

Dillsburg Senior Activity Center

July 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 Friday July 4th for Independence Day*

Our Staff

Director:
Heather Oyler

**Activities
Coordinator:**
Diane Cosby

**Kitchen
Coordinator:**
Noah Melhorn

Welcome



July is here and it is hot! Reminder that we are an emergency cooling station, should you be without AC, you are welcome during our hours of 9-2, Monday- Friday. Remember to take care of yourself! Drink plenty of water and avoid long periods in the direct sun or unventilated rooms. If you must be outside, plan around the heat and do so on a cooler day, or during cooler hours of the day. Or stay inside, we care about you!

Thank you for everyone who joined us on the trip to Shady Maple, the food was delicious, and we had great company for the trip. Kudos to Diane on her first trip as Activities Coordinator, I can't wait to see what's next, I know she has a lot of great ideas!

Do you have a great idea for a trip, or the next new activity? Let us know! You can tell either Diane or Heather, or you can write it down and drop it in the comments and suggestions box by the white board. We'd love to hear from you!

Stay cool!

Red, White and Blue Firework Shirt

Tuesday, July 1, 10:00
\$4

Sign up to create your very own patriotic shirt for the holiday! Diane will lead us in this Do-it-Yourself craft, on how to paint 'fireworks' onto a shirt.

Sign up ASAP! This date isn't far away, and we have limited spots for this craft.

July 4th Celebration
Thursday, July 3, 10:30



Put on your red, white and blue to celebrate Independence Day with us!

We will have yard games set up outback that you can play or gather around in the yard to hangout. If the weather is too hot, we will set up games in our event room. Be sure to sign up for the day's meal of Cheeseburger, Baked Beans, Potato Salad and watermelon, as well as a special holiday dessert for those that eat in the center with us!

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

Dillsburg Senior Center in Need of Volunteer Drivers

Each week the Dillsburg Senior Center organizes the delivery of home delivered meals to clients in the Dillsburg Area. To improve the home delivered meals program for consumers, the York County Area of Aging Agency is changing the program from one delivery a week to three deliveries a week. While this improves the experience for our clients, we are in drastic need of drivers to cover all deliveries.

Commit to driving one day a month, or as many as you'd like!
You must have your own vehicle, insurance, license, and be capable of carrying items to client's doors.
Reach out to Heather at the Center if interested and to find out more! 717-432-2216

Music Mondays

We will listen to 70's music this month for your enjoyment

July 7th 10-12
70's Rock

July 21st 10-12
70's Country



Bible Study

Thursday July 10th
10:30

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



Walk In the Park

While not always in the park, we look for different locations to walk around and enjoy. There is no need to sign up, just show up at the listed location. Dogs and other friends are always welcome!

Be sure to be paying attention to temps during these hotter months, and stay hydrated!

July 2nd, 9:00

Ponderosa Park

1147 S Mountain Road, Dillsburg
(not a paved path, but shady!)

July 17th, 9:00

Spring Meadows –

640 W 1st St Boiling Springs.
(longer paved path)

Badminton

Monday, July 14th, 10:30

No need to sign up, just join in, or hang out in the yard with others! If the weather is too hot, we will move indoors for indoor beach ball volleyball

Returning Favorites this Month

These are drop-in activities, no need to sign up!

Needle Crafters every Wednesday 11:00

Bowling – Thursdays, July 10th and July 24th
9:30 at ABC West Lanes

Card Games – Friday, July 31st, 10:30

Bingo – Tuesday, July 15th, 10:00
please remember to contribute to the prize table!

Trivia – Friday, July 15th, 12:00
Be sure to sign up for lunch! We play while we eat

Board Games– Tuesday, July 17th, 10:30

Billiards

Wednesday, July 9th, 16th and 23rd
Drop in to practice or for a game of pool!

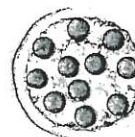


Pizza and Ice Cream Luncheon

Monday, July 14th, 12:00

Pizza for lunch, and we mean it this time!
Ice cream bar to follow.

This meal option will only be for those who eat lunch in the center on this day. Anyone who needs a to go meal, will be given the nutrition group provided meal that can be found on your menu.



This is a day that you can order BOTH meals if you wish to.

Please sign up by Thursday July 10th to help us prepare!

Book Club Pick up

Monday July 7th, 10:00am

Discussion

July 28th, 10:00am



The Woman in the Window

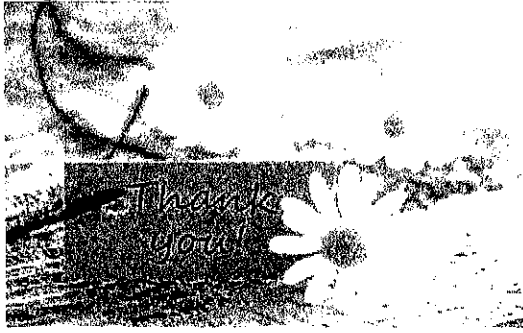
The Woman in the Window is a thriller novel by American author A. J. Finn, published by William Morrow on January 2, 2018. It hit #1 on the New York Times bestseller list. The book follows the life of Dr. Anna Fox who suffers from agoraphobia and lives a reclusive life at her large home in New York City. When a new family moves in across the street, Anna witnesses a murder, but no one believes her, leading her to question her sanity and the truth of what she saw. .

Be sure to sign up to claim yourself a book for July 7th pick up!
Movie to follow in August!

A Special Thanks to our Newsletter team!

Monthly newsletters are quite a process! From planning calendars and activities, to writing out the newsletter, (spell checking) and getting them to the post office, it takes a lot!

Each month we have a great group of volunteers that gather to fold and label our hundreds of newsletters, so they are ready to be mailed out. I do not know how we would manage this process without them!



The Dillsburg Senior Center is a non-profit organization, for the Seniors of our local community to enjoy. We offer various activities, occasional trips, lunch Monday-Friday, and a place to gather. Our doors are open to those 60 and over in York County. We see a variety of people, whether they need company, a meal, or something to do, everyone comes for their own reasons.

The York County Area of Aging Agency provides limited funding to our center, which is the only funding we receive. The funds we receive are based on how many meals we serve, or, deliver through our home delivered meals program.

So....

Be sure to keep telling your friends, family and neighbors about our Senior Center and all that we provide. You may be helping someone who is lonely, bored, or hungry, and we want to continue our efforts in reaching new people we can help, and you will also be helping the center at the same time!

Our Donation Wish List

- Single Serve coffee creamers
- Colored printer paper
- Saltines
- Plastic spoons
- Ziplock sandwich bags
- Giant or Amazon gift cards to help fund special food days and activities

Have you seen our activities cart?

The newly added 3 tier white cart is full of items such as coloring pages, word searches and other activity books, as well as colored pencils and everything to go along with it. The cart is not for a specific event or activity and is always here for our members to enjoy!

the Help



Movie at the Senior Center

The Help

Friday, July 18th, 9:00

Whether you read the book or not, join us for the movie!

In 1960s Mississippi, Southern society girl Skeeter (Emma Stone) returns from college with dreams of being a writer. She turns her small town on its ear by choosing to interview the Black women who have spent their lives taking care of prominent white families. Only Aibileen (Viola Davis), the housekeeper of Skeeter's best friend, will talk at first. But as the pair continue the collaboration, more women decide to come forward, and as it turns out, they have quite a lot to say.

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 DIY Shirts 10:00	2 Walk 9:00 – Ponderosa Needlecrafters 11:00	3 4th of July celebration Yard games 10:30	4 Closed for July 4th	5
6	7 Book pick up 10:00 MUSIC 10-12	8	9 Billiards 11:00 Needlecrafters 11:00	10 Bowling 9:30 at ABC West Lanes Bible Study 10:30	11 Trivia 12:00	12
13	14 Badminton 10:30 Pizza and ice cream Luncheon 12:00	15 Bingo 10:00	16 Billiards 11:00 Needlecrafters 11:00	17 Walk 9:00 Spring Meadows	18 Movie the Help 9:00	19
20	21 MUSIC 10-12	22	23 Billiards 11:00 Needlecrafters 11:00	24 Bowling 9:30 at ABC West Lanes	25 Board Games 10:30	26
27	28 Book discussion 10:00	29	30 Billiards 11:00 Needlecrafters 11:00	31 Cards 10:30		

July

Dillsburg

Monday	Tuesday	Wednesday	Thursday	Friday
 BBQ Chicken Breast 1/2c Country Collard Greens 1/2c Peas & Carrots 1 Dinner Roll Seasonal Fresh Fruit	Shrimp Scampi (3oz Shrimp) 1/2c Creamy Pasta 1/2c California Blend Vegetables 1 Breadstick 1/2c Pudding 	Chicken Philly Cheesesteak 1c Cream of Spinach Soup 1/2c Coleslaw 1 Hoagie Roll 1/2c Gelatin 	Cheeseburger 1/2c BBQ Baked Beans 1/2c Potato Salad Hamburger Roll 1/2c Watermelon	 Fourth of July! 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp
Eat ins only: pizza and ice cream 14 TAKE OUT OPTION: 3oz Balsamic Chicken 1/2c Rosemary White Beans 1/2c Tomatoes & Zucchini Garlic Breadstick, Pineapple	3oz Baked Meatloaf w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Pickled Beets 1 White Bread Seasonal Fresh Fruit	Baked Crab Cake 1c Tomato Basil Soup 1/2c California Blend Vegetables 1 Wheat Bread 1/2c Gelatin	4oz Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Peas 1 Hamburger Bun Oatmeal Cream Pie	Vegetable Lasagna 1c Tossed Salad w/ Egg 1/2c Green Beans 1 Dinner Roll 1 Cookie
3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Gelatin	 3oz Kielbasa w/ 1oz Sauerkraut 1/2c Homemade Haluski 1/2c Carrots 1/2c Applesauce	Roast Beef Sandwich (3oz Roast Beef) w/ 1 slice Mozzarella Cheese) 1c Cream of Cauliflower Soup 1 Hamburger Bun 1/2c Blushed Pears	3oz Swiss Steak w/ 2oz Onion Gravy 1/2c Cabbage & Noodles 1/2c Green Beans Wheat Bread 1/2c Pineapple Delight	3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie
3oz Sausage Gravy 1 Biscuit 1 Egg Bite 1/2c Diced Potatoes 4oz Orange Juice 	Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Fresh Fruit	Turkey Chef Salad (2oz Turkey, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll cookie	3oz Sweet & Sour Pork 1/2c Brown Rice 1/2c Oriental Blend Vegetables 1 Wheat Bread Fresh Fruit	
28	29	30	31	

* menu subject to change