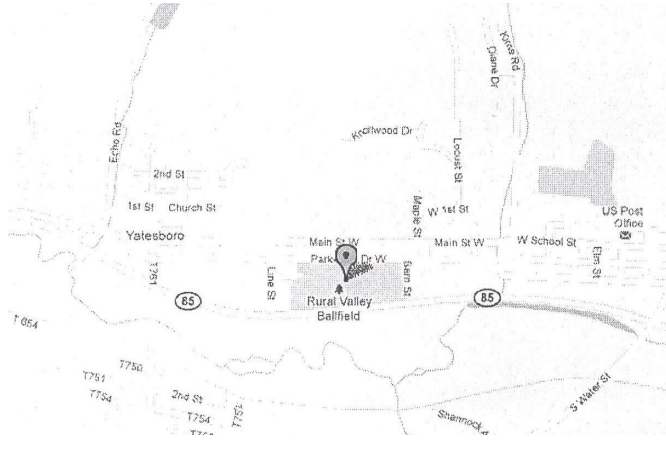


Join us at the Rural Valley Center...

## RURAL VALLEY CENTER MAP



### Armstrong County Area Agency on Aging

120 S. Grant Ave., Suite 4, Kittanning, PA  
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: Elizabeth Cosgrove

#### Board of Commissioners

Donald K. Myers, Chairman

Jason Renshaw, Vice Chairman

Pat Fabian, Secretary

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

01-2022

Anyone 60 or Older Welcome!



# Rural Valley Senior Community Center



\*Located in Shannock Valley Lodge

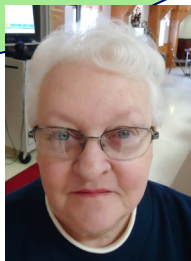
**130 Barn Street  
Rural Valley, PA 16249  
(724) 783-2270**

Web Site: [www.co.armstrong.pa.us](http://www.co.armstrong.pa.us)

Come to the center and try using a laptop or play games on an iPad. It's easy and fun!



"Good food, & good fellowship & friends!" —Marlene Sicheri



# 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: Health & Wellness Programs covering a range of health related topics; Health Screening; providing blood pressure and general health check by R.N.; various classes and entertainment provided by special grants, and Care Managers available on services and consultation.

### MESSAGE FROM THE RURAL VALLEY SENIOR CENTER MANAGER:



***"We welcome anyone 60 or older to our center. We all have a good time together!"***

***-Elizabeth Cosgrove***

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.



**Entertainment**



**Tri-ominos**



**Card Games**



**Playing Sequence**



**Bingo**



**Line Dancing**

For more information contact:  
Elizabeth Cosgrove, Center Manager  
724-783-2270