

Join us at the Rural Valley Center...

"I come to the center to play games!" —Martha Claypool



"I come to the center because, 'I don't like to cook at home.'"
—Mabel Passerini



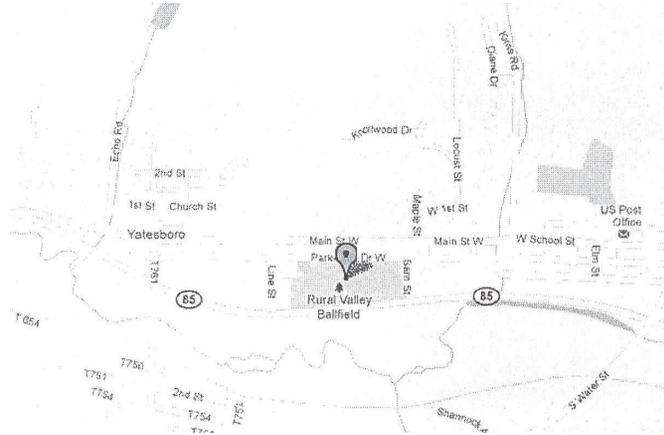
"Eat and Fellowship!" —
Paula Fox



"Enjoy and Eat. I also enjoy the park!" —Nancy Krecota



RURAL VALLEY CENTER MAP



Armstrong County Area Agency on Aging

326 S. Water St., Suite 1, Kittanning, PA 16201
Phone: 724. 548-3290 or 800-368-1066
E-mail: aaa@co.armstrong.pa.us

Executive Director: Janet D. Talerico
Centers Supervisor: Charlotte Wells
Rural Valley Center Manager: Ruby E. Nichols

Board of Commissioners

Pat Fabian, Chairman
Jason Renshaw
George Skamai

The Armstrong County Area Agency on Aging is funded in part by the PA. Dept. of Aging and the County Board of Commissioners.



Rural Valley Senior Center



* Located in Shannock Valley Lodge

**130 Barn Street
Rural Valley, PA 16249
(724) 783-2270**

Web Site: www.co.armstrong.pa.us

We're more than just a place for lunch...

Rural Valley Senior Center



Normal operational hours are Monday through Friday 8:00 a.m. to 2:00 p.m. Center Services are available to persons age 60 and over, (or if you are attending with a spouse age 60 or over).

Center transportation is available to and from the Center and for Center related programs/activities.

Rural Valley Center is one of twelve (12) Centers and Satellite Centers operated within the County by the Armstrong County Area Agency on Aging. The Center offers congregate, noontime lunch and social, recreational, and educational programming. Lunch meets 1/3 of required daily allowance. Lunch reservations must be made one day in advance prior to 11:30 a.m. by calling the Rural Valley Center at:724-783-2270.



Regularly scheduled programs include: PrimeTime Health Programs covering a range of health related topics; Health Screening; providing blood pressure and general health check by R.N.; and Care Managers available on services and consultation.

MESSAGE FROM THE RURAL VALLEY SENIOR CENTER MANAGER:

"The Center gives everyone a chance to get up, get dressed and go somewhere. We also have a good lunch. Come join us!"



**Come and see what the
Rural Valley Senior Community**

Center has to offer!

You are not required to attend everyday. You can come when it suits your schedule.



At Computer



Tri-ominos



Card Games



Playing Sequence



Bingo



Line Dancing

**For more information, contact :
Ruby Nichols, Center Manager**

724-783-2270