

Dillsburg Senior Activity Center

October 2024 Newsletter

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

***Reminder: We will be closed on Monday, October 14 in observance of Indigenous Peoples' Day and Thursday, October 17 for Staff Training.**

Our Staff

Director:
Heather Oyler

**Activities
Coordinator:**
Tracy Emig

**Kitchen
Coordinator:**
Diane Cosby

Kitchen Asst.
Noah Melhorn

Welcome

We're glad
you are here!!



Music Mondays

October 7, 10:00 – 12:00

Elvis

October 21, 10:00 – 12:00

Big Band



It's October in Dillsburg and we all know what that means: Farmers Fair! The community hall exhibits will be open to seniors on **Friday, October 18 from 9:30 to 11:30 am.** Members are welcome to park in the Senior Center's parking lot to walk over with friends, as this is an 'on your own' event. Be sure to sign up for lunch for that day to eat after all your walking around! Farmer's Fair is a great time here in Dillsburg, with a parade on both Friday and Saturday evening to check out. Just allow yourself time for going anywhere during this week as roads close and become crowded.

In other news, we must announce our newest staff member, Noah! While Noah did start a few weeks ago, we can officially say we are happy to have him here with us in the center to help in the Kitchen and around the facility, he seems to be fitting into the group very well!

As our numbers grow, so do our needs around the center, and we are very thankful for our staff, as well as our volunteers. If you are looking for ways you can get involved to help at the center, or with our home delivered meals program, please reach out to Heather!

LOOKING AHEAD



Christmas Tree Tour at the Warehime Myers Mansion and Lunch Monday, December 16, 2024

Join us as we discover over 40 Christmas trees decorated in different themes by local groups on our tour of the 18-room mansion. We will enjoy lunch at Dutch Country Restaurant after our tour.

9:15 leave the center on Rabbit transportation
10:15 tour of mansion and carriage house
12:00 lunch at Dutch Country Restaurant

Cost for bus transportation and mansion tour is \$22.00/lunch on your own

Sign up with payment by Friday, November 15

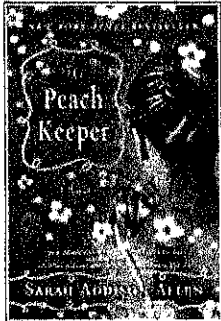
Daniel at Sight and Sound Theater – Tuesday, December 10, 2024

2 seats still available for this trip - \$201/person includes theater ticket, lunch at Hershey Farms Restaurant, Wolf's bus transportation and gratuities.

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

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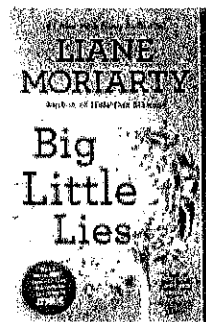
Dillsburg Borough Office
233 South Chestnut Street
Dillsburg, PA 17019



**Book Club – October
Book Discussion**

The Peach Keeper by Sarah
Addison Allen

Tuesday, October 29, at
10:00 am. (return book)



**Book Club
November New Read**

Big Little Lies by Liane Moriarty.

Sign up with Tracy, limit 10.

Pick up novel - Tuesday, October 29,
at 11:00 am.

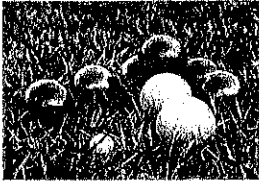
Read the novel during November.

Book discussion – Tuesday,
November 26, 10:00 am.

Madeline is a force to be reckoned with. She's funny, biting, and passionate; she remembers everything and forgives no one. Celeste is the kind of beautiful woman who makes the world stop and stare, but she is paying a price for the illusion of perfection. New to town, single mom Jane is so young that another mother mistakes her for a nanny. She comes with a mysterious past and a sadness beyond her years. These three women are at different crossroads, but they will all wind up in the same shocking place.

Find us on Facebook!
Like and follow our new page to keep up
with everything going on!
Dillsburg Senior Activity Center

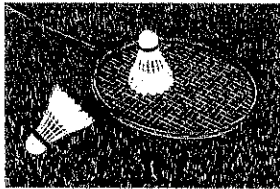




OUTDOOR GAMES DAY
Friday, October 4, 2024

We'll meet outside at 10:00 AM
Weather should be 'just right' this time of the year to enjoy playing games out in the yard. Join in on games with friends and grab a chair if you need a place to sit in-between turns.

Bocce Ball Badminton
Lawn Darts Ring Toss



You loved it the first time! Join us for our second trip to Root's Market

Tuesday, October 15, 2024
9:00 am Depart Center via Rabbit Transit
10:00 am – 1:00 pm Explore Market and Lunch on your own
2:00 pm Return to Center
Cost \$15.00 for Rabbit Transportation

Root's Country Market is filled with bakeries, delis, butchers, local and imported produce, and handcrafted items.

Registration and payment deadline is October 10.
Minimum 7 participants required.

Returning Favorites this Month

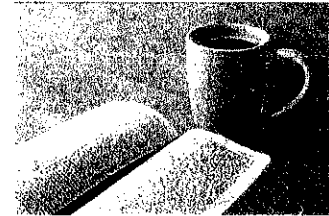
Needle Crafters every Wednesday 11:00

Bowling – Thursday, October 3rd and October 17th
9:30 at ABC West Lanes

Games and Cards – Tuesday, October 8th, 10:30

Trivia – Friday, October 11th, 12:00

Bingo – Thursday, October 24th, 10:00



Bible Study

Join us for this new activity.

Center member and retired pastor, Buddy Miller will lead us in a daily devotional.

Thursday, October 10 at 10:30

Enjoy a cup of coffee and some fellowship. All are welcome!!



Friday, October 25, 10:30 AM

Join us for
CHAIR VOLLEYBALL

Indoors, for all abilities, no talent necessary!

WISH LIST

- ziplock sandwich bags
- postage stamps
- toilet paper
- 13 gal. trash bags
- 30 gal. trash bags
- Gift Cards to Giant, Amazon, and Wal-Mart to help supply our programs and events



Old-Fashioned Apple Dumplings

Ingredients

1 tube Pillsbury Crescent Dough Sheet
 6 large Granny Smith apples, peeled/cored
 ½ cup butter
 ¼ cup brown sugar
 1 † ground cinnamon
 ½ † ground nutmeg
 3 cups water
 2 cups white sugar
 1 † vanilla extract

Directions

Preheat oven to 400° F. Butter a 9x13 pan.

Roll pastry into a 24x16 in. rectangle on a lightly floured surface. Cut into six 8-in squares. Place apple on each pastry square with the cored opening facing up. Cut butter into 8 pieces; place 1 piece in the opening of each apple; reserve the remaining butter for sauce.

Divide brown sugar between apples, poking some inside each cored opening and the rest around the base of each apple.

Using slightly wet fingertips, bring one corner of the pastry square up to the top of the apple, then bring the opposite corner to the top and press together. Bring up the two remaining corners and seal. Repeat with other apples and place in the prepared baking dish.

To make the sauce, combine water, white sugar, vanilla extract, and reserved butter in a large saucepan. Place over medium heat and bring to a boil. Reduce heat to low and simmer until sugar is dissolved, about 5 minutes. Carefully pour sauce over dumplings.

Bake in the preheated oven until golden brown and crisp on top, 50-60 minutes. Place each dumpling in a bowl and spoon some sauce over the top.

A Walk in the Park

A walk in the park is a drop in event with no need to sign up. Just meet at the location at the listed time. Anyone can join us for A walk in the park!

Logan Park, Tuesday, October 8, 9:00 AM
80 Logan Rd., Dillsburg – meet in the upper parking lot

HIKE at Pinchot Park, Tuesday, October 22, 9:00 AM
Conewago Day Use Area
Alpine Rd., Lewisberry, PA 17339

This hike is on a mostly dirt path with rocks and roots, with some uneven terrain, that it may not be for everyone.

Please wear appropriate footwear and bring hiking sticks, water and snacks if needed.

***A bag lunch will be provided for those that sign up for the lunch by October 11th.**

Halloween Party

Thursday, October 31
9:30



Come dressed in your favorite costume. Best costume wins a prize!

The kids from Kindercademy will join us for some trick-or-treating.

Games and Goodies

RSVP by Monday the 28th and don't forget to sign up for lunch! It's Lasagna!

Medicare Open Enrollment Dates October 15, 2024 – December 7, 2024

Understanding Medicare can be difficult.

PA MEDI counselors are specially trained staff and volunteers who can answer your questions and provide you with non-biased, objective easy-to-understand information about Medicare.







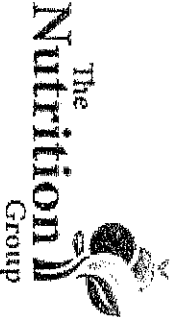
PA MEDI counseling appointments are available at

Dillsburg Senior Center
Friday, November 1, 2024
9:00 AM – 2:00 PM

Appointments are required.
Call 717-771-9042 to schedule.

October

Dillsburg

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>Chicken Patty w/ Gravy 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches</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>1c Pizza Casserole 1c Tossed Salad 1/2c Peas & Carrots 1 Wheat Bread 1/2c Pudding</p>	 <p>Chicken Alfredo 1/2c Noodles 1/2c Mixed Vegetables 1 Garlic Breadstick 1/2c Warm Apple Cranberry Crisp</p>
7	1	2	3	4
<p>Center Closed No Meals today</p>	<p>Chicken Bacon Carbonara (3oz Chicken, 1/2o Bacon) 1/2c Pasta 1/2c Mixed Vegetables 1 Breadstick 1/2c Mandarin Oranges</p> 	<p>Tuna Salad Sandwich (4oz) 1c Roasted Pumpkin Soup 1/2c Coleslaw 2 Wheat Bread Fresh Fruit</p>	<p>Baked Ravioli (6) w/ Tomato Cream Sauce 1/2c Green Beans 1/2c Mandarin Oranges 1 Italian Bread</p>	<p>Sliced Ham 1/2c Orange Blossom Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1 Cookie</p>
14	8	9	10	11
<p>Cheese Omelet w/ Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice</p>	<p>Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Carrots 1 Italian Breadstick 1/2c Mandarin Oranges</p>	<p>Italian Burger (Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Seasonal Fresh Fruit</p> 	<p>Center Closed Staff Training No Meals today</p>	<p>BBQ Pork Ribette 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight</p>
21	22	23	24	25
<p>Creamy Parmesan Pork Chop 1/2c Cubed Potatoes 1/2c Spinach 1 Wheat Bread Cookie</p>	<p>Pizza Burger (1oz Sausage, .5oz Mozzarella) 1/2c Lemon Buttered Orzo 1/2c Carrots Hamburger Bun 1/2c Fruit Crisp</p> 	<p>Grilled Chicken Salad (2oz Chicken, Cheddar, HB Eggs over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin</p>	<p>Happy Halloween! Lasagna w/ Meat Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit</p> 	<p>The Nutrition Group</p> 
28	29	30	31	

Dillsburg Senior Activity Center October 2024 Calendar of Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Walk at Logan Park 9:00 Game Day 10:30	2 Needle Crafters 11:00	3 Bowling 9:30 at ABC West Lanes	4 Outdoor Games 10:00	5
6 Music Monday 10:00—12:00	7 Music Monday 10:00—12:00	8 Walk at Logan Park 9:00 Game Day 10:30	9 Needle Crafters 11:00	10 Bible Study 10:30 Deadline to sign up and payment for Roots Market	11 Trivia with Bob Reigh 12:00 *sign up for bagged lunch for Pinchot Hike	12
13	14 Center Closed Indigenous Peoples' Day	15 Roots Market Trip Leave center via Rabbit at 9am Return 2pm	16 Needle Crafters 11:00	17 Bowling 9:30 at ABC West Lanes Center Closed Staff Training	18 Farmers Fair Community Hall Exhibits Open to Seniors 9:30—11:00	19
20	21 Music Monday 10:00—12:00	22 Hike at Pinchot Park with Bagged Lunch 9:00	23 Needle Crafters 11:00	24 Bingo 10:00	25 Chair Volleyball 10:30	26
27	28	29 Book Club 10:00 Discussion 11:00 New Book Distribution	30 Needle Crafters 11:00	31 Halloween Party 9:30	November 1 PA MEDI Counseling Apprs 9:00—2:00 Apprs. Required	