

# Dillsburg Senior Activity Center

## May 2023 Newsletter

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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

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### Our Staff

**Director:**  
Tracy Emig

**Assistant**  
Dana Guyer

The center will be closed Monday, May 29 for Memorial Day.

**Way to go!** Our sub and pretzel sandwich sale was a great success. We raised almost \$400. Thanks to everyone who participated. We continue to welcome new members. If you have friends or family age 60+, please invite them to check us out. As our numbers grow, everyone is enjoying new friendships and fun activities. We have something for everyone!



### **Antarctica Talk with Keith Thursday, May 18 10:30 AM**

Learn about a major government project located at the South Pole, managed by one of our members, Keith Routson, during his career as a project manager for an electrical construction company. Keith managed projects all throughout the United States. We will also hear about some of Keith's other projects including one for NASA and other military sites.

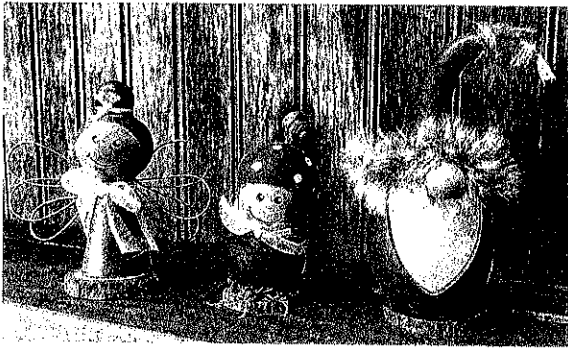
### **Jacoby Gardens of Dillsburg Short Term Fresh Produce Subscriptions**

A variety of subscription options will be offered:

- Simply Strawberries: two 1-quart boxes of freshly picked strawberries each week for 3 weeks for \$30
- Early Summer: 4-week subscription of early summer fruits and vegetables for \$40
- Peak Season – 5-week subscription of peak season fruits and vegetables for \$50
- Flavors of Fall: 5-week subscription of fall fruits and vegetables for \$50

Each week's box will contain fruits and vegetables suitable for a one or two-person household.

**Pick up a registration form at the center and enjoy as many options as you like.**



## Trip to Meadowbrooke Gourds with Lunch

**Tuesday, May 23, 2023**

**Depart by carpool at 11:00 AM**

- First, we will stop at Graziella's Italian Pizza and Subs for lunch on your own.
- Next, we travel to Meadowbrooke Gourds where a tour guide leads us through the gourd plant. You'll get a first-hand look at how the gourds are washed, cut, painted, dyed and dried.
- Finally, we enjoy a stop at the retail store where you will see a display of their handmade products.

**We are looking for volunteer drivers for this event. Please let us know ASAP if you can drive.**

**You must pre-register for this event. Seating will be limited to the number of passengers each volunteer driver can accommodate and will be on a first come, first served basis.**

## Live Theater is Returning to the Dillsburg Senior Center

Everyone enjoyed Mystery at Senior Manor, so TAFE (Theater Arts For Everyone) is returning with a new show.



## Rupert Meets Mrs. Tales

**Friday, May 5, 2023**

**10:00 AM**

Rupert is a pack rat who doesn't like to read. However, he has a book report due for school, so his mother drops him off at the library. What happens next, through the magic of books, is that Rupert meets numerous storybook characters. Of course, not being a reader, he doesn't know any of them.

That's where the multigenerational audience comes to the rescue. In this fun-filled interactive play, Rupert and the audience go on an adventure for all ages. We will be joined by the Kindercademy Pre-K class.



**Don't miss the chance to enjoy live theater while encouraging our young guests to love reading!!**

## Penn Waste Inc. Bags for Sale!

The bags from the Penn Waste Inc. pay-per-bag program are still available for purchase! These are 32-gallon, orange plastic bags on sale for \$7.00 per bag. Please visit the center to purchase.

## May 2023 Congregate Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>May 1</b> Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange	<b>May 2</b> Cheddar Cheese Omelet w/ Ham, Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	<b>May 3</b> Baked Crab Cake 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit	<b>May 4</b> Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	<b>May 5</b> Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie
<b>May 8</b> Chicken Cacciatore (2oz Tomato Sauce, Peppers, Onions) 1/2c. Blended Rice 1/2c Peas 1 Breadstick 1/2c Applesauce	<b>May 9</b> Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp	<b>May 10</b> Stadium Hot Dog 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	<b>May 11</b> Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Corn 1 Wheat Bread 1/2c Gelatin	<b>May 12</b> BBQ Pork Ribette 1/2c Creamy Coleslaw 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit
<b>May 15</b> Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimientos 1/2c Pineapple	<b>May 16</b> Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	<b>May 17</b> Baked Cabbage Casserole w/ 2oz Sauce 1c. Tossed Salad w/ Tomato 1/2c Carrots 1 White Bread Seasonal Fresh Fruit	<b>May 18</b> Baked Pollock 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread 1/2c Mandarin Oranges	<b>May 19</b> Roasted Pork w/ Peach Glaze 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie
<b>May 22</b> Sweet & Sour Pork 1/2c. Rice 1/2c. Peas 1 Wheat Bread Seasonal Fresh Fruit	<b>May 23</b> Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad w/ Tomato 1 Italian Bread 1/2c. Apple Crisp	<b>May 24</b> 1c. Pizza Casserole 1c Tossed Salad 1/2c Green Beans 1 Italian Bread 1/2c Applesauce	<b>May 25</b> Cheeseburger w/ Lettuce, Tomato 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit	<b>May 26</b> Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Three Bean Salad 1 Dinner Roll 1/2c Gelatin
<b>MEMORIAL DAY</b>  <b>MEMORIAL DAY</b> REMEMBER AND HONOR	<b>May 29</b> Chicken & Biscuits 1/2c Mixed Vegetables 2 Mini Biscuits Seasonal Fresh Fruit	<b>May 31</b> Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	*menu subject to change	

\*\*\* Served daily: Milk and Margarine

# Dillsburg Senior Activity Center

## May 2023 Calendar of Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
			11:00 Needle work crafters	Bowling 9:30	Live Theater Rupert Meets Mrs. Tales 10:00	
7	8	9	10	11	12	13
		Card and Board Games 10:00	11:00 Needle work crafters		Trivia with Bob Reigh 12 Noon	
14	15	16	17	18	19	20
			11:00 Needle work crafters	Antarctica Talk with Keith 10:30 Bowling 9:30		
21	22	23	24	25	26	27
		Trip to Meadowbrooke Gourds with Lunch Depart by carpool 11:00	11:00 Needle work crafters	Billiards at the center 10:30	Bingo 10:00	
28	29	30	31			
	Memorial Day Center Closed		11:00 Needle work crafters			

## May Program Highlights

- **Needle-Work Crafters- Every Wednesday 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, May 4th & Thursday, May 18th, 9:30 AM**  
We will be meeting at ABC West Lanes on the Carlisle Pike and bowling two or three games, before returning to the center for lunch.
- **Live Theater – Rupert Meets Mrs. Tales – Friday, May 5th, 10:00 AM**  
See page 3 for details.
- **Card and Board Games – Tuesday, May 9th, 10:00 AM**  
Enjoy time with friends and play your favorite games. The more the merrier!
- **Trivia with Bob Reigh- Friday, May 12th, 12 noon**  
Bob Reigh returns at lunch to lead us in some friendly, competitive trivia. Let us know if you can join by Tuesday, May 9th<sup>th</sup> to order lunch for this event.
- **Antarctica Talk with Keith – Thursday, May 18th, 10:30 AM**  
See page 2 for details.
- **Trip to Meadowbrooke Gourds with Lunch – Tuesday, May 23rd, 11:00 AM**  
See page 3 for details.
- **Billiards at the Center- Thursday, May 25th, 10:30 AM**  
Join your friends at the center for a few games of pool. You know you want to...
- **Bingo- Friday, May 26, 10:00 AM**  
This is a center favorite! Bring a prize or two and stay for lunch! Remember to call by Tuesday, May 23rd to order lunch for this event.



### **Senior Farmers Market Nutrition Vouchers** All distribution of vouchers will be IN-PERSON only

**\$50 FREE vouchers for use at PA Farm Markets for fresh fruit and vegetables grown in Pennsylvania (for 60 or older), Proof of age and York County residency is required.**

**Tuesday, June 27, 2023, from 9:30 AM – 11:30 AM**

**Income Requirements:**

1-person household;	\$26,973/year; \$2,248/month
2-person household;	\$36,482/year; \$3,040/month
3-person household;	\$46,991/year; \$3833/month

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

NON-PROFIT  
ORG.  
U.S. POSTAGE  
P A I D  
Permit No. 34

**Return Service Requested**

Dillsburg Borough Office  
233 South Chestnut Street  
Dillsburg, PA 17019

### **Property Tax/Rent Report Forms**

Representative Dawn Keefer's office is available to assist with property tax/rent rebate forms. Call 717-432-0792 to schedule an appointment. The office is located at 12 N. Baltimore St., Dillsburg.

Please bring ID, proof of income and proof of taxes paid for 2022.

**The next General Membership Meeting  
has been moved to June.**

**Forever Thankful, Always  
Grateful, Abundantly  
Blessed...**

It is becoming difficult to thank everyone individually. Please know how grateful we are to each of you for your many gifts of time, talents and donations.

We couldn't do what we do  
without you!!