

Dillsburg Senior Activity Center

August 2025 Newsletter

Hours: 9:00 AM – 2:00 PM Monday – Friday
1 N. 2nd St., Dillsburg, PA 17019
(717) 432-2216 dillsburgseniorcenter@verizon.net

**Dillsburg Senior Center will be closed on September 1st for Labor Day*

Our Staff

Director:
Heather Oyler

**Activities
Coordinator:**
Diane Cosby

**Kitchen
Coordinator:**
Noah Melhorn

Kitchen Staff:
Stacey Bickel

Welcome



Find us on Facebook!

Follow our page and share
with friends to tell them
about all the great things
going on!
Dillsburg Senior Activity
Center

DILLSBURG



SENIOR ACTIVITY
CENTER



Summer is whizzing by, whether it's occupied by rain, or heat- it sure is moving fast! At the end of July, we have officially made it through one month of the home delivered meals new schedule. We thank our new drivers that have joined the team, and our existing drivers who have kicked it up a notch to help fill in. This means that some of our drivers are only temporarily filling in, and we are still looking for volunteer drivers to join our team. Please spread the word! Interested drivers can call the Center. We have quite a few other things in this newsletter that you can share as well!

August 26th we will have an Open House from 10 to 2. This is the perfect opportunity to invite new people to come check out the Center. Maybe they've never been here, or haven't seen our changes over the past few years, or just need the encouragement of a special day to come in as they please and look around. Bring a friend, neighbor or relative who resides in York County, is over 60, and could enjoy being a member at our Senior Center in one way or another. Our existing members are still welcome to come this day, as we will still have refreshments and activities, but the lunch for the day will only be available as a takeout option.

Trouble with transportation? Rabbit Transit is always an option for York County residents who are over the age of 65 and need a ride to and from the Dillsburg Senior Center.

Bus Trip to *Elf the Musical* at Toby's Dinner Theater Wednesday, November 12th



Package includes lunch buffet, show ticket and Wolf bus transportation for \$147. Sign-up and pay by September 24th, payment due at sign up. Bus leaves Capital City Mall at 8:15am, returning to mall at 5:45 pm. Carpooling to and from Mall can be arranged. Stop in the Center to sign-up!
No refund policy. If you need to cancel, we will see if there are people on the waiting list to take your spot, but no guarantee

Dillsburg Senior Activity Center, Inc.
P.O. Box 51
Dillsburg, PA 17019

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Dillsburg Borough Office
233 South Chestnut Street
Dillsburg, PA 17019

A new donation drive starting this August!

A generous donor is matching up to \$5,000, doubling the impact of donations received!

We are very thankful to have this support towards all the great things we are doing.

Once our Senior Center donations reach \$5,000., our donor will match that amount and donate \$5,000 to the Dillsburg Senior Center! Contact Heather to find out more

Bible Study

We are pleased to announce a guest Pastor for this month.

Thadius Sales
from Cavalry Methodist Church

Thursday, August 21st 10:30

Enjoy a cup of coffee and fellowship, all are welcome!



Shout out to our Senior Center Garden Club!

Our plants have filled in wonderfully! Our Garden Gals have started to pick veggies and are placing them in the give and take food box in the main room for our members to help themselves to.

Music Mondays

We'll turn the radio up on the following days to listen to the selected genre or artist. Enjoy the music, sing along, or chat amongst the group.

August 4th 10:00-12:00
Beach Boys

And

August 18th 10:00-12:00
Beatles

Returning Favorites this Month

Drop-in activities, no need to sign up!

Needle Crafters every Wednesday 11:00

Bowling – Thursdays, August 14th and 28th
9:30 at ABC West Lanes

Card Games – Thursday, August 7th, 10:30

Bingo – Tuesday, August 12th, 10:00
please remember to contribute to the prize table!

Trivia –Friday, August 8th, 12:00
Be sure to sign up for lunch! We play while we eat

Board Games– Friday, August 29th, 10:30

Our Donation Wish List

- Single Serve coffee creamers
- Snacks for Bingo
- Choc Syrup
- Sugar free drink mix for tea and lemonade
- Disinfectant surface wipes
- Giant or Amazon gift cards to help fund special food days and activities

Chair Beach Volleyball

Tuesday, August 5th, 10:30

Join us for this well-loved indoor game!

Walk in the Park

Anyone can join in - no need to sign up! Bring a family member or a well behaved four-legged friend! Both are paved paths around the park

Friday, August 8th, 9:00am – Century Lane Park

Wednesday, August 27th, 9:00am – Logan Park

Billiards

Drop in for a game of pool or to practice your shots!

Each Wednesday 11:00



Book Club Pick up

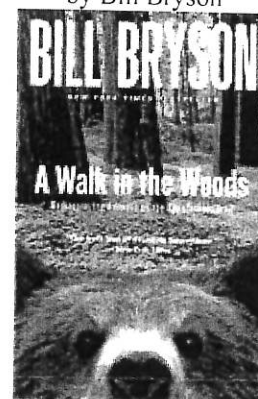
Monday, August 4th, 10:00

Discussion

Monday, August 25th, 10:00

Walk in the Woods

by Bill Bryson



The classic chronicle of a “terribly misguided and terribly funny” (*The Washington Post*) hike of the Appalachian Trail,

Back in America after twenty years in Britain, Bill Bryson decided to reacquaint himself with his native country by walking the 2,100-mile Appalachian Trail, which stretches from Georgia to Maine. The AT offers an astonishing landscape of silent forests and sparkling lakes—and to a writer with the comic genius of Bill Bryson, it also provides endless opportunities to witness the majestic silliness of his fellow human beings. For a start there's the gloriously out-of-shape Stephen Katz, a buddy from Iowa along for the walk. But *A Walk in the Woods* is more than just a laugh-out-loud hike. Bryson's acute eye is a wise witness to this beautiful but fragile trail, and as he tells its fascinating history, he makes a moving plea for the conservation of America's last great wilderness. An adventure, a comedy, and a celebration, *A Walk in the Woods* is a modern classic of travel literature.

Senior Center Open House

Tuesday August 26th, 10:00-2:00

You, or someone you love, should join us! This is a perfect opportunity to check out the Dillsburg Senior Center without committing to a meal or membership. Encourage a 60+ family member, friend, or neighbor to come on by. Light refreshments will be served.

- Meet the staff
- Tour the facility
- Learn about our programs
- Participate in games and activities
- Talk with LHM Therapy

As numbers grow and we adjust to the new schedule for the home delivered meals, please be patient with Take Out meal pick up. They may not be ready to closer to 11:00-11:30

Thrifting Trip

Tuesday, August 19th

Let's try a trip the good ol' fashion way by carpoolin' and go thrifting together at Thrift shops In Mechanicsburg! We'll meet at the center at 9:30 and leave at 10:00. We will start at Community Aid on the Carlisle Pike and then go to Goodwill across the street before stopping for lunch and heading back. We will need a few people to volunteer to drive.

Please sign up at the Center by Aug 15th to ensure we have enough drivers.

Lunch and Learn with Vision Rehabilitation Therapist Mike Reily

Wednesday, August 20th, 11:45

Mike Reily from the Office of Vocational Rehabilitation, Bureau of Blindness and Visual Services will tell us how their agency provides services to assist Pennsylvanians who are visually impaired or blind to work and maintain independent lives. Please sign up by the end of Monday, August 18th for this meal and event.

Upcoming September Activities to look for,
A Hike and an Outdoor movie at Night!!

Join us for our first documentary series in the Center

Our Great National Parks

Monday, August 11th, 10:00am

"Our Great National Parks" is a [Netflix documentary series](#) narrated by Barack Obama, exploring the world's national parks and their diverse ecosystems. The series, which spans five continents, highlights the beauty and importance of these protected areas, showcasing the wildlife and the ongoing conservation efforts. It also touches upon the challenges faced by these ecosystems due to human impact, emphasizing the need for responsible practices.

*We will start with the first episode, **A World of Wonder** – From Africa's beaches to Japan's islands to Australia's [Great Barrier Reef](#)—the natural world's untamed beauty comes into focus. You'll spot Hippos, sloths, birds and monkeys among other animals in this episode.




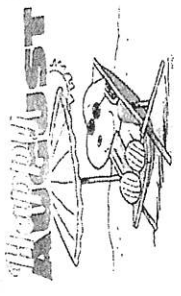


Movie at the Senior Center

Friday, August 15th, 9:30am

Living in denial, the depressed, pill-popping child psychologist, Anna Fox (Amy Adams), has holed herself up in her eerily vacant, ill-lit Manhattan brownstone apartment for the past ten long months, separated from her husband and their eight-year-old daughter. While unsuccessfully grappling with agoraphobia and intense panic attacks, suddenly, the Russells move in across the street, and brimming with curiosity, Anna decides to distract attention away from her problems by peeking into the lives of the unsuspecting new tenants. Then, one night, tensions flare, a deadly kitchen knife gleams in the dim light, and before long, someone ends up dead. Has troubled Anna, indeed, witnessed a gruesome scene of blood-stained domestic violence or is her wine-addled mind playing cruel tricks on her?

Dillsburg Senior Center

August

Monday	Tuesday	Wednesday	Thursday	Friday
<p></p> <p>4 Baked Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>5 *menu subject to change</p> <p>Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Italian Bread 1/2c Mixed Fruit Salad</p>	<p>6 3oz Pork Loin w/ 2oz Creamy Mushroom Sauce 1/2c Brown Rice 1/2c Spinach Dinner Roll 1/2c Blushed Fruit</p>	<p>7  Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple</p>	<p>8 1c Pizza Casserole 1c Tossed Salad w/ Dressing 1/2c Carrots 1 White Bread 1/2c Pudding</p>
<p>11 Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Peas 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges</p>	<p>12 3oz Sliced Turkey w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp</p>	<p>13 4oz Chicken Salad Sandwich 1c Cream of Potato Soup 1/2c Pickled Beets Hamburger Bun Fresh Fruit</p>	<p>14 Chicken, Spinach & Cranberry Salad w/ Dressing (3oz Chicken) 1c. Mixed Greens & Spinach 1/2c Broccoli Salad 1 Breadstick 1 Piece Cake</p>	<p>15 BBQ Pork Ribette 1/2c Buttered Pasta 1/2c Green Beans 1 Sandwich Roll 1/2c Pineapple Delight</p>
<p>18 3oz Sliced Ham 1/2c Tri Color Sweet Potatoes 1/2c Peas 1 Dinner Roll 1 Cookie</p>	<p>19 3oz Roast Beef w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Baby Carrots Dinner Roll Cup Cake</p>	<p>20 3oz Swiss Steak w/ 2oz Onion Gravy 1/2c Cabbage & Noodles 1/2c Green Beans Wheat Bread 1/2c Pineapple Delight </p>	<p>21 Chicken Philly Cheesesteak 1c Cream of Spinach Soup 1/2c Coleslaw 1 Hoagie Roll 1/2c Gelatin</p>	<p>22 Swedish Meatballs (4) 1/2c White Rice 1/2c Oriental Vegetables 1 Wheat Bread 1/2c Fresh Melon </p>
<p>25 BBQ Chicken Breast 1/2c Country Collard Greens 1/2c Baked Beans 1 Dinner Roll Seasonal Fresh Fruit</p>	<p>26 Take Out Only Western Omelet w/ Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice</p>	<p>27 Lasagna w/ Meat Sauce 1c Tossed Salad w/ Dressing 1/2c Carrots 1 White Bread Seasonal Fresh Fruit</p>	<p>28 Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin</p>	<p>29 3oz Breaded Pork Cutlet w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp</p>

August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3					1	2
4	Book pick up 10:00 Music 10-12	5 Chair Beach Volleyball 10:30	6 Billiards 11:00 Needle Crafters 11:00	7 Card games 10:30 Garden Group 1:00	8 Walk 9:00 Trivia 12:00	9
10	11 TV series; Great National Parks 10:00	12 Bingo 10:00	13 Billiards 11:00 Needle Crafters 11:00	14 Bowling 9:30 at ABC West Lanes	15 Movie-- Woman in Window 9:30am	16
17	18 Music 10-12	19 Thrift Carpool trip meet 9:30	20 Billiards 11:00 Needle Crafters 11:00 Lunch and Learn 11:45 (see newsletter)	21 Bible Study 10:30	22	23
24	25 Book discussion 10:00	26 <u>OPEN HOUSE</u> 10:00-2:00	27 Walk 9:00 Billiards 11:00 Needle Crafters 11:00	28 Bowling 9:30 at ABC West Lanes	29 Board games 10:30	30
31						