

Northeastern Pennsylvania LIFESTYLES™

OVER 50

SPRING 2025

Elan Gardens –
p. 9

Masonic Village –
p. 13

United Methodist Homes –
p. 17

FREE



Remain **ACTIVE** in your community
and maintain your **INDEPENDENCE.**



For information on how our agency can help you access our services,

please call 570-822-1158 or 1-800-252-1512

Cover Story

HEALTHY LIVING



Sunshine and warm weather are welcome changes in the Spring. Our world comes to life with longer days, vibrant blooms, fresh air and a sunny perspective on life. It is a time for renewal and hopefully an inspiration to start healthy habits. Now is the time to get active, engage the mind and connect with others.

In this issue, we share some healthy living tips for seniors and their families, such as the benefits of sleep, healthy eating habits, food safety, advise from a flamingo ... and more!

So, let's infuse some vibrant activities to commemorate the season. Spring has sprung. Let's celebrate!

Take care,

Marci Kacyon
Executive Editor

610-799-3382

NEPA@LIFESTYLESover50.com

www.L-Aadvertising.com/LIFESTYLES

TABLE OF CONTENTS

Pay It Forward	4
Tech Savvy Seniors	5
In Your Neighborhood	6
LIFE Geisinger.....	7
Getting Good Sleep	8
Food Safety Tips.....	9
Pet Boost.....	10
Good Brain Health	11
Staying Current	12
Protect Your Heart.....	13
A Guide To Hiking	14
A Healthy You	15
Outdoor Activities	16
Advise From A Flamingo	17
Healthy Eating Habits.....	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® 2025 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 570-390-3350 to order your annual subscription (all 6 issues) today!

**COVERING 10 COUNTIES
OF NORTHEASTERN
PENNSYLVANIA**



Pay IT FORWARD

CALLING ALL NONPROFITS & VOLUNTEERS

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.

Pay it Forward

Each issue, LIFESTYLES Over 50 Northeastern Pennsylvania intends to “pay it forward” by recognizing a local nonprofit or volunteer for their work, and with a check donation – a small token of our appreciation for your commitment to our seniors of NEPA.

If you are a local nonprofit or volunteer serving within our coverage area of Northeastern Pennsylvania (see our counties map on page 3), we’d like to hear from you. Please call 570-390-3350 or e-mail your information to NEPA@LIFESTYLESover50.com

Spirit Of Giving

VOLUNTEERING AMONG SENIORS

Volunteering among seniors has been linked to improved quality of life, stronger social networks, increased levels of physical activity, and lower mortality rates. One of the key benefits of volunteering is social support, and the prevention of loneliness and isolation. Following are a few more!

It’s good for your mental health

Volunteering keeps the brain active, which contributes to better mental health. Meaningful and productive activities can help you feel happier and provide you with a positive outlook on life.

It increases physical activity

Volunteering keeps you moving, whether you are serving meals at a shelter, helping to clean up your local parks, or walking with someone as a companion.

It gives you a feeling of purpose

Children grow up and move out of the house, we retire from our jobs, and family and friends pass away. Regaining a feeling of purpose through volunteering can help older adults feel recharged with a new purpose for living.

It helps you learn new skills

Many volunteer activities allow you to try things you’ve never done before and learn new skills. Embrace opportunities that are a little outside of your comfort zone.

Following are just a few organizations that could use your help:

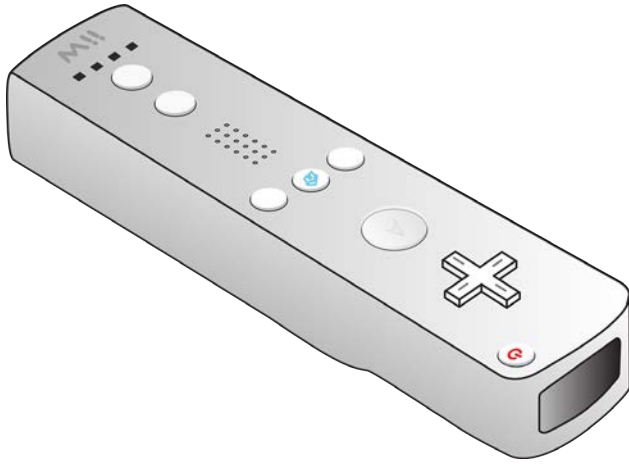
- Area Agency on Aging
- Foster Grandparent Program
- Meals on Wheels
- Ombudsman Program
- Senior Community Service Employment Program
- Senior Companion Program

Call 610-570-390-3350 or e-mail NEPA@LIFESTYLESover50.com and we’ll be happy to refer you to the right organization and contact.

Tech Savvy Seniors

WII SPORTS & WII FIT

Wii Sports was launched in 2006 by Nintendo as a sports simulation video game that includes a collection of five sports simulations designed to work with the motion-sensing capabilities of the Wii Remote. The five sports included are tennis, baseball, bowling, golf and boxing.



With the Wii, Nintendo desired to reach those who had not played video games before. To do this, they needed software that allowed both long-time and first-time players to interact together in a fun way. Nintendo also wanted players to use the system daily. Sports were chosen as the theme because of the widespread familiarity with them. Rather than feature professional athletes or have realistic graphics, the game was designed to be simple so that anyone could play.

Wii Sports is the fourth-highest sold video game of all time; 82 million copies of the game have been sold worldwide, making it Nintendo's highest sold game.

Players use the Wii Remote to mimic actions performed in these sports, such as swinging a tennis racket or rolling a bowling ball. The rules for each game are simplified to make them more accessible to new players. The game also features training and fitness modes that monitor players' progress in the sports.

Wii is not only for sports enthusiasts but for fitness gurus as well.

In 2008, Wii Fit was launched in North America as a combination of fitness, simplicity and fun. Designed for everyone, young and old – by playing Wii Fit a little every day, players can go for their personal fitness goals, learn about physiology, or just have fun.

There are two main modes in Wii Fit. There is the Body Test and Training. In the Body Test, Wii Fit will measure the player's center of balance, and body mass index (BMI), then will give them two balance tests before determining your Wii Fit Age. In training mode, the player can select from one of 48 activities in the yoga, strength training, aerobics and balance games sections. There are also features such as Charting Progress, which allows users to see how many calories they burned.

The heart rate response to Nintendo Wii Boxing.

While video games have traditionally been a sedentary activity, a new generation of active video games make game play a more interactive experience. Seventy percent of respondents to an American Heart Association (AHA) survey reported that they considered active video games to be a physical activity. In spite of greater interactive capabilities, it was unclear, however, whether 'gaming' can actually take the place of traditional modes of physical activity. So, the AHA and Nintendo formed a partnership to promote physical activity by encouraging individuals to participate in a study that used the Nintendo Wii to determine if it provides cardiorespiratory benefits and contributes to the daily exercise recommendations for healthy adults. Their conclusion: Thirty minutes of Nintendo Wii Sports boxing provides a moderate to vigorous aerobic response in healthy adults and can contribute to daily recommendations for physical activity.

So, if you are looking for a fun, interactive and physically fit activity for yourself or with the participation of others, consider either Wii Sports or Wii Fit for your next video game purchase.

Sources Wikipedia, The National Library of Medicine and wiisports.com

In Your Neighborhood

THE BOROUGH OF KINGSTON, PA

A Great Place to Call Home

QUICK FACTS

County: Luzerne
Founded: 1771
Population: 13,349 (2020 census)
Mayor: Jeffrey R. Coslett
Website: kingstonpa.org



Kingston borough logo

A borough (incorporated in 1857) in Luzerne County, located on the western bank of the Susquehanna River opposite of Wilkes-Barre.

King Charles II owed Admiral Sir William Penn a large sum of money. To settle his debt, he granted Penn's son, William a territory in North America, which later became known as Pennsylvania. A group of Connecticut settlers formed Connecticut Susquehanna Company, which bought land in the Wyoming Valley area from several Native Americans, including the Susquehanna and the Delaware tribes. In 1768, the land was surveyed and divided into five townships before pioneers took possession of one of these, now known as Kingston Township.

By the late 1760s, both Connecticut and Pennsylvania settlers fought over the territory. And on June 30, 1778, Loyalist forces, under the command of Major John Butler, arrived in the Wyoming Valley to attack the American settlements. Meanwhile, the Patriot militia assembled at nearby Forty Fort, and on July 3, a column of roughly 375 men including a company of soldiers in the Continental Army marched from the fort. Major Butler's Rangers, with the assistance of about 500 indigenous allies, ambushed the oncoming Americans. In the end, nearly 300 Patriot soldiers from the Wyoming Valley were killed during the Battle of Wyoming, commonly known as the Wyoming Massacre. The next day Colonel Denison surrendered Forty Fort along with several other posts.

Eventually, five Commissioners were named by Con-

gress to settle the land disputes. These Commissioners handed down the Decree of Trenton, giving all the disputed land to Pennsylvania. The area became part of Northumberland County. The Connecticut settlers wanted to create a new state from Wyoming Valley lands. Colonel Pickering was sent to the area to conduct a thorough political examination. As a result, the Pennsylvania Assembly passed a resolution to create Luzerne County, thus ending the idea of creating a new state.

By the mid-1800's, construction and operation of the Lackawanna and Bloomsburg Railroad led to the first locomotive railroad in Wyoming Valley. Its first train ran as far as Kingston on the morning of June 24, 1856. It carried more than 300 passengers and ran three times daily between Scranton and Kingston. Completion of the line between Scranton and Kingston established a definite need for transportation of passengers between Kingston Station and Wilkes Barre, one-and-one-half mile away. To fill the need, the Wilkes-Barre and Kingston Passengers Railway was set up, and believed to be the first local public transportation utility.

This generated an increase in the local population, which spurred on a determination to incorporate. The incorporation took place on November 23, 1857. There are two different stories relating to how a name was chosen for the borough. The first account says that Ezra Dean offered a quart of liquor for the privilege of naming the town. As a compliment to his wife, who was a native of Kingston, Rhode Island, he gave it the name of Kingston. Another account states that Dean offered a quart of whiskey as a prize for the naming of the town. His wife selected the winning name.

Today, living in Kingston offers residents a dense suburban feel and most residents own their homes. In Kingston there are a lot of restaurants, coffee shops, and parks. Many young professionals and retirees choose to make Kingston their home.

Sources Wikipedia and kingstonpa.org



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).

Health Benefits

GETTING GOOD SLEEP

By Art Villafane

There is a significant body of work on the benefits of getting good sleep. We outline several here.

Spur Creativity – Get a good night's sleep before getting out the easel and paintbrushes or the pen and paper. In addition to consolidating memories, or making them stronger, your brain appears to reorganize and restructure them, which may result in more creativity as well.

Healthy Weight – If you are thinking about going on a diet, you might want to plan an earlier bedtime too. Researchers found that dieters who were well rested lost more fat (56% of their weight loss) than those who were sleep deprived. Dieters in the study also felt hungrier when they got less sleep.

Avoid Accidents – The National Highway Traffic Safety Administration reported in 2009 that being

tired accounted for the highest number of fatal single-car run-off-the-road crashes due to the driver's performances – even more than alcohol.

Improve Memory – Your mind is busy while you snooze. During sleep you can strengthen memories or “practice” skills learned while you are awake. If you're trying to learn something new, you'll perform better after sleeping. I often will visualize some of my martial arts techniques just as I am about to fall asleep.

Enhance Learning – Those who have sleep disordered breathing, which includes snoring, sleep apnea, and other types of interrupted breathing during sleep, are more likely to have problems with attention and retention, according to a 2010 sleep study.

Tips for Better Sleep

1. **Halt Your Afternoon Habit:** Drinking coffee or tea (some flavored waters, and soda) after 4:00 p.m. will not help your sleep.
2. **Beware of Alcohol:** Alcohol decreases deep sleep and increases arousals from sleep. If you like a glass of wine in the evening, have it with dinner and drink in moderation, so it will wear off by the time you lie down.
3. **Choose Sleep Superfoods:** Avoid a big, heavy meal before bed – a full stomach will disturb your sleep. Some foods may actually help you snooze. If you've had a few nights of restless sleep, make a whole-wheat pasta dish with fresh vegetables, chicken breast, tomato sauce, with parmesan cheese for dinner. This meal contains a snooze-friendly combination of protein and tryptophan, an amino acid that converts to sleep-promoting serotonin in the body.
4. **Ban Your Work:** Need to send out one last e-mail before you “officially” turn in? Not so fast! Typing in bed can wind you up, so when you do unplug, it will be harder to fall asleep. For tech-free sleep, disconnect an hour before bed. Turn your smart phone off. And, place your other gadgets out of reach.

Courtesy LIFESTYLES Over 50 Lehigh Valley

**ADD VIDEO
TO YOUR AD
PLACEMENT**

Coming Soon!

**Tell your story ...
Share your brand™**



Call to learn more: 610-799-3382

LIFESTYLES™
Northeastern Pennsylvania
OVER 50

Food Safety Tips

FRUITS & VEGETABLES

By Lois Killcoyne, R.D.

Summer is the time we are surrounded by fresh fruit and vegetables. We eat them not only because of how delicious they taste, but also how healthy they are for our bodies. However, there may be danger lurking if we aren't cautious.

Microorganisms that cause illness may be in the soil, in water used for irrigation or washing, or on the hands or equipment used for harvesting, packing, or shipping. They are too small to be seen by the human eye, so even food or surfaces that look clean can be contaminated. We know that fruits and vegetables contain nutrients that are important to human health. They are the primary sources of Vitamin A, Vitamin C, and many other antioxidants and phytonutrients that strengthen the immune system and protect against chronic disease. What can we do?

To prevent possible food-borne illness, treat food as if it might be contaminated, and follow these food safety guidelines:

1. Wash hands before and after handling food.
2. Store and thaw raw meats and poultry apart from food that is ready to eat (will not be cooked before eating). Place raw meat in separate grocery bags. Place on lower shelf in the refrigerator so juices cannot drip onto other foods.
3. Wash all produce thoroughly under cool running water, including bagged salad greens. Agitate unwashed greens in a container of clean water so much of the soil sinks to the bottom. Then wash each individual leaf under running water.
4. Scrub fruits and vegetables with firm skins, even if the peel will not be eaten. Bacteria can transfer onto the flesh when you slice them.
5. Wash cutting boards, counters, dishes and utensils with hot soapy water, and sanitize after contact with produce or raw meats. To sanitize, the FDA recommends (1) teaspoon of chlorine bleach in (1) quart of water.

Some additional strategies for protecting against illness:

- Use canned products retain many of the nutrients of fresh fruit and vegetables.
- Buy local. Summer is here and there will be lots of fresh produce at farm markets and stands. They are less expensive, tasty, and less likely to be contaminated.
- Cook fresh produce. Saute your spinach, put tomatoes in soups or casseroles.
- Avoid raw sprouts. They may contain bacteria that cannot be washed off.

For information about local farm markets, call the Penn State Cooperative Extension office in Northampton, Pa.

Courtesy LIFESTYLES Over 50 Lehigh Valley

**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

The Pet Boost

FURRY FRIENDS HELP SENIORS FEEL LESS LONELY

Many older adults experience feelings of loneliness and isolation as they age, but pets can provide the companionship and love seniors desire. A new survey conducted by Home Instead, Inc., franchisor the Home Instead Senior Care® network, found regular interaction with animals can help to reduce feelings of isolation and loneliness in older adults.

The most frequently cited benefits of pet ownership are company, comfort, unconditional love, entertainment and improved mood. In fact, 86 percent of pet owners agree they would be lonelier and less happy without their pet, and 58 percent agree that they would not be as physically healthy without their pet.

The companionship and love provided by a pet can be especially meaningful for those most at risk for isolation. Home Instead found that pet owners who live alone are significantly more likely to report increased benefits of pet ownership. Owning a pet can also be an

important factor for seniors deciding where they will live as they age. According to the survey, 82 percent of older adults say they will not consider moving to a senior living community without their pet.

While interaction with animals has been shown to improve mental and physical well-being in older adults, research from Home Instead confirms that seniors don't need to own pets to experience the benefits. Those who regularly interact with, but don't own, pets report feeling better just spending time with animals owned by family, friends and neighbors.

There are many ways seniors can interact with animals without taking on the responsibility of pet ownership. Here are a few ideas:

- Volunteer at a rescue organization or animal shelter. Many rescue organizations and animal shelters could use an extra hand. Seniors can help provide care for animals, including feeding, watering, restocking supplies, washing dishes, walking dogs, cleaning cages and enclosures or socializing with the animals. Volunteers experience the benefits of interacting with pets, and they can provide some care to an animal in need.
- Get to know your neighbors' pets. Seniors who regularly walk their neighborhoods will likely see pet owners walking their dogs. Asking to join them for a walk might lead to new friendships with neighbors and dogs.
- Connect with a therapy animal. Pet Partners therapy teams, made up of a pet owner and his or her registered animal, go into many locations where seniors are living or being treated, such as hospitals, hospice centers and care communities.
- Visit a pet store. Some pet stores sell small animals, such as guinea pigs, hamsters, chinchillas, gerbils, mice, rats, certain geckos, bearded dragons, snakes, and specific types of frogs, birds and fish. Visiting can provide a pet fix!
- With so many options available, finding the right animal interaction for each individual should be as easy as a walk in the dog park.

Courtesy NewsUSA



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

Promote Good Brain Health

FOR OLDER ADULTS

By CAREPatrol of the Lehigh Valley

As we age, maintaining good brain health becomes increasingly important for overall well-being and quality of life. Cognitive decline is a common concern among seniors, but there are many proactive steps we can take to keep our mind sharp and active. Here are some of the best ways to promote good brain health for older adults.

Stay physically active – Physical exercise is not only good for the body but also for the brain. Activities like walking, swimming, yoga, and strength training increase blood flow to the brain, which can help reduce the risk of cognitive decline. Regular exercise has been linked to improved memory and a lower risk of conditions like Alzheimer's disease.

Engage in mental stimulation – Keeping the brain active is essential for maintaining cognitive function. Older adults can challenge their mind by:

- Doing puzzles and brain games like Sudoku or crosswords.
- Learning a new skill or hobby, such as playing an instrument or painting.
- Reading books or engaging in meaningful discussions.
- Taking online courses or attending lectures.

Maintain a healthy diet – A nutritious diet can have a significant impact on brain health. Seniors focus on a diet rich in:

- Omega-3 fatty acids (found in fish, walnuts, and flaxseeds).
- Antioxidants (found in berries, dark chocolate, and leafy greens).
- Whole grains and lean proteins to support overall brain function.
- Hydration because dehydration can contribute to confusion and memory problems.

Social interaction helps keep the brain engaged and reduces the risk of depression and cognitive decline. Older adults should stay connected with family, friends, and their community by:

- Participating in group activities, clubs, or senior centers.
- Volunteering or mentoring younger generations.
- Regularly engaging in conversations with loved ones.

Get enough sleep – Quality sleep is crucial for cognitive health. Poor sleep can lead to memory issues and difficulty concentrating. Seniors should aim for 7-9 hours of sleep per night by:

- Establishing a regular sleep schedule.
- Creating a relaxing bedtime routine.
- Avoiding caffeine and electronic screens before bedtime.

Manage stress levels – Chronic stress can negatively impact brain function and increase the risk of memory loss. Effective stress management techniques include:

- Practicing meditation or mindfulness.
- Engaging in relaxation exercises such as deep breathing.
- Spending time in nature or engaging in enjoyable activities.

Monitor and manage health conditions – Certain health conditions, such as high blood pressure, diabetes, and heart disease can contribute to cognitive decline. Seniors should:

- Regularly visit their healthcare provider for check-ups.
- Follow prescribed treatments and medications.
- Maintain a healthy lifestyle to manage chronic conditions.

Promoting good brain health for older adults requires a combination of physical activity, mental engagement, healthy eating, and social connections. By adopting these habits, seniors can enhance their cognitive function, improve their quality of life, and enjoy their golden years with mental clarity and vitality. Encouraging a proactive approach to good brain health benefits not only older adults but also their families and friends.

Courtesy LIFESTYLES Over 50 Lehigh Valley

Staying Current

UNDERSTANDING THE YOUNGER GENERATION

Don't be so 'basic' when, at your age, you've definitely got the 'rizz' to be 'sigma.' While 'gen alpha' may be 'delulu' to think otherwise, 'gyat' you know ... you're really fine! Because, you are the 'GOAT' when they are so 'cringe' in their own skin. It's your age that makes you 'fire,' particularly as you continue to 'glow up.' This is your time – a 'Big W!'

Today's younger generation are mini tech experts, having been introduced to computers and iPhones since birth. They take delight in watching popular streamers, playing video games, dancing to TikTok, and sharing memes. But when it comes to the English language, it might cause many older adults to scratch their heads at what they're saying.

Here is the opening paragraph again, re-written in terms we (older adults) can understand.

Don't act so mediocre when, at your age, you've definitely got the charisma to be cool. While the younger generation may be delusional to think otherwise, damn you know ... you're really fine! Because, you are the greatest of all time when they are so awkward in their own skin. It's your age that makes you hot, particularly as you continue to improve with age. This is your time – a big win to be alive!

As we grow older, it's easy to feel disconnected from the world around us. Sometimes, it can feel like the younger generation is speaking a different language altogether. Data from various studies indicate that engaging the younger generation can help prevent loneliness and reduce symptoms of depression in older adults. As a matter of fact, interactions that promote understanding and companionship can contribute to a better quality of life for not only our seniors, but the younger generation as well.

Benefits of intergenerational relationships:

Sense of purpose – Engagement with younger folks can motivate seniors to stay active and involved. This involvement can provide a sense of be-

longing and contribute positively to your emotional health. The act of nurturing younger individuals can enhance feelings of self-worth and significance, which is essential for satisfying emotional needs.

Reduction of depression and anxiety – Traditional living situations can often lead to feelings of isolation and loneliness for seniors, which can exacerbate mental health conditions. However, by maintaining close ties with the younger generation through living with your extended family or engaging in your local community (such as a place of worship or recreational center), seniors can experience improved emotional stability and a stronger sense of interconnectivity.

Cognitive function enhancement – Activities that involve discussions, teaching skills, or sharing stories help keep the mind active and may improve memory retention. These interactions provide intellectual stimulation, which is crucial for maintaining cognitive health as the body ages.

Knowledge sharing and family unity – Intergenerational living facilitates the exchange of knowledge and the reinforcement of family bonds. By sharing stories and exchanging experiences, seniors can help younger generations develop a deeper understanding of their roots, values, and identity.

Regular interactions, whether through shared meals, activities, or conversations, create a nurturing environment where seniors feel valued and connected. This sense of belonging contributes to a heightened sense of purpose in the lives of both seniors and the younger generation. Reach out to a family member or friend and get involved. Volunteering is another way to stay connected as well. Many communities offer events and activities that bring people of all ages together.

Sources downersgrovehc.com, vistagardensmemory-care.com and fulleryouthinstitute.org

Take Action

PROTECT YOUR HEART

Heart disease is the leading cause of death in the United States.

1 in 5 people die from it each year, even though it is largely preventable. Research shows that many Americans will likely develop some form of heart disease, but you don't have to be one of them. According to the National Heart, Lung & Blood Institute (NHLBI), you can take-action by making small lifestyle changes that help reduce your risk and improve your overall health.

NHLBI's The Heart Truth® program encourages you to join the #OurHearts movement and take these actions to support a heart-healthy lifestyle:

- **Eat better.** Select nutritious snacks. Try whole fruits, dried fruits, unsalted rice cakes, fat-free and low-fat yogurt, or raw vegetables. Use herbs and spices instead of salt.



MASONIC VILLAGE

ENJOY LIFE YOUR WAY

You've Earned This!

Choose your ideal home from retirement living villas and apartments in various one-level floor plans. All options are maintenance-free, while you focus on what matters most to you.

Meet your neighbors for events, play a round of golf or enjoy a dinner and drink without leaving campus. Located next door, Misericordia University extends wellness, lifelong learning, athletic and cultural programs.

We help you build a long-term plan for every stage of your retirement years. Find the right amount of care and assistance you need to live your best with our community health care partners, whether it's home care, rehabilitation or long-term nursing care.

Contact us today to start planning for your future.

Masonic Village at Dallas
36 Ridgway Drive, Dallas, PA 18612
570-364-4845
MasonicVillageDallas.org



- **Add more movement to your day.** Sit less. Take the stairs. Park a good walking distance away from your destination. March in place, or walk around the block. Anything that gets your heart beating counts!
- **Stop (or don't start) smoking.** Make a list of the reasons you want to quit, select a quit date, and talk to a healthcare provider about resources that can help.
- **Get enough quality sleep.** If possible, aim for at least 7–9 hours of sleep each night. Go to bed and wake up at the same time each day.
- **Manage stress.** Use relaxation techniques that combine breathing and focused attention on pleasing thoughts and images to calm the mind and body.
- **Maintain a healthy weight.** Discuss with your healthcare provider if your weight is in a healthy range. If you need to lose weight, choose healthy foods, get regular exercise, and consider joining a weight loss program.
- **Control cholesterol.** Make healthy food choices, like limiting saturated fats found in fatty cuts of meat, dairy products, and desserts, increase your physical activity, and don't smoke.
- **Manage blood sugar.** Monitor your carbohydrate intake and choose complex carbohydrates, like whole grains and legumes, to help control blood sugar levels.
- **Control blood pressure.** Get your blood pressure checked at each healthcare visit. Ask your provider if you should monitor your blood pressure at home. Knowing your numbers is an important first step to making sure yours are in a healthy range.

Devote a little time each day to your heart. Remember, self-care is heart care. Ask a family member or friend to join you on your heart-health journey. Personal networks make it easier to stick to heart-healthy habits that can help keep #OurHearts healthy for life.

To learn more about how to take-action for your heart and prevent heart disease, visit www.HeartTruth.gov.

Courtesy NewsUSA

A Guide to Hiking

THE SCIENCE BEHIND THE STEPS

Studies reveal that seniors who hike regularly can lower their risk of heart disease by up to 35% and reduce the likelihood of falls by improving their balance by as much as 21%. Hiking can also boost memory by up to 20%, thanks to increased blood flow to the brain.

The Merriam-Webster Dictionary defines a hike as “a long walk, especially for pleasure or exercise.” The opportunity to get out in nature and enjoy its incredible beauty, while also getting some exercise, can be a very pleasurable and healthy experience. Hiking can lower systolic blood pressure by four to ten points and diastolic by five to eight points. Natural terrain variations help strengthen muscles, improve bone density and enhance joint flexibility – all of which can help maintain mobility as we age.

The benefits of hiking for older adults:

- Improved cardiovascular health and blood circulation
- Positive mood, which can deter anxiety and depression
- Strengthen bones and muscles, which can help with mobility as you age
- Prevention of chronic conditions such as diabetes and heart problems
- Increased energy and overall well-being

Tips on hiking safely:

- Start slow – Begin by taking regular walks to strengthen your muscles and bones before you attempt hiking. Once you start hiking, be sure to take regular breaks, as this will allow your body to recover faster. Most importantly, don't rush – hike at your own pace.
- Dress appropriately – Avoiding tight or restrictive material is a good idea. Wear looser, more breathable outfits. Fabrics like denim and cotton retain moisture and can cause over-heating and discomfort. Whereas workout wear, like yoga pants and sports tops, are usually made from moisture-wicking fabrics, which will absorb your sweat as you move and regulate your body temperature.
- Invest in a good pair of hiking boots – The shoes you

hike in are equally important to your safety. For example, if your shoes don't have a decent grip or are loose-fitting, you could trip, fall, or twist an ankle. Investing in a good pair of hiking shoes is well worth the price if it means they'll keep you safe.

- Check the weather forecast – Certain weather conditions can make hiking more difficult and even dangerous. For example, rain can make some trails slippery, which increases your risk of falling. Additionally, extremely hot weather can lead to dehydration and sunburn. For this reason, you want to plan around the weather to ensure you're safe while enjoying your hike.
- Prepare an emergency kit – It's vital that you pack emergency supplies to take with you on your hike. You never know when a fun day outdoors could turn into an emergency. Carrying a mobile phone is great, but if you hike in areas without cell service, you'll need a backup plan. So, it's always a good idea to hike with a group, so others are always available to assist if someone is in need.

Hiking ensures that you're getting enough exercise to reap the rewards of physical activity. But hiking doesn't have to include climbing large mountains or rocks. It can be as simple as walking on a flat trail.

Hiking trails in NEPA:

- Archbald Pothole State Park
- Lackawanna State Park
- Seven Tubs Nature Area
- Frances Slocum State Park
- Varden Conservation Area
- Thomas Darling Preserve
- Hickory Run State Park
- Nescopeck State Park
- Prompton State Park
- Tobyhanna State Park

Before you head out on a hike, it's important to check with your doctor before doing any physical activity that's not normal for you to make sure you are cleared for exercise.

Sources American Journal of Lifestyle Medicine, Harvard Medical School and Mayo Clinic

A Healthy You

ACTIVE LIVING WHEN YOU CAN'T GET OUTDOORS

People who live in Blue Zones, the seven regions of Ikaria, Greece; Okinawa, Japan; the province of Ogliastra in Sardinia, Italy; the community of Seventh-Day Adventists in Loma Linda, California; and Costa Rica's Nicoya Peninsula have been identified as having the highest concentration of individuals who live to be over 100-years-old.

What are they doing that the average person is not?

To answer this question, bluezones.com teamed up with National Geographic and learned that the answer lies within their lifestyle and environment. Following are nine common denominators found amongst the Blue Zones.

1. Move naturally – live in environments that nudge you into moving
2. Purpose – wake up every day with something to do
3. Down shift – reduce stress through prayer and meditation



4. 80% rule – eat your smallest meals in the late afternoon and early evening
5. Plant slant – beans are the cornerstone of most diets
6. Wine @ 5 – drink alcohol moderately and regularly

7. Belong – be a part of a faith-based community
8. Loved ones first – keep aging parents and grandparents nearby



9. Right tribe – choose social circles that support healthy behavior

Sources Wikipedia and bluezones.com

GET
\$10 OFF
YOUR FIRST ORDER!
with purchase of \$50 or more

Use Promo Code:
PROGRAMAD2022
EXPIRES 12/31/2022

SPONSORED BY MOM



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





Find out more about online shopping at
GerritysDelivers.com

Outdoor Activities

SAFER FORMS OF EXERCISE FOR OLDER ADULTS

Walking – The benefits of taking a brisk 30-minute stroll each day are boundless: increased blood flow, stronger heart, better sleep and mental health, and even a lower risk of dementia. Plus, there's no special equipment needed. Hence, walking is one of the easiest and safest forms of exercise.

Tai Chi – Often described as “meditation in motion,” Tai Chi involves slow, controlled movements that focus on balance, flexibility, and mindfulness. It is a Chinese martial arts practice that is usually performed as an outdoor activity to encourage a connection with nature. Not only is it healthy for your body, but it's also healthy for your mind.

Gardening – By digging up weeds and planting new flowers or vegetables, you will get plenty of much-needed aerobic activity. The regular practice of gardening not only gets you outdoors in fresh air and natural sunlight but is an effective way of improving your health; preventing osteoporosis and lowering your risk of cancer, Type 2 diabetes, depression, and heart disease.

Swimming & Water Aerobics – Laps in an outdoor pool are a great way to work on your cardio endurance and improving blood circulation, while keeping the stress on your body at a minimum. Not a swimmer? Try walking across the pool in shallow water or pairing swimming with other water activities such as water aerobics and aqua pilates. These forms of water exercise use floats for resistance to reduce pressure on joints while you build muscle tone.

Yoga – A well-rounded form of exercise, the simple stretches used in Yoga can boost your blood flow for a healthier heart and ease arthritis symptoms, as well as improve sleep, and lower stress. Practicing Yoga outdoors is preferred due to breathing fresh air.

Bird Watching – You might think of bird watching as a casual activity, but it has the potential for so much more, such as going on various hikes and adventures to spot rare and unique birds. Take pictures and document your experience. This calming activity is a great opportunity to learn new things and teach others, which is great for improved memory retention and social interaction.

Family Games – Playing games outdoors with family and loved ones is a great way to get mild exercise. Whether it is cornhole, charades or a popular board game, playing games encourages socialization that can help reduce feelings of exclusion or isolation, and improve your mood. These games also provide older adults the chance to spend more time with the younger generation ... maintaining a youthful and joyful attitude.

Pickleball – The fastest-growing sport for older adults is Pickleball, an activity that combines the elements of tennis, badminton, and table tennis. The game is played on a smaller court with lightweight paddles and a perforated plastic ball. Its simplicity and low-impact make it an excellent option for older adults who may not have the agility or stamina but still want to stay active and engage in friendly competition. It's a great way to meet new friends, stay active, and enjoy a little friendly competition.

Sources webmd.com, discoveryvillages.com, playworld.com and eastoregonian.com

**ADD VIDEO
TO YOUR AD
PLACEMENT**

Coming Soon!

**Tell your story ...
Share your brand™**



Call to learn more: 610-799-3382

LifESTYLES™
Northeastern Pennsylvania
OVER 50

Advice From A Flamingo

BY JUDI PAINTER, CERTIFIED FLAMINGO GEEK (CFG)

In 2022, I wrote an article called, “Advice from a Flamingo.” Today, as I reflect on this writing adventure and wonder where it will lead next, I find myself drawn once more to these graceful birds. Now, three years wiser, I see even more clearly the spiritual lessons flamingos offer, especially to those of us enjoying our senior years.

Wade into Life – Seek Balance

Back then, I emphasized preparation and safety: never wander into unknown deserts without essentials like water, a hat, or a granola bar. Today, I cherish the flamingo’s remarkable ability to balance serenely on one leg. This posture symbolizes emotional stability, peace, and mindfulness – qualities essential for navigating life’s waters. Now, I want to be that flamingo, gracefully balanced, thoughtfully poised. What about you?

Please remember, this balance isn’t something to

attempt alone – lean on friends, family, or support aids as you find your own stability!

Stand Out, but Stay Connected

Initially, my advice was to bring a personal touch, creativity, and authenticity to all you do. Today, I recognize another spiritual insight from flamingos: their stunning uniqueness complements their collective harmony. Flamingos teach us that it’s perfectly wonderful to stand out – but equally valuable to blend gracefully within our communities. Let your unique spirit shine while drawing strength and joy from being part of your flock.

Cherish Your Flock – Community is Sacred

During the pandemic, we all experienced the challenge of maintaining connections. Now I’m profoundly aware of how important community is for spiritual well-being. When alone, I feel more vulnerable – not necessarily lonely, but deeply aware of my need for companionship, laughter, joy, and shared experiences. Being part of a flock enriches our souls, keeps us safe, and brings profound meaning to our lives. Who says we must limit ourselves to just one flock? And remember, always take time to enjoy simple pleasures – like blowing bubbles!

Embrace Life Mindfully – Wet Your Feet Thoughtfully

Previously, I broadly encouraged taking risks. Today, my understanding has evolved. As seniors, we become more mindful of our actions. Instead of impulsively leaping into adventures that might harm us, we pause, reflect and ask ourselves, “Why?” Our choices become intentional and more meaningful.

Tomorrow promises warm sunshine, and I’m excited to step into a new adventure – starting by thoughtfully choosing my shoes and socks. After all, every thoughtful step counts, and every day holds new opportunities for joy and discovery!

Flamingos gently remind us to embrace the spiritual journey of aging – gracefully balancing joy, wisdom, community, and mindful adventure.

Courtesy *LIFESTYLES Over 50 Lehigh Valley*



Enjoy Every Moment

Tunkhannock Manor offers seniors a safe, secure, home-like community, taking the worries out of daily life. Enjoy an active lifestyle with personalized support based on your individual needs.

Schedule a Tour Today!

Call 570.836.2983 or email
tunkhannockadmissions@umhwc.org for more
information about life at Tunkhannock Manor!

*Now Offering Independent Living, Personal Care and
Memory Care!*

UnitedMethodistHomes.org  



Healthy Eating Habits

HEALTHY AGING

Eating healthy and having an active lifestyle can lead to healthy aging. Get the most out of what you eat by using the resources below to learn about different patterns of healthy eating and ways to create a nutritious meal plan in order to reduce the risk of disease.

1. Enjoy a variety of foods from each food group to help reduce the risk of high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.
2. To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals.
3. Add sliced or chopped fruits and vegetables to meals and snacks.
4. Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement.
5. Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.
6. Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.

Food Patterns (USDA):

- American-style – Based on the types of foods Americans typically consume, including a variety of vegetables, fruits, whole grains, fat-free or low-fat dairy, seafood, poultry, and meat, as well as eggs, nuts, seeds, and soy products.
- Mediterranean-style – This one contains more fruits and seafood and less dairy than the American-style eating pattern.
- Vegetarian-style – This pattern contains no meat, poultry, or seafood, but does contain fat-free or low-fat dairy. Compared with American-style, it contains more soy products, eggs, beans and peas, nuts and seeds, and whole grains.

Tips to Planning a Healthy and Delicious meal:

- Consider preparation time. Some meals can be made in as little as five minutes. But if you love cooking, or if you're preparing a meal for family and friends, you may want to try something a little more challenging.
- Keep calories in mind. The number of calories people need each day varies by individual. Always discuss your weight and fitness goals with your health care provider before making big changes in your diet.
- Limit your intake of foods containing saturated fats and trans fats. Foods like pies, pastries, fried and battered foods, chips, and chocolate are generally high in saturated fat, and may contain dangerous trans fats. Eat these foods very occasionally. Fresh fruit with reduced fat yoghurt is a good dessert option, or cakes and crumbles made with wholegrain options, like oats.
- Eat plenty of fibre and drink plenty of fluids. High fibre foods and plenty of fluids will help to move slow bowels. Try to drink about 6-8 cups of fluid a day, and more in warmer weather or when exercising. Water is your best bet for hydration, but tea, coffee, mineral and soda water, and reduced fat milk count too.
- Get your vitamins and minerals. If you eat less or have digestive issues, you may be deficient in some important vitamins and minerals. Speak to your doctor about your levels, and always choose a variety of foods from the five food groups.

Talk to your doctor about your personal health needs, particularly about how best to apply the dietary guideline that says to limit saturated fats, added salt, and added sugars. If an illness is making it harder for you to cook or feed yourself, check with your health care provider. He or she may recommend an occupational therapist, who can help you find ways to make it easier.

Sources National Institute on Aging, betterhealth.gov.au and medlineplus.gov

Remember When?

PREDICTIONS FROM THE 50'S

"Did you see where some baseball player just signed a contract for \$75,000 a year just to play ball? It wouldn't surprise me if someday they'll be making more than the president."

"I never thought I'd see the day all our kitchen appliances would be electric. They are even making electric typewriters now."

"DO YOU SUPPOSE TELEVISION WILL EVER REACH OUR PART OF THE COUNTRY?"

"It's too bad things are so tough nowadays. I see where a few married women are having to work to make ends meet."

³³The drive-in restaurant is convenient in nice weather, but I seriously doubt they will ever catch on.⁶⁶

"It won't be long before young couples are going to have to hire someone to watch their kids so they can both work."

"Marriage doesn't mean a thing any more, those Hollywood stars seem to be getting divorced at the drop of a hat."

"I'LL TELL YOU ONE THING. IF MY KID EVER TALKS BACK TO ME, THEY WON'T BE ABLE TO SIT DOWN FOR A WEEK."

"Did you know the new church in town is allowing women to wear slacks to their service?"

³³Next thing you know is, the government will start paying us not to grow crops.⁶⁶

"Why in the world would you want to send your daughter to college? Isn't she going to get married? It would be different if she could be a doctor or a lawyer."

"I just hate to see the young people smoking. As I tell my kids 'Don't take a cigarette from ANYONE. You never know what might be in it.'"

Games

AND ACTIVITIES

.....SUDOKU.....

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

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

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.

ANNUAL DIRECTORY

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

(Reserve Your Spot for 2025)

570-390-3350

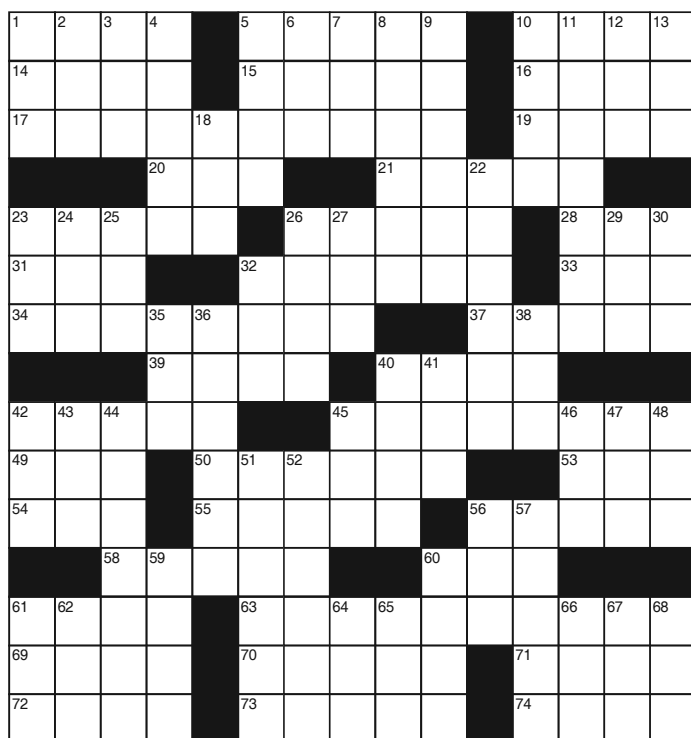
Call to Inquire About Our Rates

Northeastern Pennsylvania
LIFESTYLES
OVER 50

Games

AND ACTIVITIES

CROSSWORD PUZZLE



ACROSS

- 1 Close the door hard
5 Japanese dish
10 Mast
14 El ____
15 Wan
16 Visionary
17 Valuers
19 Loose
20 Elder
21 Ladies
23 Repent
26 Setting
28 Disconnected
31 Crow's cry
32 Drove
33 Clutch
34 Treacherous act
37 Raccoon-like animal

39 Acquired Immune
Deficiency Syndrome
(abbr.)

- 40 Nova
42 Mythical deity
45 Wind vessel
49 Wing
50 Chukka boot
53 Shoshonean
54 I want my ____
55 To that time
56 Divided nation
58 School assignment
60 Spr.. month
61 Brand of coffee
alternative
63 Dressing type (2 wds.)
69 Gas burner
70 Minimum amount
71 Opaque gem

- 71 Opaque gem
72 Chore
73 Painter Richard
74 Pouch

DOWN

- 1 Resort hotel
2 Drink
3 Viper
4 Half-wit
5 Stated
6 Ship initials
7 That girl
8 Rounded up
9 Batty
10 Risk-free
11 Public image
12 Is
13 Grain
18 Brew
22 Peyote
23 Hovercraft
24 Thai
25 Night bird
26 Male children
27 Whoop
29 Pudgy
30 Federal Bureau of
Investigation
32 Concealed
35 Amateur
36 Airplane for mass
transportation
38 Globe
40 Boat's wind catcher
41 Can metal
42 Surface to air missile
43 Alternative (abbr.)

- 44 Bars
45 Slide on snow
46 Possessive pronoun
47 Dined
48 Beverage
51 Incapable of
52 Modes
56 Km/h
57 Sandwich cookies brand
59 Infuse
60 Parts of plays
61 Caress
62 Terminal abbr.
64 Ingest
65 Wield
66 Government agency
67 Pocket
68 Deer relative

Answers are provided
on page 23.

INTERESTING STUFF

ABOUT ANIMALS

Foxes sometimes nip at the heels of cattle, so the stomping of the cattle makes mice and other rodents come out of the ground for the fox to eat.

Texas horned toads can shoot blood out of the corners of their eyes.

The great horned owl is the only animal that will eat a skunk.

Flying fish actually glide on wind currents above the surface of the water, sometimes up to 20 feet above the surface.

A horned toad is a lizard.

A kangaroo can hop at a pace of 40 miles per hour.

A prairie dog is not a dog – it's a rodent.

Honeybees and turtles are deaf.

AVAILABLE BY SUBSCRIPTION

Interested in receiving
our magazine in the mail?

570-390-3350

Call to order your annual
subscription today!

Northeastern Pennsylvania
LIFESTYLES
OVER 50

Games

AND ACTIVITIES

Word Search

Healthy Living

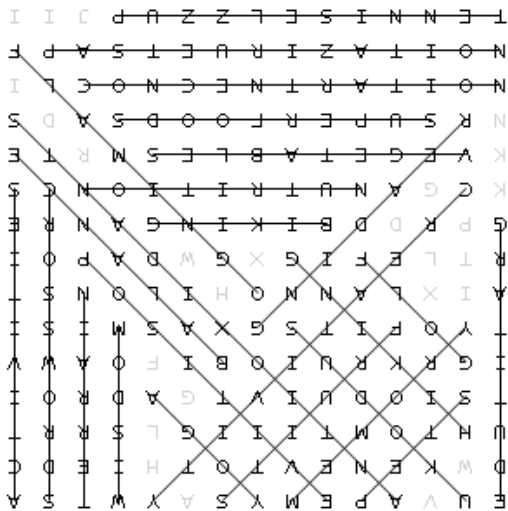
E U V A P E M Y S A Y W T S A
D W K E N E V T O T H I E D C
U H T O M T I I I G L S R R T
T S I O D U I V T G A D R O I
I G R K R U I O B I F O A W V
T Y O F I T S G X A S M I S I
A I X L A N N O H I L O N S T
R T L E F I G X G W D A P O I
G P R D D B I K I N G A N R E
K C G A N U T R I T I O N C S
K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

Activities

Antioxidants
Balance
Biking
Concentration
Creativity
Crosswords
Flamingo
Fruits
Golf
gratitude
Hiking
Memory

Nutrition

Pasteurization
Pets
Positive
Puzzles
Reading
Sudoku
Superfoods
Tennis
Terrain
Vegetables
Wisdom
Yoga



SUDOKU ANSWERS

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

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

CROSSWORD PUZZLE ANSWERS

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

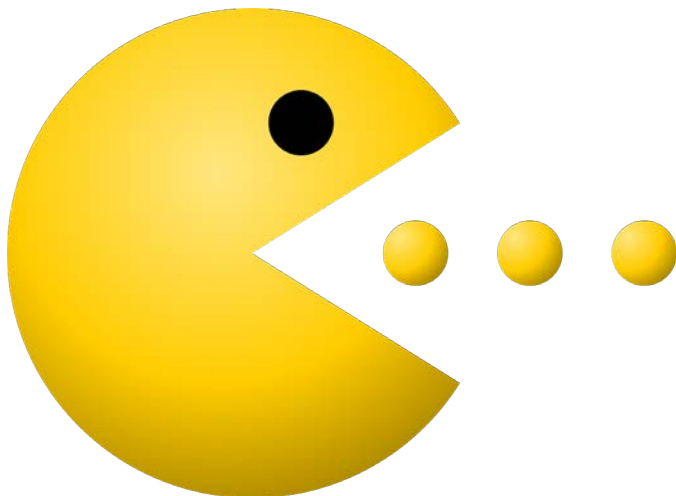
What To Do

WITH YOUR GRANDCHILDREN

Arcade games remain popular due to a mix of nostalgia, social interaction and innovative technology. Many factors contribute to their appeal, from the unique atmosphere they create to a memorable period in time that many of us choose to not forget.

The 1980's marked the "Golden Age of Arcade Games," a vibrant period characterized by the rise of iconic titles like Pac-Man, Donkey Kong and Space Invaders. These games not only revolutionized gaming but also influenced social dynamics in the Arcades that these iconic machines were placed. Arcades became popular hangout spots for young people. They provided a unique social experience where players gathered, interacted and formed long-lasting friendships. The colorful characters immersed in challenging game fields with catchy sound effects made these games exciting to play. Moreover, Arcade machines began to reflect broader trends in society by incorporating themes that resonated with the culture of the period.

Visiting an Arcade is not just about playing games; it's an experience that encourages camaraderie and competition among friends and strangers alike. The combination of flashing lights, immersive sounds, and the thrill of achieving the highest score offers a compelling escape from everyday life.



ARCADE GAMES

Arcades still have a vital place in the gaming landscape. Schedule a day to visit any one of these fine locations within a 90-minute drive from anywhere within northeastern Pennsylvania:

Back to the Arcade

3300 Lehigh Street
Allentown, PA 18103

Dave & Buster's Lehigh

1491 Macarthur Road
Whitehall, PA 18052

Idle Hours North

2008 Scranton Carbondale Highway
Scranton, PA 18508

Imagination Zone

Route 209
Brodheads ville, PA 18322

Lahey Family Fun Park

500 Morgan Highway
Clarks Summit, PA 18411

Rollers Roost II

94 Westwood Road
Pottsville, PA 17901

The Arcade Era

344 Stroud Mall Road
Stroudsburg, PA 18360

Sources justgeek.com, poconomountains.com

Events Calendar

NEPA FAIRS

CARBON COUNTY FAIR

Date: Aug. 4 thru Aug. 9, 2025

City: Palmerton

County: Carbon

Phone: (570) 325-8685

E-mail: CCLLFA@ptd.net

Website: carboncountyfair.com

GREENE-DREHER-STERLING FAIR

Date: Aug. 22 thru Aug. 31, 2025

City: Newfoundland

County: Wayne

Phone: (570) 676-4047

E-mail: tandy94@yahoo.com

Website: gdsfair.org

HARFORD FAIR

Date: Aug. 11 thru Aug. 16, 2025

City: Harford

County: Susquehanna

Phone: (570) 434-4300

Email: hfair@nep.net

Website: harfordfair.com

LUZERNE COUNTY FAIR

Date: Sept. 03 thru Sept. 07, 2025

City: Dallas

County: Luzerne

Phone: (570) 675-FAIR

Email: luzernecountyfair@hotmail.com

Website: luzernecountyfair.com

TROY FAIR

Date: July 21 thru July 26, 2025

City: Troy

County: Bradford

Phone: (570) 297-3648

Email: info@troyfair.com

Website: troyfair.com

WAYNE COUNTY FAIR

Date: Aug. 01 thru Aug. 09, 2025

City: Honesdale

County: Wayne

Phone: (570) 253-2942

Email: gotothefair@waynecountyfair.com

Website: waynecountyfair.com

WEST END FAIR

Date: Aug. 17 thru Aug. 23, 2025

City: Gilbert

County: Monroe

Phone: (610) 681-4293

Email: secwefa@ptd.net

Website: thewestendfair.com

WYOMING COUNTY FAIR

Date: Aug. 27 thru Sept. 01, 2025

City: Meshoppen

County: Wyoming

Phone: (570) 362-3755

Email: pdburke@frontier.com

Website: wyomingcountyfair.com

Sources pafairs.org and pa.gov

Giving Back

WE WANT TO HEAR FROM YOU!

Giving back to your community through volunteer groups, non-profit organizations, charities or other means does so much to help those in need and contribute to the common good. You can give back in different ways, by giving of your money or your time. No matter how you do it, giving back to your community will touch many people's lives.

Following are three ways by which you can give back:

1 Volunteer: Give back by volunteering your time. You'll be amazed with the people you meet and the experiences you have when you help others in need. Volunteering at your local senior center is a great way to help. Other ways you can help include aiding seniors with daily tasks by keeping them independent and in their own homes.

2 Offer your skills: Are you a handyman? Give back by offering to help a neighbor with some household fixes. A writer? Help your favorite charity promote their work by preparing press releases, managing their social media and updating their Website. Offering your skills to those who can use them is an empowering way to give back.

3 Donate to a charity: Help those in need by giving a few dollars to your favorite charity. Don't have extra money to give? Donate your unused clothing to your local Salvation Army or Goodwill store. Offer your used books to a local library, school or shelter. Or, donate food supplies to an animal shelter or to your local food bank.

Calling all non-profits and volunteers!

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.

Each issue, LIFESTYLES Over 50 Northeastern Pennsylvania recognizes a local nonprofit, individual or group for their contribution to our region.

If you are a local nonprofit, individual or group serving within Northeastern Pennsylvania (see our counties map on page 3), please call 570-390-3350 or e-mail your information to NEPA@LIFESTYLESover50.com.

We're interested in sharing what others are doing to give back!



**201 Resort Lane
Tunkhannock, PA 18657
570-285-1575
www.shadowbrookresort.com**

SAVE \$350 when you transform your patio into an outdoor oasis.



- **Instant shade**—at the touch of a button.
- Enjoy **more quality time** with family and friends.
- Up to **10-Year Limited Warranty**.



Call 1-888-849-0742 now to
SAVE \$350 TODAY!

America's #1 Awning!



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.