

# Dillsburg Senior Activity Center

## February 2025 Newsletter

Hours: 9:00 AM – 2:00 PM Monday – Friday

1 N. 2<sup>nd</sup> St., Dillsburg, PA 17019

(717) 432-2216 dillsburgseniorcenter@verizon.net

**\*Reminder: We will be closed on Monday, February 17<sup>th</sup>, for President's Day.**

### Our Staff

#### Director:

Heather Oyler

#### Activities

#### Coordinator:

Tracy Emig

#### Kitchen

#### Coordinator:

Diane Cosby

#### Kitchen Asst.:

Noah Melhorn

*Welcome*

We're glad  
you are here!!



**Brrrrr! It certainly has been cold the past few weeks!** If you weren't with us at the center to hear, we announced that the Senior Center will not close because of cold temps. We want to be available to you should you need a place to warm up during the day. Please dress for the weather if you go out, and should you decide to stay home, just give us a call!

February is known as the month of love, since it includes Valentine's Day, a day for expressing love and affection. This doesn't always need to be towards a significant other, it can also be a time to spread love throughout the community, show love towards our friends, or to love and take care of ourselves. We are happy to be able to serve the Dillsburg community with our Senior Center, where we have a wonderful place for our seniors to gather, make friends, and offer opportunities to brighten your lives. We are able to continue and grow, thanks to your love and support!

Book club and bible study have been a big hit here at the Dillsburg Senior Center over the past few months, thank you to everyone's positive responses to these new group activities! We do plan for these to be reoccurring, please look for them to return in our upcoming newsletters. While those activities may be out for the month, we have added a few other items to the February calendar. You can craft a simple wreath, decorate cupcakes, and learn strength exercises, all here at the Dillsburg Senior Center, just be sure to sign up for each of the activities you plan to attend!

♡ Stay Warm!



### February Craft Valentine's Wreath

**Thursday, February 13<sup>th</sup> 10:30**

Create your own Valentine's Day themed wreath with us here at the center! For \$1 you can customize your own wreath, selecting your puzzle piece colors, your quote, and put it all together to take home!!

- Deadline to Sign up and pay is Tuesday, February 11<sup>th</sup> -

### 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



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

NON-PROFIT  
ORG.  
U.S. POSTAGE  
P A I D  
Permit No. 34

Dillsburg Borough Office  
233 South Chestnut Street  
Dillsburg, PA 17019

**It's That Time of the Year Again!!  
Annual Donation Drive**



**Last year we raised over \$1,000!**

Help us to beat last year's record by donating

**\$10, \$15, or whatever you are able.**

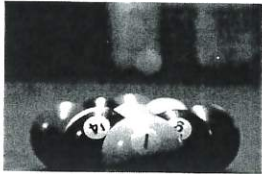
Membership to the Senior Center is free, but it is great to see what we can do when we come together! Stop in the office to turn in your donation, or mail them to PO Box 51, Dillsburg, PA 17019. (Please do not mail cash)

## Billiards

February 20<sup>th</sup>  
11:00

Drop in for a game of pool and stay after for lunch!

Lunch sign ups should be received two days in advance!



## Returning Favorites this Month

Drop-in activities, no need to sign up!

Needle Crafters every Wednesday 11:00

Bowling – Thursdays, Feb 13<sup>th</sup>, and Feb. 27<sup>th</sup>  
9:30 at ABC West Lanes

Board Game Day – Tuesday, Feb. 4<sup>th</sup>, 10:30

Chair Volleyball – Thursday, Feb 6<sup>th</sup>, 10:30

Trivia – Friday, Feb. 14<sup>th</sup>, 12:00  
Be sure to sign up for lunch! We play while we eat

Card Games – Tuesday, Feb 18<sup>th</sup>, 11:30

Bingo – Friday, Feb. 28<sup>th</sup>, 10:00  
Bring something for the prize table!

## 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.

February 10  
10:00 – 12:00  
60's Rock

February 24  
10:00 – 12:00  
Broadway hits



## Feel Stronger as you Age Tuesday, February 11<sup>th</sup>, 10:00am

Matt McKim, Physical Therapist at the Dillsburg LHM Physical Therapy clinic, will be speaking about why movement and exercise is important as we age. Discuss benefits including fall prevention and improved balance.

Participate in strength exercises that you can take home with you!

Sign up by Monday the 10<sup>th</sup>

## Valentine's Day Lunch and Trivia February 14<sup>th</sup> 12:00

Trivia with Bob Reigh during lunch!

Chicken Rosa, Baked Potato w/ sour cream, Peas and Onions, Roll and Apple Pie. Remember to sign up for lunch two days in advance!

## Decorate Cupcakes with Cayce Tuesday, February 25<sup>th</sup>, 10:00



No need for baking! Cayce of Cayce's Cakes and Sweets will bring her cupcakes and all the necessary supplies to teach us how to decorate 4 floral cupcakes.

Cost is \$5 per person, to decorate 4 of your very own cupcakes to take home with you!

-Sign up and pay by February 18<sup>th</sup>-

## 2024 Tax Year Assistance Schedule Locations Near Dillsburg

For an appointment at the following sites, if you are 60 or older, please call the YCAAA at 717-771-9042

### Dover Area Community Library

3700 Davisburg Rd., Dover 17315

Thursdays, 8:30 am-12:30 pm

Call Times to schedule an appointment

Monday noon-6:00 pm

Tuesday—Saturday 10:00 am-1:00 pm

717-292-6814

### Aldersgate Church

397 Tyler Run Road., York 17403

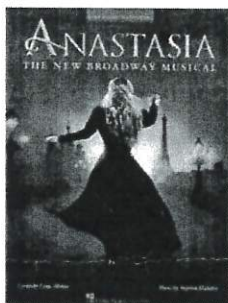
Saturdays 8:30 am- 12:30 pm

Assistance will not be offered at the Dillsburg Senior Center. To find other locations that may be near you or available a different day, please visit [www.yorkaaptaxaide.com](http://www.yorkaaptaxaide.com)

**Book Club has been a great addition to our Senior Center, and we plan for it to return at the end of March with a new book – stay tuned!**



The Dillsburg Senior Center organizes the deliveries of 7 frozen meals once a week to residents who are approved by the York County Area Agency on Aging to be on the home delivered meals program. This program is great for adults 60 and over, who have a physical, mental, or emotional disability, which prohibits the individual from leaving his/her residence on a regular basis and/or prevents them from preparing a nutritious meal. For those in need, call the YCAAA to see if you qualify 717-771-9610



## Anastasia

**Movies at the Senior Center**  
**February 7<sup>th</sup> – Anastasia (1997)**  
**February 21<sup>st</sup> – Anastasia Musical**  
**9:30am start time**

There will be Coffee, Hot Tea and Cocoa available to enjoy while watching.

On February 7<sup>th</sup>, we will watch the 1997 American animated musical historical fantasy adaptation that is commonly mistaken for a Disney movie. The soundtrack was created for this movie, feel free to sing along if you know the words!

Return on February 21<sup>st</sup> to watch the musical production of Anastasia. Stick around to discuss the three different Anastasia's as we look at how much the story has changed, Our favorite songs, and other topics surrounding this classic.

Northern High School's musical this year is Anastasia on February 28<sup>th</sup>, March 1<sup>st</sup> and March 2<sup>nd</sup> for those who wish to see it live. Cur8.com for tickets or buy at the door.

## OUR WISH LIST

- Bottles of salad dressing
- Single Serve coffee creamers
- Dry creamer
- Jars of Spaghetti or Marinara sauce
- Colored printer paper
- Giant or Amazon gift cards which will help fund activities and special food days

If you need help paying your heating bills, LIHEAP may be able to help you.



The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income people pay their heating bills. LIHEAP is a grant. You do not have to repay it.

### To receive help:

- Apply between November 4, 2024 and April 5, 2025
- You don't have to be on public assistance.
- You don't need to have an unpaid heating bill.
- You can either rent or own your home.

### How to apply:

- Currently, the senior center has applications.
- Apply online at: [www.dhs.pa.gov/COMPASS](http://www.dhs.pa.gov/COMPASS)
- Request an application by calling the Statewide LIHEAP Hotline at 1-866-857-7095 or call PA Relay at 711 for the hearing impaired.

Call the center if you need assistance completing this form.







### Income Guidelines for 2024-2025

Household Size	Maximum Annual Income
1	\$22,590
2	\$30,660

Each additional person add \$8,070. After your application is processed, you will receive a written notice that will tell you the amount of your grant.

# February

Dillsburg

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Creamy Parmesan Pork Chop (3oz Pork, 2oz Sauce) 1/2c Cubed Potatoes 1/2c Spinach 1 Wheat Bread Cookie</p> 	<p>4</p> <p>Chicken Bruschetta (3oz Chix, 2oz Tomato, .5oz Cheese) 1/2c Pesto Pasta 1/2c Capri Blend Vegetables 1 Dinner Roll Fresh Fruit</p>	<p>5</p> <p>1 Baked Crab Cake 1c Tomato Basil Bisque 1/2c California Blend Vegetables White Bread 1/2c Cinnamon Apple Slices</p>	<p>6</p> <p>1 Lasagna w/ 2oz Meat Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit</p>	<p>7</p> <p>1 Pizza Burger (1oz Sauce, .5oz Mozzarella) 1/2c Buttered Noodles 1/2c Carrots Hamburger Bun 1/2c Fruit Crisp</p>
<p>10</p> <p>1c Chicken &amp; Dumplings 1/2c Peas &amp; Carrots Whole Grain Buttermilk Biscuit Fresh Orange</p>	<p>11</p> <p>1 Stadium Hot Dog 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple &amp; Mandarin Oranges</p>	<p>12</p> <p>Pasta &amp; Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit</p>	<p>13</p> <p>3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Green Beans 1 Wheat Bread 1/2c Gelatin</p> 	<p>14</p> <p>Happy Valentine's Day! 3oz Chicken Rosa Baked Potato w/Sour Cream 1/2c Peas &amp; Onions Dinner Roll Apple Pie</p>
<p>17</p> <p>President's Day! Center Closed</p> 	<p>18</p> <p>Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll 1/2c Blushed Pears</p>	<p>19</p> <p>1c Chili 1/2oz Cheddar Cheese 1c Tossed Salad w/ Tomato Cornbread 1/2c Applesauce</p>	<p>20</p> <p>1 Baked Cod 1/2c Macaroni &amp; Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>21</p> <p>Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple</p>
<p>24</p> <p>4oz Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Green Beans 1 Hamburger Bun Fresh Fruit</p>	<p>25</p> <p>3oz Chicken Breast w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches</p> 	<p>26</p> <p>Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin</p>	<p>27</p> <p>1c Stuffed Pepper Casserole 1c Tossed Salad 1/2c Peas &amp; Carrots 1 White Bread 1/2c Pudding</p>	<p>28</p> <p>3oz Chicken Alfredo (2oz Sauce) 1/2c Noodles 1/2c Mixed Vegetables 1 Garlic Breadstick 1/2c Warm Apple Cranberry Crisp</p> 
				

\*menu subject to change based on availability

# February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Board Game Day 10:30	5 Needle Crafters 11:00	6 Chair Volleyball 10:30	7 Movie at Center 9:30 Anastasia (1997)	8
9	10 Music Monday 10-12 *Deadline for 'Stronger as you age'	11 Feel stronger as you age 10:00 *Deadline to sign up For wreath craft	12 Needle Crafters 11:00	13 Bowling 9:30 at ABC West Lanes Wreath Craft 10:30	14 12:00 -Bob Reigh Trivia	15
16	17 Closed	18 Card games 10:30 *Deadline for cupcakes	19 Needle Crafters 11:00	20 Billiards 11:00	21 Movie at Center 9:30 Anastasia (Musical)	22
23	24 Music Monday 10-12	25 Cupcake Decorating 10:00	26 Needle Crafters 11:00	27 Bowling 9:30 at ABC West Lanes	28 Bingo 10:00	