

Dillsburg Senior Activity Center

January 2026 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 January 1st and 19th for the holidays*

Our Staff

Director:
Heather Oyler

**Assistant
Director:**
Diane Cosby

Kitchen Staff:
Emily Morales

Welcome



HAPPY NEW YEAR!!

It truly has been a great year.. we have seen a lot of growth over the past year, with improvements around the center as well as an increase in the number of seniors we are impacting. We've welcomed new members, formed new friendships, and seen greater participation in our activities. I can't thank our staff, volunteers and members enough for being part of another wonderful year!

~Heather

-A reminder that Winter is here! There is a few options for checking if the Dillsburg Senior Center is closed during inclement weather. The decision to close will be posted to Facebook once the decision is made, and our message on the answering machine will be changed as soon as we are able to get in to update the machine.

We are required to make the decision by 5:30am if we are going to close, and while we try our best to decide the night before, it is usually best to wait to check until the morning. Please call us if you plan to cancel your lunch if the center remains open. We understand that weather conditions can change after our decision, and everyone has their own levels of comfort when it comes to venturing out during winter weather, we love to see you but we'd rather you be safe!

Radiant Hope

January 2026 outreach

We are incredibly grateful for the love and support we receive from our members and community. Thanks to this generosity, we are able to continue growing and enhancing the lives of the seniors we serve. With such kindness surrounding us, we agree it's time to pay it forward by supporting another organization and its mission - sharing the same compassion and encouragement that has been so freely given to us.

Our January outreach is for **Radiant Hope**, joining their mission *to support and encourage those whose lives are impacted by cancer*. We will collect items at the center for care packages to pack on February 4th, for Radiant Hope to send them to cancer patients.

Please let the center know if you would like to donate toward our outreach project. You can either shop from Radiant Hope's list, or make a monetary donation for the center to purchase the items. Radiant Hope has provided a list of items that they would like for the boxes, and we plan to fill 24 boxes that we need 24 of each of the following:

Organic unscented lotion, Organic lip balm, Sugar free mints, Sugar free gum, Hope rocks, Fuzzy socks, Pocket or small size word or math puzzle book- (Dollar Store!), Organic hand sanitizer, Loofahs- better to not buy in bulk (they arrive crushed and disfigured) but Target has nice ones.

Please donate items or money by January 30th.

Sign up at the center to pack boxes on February 4th!

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

Northern Middle School Musical and Meal

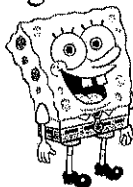
Thursday, January 15th At Northern High School

Doors open 3:45pm with show starting at 4:15pm

(Go to doors on side of building with blue awning)

Northern has invited us to attend their full dress rehearsal of their Middle School 2026 production of the musical Spongebob Jr, followed by a meal in the cafeteria.

Please rsvp to the Dillsburg Senior Center by January 12th.



Aging is cool, everyone's doing it!

*New for 2026! Join us each month for a lunchtime treat as we celebrate members' birthdays! All members are welcome to join, just be sure to sign up for lunch at least two days in advance to celebrate the milestone of another year!

January 30th

we will be celebrating the following January Birthdays at lunch!

Doris Griffie
Carol Young
Doug Stanley

Dana Guyer
Pauline Bowers
Will Smith

Suzanne Jones
Denise Knox

George Lenker
Thomas Eckert
Kathy Ferguson

Washington Yanez
Nancy Bobb
Thuha Joy

Thank you to everyone who contributed towards our match! Your generosity helped us reach our goal and will make an even greater impact thanks to the matching funds. We are grateful for your support and belief in our mission. Because of you we can continue growing and serving our community!

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



Indoor Chair Volleyball

Thursday, January 29th 11:00



Join us for a game of indoor chair volleyball to get that upper body moving. We will use a beach ball so there is no harm if you get bumped!

The Low-Income Home Energy Assistance program (LIHEAP) provides cash grants to help Pennsylvanians pay their heating bills. Stop in the center to pick up a brochure to learn more or an application to apply for assistance



Movie in the Senior Center Wizard of Oz

Friday, January 2nd, 9:30am

Let's go back to 1939 when the world was first introduced to Dorothy in the Wizard of Oz!

When a tornado rips through Kansas, Dorothy (Judy Garland) and her dog, Toto, are whisked away in their house to the magical land of Oz. They follow the Yellow Brick Road toward the Emerald City to meet the Wizard, and en route they meet a Scarecrow (Ray Bolger) that needs a brain, a Tin Man (Jack Haley) missing a heart, and a Cowardly Lion (Bert Lahr) who wants courage. The wizard asks the group to bring him the broom of the Wicked Witch of the West (Margaret Hamilton) to earn his help

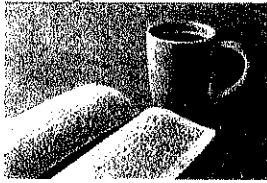
Our Donation Wish List

- Chocolate syrup
- Mustard
- Assorted tea bags
- Liquid coffee creamers
- Sandwich ziplock bags
- BBQ sauce
- Giant gift cards to help support events at the center

Bible Study

Thursday, January 8th, 10:30

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



Music Mondays

On the following dates we will turn the music up to enjoy!

Monday January 5th
10-12
George Strait

Monday, January 26th
10-12
Blues

Returning Activities this Month

Needle Crafters every Wednesday 11:00

Billiards – Every Wednesday, 11:00am

Bowling – Thursdays, January 8th and 22nd -
9:30 at ABC West Lanes

Card Games – Tuesday, January 2nd, 10:30

Trivia –Friday, January 9th, 12:00
Be sure to sign up for lunch! We play while we eat

Bingo – Monday, January 12th, 10:00
please remember to contribute to the prize table!

Board Games – Tuesday, January 27th,
10:30

Book of the Month:

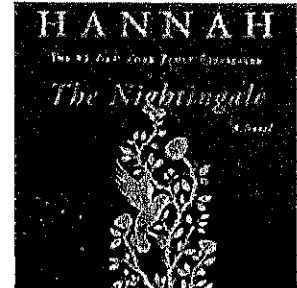
The Nightingale

Pick up:

Monday, January 5th 10:00am
Please call in to the center to reserve your copy!

Discussion:

Monday, January 26th 10:00am



The Nightingale by Kristin Hannah is a historical fiction novel about two sisters in Nazi-occupied France during World War II, Vianne and Isabelle, who take different paths to survive and resist, exploring themes of love, courage, and the resilience of women during wartime

LHM Therapy session

Thursday, January 15th
10:00am

Join LHM Physical therapists for an interactive program on Thursday, January 15th at 10 AM

Learn how to stay active while aging and participate in stretches and exercise using Thera bands to build strength, improve balance, and boost flexibility.

Be Prepared with Wendy

Tuesday, January 13th
10:30

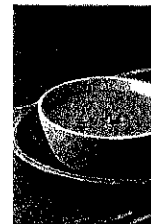
Unexpected things can happen and it's great to have a few knowledgeable tricks up your sleeve. Our member Wendy will share with us how to keep warm and keep cool when the power goes out, as well as some other useful ways to be prepared!

Board games, Cards, Billiards, Needlecrafters, Bingo and Trivia are drop in events that you do not need to sign up for. Trivia is played during lunch that you do need to sign up for the meal that day!

You do not need to sign up for Bowling, just meet at ABC Lanes to join in, and pay for your own games/shoes

Soup and Grilled cheese Luncheon

Tuesday, January 20th
12:00



Grilled Cheese pairs perfectly with hot soup on these cold days! We will have a few soups to choose from to go with your grilled cheese.

Please sign up for this 'eat in' meal by Friday, January 16th if you plan to attend. Our soup luncheon is free for our members, but only available for those that eat in. Take out meals will be the roasted pork from the menu. Members who attend the soup luncheon, are also welcome to order the take-out meal.

January

York County

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Fish Sandwich w/ Tartar Sauce 1/2c Coleslaw 1/2c Broccoli Salad 1/2c Pears Hamburger Bun</p>	<p>3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Carrots Whole Wheat Bread 1/2c Fruit Crisp</p>	 <p>1c Winter Beef Stew 1/2c Green Beans 1 Cornbread 1/2c Applesauce</p>	 <p>Turkey w/ Provolone (2oz Turkey, 1slice Provolone) Lettuce & Tomato 1c Corn Chowder Fresh Fruit Hamburger Bun</p>	<p>3oz Grilled Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1/2c California Blend 1 Garlic Breadstick 1/2c Applesauce</p>
<p>Omelet 1oz Shredded Cheddar 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Orange Juice</p>	<p>Chicken Taco Salad 3oz Taco Meat, .5 oz Cheddar Cheese Salad Mix, Salsa, Ranch 1/2c Elote Corn 1/2c Yellow Rice 1/2c Pineapple</p>	<p>NEW ITEM Chicken Paprikash w/ Creamy Tomato Sauce 1/2c White Rice 1/2c Green Beans Whole Wheat Bread Fresh Fruit</p>	<p>Smokey BBQ Burger Cheddar Cheese 1c Cauliflower Soup w/ Crackers Sandwich Roll Fresh Fruit</p>	<p>3oz Meatloaf with 2oz Gravy 1/2c Parsley Potatoes 1/2c Carrots Whole Wheat Bread 1/2c Vanilla Pudding</p>
<p>CLOSED</p>	<p>Take out meal: Roasted Garlic Pork Loin Peas, White Rice, Fruit and Roll Eat Ins only Soup and Grilled Cheese</p>	<p>3oz Kielbasa with 1oz Kraut 1/2c Parsley Potatoes 1/2c Mixed Vegetables 1/2c Applesauce Hot Dog Bun</p>	<p>Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Whole Wheat Bread 1 Cookie</p>	<p>1c Shepards Pie (w/ 1/2c Mixed Vegetables) 1/2c Garlic Mashed Potatoes White Bread Pudding</p>
<p>Sweet & Sour Chicken 1/2c White Rice 1/2c Oriental Blend Vegetables 1/2c Mandarin Oranges Cookie</p>	<p>3oz Salisbury Steak with 2oz Gravy 1/2c Whipped Potatoes 1/2c Peas Dinner Roll Gelatin</p>	<p>NEW ITEM Creamy Chicken Tortellini (3oz Chicken, 1/2c Tortellini) 1/2c Green Beans 1/2c Spiced Fruit Whole Wheat Bread</p>	<p>Cheeseburger 1/2c Tator Tots 1/2c Baked Pineapple 1c Tossed Salad w/ Tomato Hamburger Bun</p>	<p>3/4c Pasta and Meatballs (4) with 2oz Marinara Sauce 1c Tossed Salad w/ Tomato Garlic Breadstick Fresh Fruit</p>

*menu subject to change

January 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Center Closed	2 Wizard of Oz 9:30	3
4	5 Bookpick up 10:00 Music Monday 10-12	6 Card Games 10:30	7 Needlecrafters 11:00 Billiards 11:00	8 Bowling 9:00 ABC West Lanes Bible Study 10:30	9 Trivia 12:00	10
11	12 Bingo 10:00	13 Be Prepared with Wendy 10:30	14 Needlecrafters 11:00 Billiards 11:00	15 LHM Therapy 10:00 Spongebob show & meal At HS 4:00	16	17
18	19 Center Closed	20 Soup Luncheon 12:00	21 Needlecrafters 11:00 Billiards 11:00	22 Bowling 9:30 ABC West Lanes	23	24
25	26 Book discussion 10:00 Music Monday 10-12	27 Board Games 10:30	28 Needlecrafters 11:00 Billiards 11:00	29 Chair Volleyball 11:00	30 Birthday Lunch!	31