

Dillsburg Senior Activity Center

September 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, September 2 in observance of Labor Day.

Our Staff

Director:
Heather Oyler

**Activities
Coordinator:**
Tracy Emig

**Kitchen
Coordinator:**
Diane Cosby

Welcome

We're glad
you are here!!



42 Days... 25 States... and
9,000 miles...

Thursday, September 26,
10:00

Keith and Judy Routson
reminisce about their
amazing...

Honeymoon on a Dime

Join us for some delightful
stories and photos!

Although we enjoyed summer, let's look ahead to some cooler weather and fall activities. As we move into the fall season, we have lots going on at the center! We will resume our walks at local parks, celebrate National Apple Dumpling Day, and have a hot dog bar with all your favorite fixins –just to name a few. We are also starting a new book club. Read on for details.

"A Walk in the Park" Resumes

We will meet at two local parks this month to enjoy the fresh air, good exercise, and great company. All abilities welcomed! PLEASE JOIN US!!

- **Friendship Park, Tuesday, September 10 at 9:00**
1901 Fisher Rd., Mechanicsburg 17055 (Park in the parking lot and meet at the bathroom pavilion beside the soccer fields.)
- **Spring Meadow Park, Tuesday, September 24 at 9:00**
640 W. 1st St., Boiling Springs, 17007 (Park in front parking lot on the right, closest to W. 1st St.)
- **Or meet at the center at 8:30 to ride together – Please call in advance to secure a ride.**



Miniature Golf and Lunch at Liberty Forge

Friday, September 20, 2024

Join us for fun in the sun with a scenic view of the Yellow Breeches.

9:30 leave the center on Rabbit transportation
10:00 miniature golf and lunch at the Creekside Grill
1:30 return to the center

Cost for bus transportation and mini-golf \$13/lunch on your own

Sign up with payment by Friday, September 13

We must have a minimum of 15 people for this trip

Rain Date: Tuesday, September 24

LUNCH
&
LEARN!



Wednesday, September 11, 2024, 12 noon
Isabelle Bergey, Homeland at Home Hospice

Please join us during lunch as Isabelle Bergey discusses a topic we may not think about:

Senior Bullying

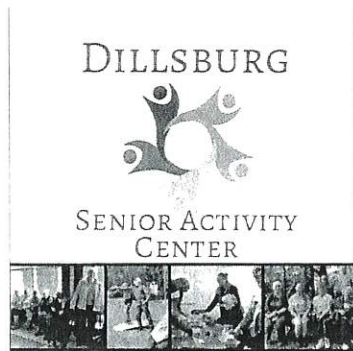
Bullying is an increasingly frequent problem not only in senior living communities, but also seniors living in their own homes. What does senior bullying look like? Why does it occur? How can we cope with it?

Don't forget to sign up for lunch!

Find us on Facebook!

Like and follow our new page to keep up with everything going on!

Dillsburg Senior Activity Center



WISH LIST

- half and half creamer singles
- variety of salad dressing
- 6-7-inch paper plates (dessert size)
- 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



National Apple Dumpling Day

Tuesday, September 17 at 9:30

We had so much fun last year, you don't want to miss it!

First, each participant will make his or her own apple dumpling and place it lovingly in the oven.

While we wait patiently and smell wonderful aromas...we will create a new apple craft to take home.

Please sign up by Tuesday September 10th to ensure we have enough ingredients and materials.



Music Mondays

Research shows that listening to music helps lower the stress hormone, helping us feel calmer and less overwhelmed.

Enjoy listening to music with us. Sit back and relax, or chat about your favorites with others.

September 16, 10:00 – 12:00

Doo-wop – combine rhythm and blues with rock and roll vocals, popular in the 1950s and '60s

September 30, 10:00 – 12:00

Crooner Jazz – big band ballads with smooth vocals...think Frank Sinatra, Nat King Cole, and Perry Como!

September Program Highlights

- **Music Monday – September 16th and 30th, 10:00 – 12:00, details p. 2**
- **Walk at Friendship Park- Tuesday, September 10 at 9:00, details p. 1**
- **Needle-Work Crafters- Wednesdays, September 4th, 11th, 18th and 25th this month, 11:00 AM**
No experience necessary. We have an awesome group of members who would be happy to share their knowledge.
- **Bowling- Thursday, September 5th & Thursday, September 19th, 9:30 AM**
We will meet at ABC West Lanes on the Carlisle Pike and bowl two or three games.
- **Trivia with Bob Reigh- Friday, September 13th, 12 noon**
Bob Reigh returns at lunch to lead us in some friendly, competitive trivia.
- **Lunch & Learn – Senior Bullying - Wednesday, September 11th, noon**
See p. 2
- **National Apple Dumpling Day – Tuesday, September 17th, 9:30, details p. 2**
- **Miniature Golf Outing and Lunch – Friday, September 20th, 9:30 AM**
See p. 1
- **Game & Card Game Day – Monday, September 9th, 10:00 AM**
See below
- **Bingo- Friday, September 27th, 10:00 AM**
Please bring a prize or two for the prize table!
Not sure what to bring? It can be an item purchased new from any store, and it doesn't have to be big or pricey.
- **Walk at Spring Meadow Park– Tuesday, September 24 at 9:00**
See details p. 1
- **Special Lunch – Hot Dog Bar – Wednesday, Sept. 25th, noon, details below**
- **Keith & Judy Routson – Special Program – Thursday, Sept. 26, 10:00**
See details p.1

**Wednesday, September 25
Noon**

Enjoy a grilled hot dog that you top with lots of delicious toppings from our fixins bar!

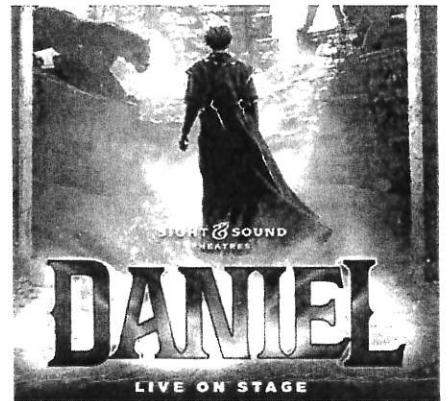
We will round out the meal with some picnic favorites.

A bag lunch will be provided to take home to all who sign up for lunch.



**Special Lunch
HOT DOG BAR**

Holiday Trip 2024



Sight & Sound Theater
Lancaster, PA

Tuesday, December 10, 2024

\$201/person includes theater ticket, lunch at Hershey Farms Restaurant, Wolf's bus transportation, and gratuities.

****We were able to add 6 additional seats—contact us ASAP to reserve a seat****

Game & Card Game Day

Monday, September 9th at 10:00

**Come for some fun--
the more the merrier!!**

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 Book Club

Our first read is The Peach Keeper by Sarah Addison Allen.

We will be borrowing books from the Dillsburg Library. Sign up with Tracy, limit 10.

Join us Monday, September 30, at 11:00 to pick up your copy of the book.

Read the novel during October.

Meet on Tuesday, October 29 at 11:00 to discuss the book. We will collect the books and pass out our new read which will be revealed in the next newsletter.






Prepare to be enchanted by a tale where mystical secrets and long-buried memories intertwine with the present. Set in the picturesque town of Walls of Water, North Carolina, this captivating novel follows the lives of two women, Willa Jackson, and Paxton Osgood, as they unravel the mysteries surrounding the Blue Ridge Madam, an old mansion steeped in legend. As they dig deeper into their families' entwined histories and confront their own hidden truths, they discover that sometimes the past holds the key to unlocking future happiness.

Dillsburg Senior Activity Center September 2024 Calendar of Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	Labor Day Center Closed		Needle Crafters 11:00	Bowling 9:30 at ABC West Lanes		
8	9	10	11	12	13	14
	Game Day 10:30	Walk at Friendship Park 9:00	Needle Crafters 11:00 Lunch and Learn Senior Bullying 12:00	Deadline to sign up for Hot Dog Bar/Bag Lunch	Trivia with Bob Reigh 12:00	
15	16	17	18	19	20	21
	Music Monday 10:00—12:00	National Apple Dumpling Day make apple dumplings and craft 9:30	Needle Crafters 11:00	Bowling 9:30 at ABC West Lanes	Miniature Golf Outing and Lunch 9:30	
22	23	24	25	26	27	28
		Walk at Spring Meadow Park 9:00 Miniature golf rain date	Needle Crafters 11:00 Special Lunch: Hot Dog Bar 12:00	Keith & Judy Routson Special Program 10:00	Bingo 10:00	
29	30					
	Music Monday 10:00—12:00 Book Club 11:00					

September

York County

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2</p> <p>Happy Labor Day!</p>  <p>1c Pizza Casserole 1/2c Wax Beans 1/2 c Corn 1 White Bread 1/2c Pudding</p>	<p>3</p> <p>Teriyaki Chicken 1/2c Vegetable Rice Pilaf 1/2c Carrots 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>4</p> <p>Sliced Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1 Cookie</p>	<p>5</p> <p>Pork Loin 1/2c Buttered Pasta 1/2c Green beans 1 Wheat Bread 1/2c Peach Crisp</p>	<p>6</p> <p>4oz Tuna Salad Sandwich w/lettuce & tomato 1/2c Broccoli Salad 1/2c Coleslaw 2 White Bread Seasonal Fresh Fruit</p>	
<p>9</p> <p>1c Pizza Casserole 1/2c Wax Beans 1/2 c Corn 1 White Bread 1/2c Pudding</p>	<p>10</p> <p>Sweet & Sour Pork 1/2c. Rice 1/2c Mixed Vegetables 1 Wheat Bread 1/2c. Apple Crisp</p>	<p>11</p> <p>Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup w/ Crackers 1 Dinner Roll 1/2c Gelatin</p> 	<p>12</p> <p>12th Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad W/Tomato 1 Breadstick Fresh Fruit</p>	<p>13</p> <p>4oz Sloppy Joe Baked Potato 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit</p>	
<p>16</p> <p>Swiss Steak w/ 2oz Onion Gravy 1/2 c. Cubed Parsley Potatoes 1/2c Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p>17</p> <p>Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Peaches w/ 1/4c Cottage Cheese</p>	<p>18</p> <p>Creamy Garlic Chicken Breast 1/2c Buttered Noodles 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges</p> 	<p>19</p> <p>Baked Lemon Pepper Fish 1/2c Rice Pilaf 1/2c Green Beans Dinner Roll Seasonal Fresh Fruit</p>	<p>20</p> <p>Baked Meatloaf w/ Gravy 1/2c Mashed Potatoes 1/2c Peas 1 Wheat Bread 1/2c Gelatin</p>	
<p>23</p> <p>Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie</p>	<p>24</p> <p>Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad</p>	<p>25</p> <p>Grilled Chicken Caesar Salad 1c Mixed Greens (3 oz Diced Chick 1t Parmesan, Tomato, Croutons) 1c Cream of Broccoli Soup Dinner Roll 1/2c Blushed Pears</p>	<p>26</p> <p>Omelet w/ Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice</p>	<p>27</p> <p>Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange</p>	
<p>30</p> <p>Pot Roast w/ Gravy 1/2c Ranch Potatoes 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Peach Cup</p>	