

North Versailles Township Senior Connection Newsletter - April 2026

Bringing the Community Together Through Events, Activities, and Friendship



Embracing April: A Month of Reflection and Renewal

As we welcome April, we are reminded of spring's beauty and the promise of renewal it brings. After a long winter, this is the perfect time to rejuvenate our spirits and embrace the vibrant changes around us. Whether it's enjoying the blooming flowers, participating in community activities, or simply spending time with loved ones, there are plenty of ways to celebrate this season.

Gardening for Wellness

One of the most delightful activities to indulge in during spring is gardening. Not only does it allow us to enjoy the fresh air, but studies show that gardening can also improve our physical health and mental well-being. So grab your gardening gloves and dig into your favorite activities! Consider planting flowers, herbs, or vegetables—it's a wonderful way to stay active and enjoy the fruits of your labor.

Community Events

April brings with it a variety of exciting community events. These gatherings are excellent opportunities to meet new friends, enjoy local crafts, and take part in fun activities.

Staying Active

With the warmer weather, it's also a great time to get outside and move! Consider joining a walking group or enrolling in a dance class. Staying active is essential for maintaining our health and longevity. Moreover, exercising outdoors allows us to soak up the sun, which can boost our mood and provide essential Vitamin D.

Benefits of Staying Hydrated

As the temperatures rise, it's crucial to stay hydrated! Drinking enough water helps maintain energy levels, supports digestion, and promotes healthy skin. Remember, if you're feeling thirsty, it's a sign to drink water. Keep a water bottle with you throughout the day to make it easier to stay on track!

Recipe of the Month: Spring Vegetable Stir-Fry

Celebrate the season with a quick and healthy recipe! This vegetable stir-fry is easy to make and packed with nutrients.

Ingredients:

1 cup of broccoli florets
1 cup snap peas
1 red bell pepper, sliced
1 yellow bell pepper, sliced
2 cloves garlic, minced
1 tablespoon olive oil
2 tablespoons low-sodium soy sauce
Serve with warm rice or quinoa

Instructions:

Heat the olive oil in a large pan over medium heat.
Add the minced garlic and sauté for a minute.
Toss in the vegetables.
Stir-fry for 5-7 minutes until vegetables are tender-crisp.
Add soy sauce and mix well.
Serve over rice or quinoa and enjoy!

Conclusion

As we step into April, let's not only appreciate the beauty of the season but also take action towards improving our well-being. Engage in activities that inspire joy and connection, and remember that this time of renewal is a fantastic opportunity to embrace change and growth.

Wishing everyone a wonderful April filled with sunshine and happiness!

Upcoming Events

We are thrilled to invite our seniors to join us for two upcoming programs at Point Pleasant, located at 120 Mossdale Blvd! These events aim to nurture connections and enrich our community. We're excited to pursue additional partnerships to bring more engaging activities for our seniors, so everyone stays active and involved. We eagerly anticipate your participation in these events and are dedicated to enhancing the opportunities available to you.

How to Avoid Scams Presented by Detective Kirk Kotching from the North Versailles Police Department

When: April 20th at 1:00

Where: Point Pleasant Retirement Community, 120 Mossdale Blvd.

No RSVP is required

Foods for Your Heart: Which Foods Should You Eat for a Healthy Heart

When: Tuesday, April 28th at 2:00 p.m.

Where: Point Pleasant Retirement Community, 120 Mossdale Blvd.

No RSVP is required

Spring Craft Workshop: Join Katie from Hilltop Home Designs for an afternoon of crafting adorable wooden shelf sitters that are perfect for spring.

When: Friday, April 24th at 1:30

Where: North Versailles Library

Cost: \$25 per person

Call 412-823-2222 to register by April 20th

Ongoing Programs

- **Senior Bingo:** Join this group every Thursday, except on holidays, at the Crestas Terrace Volunteer Fire Hall, 2304 Crestas Avenue, for a fun time together. Please arrive by 10:30 am to collect your bingo papers and secure a seat. They will be thrilled to see you there! For more information, call 412-979-1604.
- **Book Club:** Thursday, April 9th, starting at 11:00. "The Tattooist of Auschwitz" by Heather Morris is a poignant and powerful novel that tells the true story of Lale Sokolov, a Slovakian Jew who is imprisoned in Auschwitz during World War II. As the camp's tattooist, he is tasked with inking the numbers on his fellow prisoners, but amid the horror of the Holocaust, he finds love with Gita Furman, a fellow inmate. Their relationship blossoms against the backdrop of unimaginable suffering, highlighting the resilience of the human spirit. Morris's narrative weaves together themes of hope, love, and survival, offering a moving reminder of the strength of the human connection even in the darkest of times. It prompts deep discussions about history, humanity, and the enduring power of love.

The library is located at 245 Foster Road, on the lower level of Priase Assembly. Access the Library on the side of Lot B. For more information, please contact the library at 412-823-2222.

Community Resources

- **Heritage Community Transportation:** Transportation to appointments and grocery trips. Adults 65+ Get the Free Blue Card. With this card, you can ride free. Applications are available by mail. Call 412-351-2200 for more information.
- **East Allegheny Meals on Wheels:** Enjoy delicious, nutritious meals delivered to your door for residents who are unable to shop or cook for themselves, available on a permanent or temporary basis. Don't hesitate to call 412-327-6908 to get started!
- **MA's Pantry** provides vital food to those who need it most while nurturing a warm, welcoming community for everyone facing food insecurity. To sign up, please arrive on any distribution date between 9:00 am and 11:00 am. They are located in the lower rear of the former Broadway Alliance Church at 1000 Broadway Street in East McKeesport. Upcoming distribution dates are: April 11 and 25th. For more information, visit their website at www.maspantry.org, call 412-824-0277, or follow them on Facebook.
- **Essential Tax Assistance Programs for Seniors and Low-Income Families:** The 211 Senior Tax Program is an invaluable resource that provides information on free tax preparation services specifically tailored for seniors. To contact this program, simply call 211 or visit their website to find local information about available services in your area. They can connect you with trained volunteers who understand the specific tax needs of seniors, ensuring you receive the assistance you need to file your taxes accurately and on time. If you have any questions, the representatives are available to help guide you through the process.

The AARP Foundation Tax-Aide program provides free tax preparation and filing assistance for low- to moderate-income individuals and families. Operated by trained volunteers, it helps maximize refunds and minimize tax liabilities for people of all ages. With locations nationwide, it offers a supportive environment to make tax filing easier. For local site information and service details, visit the AARP website or call 1-888-227-7669.

In addition to these services, Senator Pisciotano's office assists with filing Property Tax/Rent Rebates at all its locations. The phone number for his McKeesport office is 412-664-5200, while his number for the Monroeville office is 412-380-2242. Notably, residents can receive help every Wednesday from 9 AM to 4 PM at the North Versailles Municipal Building, ensuring that seniors have access to the support they need during the tax season.

Spotlight on Valor: Honoring our Community's Unsung Veteran Heroes

As we reflect on those who inspire us, we encourage you to nominate veterans in our community for their remarkable stories. These individuals exemplify resilience and commitment and deserve our recognition. Your nominations will not only celebrate their achievements but also help foster unity and inspiration within our community.

Let's continue to uplift and support one another as we shine a light on those who truly deserve it! We can't wait to hear who you choose to honor.

Get Involved: We Want Your Ideas!

Your engagement is what makes the Senior Connection vibrant. If you have any ideas for events, activities, or topics you'd like to hear more about, please contact Commissioner Beswick at 412-709-1991 or Commissioner Yusko at 412-303-6252. We would love to hear your suggestions.

Stay Connected

For more information, visit our website at nvtpa.com or call us at 412-823-6602. Follow us on [Facebook](#) for updates and photos from recent events.

Next Issue Preview

- Step into Motion: Energizing Warm-up Exercises for Walking
 - Spring Gardening Workshop
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Together, building a vibrant and caring community for all seniors.