

# Dillsburg Senior Activity Center

## May 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

*\*Dillsburg Senior Center will be closed Monday, May 26th for Memorial Day*

### Our Staff

**Director:**  
Heather Oylar

**Activities  
Coordinator:**  
Diane Cosby

**Kitchen  
Coordinator:**  
Noah Melhorn

Welcome



**Happy Older American's month!** Formally know as Senior Citizen's month, May is all about celebrating, but also the fight back against aging. Year round, we support activities that benefit older adults, and create new things that are fun and entertaining, but there is more behind the works. You may be secretly working on your focus, balance, or your eye - hand coordination, games and activities can work the mind, which helps keep it strong, while music, triggers an entire separate area of the brain. So not only are our seniors socializing, meeting new people, or even slowly stepping out of their comfort zone, but they have options that help continue to keep their minds and body active. When asked what we do at the Senior Center, it's not just fun and lunch, but more about the bigger picture of what helps a person thrive.

This month we have a busy calendar, with a few exciting things. We will start off with a Cinco De Mayo party, including a taco bar and pinata! We are also introducing two new activities this month. Open Golf is an indoor activity at the Center that will be in the far room for all skill levels to enjoy. A combination of chipping and putting with a fun little game tied in. Target practice at the center is with Nerf products, using foam darts to shoot at various targets. We plan for the targets and objective to change from month to month as we revisit this activity in a variety of ways. Anyone is welcome to join in, no matter their experience.

Also be sure to check out the details on our Memorial Picnic, Ice cream bar, a visit from Creatures Great and Small, and a Eat at Baker's Diner Date! This is all for you, our Seniors, and to celebrate you! Happy Older American's Month!

The Dillsburg Senior Center is looking for volunteers to drive for our home delivered meals program.

The Home Delivered Meals Program is designed to provide a well-balanced daily meal to homebound older adults who are unable to prepare adequate meals for themselves and have no other means for assuring healthful nutrition. Meals are picked up at our Center and delivered to clients.

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!

**Tuesday, June 17<sup>th</sup>**

### **Farmer's Market Voucher Pickup**

Eligible Seniors can receive \$25 worth of vouchers to buy fresh fruit/vegetables at participating Farmers Markets throughout PA. More info to come in June newsletter or see the informational flyer at the Center.

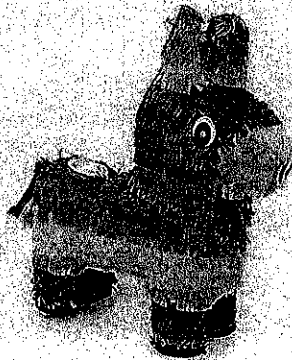
**CINCO DE MAYO**

**MAY 5<sup>TH</sup> 11:00**

**GATHER AT 11:00 FOR FESTIVE MUSIC AND  
GAMES WITH A TACO BAR FOR LUNCH AT 12:00!**

**PLEASE SIGN UP BY APRIL 30<sup>TH</sup>!**

**A BAGGED LUNCH WILL BE PROVIDED FOR EAT INS  
AND ALL TAKE OUTS THAT SIGN UP BY APRIL 30<sup>TH</sup>.**

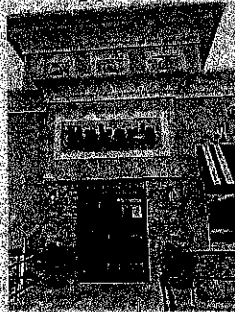


Dillsburg Senior Activity Center, Inc.  
P.O. Box 51  
Dillsburg, PA 17019

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Dillsburg Borough Office  
233 South Chestnut Street  
Dillsburg, PA 17019

Eat at **Baker's Restaurant** to support Dillsburg Senior Activity Center!



On **Wednesday, May 21<sup>st</sup>**, Eat at Baker's Diner anytime between  
**6:00am-2:00pm** and a percentage of what you pay will come back to the Senior Center! Anyone can join in, not just  
Seniors, so spread the word!  
Cut off this end of this page to turn in with your payment to Baker's to ensure we receive our profit  
Thank you for your support!

## Music Mondays

Pop in and enjoy music while hanging out

**May 5**

11:00 - 12:00

Mexican/mariachi

**May 19th**

10:00 - 12:00

Jazz

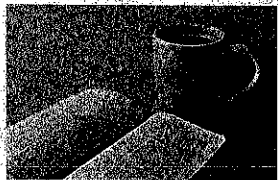


## Bible Study

**Thursday, May 8<sup>th</sup>**

10:30

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



## Returning Favorites this Month

Drop-in activities, no need to sign up!

Needle Crafters every Wednesday 11:00

Card Games - Friday, May 2<sup>nd</sup>, 10:30

Trivia - Friday, May 9<sup>th</sup>, 12:00

Be sure to sign up for lunch! We play while we eat

Bowling - Thursdays, May 15<sup>th</sup> and May 29<sup>th</sup>  
9:30 at ABC West Lanes

Mother's Day Bingo - Monday, May 12<sup>st</sup>, 10:00  
please remember to contribute to the prize table!

Board Game Day - Thursday, May 22<sup>nd</sup>, 10:30

## Billiards

**Wednesday, May 14th**

11:00

Drop in for a game of pool!



Mother's Day Bingo this month is for anyone to join and named for the theme of the prize table. (things you might give as a gift without mom on it) Although you are certainly welcome to bring your mother if able!

Book Club will meet

Wednesday May 28<sup>th</sup> 10:00 to discuss the latest read, The Radium Girls. Feel free to call in and see if there are books still available!

**Cleaning up your garden and thinning out your perennials?**

The Senior Center Garden Club is looking for donations of perennials for our flower garden outback.

Please bring perennials during senior center hours (9-2) on Tuesday, May 6<sup>th</sup>.

The Senior Center Garden Club will meet on May 6<sup>th</sup>, May 13<sup>th</sup>, and May 23<sup>rd</sup> at 1:00

If you are looking for other ways you can help, reach out to Heather!

## Our Donation List

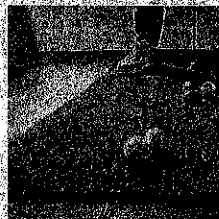
- Disposable mini dessert plates
- Paper towels
- Mustard, mayo (squeeze please!)
- Single Serve coffee creamers
- Chips or crackers for Bingo
- Giant or Amazon gift cards to help fund special food days and activities

## **\*New Activity at the Senior Center\***

### Open Golf

**Tuesday, May 13<sup>th</sup>**

10:00-12:00



Pop in anytime during our "open golf hours"! You can practice your putting and chipping, no matter how much of a beginner or pro you are!

Ready to take it a step further? Find a partner to face off against and see who can earn the most points at the chipping mat!

## Creatures Great and Small

**Thursday, May 15<sup>th</sup>, 1:00**

This was such a hit last year!!

Creatures Great and Small will be here with a variety of critters for you to see, hold and learn about. No need to sign up, just join us after lunch in the far room to see what Lisa brings along!

## Walks

No need to sign up. Walk with us for as many laps as you'd like!

**May 6th, 10:00:** Children's Lake, Boiling Springs. Meet in the Boiling Springs Tavern parking lot. This walk is a longer loop away from the cars and multi-terrain.

**May 20th, 10:00:** Friendship Park, Mechanicsburg. The park is at the corner of Fisher Rd and Southview. Paved path around the fields. Meet in parking lot

**\*New activity at the Senior Center\***

**Target Practice**

**May 16<sup>th</sup>, 10:00**

Join us for our new rotating activity for the Senior Center, Target practice. With the use of nerf guns, we bring shooting targets to the Senior Center while working on eye-hand coordination. Take turns with a variety of styles, and throughout the year, a variety of targets will rotate into our activity!

**LHM Therapy session**

**Arthritis**

**Friday, May 23<sup>rd</sup> 10:00**

Matt from Lighthouse Ministries Therapy will join us for a session on Arthritis. Please sign up or call into the Senior Center if you'd like to attend!

**Older American's Month is a great time to invite neighbors, friends or relatives who may be part of the local 60+ community! Tell them about the great things we are doing and providing for our Seniors and bring them in to check out the center for a game or activity, or to just stop in!!**

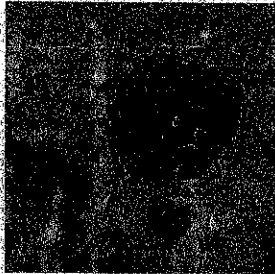
**-The free lunch is provided M-F for our registered members who place a meal order in time-**

**Memorial**

**Potluck Picnic and Yard Games**

**Tuesday, May 27<sup>th</sup> 10:00**

The Center will provide the Burgers, and we will have a sign up sheet in the main room for members to sign up for side dishes. Please sign up for the meal and list your contribution on the sign up by May 22<sup>nd</sup>. Arrive at 10:30 to hang out and play yard games, with lunch at 12:00.

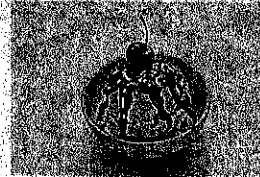


**Ice Cream Sundae Bar**

**Thursday, May 22**

Any member signed up for lunch on this day is welcome to our Ice Cream Sundae Bar at 1:00! Choose from a cone or dish and your choice of treats from the toppings bar!

Tell your friends to come register at The Dillsburg Senior Center and be sure to sign up for the day's pizza lunch by May 20<sup>th</sup>!



*We are making memories, one scoop at a time!*

**The Sunny Side Gang**

**Thursday May 29<sup>th</sup>, 12:00-2:00**

**Our favorite band is back!**

Time to celebrate our Seniors one more time this May and close out the end of Older American's Month with our favorite band, **The Sunnyside Gang**. They'll be back with us to provide live music for everyone to enjoy! We will be in the yard, weather permitting.

**Mrs. Doubtfire**



**Movie at the Senior Center**


**Friday, May 30<sup>th</sup>, 9:30am**

Troubled that he has little access to his children, divorced Daniel Hillard (Robin Williams) hatches an elaborate plan. With help from his creative brother Frank (Harvey Fierstein), he dresses as an older British woman and convinces his ex-wife, Miranda (Sally Field), to hire him as a nanny. "Mrs. Doubtfire" wins over the children and helps Daniel become a better parent - but when both Daniel and his nanny persona must meet different parties at the same restaurant, his secrets may be exposed.

# May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Card games 10:30	3
4	5 Cinco De Mayo Celebration 11:00	6 Walk 10:00 Garden Club 1:00	7 Needle Crafters 11:00	8 Bible Study 10:30	9 Trivia 12:00	10
11	12 Mother's Day Bingo 10:00	13 "Open Golf" 10:00-12:00 Garden Club 1:00	14 Billiards 11:00 Needle Crafters 11:00	15 Bowling 9:30 *Creatures Great and Small 1:00	16 Target practice 10:00	17
18	19 Music Monday 10-12	20 Walk 10:00	21 BAKERS Needle Crafters 11:00	22 Board Games 10:30 Ice Cream Bar 1:00	23 LHM-Arthritis 10:00 Garden Club 1:00	24
25	26 Closed for Memorial Day	27 Memorial Day Potluck picnic and Yard games 10:00	28 Book Club Discussion 10:00 Needle Crafters 11:00	29 Bowling 9:30 *Sunny side gang 12:00-2:00	30 Movie at Center 9:30	31

York County

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>The Nutrition Group</b></p> <p>Taco Bar for Eat Ins</p> <p>5</p> <p>Bagged Turkey Sandwich meal for take outs/and provided to ins</p>	<p>3oz Roast Beef w/ 2oz Gravy</p> <p>1/2c Mashed Potatoes</p> <p>1/2c Coin Carrots</p> <p>1 Italian Bread</p> <p>1/2c Peach Crisp</p> <p>6</p>	 <p>4oz Chicken Salad Sandwich</p> <p>1c Cream of Potato Soup</p> <p>1/2c Pickled Beets</p> <p>Hamburger Bun</p> <p>Fresh Fruit</p> <p>7</p>	<p>3oz Pork Loim</p> <p>w/ 2oz Creamy Mushroom Sauce</p> <p>1/2c Brown Rice</p> <p>1/2c Spinach</p> <p>Dinner Roll</p> <p>1/2c Blushed Fruit</p> <p>1</p>	<p>Stuffed Pepper w/ Tomato Sauce</p> <p>1c Tossed Salad w/ Dressing</p> <p>1/2c Carrots</p> <p>1 White Bread</p> <p>1/2c Pudding</p> <p>2</p>
<p><b>Happy Mothers Day!</b></p> <p>Vegetable Lasagna</p> <p>1/2c Italian Green Beans</p> <p>1 Garlic Breadstick</p> <p>Ice Cream</p> <p>1/2c Peaches</p> <p>12</p>	<p>Shrimp Scampi (3oz Shrimp)</p> <p>1/2c Creamy Pasta</p> <p>1/2c Mixed Vegetables</p> <p>1 Breadstick</p> <p>Fresh Fruit</p> <p><b>NEW ITEM</b></p> <p>13</p>	<p>Chicken Philly Cheesesteak</p> <p>1c Cream of Spinach Soup</p> <p>1/2c Colelaw</p> <p>1 Hoagie Roll</p> <p>1/2c Gelatin</p> <p><b>NEW ITEM</b></p> <p>14</p>	<p>3oz Swiss Steak w/ 2oz Onion Gravy</p> <p>1/2c Cabbage &amp; Noodles</p> <p>1/2c Carrots</p> <p>Wheat Breat</p> <p>1/2c Pineapple Delight</p> <p>15</p>	<p>3oz Sliced Ham</p> <p>1/2c Tri Color Sweet Potatoes</p> <p>1/2c Peas</p> <p>1 Dinner Roll</p> <p>1 Cookie</p> <p>16</p>
<p>BBQ Chicken Breast</p> <p>1/2c Country Collard Greens</p> <p>1/2c Baked Beans</p> <p>1 Dinner Roll</p> <p>Seasonal Fresh Fruit</p> <p>19</p>	<p>Western Omelet</p> <p>w/ Peppers, Onions, Cheese</p> <p>1 Sausage Patty</p> <p>1/2c Breakfast Potatoes</p> <p>1 English Muffin w/ Jelly</p> <p>4oz Apple Juice</p> <p>20</p>	<p>Grilled Chicken Salad</p> <p>(2oz Chicken, Cheddar, HB Eggs over 1c Mixed Greens)</p> <p>1c Cream of Broccoli Soup</p> <p>1 Dinner Roll</p> <p>1/2c Fruited Gelatin</p> <p>21</p>	<p>Pizza</p> <p>1c Tossed Salad w/ Dressing</p> <p>1/2c Carrots</p> <p>1 White Bread</p> <p>Seasonal Fresh Fruit</p> <p>22</p>	<p>3oz Pot Roast w/ 2oz Gravy</p> <p>1/2c Mashed Potatoes</p> <p>1/2c Mixed Vegetables</p> <p>Wheat Bread</p> <p>1/2c Fruit Crisp</p> <p>23</p>
<p>Memorial Day</p> <p>26</p>	<p><b>Happy Memorial Day!</b></p> <p>*Potluck picnic at center*</p> <p>All In and out sign ups will receive</p> <p>Cheeseburger</p> <p>Potato Salad, Beets</p> <p>Fresh Melon</p> <p>27</p>	<p>Baked Krabby Cake</p> <p>1c Tomato Basil Soup</p> <p>1/2c Mixed Vegetables</p> <p>1 Wheat Bread</p> <p>1/2c Gelatin</p> <p>28</p>	<p>4oz Sloppy Joe</p> <p>1/2c Roasted Sweet Potatoes</p> <p>1/2c Peas</p> <p>1 Hamburger Bun</p> <p>Oatmeal Cream Pie</p> <p>*menu subject to change</p> <p>29</p>	<p><b>NEW ITEM</b></p> <p>Korean Meatballs (4)</p> <p>1/2c White Rice</p> <p>1/2c Oriental Vegetables</p> <p>1 Wheat Bread</p> <p>1/2c Fresh Melon</p> <p>30</p>

MEMORIAL DAY  
REMEMBER AND HONOR