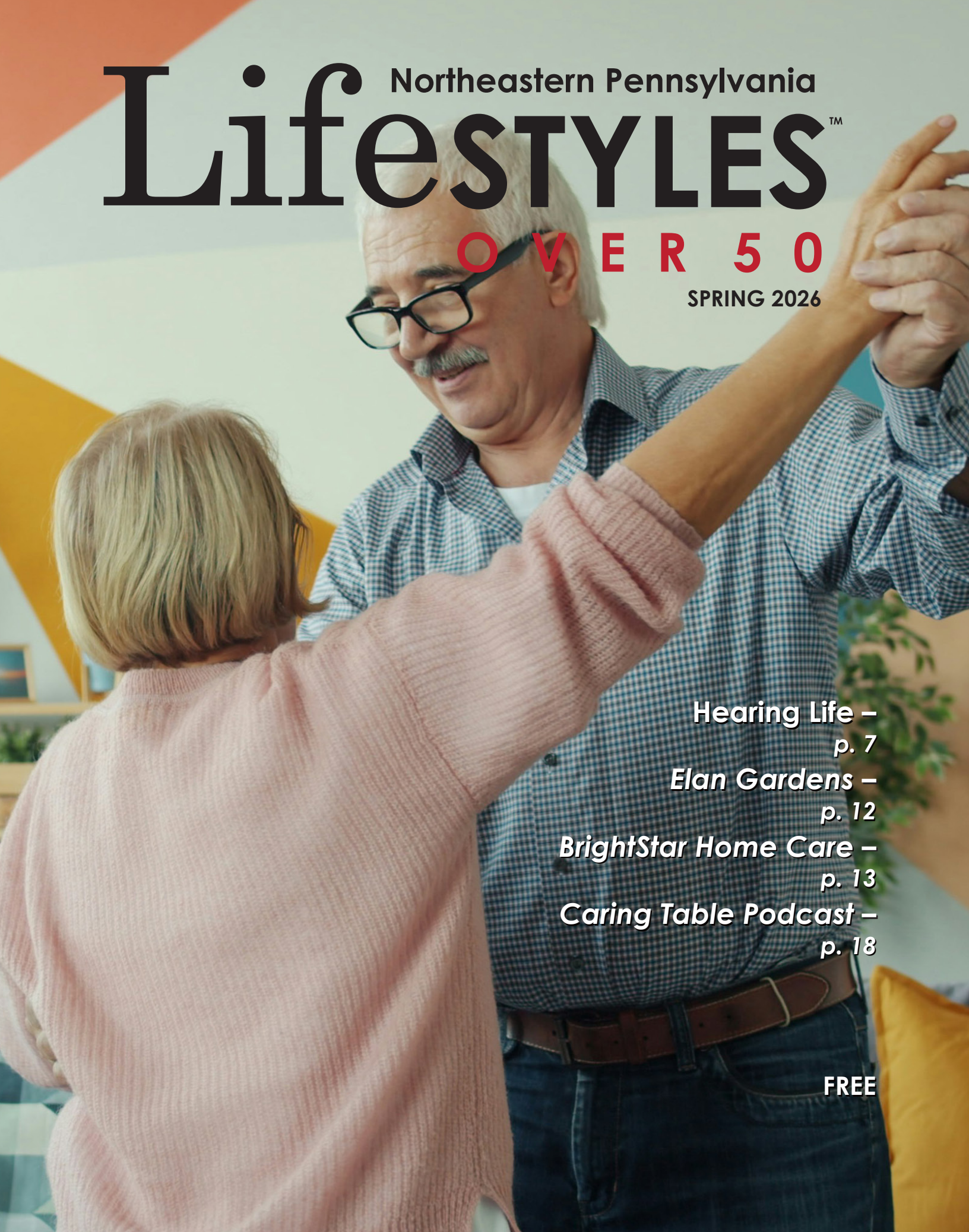


A photograph of an older man and woman dancing in a living room. The man, wearing glasses and a blue checkered shirt, is holding the woman's hand. The woman, wearing a pink sweater, has her back to the camera. The background features a bright orange and white geometric wall and a potted plant.

Northeastern Pennsylvania LIFESTYLES™

OVER 50

SPRING 2026

Hearing Life –
p. 7

Elan Gardens –
p. 12

BrightStar Home Care –
p. 13

Caring Table Podcast –
p. 18

FREE



LIFE GEISINGER

Home.
Health.
Happiness.

Geisinger

Around here, home is important. It's the heart of all our memories.

The care teams at LIFE Geisinger understand that. They provide the same high-level, attentive care you or your loved one would receive in a nursing facility — but at home. Plus the opportunity to make new friends at our centers in Kulpmont, Lewistown, Wilkes-Barre and Minersville.

Every day offers the chance for new memories. Let's make them great.

To learn more, call [855-842-0958](tel:855-842-0958) (TTY: 711) or visit [geisinger.org/lifegeisinger](https://www.geisinger.org/lifegeisinger).

Cover Story

TIME TO BLOOM



Hello,

Spring reminds us that growth never truly ends. Just as flowers push through the soil after a long winter, we too can find new energy, creativity, and purpose – no matter our stage of life.

This season invites us to step outside, soak in the sunlight, and reconnect with the world

around us. Whether it's enjoying the simple pleasure of birdwatching, taking a gentle walk, or trying something creative like painting or journaling, small moments can spark a sense of renewal. Staying connected also helps us bloom. A conversation with a friend, a shared laugh, or even a quick check-in can brighten our outlook more than we realize.

This spring, give yourself permission to grow in your own way. Because no matter the season of life, you are still blooming.

Take care,

Marci Kacyon
Executive Editor

610-817-8902

NEPA@LIFESTYLESover50.com

www.L-Aadvertising.com/LIFESTYLES

TABLE OF CONTENTS

Pay It Forward	4
Tech Savvy Seniors	5
In Your Neighborhood	6
Hearing Life	7
Boost Your Mood	8
Mother's Day	9
No Regrets	10
Birdwatching Basics	11
Companionship	12
What Are Podcasts?	13
Age With Optimism	14
Benefits Of Learning.....	15
Phobias	16
Creative Ways To Bloom	17
Easy To Learn Skills.....	18
Remember When?	19
Games And Activities	20-23
What To Do With Your Grandchildren.....	24
Events Calendar.....	25
Giving Back	26

Northeastern Pennsylvania
LIFESTYLES
OVER 50

LIFESTYLES Over 50 Northeastern Pennsylvania is a print magazine distributed 6x annually, connecting seniors with local healthcare providers, senior living facilities, health-related resources, healthy-living activities and community events. Delving into topics of interest to seniors of NEPA, we hope to encourage vibrant, healthy and productive living through the stories we share about the people we meet and the businesses that serve this great region.

Copyright® 2026 by L•A Publishing, publisher of LIFESTYLES Over 50 Northeastern Pennsylvania. The contents of this publication may not be copied or reproduced in any manner without the expressed written permission of the publisher. L•A Publishing assumes no responsibility for damages arising from errors, omissions or editorial content. Interested in receiving our magazine in the mail? Call 610-817-8902 to order your annual subscription (all 6 issues) today!

**COVERING 10 COUNTIES
OF NORTHEASTERN
PENNSYLVANIA**



Pay IT FORWARD

Senior Volunteers Make A Difference



With years of experience and a willingness to make a difference in their communities, older adults are volunteering to serve their peers in need. By doing so, they are staying active, meeting new people and learning new skills – all factors that contribute to health and longevity. But most importantly, they are making a difference in the lives of others.

Senior Volunteers Making a Difference in the Lives of Older Adults, a new report from the National Association of Area Agencies on Aging (n4a), highlights five volunteer programs that are changing lives.

These programs demonstrate how local Area Agencies on Aging across the country are innovating to meet critical needs and offer local seniors meaningful volunteer opportunities.

“My volunteer work has given me the opportunity to meet with some very inspirational people, whom I otherwise would have never been able to meet because they are homebound,” says one volunteer.

The five volunteers highlighted in the n4a report represent thousands of older adult volunteers across the country who give their time and talents to ensure that other, older Americans live with dignity and choices in homes and communities for as long as possible. They may inspire you to volunteer your time and talents.

In Atlanta, trained volunteers teach health and wellness classes to their peers. The classes cover topics such as fitness, healthy sexuality, disaster preparedness and issues related to mental health. Program staff members report that most of their volunteer community educators are in their mid-60s with the most dedicated volunteers in their 70s and 80s.

Veterans in Maine are volunteering to visit other veterans who are often isolated in rural communities. They swap stories and provide companionship. The volunteers also link their fellow veterans to social services and programs that address unmet needs.

“As vets age, they seem to be forgotten. The need is huge for volunteer veterans to visit and share life stories with other veterans,” says the program’s director.

Other senior volunteers across the country are staying active in their communities by making weekly phone calls to homebound seniors, helping seniors navigate public transportation, providing rides to medical appointments, and educating seniors about Medicare, among many other critical tasks.

There is a role for everyone! For more information about how you can volunteer, contact your local Area Agency on Aging.

Source: NewsUSA

Tech Savvy Seniors

VOICE ASSISTANTS

Voice assistants are systems designed to respond to your spoken commands. They make tasks easier by enabling hands-free operation, such as setting reminders, searching the Web, or playing music.

The technology behind voice assistants

Voice assistants might sound like real people, but they're actually powered by a clever combination of technologies:

- **Speech recognition:** This technology is the foundation, converting your spoken words into digital text the assistant can understand.
- **Natural language processing (NLP):** NLP helps the assistant decipher the meaning behind your words. It analyzes things like sentence structure, intent, and context to figure out what you actually want it to do.
- **Machine learning (ML):** Voice assistants constantly learn and improve. ML algorithms analyze vast amounts of speech data to improve accuracy and understand nuances in your voice.
- **Artificial intelligence (AI):** While not a single technology, AI plays a role in powering advanced features like voice synthesis (generating the assistant's voice) and personalizing responses based on your past interactions.

Today's benefits

Siri marked one of the first mass-market voice-controlled assistants. Consumers first experienced Siri on iPhones and with the introduction of Apple's HomePod. Prior to its acquisition by Apple, the co-founders of Siri sought an entirely new paradigm for accessing the Internet, allowing artificially intelligent agents to summon composed answers from multiple sources, rather than pull relevant resources for humans to consult on their own.

Amazon's Echo device, first introduced in 2015, is an always listening device designed to play music and answer basic household questions when activated. While Amazon started behind Apple in the area of voice control, independent developers wrote Apps to work with

the speaker's voice commands, allowing the device to control other smart home devices and perform a growing number of tasks.

Continued advances in these technologies are driving the development of virtual assistants and that sound and act more and more like real people. Today's technology provides a new option for interacting with computers and technologies. It is part of an evolution from computer languages and typed commands, to more graphical user interfaces, to touch screens, and now gesture control and voice.

Product developers are eager to expand the reach across audiences. Toy-maker Mattel introduced Aristotle, a voice-activated speaker built for children and families that can begin as a smart baby monitor. Aristotle is also able to adapt as a nanny, friend, and tutor for older children, programed to understand young voices so it can introduce games for toddlers and field homework questions for school-age children.

And marketers see voice-controlled technology as an opportunity to provide more information to consumers. Burger King launched a TV commercial that attempted to wake up Google Home devices to expand the reach of the advertisement even after the commercial was over. It was launched without coordination from Google before Google quickly moved to limit the advertisement's effect and reach.

Tomorrow's challenges

Concerns for privacy will likely arise as well over the private exchanges overheard by voice-controlled speakers. This type of information has already become a central focus in a murder investigation when police asked Amazon for data that may have been recorded on an Echo device while the murder was taking place.

At the same time, voice-controlled technologies could provide benefits to specific portions of the population, including individuals with disabilities or older adults who could benefit from voice assistants to control their homes, order groceries, provide reminders and notifications, or more easily communicate in today's expanding digital world.

Sources Wikipedia, sciencedirect.com and ala.org

In Your Neighborhood

BUSHKILL FALLS

The Niagra of Pennsylvania

QUICK FACTS

Location: Bushkill, PA

County: Pike

Area: 300 acres

Ownership: Aramark Destinations

Website: visitbushkillfalls.com

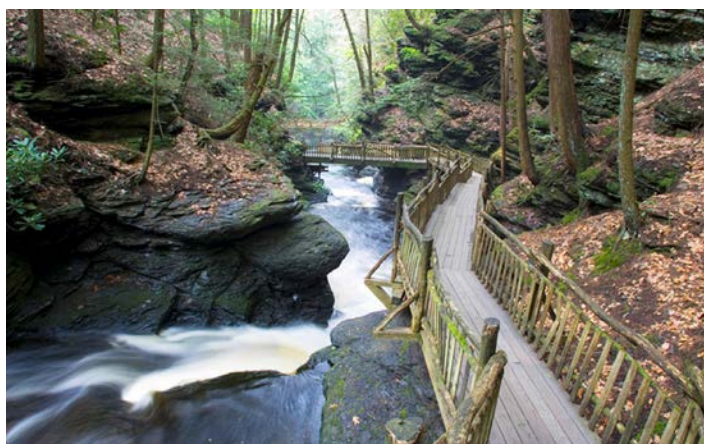


Photo courtesy of Bushkill Falls

High up in the Pocono Mountains of Northeastern Pennsylvania, the headwaters of Bushkill Creek begin their descent toward the Delaware River. Bushkill Falls encompasses about 300 acres with eight waterfalls and over two miles of trails, bridges and walkways. The drop of the Main Falls is about 100 feet. From the top of the first falls to the bottom of the lower gorge, the drop is about 300 feet. Trails and bridges crisscross the area, affording splendid views to visitors from around the country.

Previous property owner, Charles E. Peters first opened Bushkill Falls to the public in 1904, with a single path and a swinging bridge over the head of the main falls. Aramark ran the Park at the behest of the C.E. Peters Estate from 1995 until 2023. In 2023, Aramark purchased Bushkill Falls. It is now part of the conglomerate of Aramark Destinations.

For eager hikers, the Red Trail runs nearly two miles and offers views of all eight falls including Bridal Veil Falls, Bridesmaid's Falls, Pennel Falls and the Lower Gorge Falls. This challenging hike can take two hours. For nature hikers are enthusiastic about the walk to the Bridal Veil Falls. Here you will follow a nice trail by the Pond Run stream. The stream soon flows into the Little Bushkill where the mountain path leads deep into the forest. Spring-fed waters tumble down the mountainside in a series of three falls that are so misty in their appearance, they were named for brides of love.

Season Dates: April through November, weather permitting.

Tickets Sales: General admission is \$22.00 (current rate) with child and senior discounts available. Parking is free (bus parking not available). Order your tickets online and enjoy the benefit of a print at home ticket or scan from your mobile device. Tickets are valid for one year from date of purchase. When you are ready to visit, proceed to the Trail Entrance and avoid the lines at the Ticket Windows. Expired tickets will not be redeemed or exchanged. Tickets can also be purchased on site upon arrival.

Additional Attractions:

- Miniature golf
- Paddle boats
- Play areas

Dining spots include a snack bar and fudge kitchen with ice cream.

Trail Map Adventure Program

To enhance your hiking experience, you may want to take part in the Trail Map Adventure Program. An official trail map has been developed just for this adventure. The map includes 20 "control points" that can be found on the trails. When five, ten, or twenty locations have been found and verified with a unique punch of your card by a park official, you can become eligible for a monthly prize drawing.

Sources Wikipedia, poconomountains.com, and visitbushkillfalls.com

Older Americans Month

A CELEBRATION OF AGING

Each May, communities across the United States observe Older Americans Month, a time dedicated to recognizing the achievements, contributions, and ongoing importance of older adults. Established in 1963, this national observance highlights the vital role that older generations play in shaping families, communities, and the country as a whole.

Older Americans Month was created following a White House Conference on Aging, at a time when the number of Americans reaching age 65 was growing steadily. The goal was to bring greater awareness to the needs and contributions of older adults and to encourage a more respectful and supportive view of aging. Today, the observance is led by the Administration for Community Living (ACL), a federal agency focused on supporting older adults and individuals with disabilities.

Each year, the month carries a theme that emphasizes different aspects of aging, such as staying active, fostering connection, or challenging stereotypes about growing older. These themes help shift the conversation away from aging as a limitation and toward aging as a continued stage of growth, purpose, and engagement.

At its core, Older Americans Month is about appreciation and respect. It recognizes that older adults are not defined by age alone, but by their lifelong contributions; as workers, caregivers, mentors, volunteers, and leaders. Their experiences and wisdom continue to enrich society in countless ways.

As the population of older adults continues to grow, this observance serves as an important reminder: aging is not just a personal journey, but a shared experience that connects generations!

WANTED

PEOPLE FOR A RISK-FREE TRIAL!



Try the latest hearing aids **RISK-FREE** for 30 days!

A **30-day risk-free trial**[†] gives you the opportunity to experience how the latest technology fits into your lifestyle. Receive a full refund within 30 days if not satisfied.

Complete your **FREE hearing test***
& receive a **\$20 Gift Card**.*

(Choose from a limited selection of top retailers.)

\$20
Gift Card



Call to Schedule Your RISK-FREE Trial

Hawley • Kingston • Lewisburg • Phillipsburg • Williamsport

888.436.9504

Mention code **AH0Q-11** when calling.

 **HearingLife**
hearinglife.com

*See office for details. Offer valid thru 1/31/26. †30-Day Risk-Free Trial begins at the date of purchase. If you are not completely satisfied, you can return it within 30 days for a full refund or exchange, varies by state. Hearing aid must be returned in the same condition as received, ordinary wear and tear excluded. See office for complete details and restrictions. Other exclusions may apply. This offer is available at most HearingLife offices. Check with your local provider. Down payment may be required. Offer valid thru 1/31/26.

Health & Wellness

BOOST YOUR MOOD NATURALLY THIS SPRING

As winter fades and spring begins to bloom, many people notice a natural lift in their mood. Longer days, warmer weather, and fresh air can do wonders for both the body and mind. But even small, intentional changes can help you make the most of the season and feel your best.

SUNLIGHT

One of the easiest mood boosters is sunlight. Exposure to natural light helps regulate your sleep cycle and supports the body's production of serotonin, a chemical linked to happiness and well-being. Try stepping outside for just 10–15 minutes each morning. Whether it's enjoying a cup of coffee on the porch or taking a short walk, that daily dose of sunshine can set a positive tone for the day.

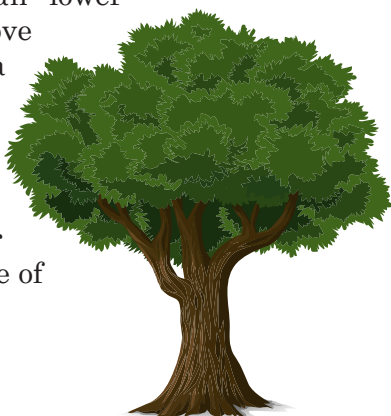
MOVEMENT

Movement is another powerful way to improve mood. You don't need an intense workout; gentle activities can be just as effective. Walking, stretching, or even light gardening can increase circulation, reduce stress, and release endorphins. Activities like Chair Yoga or Tai Chi are especially beneficial for those looking for low-impact options that support both physical and mental well-being.



NATURE

Spring is also the perfect time to reconnect with nature. Studies have shown that spending time outdoors can lower anxiety and improve overall mood. Visit a local park, listen to birds in the morning, or plant a few flowers. Even tending to a small indoor plant can bring a sense of calm and purpose.



FRESH FOODS

What you eat can also influence how you feel. Fresh, seasonal foods like leafy greens, berries, and citrus fruits are rich in vitamins that support energy and brain health. Staying hydrated is just as important. Sometimes fatigue or irritability can simply be a sign of not drinking enough water.



SOCIALIZATION

Social connection plays a key role in emotional wellness. After the quieter winter months, spring offers a chance to reconnect. A phone call, a shared meal, or a short visit with a friend can lift your spirits more than you might expect. Even small interactions can help reduce feelings of loneliness and boost your outlook.

ENVIRONMENT

Finally, take time to refresh your space. A little “spring cleaning” can do more than tidy up your home, it can clear your mind. Open the windows, let in fresh air, and brighten your surroundings with light colors or flowers. A clean, comfortable space can help you feel more relaxed and in control.

Spring reminds us that change can be gentle and beautiful. By embracing simple habits – sunlight, movement, nourishing foods, connection, and a refreshed environment – you can naturally boost your mood and enjoy the season to its fullest!



National Holiday

MOTHER'S DAY

The history of Mother's Day is more meaningful, and a bit more complicated, than most people realize.

Long before Mother's Day became a national holiday, other cultures held differing celebrations honoring their mothers. In ancient Greece, festivals honored Rhea, the mother of the gods. And in England, there was Mothering Sunday (dating back to the 16th century), when people returned to their "mother church" and spent time with family. These traditions influenced but didn't directly create today's national holiday that we now celebrate.

The American Beginning

The version we celebrate today, in the United States, is largely because of one determined woman, Anna Jarvis. Anna wanted to honor her mother, Ann Reeves Jarvis, who had organized "Mother's Day Work Clubs" to improve health and sanitation during the 1800s. After her mother died in 1905, Anna campaigned for a national holiday to recognize the sacrifices of all mothers.

First Official Celebration

The first official Mother's Day service was held in 1908 in West Virginia. Anna promoted the idea nationwide through letters, speeches, and persistence.

Becoming a National Holiday

In 1914, President Woodrow Wilson made Mother's Day a national holiday, to be celebrated on the second Sunday in May. Unfortunately, Anna ended up disliking what Mother's Day became. She wanted it to be a personal, heartfelt day (like handwritten letters). She opposed the commercialization, and use of flowers, cards, and gifts. She even protested companies and tried (unsuccessfully) to have the holiday removed.

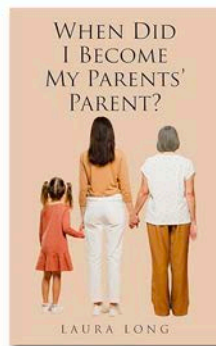
What Mother's Day Means Today

Despite its commercial nature, Mother's Day is still a time to pause, reflect, and appreciate the mothers, grandmothers, and caregivers who have shaped our lives. Whether it's a phone call,

a shared meal, or a cherished memory, the most meaningful celebrations are often the simplest ... just as Anna originally intended.

Things to Do with Your Mother

- Take her out to dinner
- Take her to the movies
- Take her to a garden center
- Take her to the park
- Take her to meet old friends
- Take her to a favorite destination
- Take her to a musical or play
- Take her to church



When Did I Become My Parents' Parent?

A practical, compassionate guide for adult children caring for aging parents.

Laura Long, Author

Published by Christian Faith Publishing.
Purchase at your local bookstore or online at:
Amazon.com, Apple iTunes store, or Barnes & Noble.

Listen to Laura speak about her book on Caring Table Podcast.



Scan to Listen Now



Living A Meaningful Life

NO REGRETS

Not stopping enough to appreciate the moment.

People are constantly on the go, but stopping to take it all in now and again is not only healthy, but you'll be sure to remember the moment.

Not traveling when you had the chance.

Traveling becomes infinitely harder the older you get, especially if you have loved one's that depend on you.

Forgoing sunscreen.

Wrinkles, moles and skin cancer can largely be avoided if you protect yourself.

Being scared to do things.

Looking back you'll think, "What was I so afraid of?"

Failing to make physical activity a priority.

Too many of us spend the physical peak of our lives on the couch. When you reach your later years, you'll wish you could have gotten outside more.

Caring too much about what other people might think or say.

The negative comments someone makes about you, is likely a reflection of them.

Supporting others' dreams over your own.

Supporting others is a beautiful thing, but not when it means you never get to shine.

Holding grudges, especially with those you love.

What's the point of re-living the anger over and over?

Not volunteering enough.

Nearing the end of one's life without having helped to make the world a better place is a great source of sadness for many.

Working too much.

No one looks back from their deathbed and wishes they spent more time at the office, but they do wish they spent more time with family, friends and hobbies.

Never mastering a party trick.

You will go to hundreds of parties in your life. Wouldn't it be fun to be the life of the party ... just once?

Letting yourself be defined by cultural expectations.

Don't let them tell you, "We don't do that."

Refusing to let friendships run their course.

People grow apart. Clinging to what was, instead of acknowledging that things have changed, can be a source of ongoing agitation and sadness.

Never taking a big risk.

Knowing that you took a leap of faith at least once – even if you fell flat on your face – it will feel like a great accomplishment.

Worrying too much.

As Tom Petty sang, "Most things I worry about never happen anyway."

Getting caught up in needless drama.

Who needs it?

Not spending enough time with loved ones.

Our time with our loved ones is finite – make it count.

Never sharing your talents.

Many elderly people regret not having shared their talents with others.

Not being grateful sooner.

Eventually it becomes clear that every living moment – from the mundane to the amazing – is a gift worth embracing.

Living a meaningful life without regrets means living a life true to yourself, rather than living according to the expectations of others. It involves embracing authenticity, taking risks, and fostering gratitude to minimize "what-ifs" by acting on your desires today rather than dwelling on the past. It means saying, "YES" more often.

Birdwatching Basics

A GUIDE TO ENJOYING NATURE

Birdwatching is one of the simplest and most rewarding ways to connect with nature. It requires very little equipment, can be done almost anywhere, and offers a peaceful way to slow down and appreciate the outdoors. Spring is an especially exciting time to start, as many birds return from migration, build nests, and fill the air with song.

Why Birdwatching is So Enjoyable

Birdwatching offers more than just spotting birds, it encourages mindfulness. Focusing on sounds, movement, and color helps quiet the mind and reduce stress. Many people find it calming to step outside, breathe fresh air, and simply observe the natural world without pressure or expectation. It's also flexible. You can birdwatch from your porch, in a park, through a window, or on a short walk. There's no "right way" to do it, which makes it accessible for all ages and abilities.



Getting Started: What You Really Need

You don't need expensive gear to begin. A simple approach works best:

- **Your eyes and ears** – Many birds are easier to hear than see at first
- **A notebook or phone** – To jot down what you notice
- **Optional binoculars** – Helpful but not required
- **A field guide or app** – To help identify birds in your area

Start by paying attention to common backyard birds. You may be surprised by how many different species you already see every day.

Spring is the Best Season

Spring is a peak season for bird activity. Birds are returning from migration, building nests, and becoming more vocal. You might notice more singing in the early morning or see birds carrying twigs and grass. Some common spring birds in the Northeast United States include robins, cardinals, blue jays, sparrows, and finches. Watching them interact with their environment can be fascinating and relaxing.

Tips for Better Birdwatching

- **Go early in the morning** – when birds are most active
- **Move slowly and quietly** – To avoid startling them
- **Watch trees, bushes, and open fields** – Where birds often gather
- **Listen carefully** – Calls and songs are key clues for identification
- **Be patient** – Sometimes the best moments come when you wait still

Making It a Meaningful Habit

Birdwatching can become a peaceful daily ritual. Even 10- to 15-minutes outside can make a difference in mood and energy. Over time, you may begin to recognize individual birds, notice seasonal changes, and feel more connected to your surroundings. Some people even enjoy keeping a "bird journal," recording what they see each day. This can turn a simple activity into a personal record of nature through the seasons.

Birdwatching reminds us that nature is always active, even in quiet ways. You don't have to travel far or do anything complicated to enjoy it. Sometimes, all it takes is stepping outside and paying attention. In a busy world, birds offer a simple gift: a reason to pause, look up, and enjoy the present moment.

Finding Companionship

BY TRADITIONS OF HANOVER

As a senior, you may find that as you age, friends and family members may have moved away, or are no longer around to socialize with daily. Instead of feeling alone, consider moving to a senior community where you can live with an abundance of new friends!

Independent living communities are just the right fit for active, independent seniors who are able to care for themselves, but are looking for a variety of services and programs that encourage them to live worry-free. Best of all, now that you have more free time, you can pursue new hobbies and interests and enjoy a vibrant lifestyle throughout your senior years. In addition, independent living communities are just that: communities. You are never more than a few feet away from seniors like yourself, so you can have daily interactions that will prevent you from becoming lonely. You'll never have to eat another meal alone, as there are so many new neighbors to dine with daily. Catch a movie, enjoy a live concert,

or meet some pals for happy hour; you'll always have someone nearby to keep you company.

Companionship has been linked to decreasing depression in seniors, as well as improving mental



In-home nursing, caregiving and companionship.

- Alzheimer's & dementia care
- Skilled, personal and companion care
- Specialize in pre- and post-op care

Call for your free in-home assessment.

570-223-2248

brightstarcare.com/stroudsburg-allentown

04730501 & 14273601

©BrightStar Care Independently Owned and Operated

health and increasing feelings of independence and worthiness. Socialization and companionship also enhance physical health, as seniors are more likely to take walks with friends and engage in social activities. Independent living features and amenities vary from one community to another. For instance, Traditions of Hanover include spacious apartments with full kitchens, an energetic social calendar, restaurant-quality dining, movie theatre, game room, fireside lounge, and more.

Check your local senior community (independent or assisted) to see what their senior living options are and the services provided to find out how you can live life to the fullest in your senior years!

Courtesy LIFESTYLES Over 50 Lehigh Valley

What Are Podcasts?

AUDIO PROGRAMS ON THE WEB

A podcast is a series of digital audio files, often referred to as episodes or programs, that are available for streaming over the Internet. They are essentially on-demand, talk shows that cover countless topics that users can subscribe to (often using Apps like Spotify or Apple Podcasts) and listen to directly from their smartphones.

In October 2000, the concept of attaching audio files in RSS feeds was proposed by Tristan Louis. The idea was soon implemented by Dave Winer, a software developer and an author of the RSS format. An RSS feed (Really Simple Syndication) allows users to automatically receive updates from Web sites without having to visit the site. It acts as a curator of content that users subscribe to, usually read by a dedicated App, acting as the aggregator.

By 2005, Apple released iTunes 4.9, which added formal support for podcasts, thus negating the need to use a separate program in order to down-

load and transfer to a mobile device. Then, in February 2006, following London radio station LBC's successful launch of the first premium-podcasting platform, LBC Plus, there was widespread acceptance that podcasting had considerable commercial potential. And by the end of 2007, audio podcasts were doing what was historically accomplished via radio broadcasts, which had been the source of radio talk shows and news programs since the 1930s. This shift occurred as a result of the evolution of Internet capabilities, cheaper audio equipment and software, along with increased consumer access to the Internet.

Podcasts are primarily an audio medium, which is reflected in the term itself (the combination of Apple iPod and the word, broadcast). However, by the mid-2020s, video podcasts had also grown in popularity, allowing users to listen and view both. Regardless, a podcast program usually features one or more recurring hosts engaged in a discussion about a particular topic or current event. Discussion and content within a podcast can range from carefully scripted to completely improvised. Podcasts combine elaborate and artistic sound production with thematic concerns ranging from scientific research to everyday topics of interest and even obscure content. Many podcast episodes provide an associated Website with links and show notes, guest biographies, transcripts, additional resources, commentary, and occasionally a community forum dedicated to discussing the show's content.

The cost to the consumer is low, and many podcasts are free to download. Some podcasts are underwritten by corporations or sponsored, with the inclusion of commercial advertisements. In other cases, a podcast could be a business venture supported by some combination of a paid subscription model or new product endorsement.

Media companies then distribute this type of digital file to podcast directories and streaming services, such as Apple, Spotify, and YouTube which enable users to listen or watch on their smartphones or smart TVs.

Sources *accaging.org*, *seniorlifestyle.com*



Elan Gardens
Senior Living
A Jewish Senior Life Community



Interested in a Temporary Stay?
Ask About Our Respite Care
Respite residents enjoy all the amenities of Elan Gardens Senior Living at a special rate. Many who stay with us return time and time again!

The Gold Standard for Your Golden Years

Amenities:

- Private Apartments
- Clean, Safe Environment
- All-Inclusive Pricing Covers Utilities, 3 Homemade Meals Every Day, Scheduled Transportation, and More
- Healthcare Coordination
- Located on 20 Beautiful Acres in the Abingtons
- Daily Social Activities
- Memory Care Available



465 Venard Road, Clarks Summit, PA 18411
570-585-4400 • www.elangardens.org

How To Age With Optimism

HAVING A “GLASS HALF FULL” APPROACH

Having a “glass half full” approach to life has long been considered important for overall wellness. But evidence suggests that there may be truth in this folk wisdom.



Humana recently surveyed 2,000 people aged 60 and over, and found that 87 percent of seniors who identify themselves as “most optimistic” reported their health as good to excellent. This is compared to 44 percent for those who said they’re “least optimistic.”

Also, the most optimistic people reported nine fewer physically unhealthy and seven fewer mentally unhealthy days per month than their least optimistic counterparts.

Seniors who rated themselves as most optimistic also reported positively on other attributes linked to health, including sleep, confidence and overall happiness.

- 91 percent of the most optimistic respondents reported feeling confident in the past week, while only 52 percent of the least optimistic respondents did, a difference of 39 percentage points.
- 90 percent of the most optimistic respondents reported feeling happy in the past week, compared to 44 percent of the least optimistic respondents, a difference of 46 percentage points.
- And only 31 percent of the most optimistic respondents reported getting a restless night’s sleep in the past week, while 62 percent of the least optimistic respondents did, another difference of 31 percentage points.

Despite these impressive numbers, having an optimistic mindset is often easier said than done. The stresses of life, social stereotypes and one’s natural temperament can all impede approaching aging with optimism. Dr. Yolangel Hernandez Suarez, Humana vice president and chief medical officer for care delivery, has the following advice for anyone struggling to stay on the sunny side of life:

1. Take ownership and recognize that your health is your own. To achieve your best health, you need to set personal goals - just for you.
2. Engage with your doctor or other health care professional and build a trusting relationship.
3. Find a higher purpose that makes you excited to get up in the morning. Humana’s survey found that the majority of respondents (86 percent) who identify as optimists also rank a sense of purpose as an important attribute for aging.
4. Remain socially engaged, not isolated, and nurture close relationships. The importance of social engagement is recognized by the 71 percent of Humana survey respondents who identify as optimists and get together with friends or relatives either monthly or weekly. Further, 80 percent of optimists say maintaining an active social life is an important motivator to stay healthy.
5. Stay active and remember that physical activity is important. Find something that’s right for you and that you like to do. Almost all of the most optimistic survey respondents (97 percent) say remaining physically active is a major motivator for retaining good health.
6. Practice gratitude and make it a habit to look for and appreciate everything you’re thankful for in life.

“As a boomer myself, I know that the majority of the decisions about my own health take place outside of a doctor’s office,” said Dr. Hernandez Suarez. “With the knowledge that optimism may be linked to health and well-being, I’m focused on making positive health decisions through all aspects of my life. Our goal at Humana is to empower everyone to approach health in the same way.”

Source: NewsUSA

Benefits Of Learning

IMPORTANT AT ANY AGE

Learning new things isn't just for those under age 50.

Researchers have found that learning boosts mental power and protects against Alzheimer's disease. Therefore, older adults need to keep both the body and mind active and healthy. Whether it is learning a new recipe for your favorite meal, watching an instructional video, reading a book, or taking a college course to master a new skill, it is good to take part in activities that allow you to continually grow in your knowledge of new and interesting things.

Improve memory and communication skills

An active brain is very helpful when it comes to preventing cognitive decline or conditions related to dementia. Think of your mind as a muscle – if you stimulate it often, you'll improve its strength. Learning new things boosts your memory, and improves communication skills.

Create a positive, emotional well-being

Learning new things can help create a positive, emotional well being. For example, when you choose to learn a new skill or a different form of exercise, you build confidence and pride. Actively taking part in something and looking forward to your next class or workout session, can give your life purpose and meaning. All these things will help 'lift up' your emotional well-being.

Strengthen social engagement

For many older adults, social isolation or loneliness can be a very worrisome issue. Often left unnoticed, it can happen to both adults who are living alone and those who are living with working children. Taking part in a class or activity where you can participate with other people your age will create more opportunities to form meaningful and long-lasting friendships.

Guarantee happiness

Regardless of whether you end up mastering a musical instrument or learning all the rules to chess, trying a new activity can be extremely fulfilling. Not only can it shake up your routine, the enjoyment of trying something new can also make you happier. Having an active social life provides numerous benefits to older adults, such as meeting new and interesting people, improving cognitive function, reducing the risk for depression ... and enjoying life!

Go to page 24, What To Do With Your Grandchildren to view a list of local libraries that you and a loved one can visit.

Sources discoveryvillage.com and kendalathome.org

GET \$10 OFF
YOUR FIRST ORDER!
with purchase of \$50 or more
Use Promo Code: **PROGRAMAD2022**
EXPIRES 12/31/2022

LOCAL PICKUP \$4.99
DELIVERY \$9.99

SAVE TIME
Grocery shoponline with Gerrity's Delivers.

Download the app and let Rosie get it.
rosieapp.com

Gerrity's DELIVERS
Powered by **Rosie**

Find out more about online shopping at
GerritysDelivers.com

Types of Phobias

Ablutophobia:
Fear of bathing



Taphophobia:
Fear of being Buried Alive

Dendrophobia:
Fear of Trees

Iatrophobia:
Fear of doctors

Basiphobia:
Fear of Falling

Macrophobia:
Fear of Long Waits



Melissophobia:
Fear of bees



Stygiophobia:
Fear of Hell

Arachnophobia:
Fear of spiders

Pyrophobia:
Fear of Fire

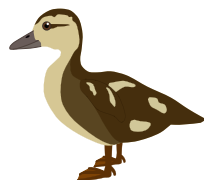
Achluophobia:
Fear of darkness

Hippopotomonstrosesquipedaliophobia:
Fear of long words

Kinemortophobia:
Fear of Zombies



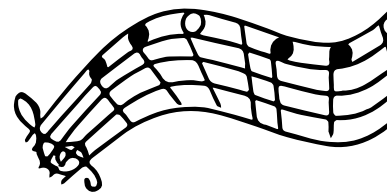
Ornithophobia:
Fear of Birds



Claustrophobia:
Fear of confined spaces

Creative Ways to Bloom

ART, JOURNALING, MUSIC, CRAFTS & MORE



Spring is often described as a season of blooming, but blooming isn't just something that happens in gardens. It can happen within people too. Creative expression is one of the most powerful ways to refresh the mind, lift the spirit, and reconnect with a sense of purpose. Whether you're picking up a paintbrush, writing down memories, or humming along to a favorite song, creativity offers a gentle path toward renewal.

Art: Expressing What Words Sometimes Can't

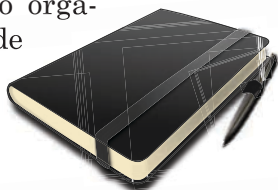
You don't need to be a trained artist to enjoy painting or drawing. Simple activities like watercolor painting, coloring books for adults, or sketching flowers from your garden can be deeply calming. Art encourages focus on the present moment, which can ease stress and quiet racing thoughts. Many seniors find that even 15- to 20-minutes of creative time can feel like a mental reset. Spring subjects: flowers, birds, landscapes make especially inspiring starting points because they connect directly to the season's sense of growth and color.

Journaling: Capturing Thoughts and Memories

Journaling is a simple but powerful way to "bloom from within." It doesn't have to be formal or structured. Just a few sentences a day can make a difference. You might write about:

- A memory that spring brings back
- Something you're grateful for today
- A small joy you noticed outside
- Reflections on how life has changed through the seasons

For many, journaling becomes a personal record of growth, helping to organize thoughts and provide emotional clarity.



Music: Uplifting the Spirit

Music has a unique ability to influence mood almost instantly. Listening to familiar songs from earlier decades can bring comfort and nostalgia, while upbeat tunes can energize and motivate. You might:

- Create a "spring playlist" of favorite songs
- Sing along to old classics
- Attend a local concert or community performance
- Play an instrument, even at a beginner level

Music also supports memory and emotional connection, making it especially meaningful for seniors sharing songs across generations.

Crafts: Creating Something with Your Hands

Crafting offers both creativity and a sense of accomplishment. Spring-inspired projects are especially fun this time of year. Ideas include:

- Flower arranging with fresh or artificial blooms
- Making greeting cards for family or friends
- Simple knitting or crocheting projects
- Decorating jars, baskets, or seasonal centerpieces

Hands-on activities can improve focus, reduce stress, and provide a satisfying sense of completion.

Why Creativity Helps You Bloom

Creative activities aren't just hobbies, they're tools for emotional wellness. They encourage self-expression, reduce feelings of isolation, and provide meaningful ways to spend time. Most importantly, they remind us that growth doesn't stop with age, it simply takes new forms. As spring unfolds, creativity offers a chance to slow down, explore, and enjoy the process of becoming something new ... just like the season itself!

Easy To Learn Skills

LEARN AT ANY AGE

Growing older doesn't mean you should stop learning; in fact, the human brain has a regenerative capacity, making learning new things possible and exciting, even in your older years. Seniors often have more time available to choose things that interest them. So, try one of these 15 easy to learn skills today, and start on a path towards continuous learning ... long into your golden years!

1. Say hello in different languages – Enjoy meeting different people from other cultural backgrounds and start a new friendship.
2. Learn to cook – Impress your loved one's or simply try eating something you never would have ordered at a restaurant.
3. Take a cold shower – No, not because of that, but because it's healthy for you. Cold temperatures improve blood flow, reduce inflammation and promote faster healing.
4. Paint like Picasso – Mastering any art form reduces stress and anxiety, as well as improves both sides of your brain: creativity and logic.
5. Make a fire – Remember your Scouting or 4H days camping outdoors? Nothing can be more relaxing than sitting by a fire under the stars at night.
6. Perform a magic trick – Not only will you develop a skill that will entertain others, you'll learn the basics of science and the laws of nature.
7. Solve a puzzle – For instance, Rubik's Cube uses a formula or algorithm that once you master it, will not only impress others, but introduce you to the skill of computer programming.
8. Start juggling – You probably spent your entire life, juggling a career, family and friends. Try your skill at juggling a 'ball' and improve your balance, eyesight and concentration.
9. Learn to meditate – Yes, this is a skill that requires patience and relaxation. But, the benefits can also help with improving your core strength, stretching and balance.
10. Take better photos – With today's smart phone technology and online Apps, you can quickly become your family's go-to photographer for reunions, birthdays, and holiday get-togethers.
11. Try yoga – Benefit from similar results associated with meditation, and enjoy practicing this skill virtually anywhere, at any time.
12. Fix something – Not only save money by not having to hire someone, but enjoy figuring something out on your own, and the pride of a 'job well done.'
13. Learn a musical instrument – It's a known fact that the arts develop skills like resilience, grit, and a growth mindset required to master a craft, do well academically, and succeed in life.
14. Participate in sports – Develop a skill and enjoy the benefits of teamwork, goal setting, winning ... and losing.



Northeastern Pennsylvania
LIFESTYLES
OVER 50

A proud sponsor of a new podcast series—

Caring Table Podcast
with Dianne Frana

Where compassion leads, stories matter, and there's always a seat for you.

Listen Now
Available on Buzzsprout, Apple Podcasts, Spotify, YouTube, and anywhere you get your podcasts.

Scan to Listen Now

Stay Connected
Follow us on Facebook and Instagram.

Sources retirementtipsandtricks.com and aginggreatly.com

Remember When?

EASTER TRADITIONS

Easter has long been a season of renewal, hope, and togetherness. While its spiritual meaning has remained constant for many, the ways people celebrate have evolved over the decades. Looking back offers not just history – it brings cherished memories of faith, family, and the simple joys that define each generation.

For Christians, Easter, or Resurrection Sunday is the celebration of God's promise fulfilled. It's the celebration of the resurrection of His son, Jesus Christ, who arose from the dead following his crucifixion by the Romans, as told in the New Testament of the Holy Bible. It signifies victory over sin and death, offering hope of eternal life, redemption, and a new beginning to believers.

In the 1940s and 1950s, Easter was centered more around the church and family. Loved one's dressed in their finest attire, with women and girls wearing handmade dresses and carefully chosen hats. The day typically began with a church service, followed by a modest but meaningful meal, usually at grandma's house, shared with loved ones. Children delighted in dyeing eggs, going on backyard Easter egg hunts, while enjoying what was placed in their Easter egg basket. Candy was a rare treat, a chocolate bunny or a handful of jelly beans, making it all the more special. For many, these years represent a time when celebration came from a more spiritual place and togetherness meant more than abundance.

By the 1960s and 1970s, Easter had taken on a brighter, more playful tone. Advances in store-bought dyes made egg decorating more colorful and creative. Television introduced Easter-themed programs that became part of the holiday experience. Community egg hunts began appearing in neighborhoods, bringing families together outdoors to celebrate the arrival of spring. While church services remained important, the holiday expanded to include more family-centered activities.



The 1980s and 1990s saw Easter grow in scale, especially for children. Easter baskets became larger and more elaborate, filled with a variety of treats. Favorites like Cadbury eggs and marshmallow Peeps became household staples.

Plastic eggs filled with candy (and money) often replaced the traditional dyed eggs for hunts, making activities easier to organize and more accessible. Schools, churches, and community groups hosted large events, turning Easter into a shared celebration beyond the home.

In the 2000s and 2010s, families began blending old traditions with new ideas. Many returned to classic activities like egg dyeing and baking, while also embracing creative crafts and themed baskets inspired by magazines and online ideas. Health-conscious choices, such as non-candy treats, started to appear. Easter became a time for multi-generational gatherings, where grandparents, parents, and children could share both old customs and new traditions.



Today, Easter continues to evolve while holding onto its traditions. Celebrations reflect a wide range of beliefs and family traditions, and for many, the focus has shifted toward connection, gratitude, and renewal. Whether through attending a religious service, sharing a meal, or simply enjoying the beauty of spring, people are finding meaningful ways to celebrate.

Across every decade, one thing remains unchanged: Easter is a time of reflection, celebration, and hope for Christians around the world, and a moment when family and loved one's come together. It is a reminder that no matter how traditions may change, the celebration of life and the joy of shared moments with one another continue to bloom year after year.



Words to Ponder

LETTERS REARRANGED

Words	Letters Rearranged
Dormitory	Dirty Room
Presbyterian	Best in Prayer
Astronomer	Moon Starer
Desperation	A Rope Ends It
The Eyes	They See
George Bush	He Bugs Gore
The Morse Code	Here Come Dots
Slot Machines	Cash Lost In Me
Election Results	Lies Let's Recount
Mother-in-law	Woman Hitler
Snooze Alarms	Alas No More Z's
A Decimal Point	I'm a Dot in Place
The Earthquakes	That Queer Shake
Eleven Plus Two	Twelve Plus One

Sudoku Directions:

Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 "squares" made up of 3 x 3 spaces. Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.

Answers are provided on page 23.

SUDOKU

3	1							
2			7		4	1	8	
7	4	8				3	6	9
	7		2		9			
		2		4		9		
			1		5		2	
5	6	9				2	1	4
	3	7	4		6			8
							3	7

		3		2	5		8	1
4								
8		9		7	1			2
9	8	6					7	
2	7		5		9		6	4
	3					9	1	8
1			6	4		5		7
								3
3	2		1	9		8		

ANNUAL DIRECTORY

Aging In Place • Senior Care Services
Senior Housing • Professional Services

(Reserve Your Spot for 2026)

610-817-8902

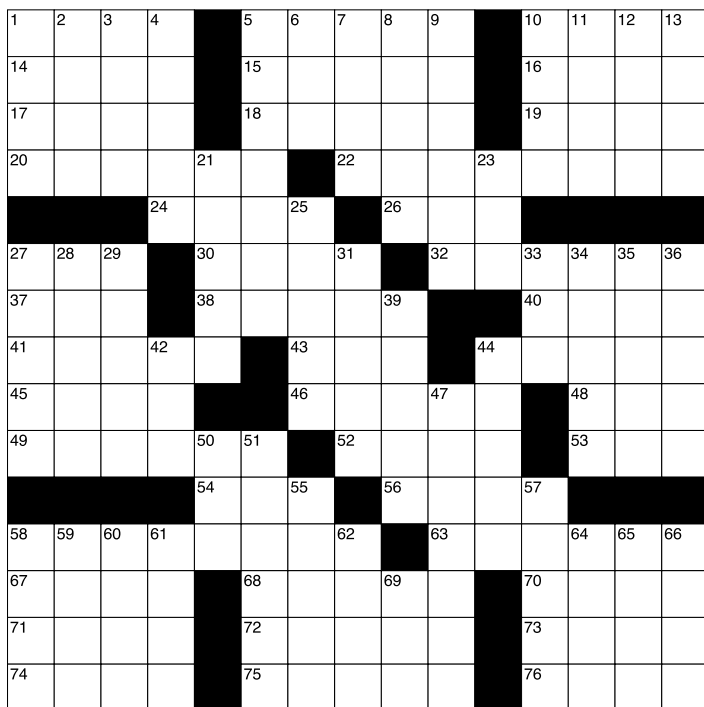
Call to Inquire About Our Rates

Northeastern Pennsylvania
LIFESTYLES
OVER 50

Games

AND ACTIVITIES

CROSSWORD PUZZLE



ACROSS

- 1 Down towns
5 Cavort
10 Made a web
14 Decorative needle case
15 Water retention
16 In addition
17 Red planet
18 Navigation system
19 Antelope
20 Brief expression
22 State with Isle Royal National Park
24 Not as much
26 Tell a tall tale
27 Brother's sibling
30 Bunsen burner
32 Ruler

- 37 Teaspoon (abbr.)
38 State with Acadia National Park
40 Navy color
41 Leftovers of civilizations
43 School group
44 The Cat
45 Jewish scribe
46 Power controlling device
48 Airport abbr.
49 Indian village
52 Visionary
53 Okay
54 Environmental protection agency (abbr)
56 Pull
58 Handyman
63 Innumerable
67 Nurture

- 68 State with Nez Perce Historical Park
70 Domain
71 Canal
72 Italian city
73 Working implement
74 Firm up muscles
75 Tilted
76 Green Gables dweller

DOWN

- 1 Rope fiber
2 State with Arches National Park
3 Cold person's noise
4 Strong rope fiber
5 Small keyboard instrument
6 Hubbub
7 Curl hair, permanently
8 Electronic communication
9 Spoiled
10 Rice wine
11 Stopper
12 U.S. Department of Agriculture
13 Person, place or thing
21 Gives the impression of being
23 ___ you! (attention getter)
25 Trims
27 Throat infection
28 Car manufacturer
29 Church steeple
31 What you raise in poker
33 North by east

Answers are provided on page 23.

- 34 Bowling ___
35 Large hotel room
36 Big Bend
39 Cornstalk
42 Arrest
44 Inroad
47 Rockefeller Historical National Park
50 Constellation
51 Type of American Express card
55 Scrutinize
57 Non ___ (not welcome)
58 Gall
59 Air (prefix)
60 First murderer
61 Leaf maker
62 African country
64 Smooth
65 Long time
66 Valley
69 Movie 2001's talking computer

Funnies

SPRING 2026

The man who fell into the baggage carousel is slowly coming around.

I will be posting telepathically today.
If you think of something funny, that
was me.

I ordered a chicken and an egg
from Amazon. I'll let you know.

English is difficult. But it can be
understood though through tough
thorough thought.

Welcome to the Assumption Club. I think we all know why we are here.

Did you ever notice that there are no
recipes for leftover chocolate?

Did you know that Yoda's
last name is Layheehoo?

When you transport something by
car, it's called a shipment. When
you transport something by ship, it's
called cargo.

Hyphenated. Non-hyphenated.
The irony.

I'm getting stronger with age. I can now lift \$100
worth of groceries with 1 hand.

Thank you for teaching me the
meaning of plethora. It means a lot.

The main function of the little toe is to
make sure all the furniture is in place.

It's a little-known fact that cow
farts come from the dairy air.

Available by Subscription

Interested in receiving
our magazine in the mail?

610-817-8902

Call to order your annual
subscription today!

Northeastern Pennsylvania
LIFESTYLESTM
OVER 50

Games

AND ACTIVITIES

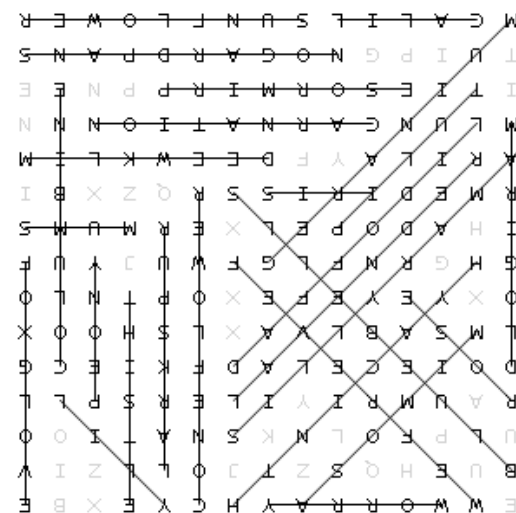
Word Search

Spring into Bloom

E W W O R R A Y H C Y E X B E
 B U E H Q S Z T J O L L Z I V
 U L P F O L N K S N A T I O O
 R A U M R I Y I L E R S P L L
 D O I E C E L A D F K I E C G
 L M S A B L V A X L S H O O X
 O X Y E Y E F E X O P T N L O
 G H G R N F L G F W U J Y U F
 I H A D O P E L X E R M U M S
 R M E D I R I S S R Q Z X B I
 A R I L A Y F D E E W K L I M
 M L U N C A R N A T I O N N N
 I T I E S O R M I R P P N E E
 T U I P G N O G A R D P A N S
 M C A L I L S U N F L O W E R

Amaryllis
 Bluebells
 Carnation
 Columbine
 Coneflower
 Daffodil
 Feverfew
 Foxglove
 Geranium
 Hyacinth
 Iris
 Larkspur
 Lavender
 Lilac

Lily
 Marigold
 Milkweed
 Mimosa
 Mums
 Peony
 Primrose
 Rose
 Snapdragon
 Sunflower
 Thistle
 Tulip
 Yarrow



SUDOKU ANSWERS

8	2	4	9	5	1	6	3	7
1	3	7	4	2	6	5	9	8
5	6	9	3	8	7	2	1	4
9	8	3	1	7	5	4	2	6
6	5	2	8	4	3	9	7	1
4	7	1	2	6	9	8	5	3
7	4	8	5	1	2	3	6	9
2	9	6	7	3	4	1	8	5
3	1	5	6	9	8	7	4	2

3	2	5	1	9	7	8	4	6
6	4	7	2	5	8	1	9	3
1	9	8	6	4	3	5	2	7
5	3	4	7	6	2	9	1	8
2	7	1	5	8	9	3	6	4
9	8	6	3	1	4	2	7	5
8	5	9	4	7	1	6	3	2
4	1	2	8	3	6	7	5	9
7	6	3	9	2	5	4	8	1

CROSSWORD PUZZLE ANSWERS

1	H	U	B	S	5	C	A	P	E	R	10	S	11	P	U	13
14	E	T	U	I	15	E	D	E	M	A	16	A	L	S	O	
17	M	A	R	S	18	L	O	R	A	N	19	K	U	D	U	
20	P	H	R	A	21	S	E		22	M	I	C	H	I	G	A
23					24	L	E	S	25		26	L	I	E		
27	S	I	S	28		29	E	T	N	A	30		31		32	
33	T	S	P	34		35	M	A	I	N	E	36		37		
38	R	U	I	N	39		P	T	A		40		41	B	L	U
42	E	Z	R	A	43		S	E	R	V	O	44		45	E	T
46	P	U	E	B	47		L	O		48		49		50	Y	E
51					52		E	P	A		53		54			
55	F	A	C	T	56		O	T	U	M	57		58		59	
60	R	E	A	R	61		I	D	A	H	62		63		64	
65	E	R	I	E	66		M	I	L	A	N	67		68		
69					70		A	T	I	L	T	71		72		
73					74							75		76		

What To Do

WITH YOUR GRANDCHILDREN

VISIT YOUR LOCAL LIBRARY

Public libraries are not just repositories of books; they offer a wealth of resources and activities for younger children and older adults. From early literacy programs to educational workshops and recreational activities, your local library serves as an invaluable asset for people of all ages.

Abington Community Library
1200 W Grove St., Clarks Summit, PA 18411
570-587-3440

Albright Memorial Library
500 Vine St., Scranton, PA 18509
570-348-3000

Back Mountain Memorial Library
96 Huntsville Rd., Dallas, PA 18612
570-675-1182

Bethany Public Library
1406 North Main St., Honesdale, PA 18431
570-253-1220

Carbondale Library
5 North Main St., Carbondale, PA 18407
570-282-4281

Eastern Monroe Public Library
1002 PA-611, Stroudsburg, PA 18360
570-421-0800

Forest City Library
531 Main St. 1st floor, Forest City, PA 18421
570-785-5590

Hamlin Community Library
518 Easton Turnpike, Lake Ariel, PA 18436
570-689-0903

Hawley Library
103 Main Ave, Hawley, PA 18428
570-226-4620

Hoyt Public Library
284 Wyoming Ave., Kingston, PA 18704
570-287-2013

Lafin Library
47 Lafin Rd., Wilkes-Barre, PA 18702
570-654-3323

Mill Memorial Library
495 E Main St., Nanticoke, PA 18634
570-735-3030

Nancy K. Holmes Library
1032 Green Ridge St., Scranton, PA 18509
570-207-0764

Newfoundland Public Library
954 Main St., Newfoundland, PA 18445
570-676-4518

Osterhout Free Library
71 S Franklin St., Wilkes-Barre, PA 18701
570-823-0156

Palmerton Public Library
402 Delaware Ave., Palmerton, PA 18071
610-826-3424

Pike County Library
119 E Harford St., Milford, PA 18337
570-296-8211

Pike County Library - Dingman's
100 Bond Ct., Milford, PA 18337
570-686-7045

Pittston Memorial Library
47 Broad St., Pittston, PA 18640
570-654-9565

Plymouth Public Library
107 W Main St., Plymouth, PA 18651
570-779-4775

Pocono Township Library
112 RR 611, Tannersville, PA 18372
570-629-5858

Susquehanna County Library
458 High School Rd., Montrose, PA 18801
570-278-1881

Taylor Library
710 S Main Street, Taylor, PA 18517
570-562-1234

Towanda Public Library
104 Main St., Towanda, PA 18848
570-265-2470

Tunkhannock Public Library
220 W Tioga St., Tunkhannock, PA 18657
570-836-1677

Valley Community Library
739 River St., Peckville, PA 18452
570-489-1765

Wayne County Library
1406 Main St., Honesdale, PA 18431
570-253-1220

West Pittston Library
200 Exeter Ave., West Pittston, PA 18643
570-654-9847

Wyalusing Public Library
115 Church St., Wyalusing, PA 18853
570-746-1711

Wyoming Free Library
358 Wyoming Ave., Wyoming, PA 18644
570-693-1364

Calendar of Events

FROM YOUR LOCAL AREA AGENCY ON AGING

Pike County Area Agency on Aging

150 Pike County Blvd.

Hawley, PA 18428

570-775-5550

www.pikepa.org/aaa

Tai Chi for Arthritis

Bushkill Center

Starting April 27

Originating in ancient China, Tai Chi is one of the most effective exercises for the health of mind and body. It can be practiced sitting, as well as standing. Almost anyone, of any physical condition, can begin and continue to progress regardless of age. According to traditional Chinese medicine, qi is essential for health and vitality. Tai Chi for Health programs are designed to enhance qi. The movements are slow and gentle, and the degree of exertion can be easily adjusted, making it suitable for people of all levels of ability.

Registration is required! Please call 570-775-5550 to attend any of these dates:

- April 27
- May 4
- May 18
- June 1
- June 22
- July 6
- July 27
- August 3

Join us at our 2nd Annual Blooming Garden Party

Tuesday, May 26

12:00 p.m. to 2:00 p.m.

Blooming Grove Senior Center

150 Pike County Blvd.

Hawley, PA 18428

This is a FREE event. Reservations required.

Please call 570-775-5550 to reserve lunch.

Wyoming County Active Adult Center

101 Dymond Terrace

Tunkhannock, Pa. 18657

570-836-2324

Upcoming Events

- May 5 @ 12:30 pm Cinco De Mayo
- May 6 @ 10:00 am Spring Craft – Felt Flowers instructed by Crochet Club
- May 7 @ 11:00 am Book Club Meeting
- May 8 @ 12:30 pm Mother's Day Party
- May 11 @ 10:00 am Monthly Ceramic Craft
- May 12 @ 12:15 pm Lunch & Learn (Topic: Life Legacy) with Mary Cozzi from Diakon Community Services
- May 13 @ 12:45 pm Spring Fling
- May 14 @ 11:00 am BINGOCIZE
- May 15 @ 12:45 pm Sing-along with The Romeo's
- May 16 @ 11:00 am - 2:00 pm Ladies Tea Party
- May 19 @ 12:15 pm Ice Cream Social
- May 20 @ 11:00 am Arts in Education Theater Class with Conor McGuigan
- May 21 @ 10:00 am - 1:00 pm Trehab Weatherization Programs with Nicole Robinson
- May 22 @ 12:15 pm Lunch & Learn with Tiffany Toth from CIP Rehabilitation
- May 27 @ 11:00 am Arts in Education Theater Class with Conor McGuigan
- May 28 - Area Agency on Aging Annual Dinner Dance at Mohegan Sun Wilkes-Barre *
- May 29 @ 12:45 pm Movie Day (Showing: Dumplin')

** Call 570-836-2324 to inquire about cost and transportation.*

Giving Back

TOALC SUMMER PROGRAM

The Older Adult Learning Community (TOALC) is a community organization dedicated to the philosophy that learning should be a lifelong endeavor and to the belief that continuous educational pursuits in retirement contribute to the quality of life.

JOIN US THIS SUMMER:

Exercise your mind with life-enriching educational experiences!

Summer course schedule: Monday, May 18 thru Friday, July 17

Register online at: www.theoalc.org/catalog

Register and pay by May 13 so we can add you to the class rosters and get you any information needed.

Membership fee: \$45

Your membership entitles you to register for as many (summer) courses as you wish. Some classes and events may incur additional costs for books and supplies. Please check the course book for details at: www.theoalc.org

Summer Kickoff & Potluck: A festive get-together open to the community!

Sunday, May 17, 2026, at 2:00 p.m.
East Stroudsburg Presbyterian Church
55 Smith Street
East Stroudsburg, PA 18301

The following is a short list of the many exciting and unique courses and events available this summer:

- Art Exploration
- Basic Buddhism
- Computing Help for Seniors

- Creative Writing
- Global Issues
- Italian Conversation and Culture
- Math in the Movies
- Photography Club
- Scrabble
- Tai Chi for Everyone
- Tour of Apple Ridge Farm
- Watercolor Workshop
- Will the Liberal Order Survive?
- Yoga for Seniors
- And ... many more!



To learn more, contact us:

TOALC office and classrooms
East Stroudsburg Presbyterian Church
55 Smith Street
East Stroudsburg, PA 18301

Office hours: 9:30 a.m. to 11:30 a.m. (weekdays)
570-422-7810

www.TheOALC.org

E-mail: info@theoalc.org

TOALC is a 501(c)(3) nonprofit organization.

WHAT'S REALLY IN YOUR WATER?



- ✓ Clear and odor-free
- ✓ Crisp and refreshing
- ✓ No more hard water stains

Competitor-Treated Water

- Overlooked iron levels
- Weekly maintenance
- Dries out skin and hair

Untreated Tap Water

- Hard Water
- Chemical contaminants
- Nuisance minerals



Leaf Home Water Solutions will test your water for contaminants and make recommendations to ensure you get the cleanest, crispest water possible in your home.



**SOLUTIONS FOR CITY & WELL WATER -
INCLUDING SALT-FREE OPTIONS**

15% OFF
Your Entire Purchase*

AND

10% OFF
Seniors & Military

CALL FOR FREE WATER TEST 855-978-2659

Promo Code: 402



*One coupon per household. No obligation estimate valid for 1 year. Offer valid at time of estimate only. License/Registration# MI 262100627, MN PC799379, NC 87823, L.33946, PA PA172050, TX 44085, WI 1423690.



INOGEN® PORTABLE OXYGEN CONCENTRATORS

Call us toll-free at
1-855-231-6383



¹30-day risk-free trial- Return within 30 days of purchase for a full refund of purchase price.

PM230469 EN_EX_USA | Rx Only. © 2024 Inogen, Inc.
859 Ward Drive, Suite 200, Goleta, CA 93111

Inogen® is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.