

# Dillsburg Senior Activity Center

## September 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 on September 1<sup>st</sup> for Labor Day*

### Our Staff

#### Director:

Heather Oyler

#### Activities

#### Coordinator:

Diane Cosby

#### Kitchen

#### Coordinator:

Noah Melhorn

Welcome



Fall is right around the corner and we have held off on certain events until the weather would be cooling down and.. hopefully just right. Look through our newsletter to read about our Sunflower wreath craft, our movie night outback of the center, and our picnic at Pinchot Park.

You'll also notice the brief mention of our tree being cut down. While the tree did add a nice amount of green to the parking lot, and we are all for nature, the walnuts and debris that fall daily is too much of a safety issue to have in our parking lot where we all walk through each day. We will be closed on September 30<sup>th</sup> while the tree is taken down, and we can marvel at the empty spot the next day when we return!

A big shout of thanks for our recent donations from Cocklin Funeral Home and Tuscarora Wayne Insurance Company. Support like this from local businesses helps our center continue to thrive!

If you are interested in helping the Center in a non-monetary way, please reach out to see how you can volunteer your time. Aside from the drivers for the home delivered meals program, there are options available here at the center.

### 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



### Backyard movie at the Dillsburg Senior Center

Thursday, September 25<sup>th</sup>

*Arrive between 6:30-7:00pm to socialize and get your seats ready before it gets dark!*

**Movie starts at about 7:30pm**

We'll watch a movie in the backyard on a big projector screen when it gets dark! There is no cost to this movie but please bring a chair if you'd rather your own. Add your name to the list at the center or call in to let us know you will be there!

The movie for this event is **Funny Farm**, a 1988 American comedy starring Chevy Chase and Madolyn Smith. Former sportswriter Andy Farmer and his secretly aspiring author wife, Elizabeth, move to a small farm in Vermont so Andy can focus on writing a novel. They quickly realize that the locals are not as welcoming as they'd like and that the farm is more distracting than inspiring. Having trouble with his manuscript, and with his marriage on the rocks, Andy is forced to take hilariously drastic measures in an attempt to get his life back on track.

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

**Picnic at Pinchot Park**  
**Tuesday, September 30<sup>th</sup>, 10:00**

Join us for a picnic at Pinchot Park! The center will provide fried chicken, some sides, dessert, and bring a few games along. We will have a sign-up sheet in the center to sign up for other things needed for those that can help out. Arrive at 10 to socialize, play games, enjoy the view and we will eat at 12:00.

\*You must sign up by Friday, September 26<sup>th</sup> to be included, by stopping in the center and putting your name on the list or by calling in to us.

\*There are picnic tables, but we ask those who can, to bring a chair to ensure enough seating. Let us know if you need help getting them from the car to the spot. Park in the section labeled Conewago Day Use Area, off of Alpine Road. Look for us to the right.

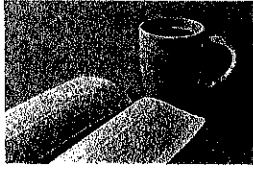
\*Our Center will be closed during this day, including the parking lot, for our tree to be taken down. While we do encourage carpooling, we cannot have anyone in our parking lot on this day for safety reasons.

\*Members may also sign up for a bagged lunch to take at the end of the picnic. This is an Italian sandwich, coleslaw, pasta salad, fruit and tea. This is a separate sign up and you must sign up for this meal by September 22, marked as a bagged meal on your slip for Sept 30<sup>th</sup>. Not coming to the picnic? You can take it home the day before

## Bible Study

Thursday, September 18<sup>th</sup>,  
10:30

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



## 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.

September 8<sup>th</sup>, 10-12  
**Best hits of the 50s**

And

September 22<sup>nd</sup>, 10-12  
**Johnny Cash**

## Learn and Chat with Member Keith Routson Friday, September 26 10:30

Follow one of our members,  
Keith Routson, as he talks  
about Government projects he  
managed for over 10 years.  
Traveling for work to such  
places as Montana, South  
Dakota, Florida, Colorado,  
Puerto Rico and even to the  
South Pole for a fascinating  
project. Learn how the  
Government uses some of your  
hard-earned tax money and  
enjoy the photos during his  
presentation!

## Returning Favorites this Month

Drop-in activities, no need to sign up!

Needle Crafters every Wednesday 11:00

Card Games – Thursday, September 4<sup>th</sup>,  
10:30

Billiards – Wednesdays, September 10<sup>th</sup> and  
24<sup>th</sup>, 11:00

Bingo – Tuesday, September 9<sup>th</sup>, 10:00  
please remember to contribute to the prize table!

Bowling – Thursdays, September 11<sup>th</sup> and  
25<sup>th</sup> - 9:30 at ABC West Lanes

Chair Volleyball – Monday, September 22<sup>nd</sup>  
10:30

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

## Our Donation Wish List

- Single Serve coffee creamers
- Paper towels
- Hand soap
- Case of water
- Snacks for Bingo
- Choc Syrup
- Sugar free drink mix for tea and  
lemonade
- Giant or Amazon gift cards to help fund  
special food days and activities

## LHM Therapy

### Seated mobility session

Tuesday, September 23<sup>rd</sup>, 10:00am

Josie will teach us about the importance and  
benefits of mobility and go through  
through a seated mobility session.

Please sign up by September 22<sup>nd</sup> by stopping in or  
calling in to the center.

## Walks

Anyone can join in - no need to sign up! Just meet at the time and  
location listed below

Tuesday, September 2<sup>nd</sup>, 9:00- Chestnut Park -298 W Ridge Rd Dillsburg

Monday, September 29<sup>th</sup>, 9:00- Logan Park – 80 Logan Rd Dillsburg

## Board Games for September

Anyone is welcome to drop  
in and play, no need to sign  
up, just please be on time!

Monday, September 11<sup>th</sup>,  
10:30am - Group Choice

Friday, September 19<sup>th</sup>,  
10:30am - Scrabble

## Book Club Pick up

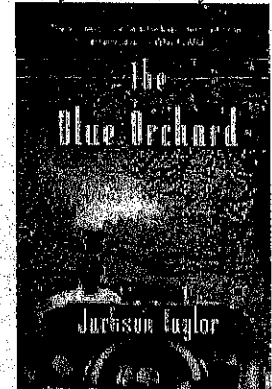
Monday, September 8<sup>th</sup>,  
10:00

### Discussion

Monday, September 29<sup>th</sup>,  
10:00

## The Blue Orchard

by Jackson Taylor



On the eve of the Great  
Depression, Verna Krone, the  
child of Irish immigrants, must  
leave the eighth grade and  
begin working as a maid to help  
support her family. Her employer  
takes inappropriate liberties, and  
as Verna matures, it seems as if  
each man she meets is worse  
than the last. Through sheer force  
of will and a few chance  
encounters, she manages to teach  
herself to read and becomes a  
nurse. But Verna's new life falls to  
pieces when she is arrested for  
assisting a black doctor with  
"illegal surgeries." As the media  
firestorm rages, Verna reflects on  
her life while awaiting trial.

Bus Trip to  
**Elf the Musical** at Toby's Dinner Theater  
Wednesday, November 12th



Package includes lunch buffet, show ticket to see Elf the musical, and Wolf bus transportation for \$147.

Sign-up and pay by September 24<sup>th</sup>, payment due at sign up.

Bus leaves Capital City Mall at 8:15am, returning to mall at 5:45 pm. Carpooling to and from Mall can be arranged. Stop in the Center to sign-up! No refund policy. If you need to cancel, we will see if there are people on the waiting list to take your spot.

Owner Scott Heltzel at **Freedom Physical Therapy** will come in during lunch on **Tuesday, September 16<sup>th</sup>**, and tell the group about their services!

Freedom is located a short walk from the center!

Reminder that lunches need to be ordered two days in advanced unless otherwise mentioned, to ensure that we have enough food for all.

“in” is the meal on the menu - served at the center at 12:00

“take out” is the meal on the menu, packed to go, ready around 11-1130 and held to the close of the next day.

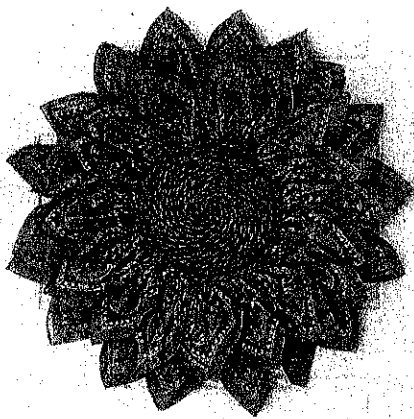
“bagged lunch” is a sandwich, sides and a drink, not an everyday occurrence and the description will change from time to time. This meal needs more than two days when it pops up.

Join us for our first documentary series in the Center

**Our Great National Parks**  
**Chilean Patagonia**

Monday, September 15th, 10:00am

“Our Great National Parks” is a Netflix documentary series narrated by Barack Obama, exploring the world's national parks and their diverse ecosystems. This episode highlights Torres del Paine National Park and Patagonia National Park, following Pumas, guanacos, condors and penguins and how they flourish in the parks.

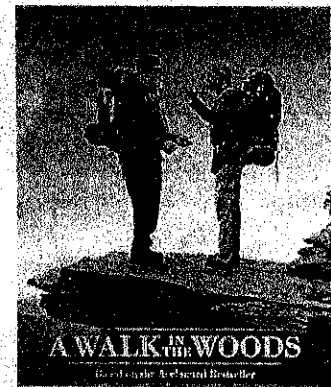


**Sunflower Bandana Wreath**

**Wednesday September 17<sup>th</sup> & 18<sup>th</sup> 10:00am**

Create a cute sunflower wreath of your own using yellow bandanas. All supplies and instruction included for \$15. The wreath frame is 12 inches that the completed project will be larger than 12 inches. Must sign up and pay by September 19<sup>th</sup> to ensure we have supplies for all!

This is a two-day project, to ensure dried and done correctly! Wednesday we will work until lunch, and finish on Thursday.






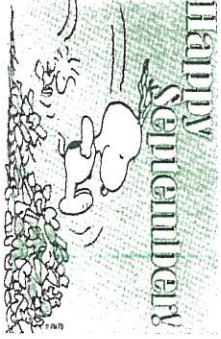

**Movie in the Senior Center**  
**A Walk in the Woods**

**Friday, September 5th, 10:00am**

**A Walk in the Woods** is a 2015 American biographical comedy-drama film starring Robert Redford, Nick Nolte and Emma Thompson. After years of living in Britain, celebrated travel writer Bill Bryson returns to New Hampshire. But instead of retiring, the 60-year-old announces he's going to hike over two thousand miles along the Appalachian Trail

# September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CLOSED FOR LABOR DAY	2 Walk 9:00	3 Needle Crafters 11:00	4 Card games 10:30	5 Center Movie—A Walk in the Woods 10:00am	6
7	8 Book pick up 10:00  Music 10-12	9 Bingo 10:00	10 Billiards 11:00  Needle Crafters 11:00	11 Bowling 9:30 at ABC West Lanes  Board games 10:30	12  Trivia 12:00	13
14	15 Tv series; Great National Parks 10:00	16 Freedom Therapy 12:00 Lunch Talk	17 Sunflower Wreath Craft part 1-10:00	18 Wreath part 2-10:00  Bible Study 10:30	19  Scrabble 10:00	20
21	22 Music 10-12	23 LHM 10:00 Seated mobility session	24 Billiards 11:00  Needle Crafters 11:00	25 Bowling 9:30 at ABC West Lanes  Backyard Movie, arrive 7pm	26  Keith's learn and chat 10:30	27
28	29 Walk 9:00am  Book discussion 10:00	30 Center Closed  Picnic at Pinchot Park 10:00am				

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Happy Labor Day!</b> 	<b>Happy Labor Day!</b> Hot Dog 1/2c Colelaw 1/2c Pasta Salad Hot Dog Bun Fresh Fruit 1/2c Marshmallow Fluff	4oz Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Peas 1 Hamburger Bun Oatmeal Cream Pie	Baked Crab Cake 1c Tomato Basil Soup 1/2c California Blend Vegetables 1 Wheat Bread 1/2c Gelatin	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 Lima Beans 1 Wheat Bread 1 Cookie	3oz Kielbasa w/ 1oz Sauerkraut 1/2c Homemade Haluski 1/2c Carrots 1/2c Applesauce 	Cheeseburger 1/2c BBQ Baked Beans 1 Hamburger Bun 1c Tossed Salad w/ Tomato 1/2c Mandarin Oranges	Roast Beef Sandwich (3oz Roast Beef) w/ 1 slice Mozzarella Cheese) 1c Cream of Cauliflower Soup 1 Hamburger Bun 1/2c Blushed Pears	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 	3oz Sweet & Sour Pork 1/2c Brown Rice 1/2c Mixed Veggie 1 Wheat Bread Fresh Fruit	Turkey Chef Salad (2oz Turkey, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin	1c Chili 1/2oz Cheddar Cheese 1c Tossed Salad w/ Tomato Dinner Roll 1/2c Warm Applesauce
Potato Crusted Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1/2c Italian Green Beans 1 Italian Bread 1/2c Mixed Fruit Salad	3oz Pork Loin w/ 2oz Creamy Mushroom Sauce 1/2c Brown Rice 1/2c Spinach Dinner Roll 1/2c Blushed Fruit	Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple	Chicken Cutlet w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Pudding
BBQ Pork Ribette 1/2c Roasted Potatoes 1/2c Green Beans 1 Sandwich Roll 1/2c Pineapple Delight	CLOSED Bagged meal option to be picked up the day before or at today's picnic			
29	30	24	25	26
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26