

# Dillsburg Senior Activity Center

## October 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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Reminder: The center will be closed two days this month.  
Monday, October 9 – Columbus Day  
Thursday, October 19 – Staff Training

### Our Staff

**Director:**  
Tracy Emig

**Assistants:**  
Dana Guyer  
Heather Oyler

*Welcome*

We're glad  
you are here!!



**September was a great month!** Making apple dumplings was a big hit. I'm sure it will return next year. The recipe is included later in the newsletter.

**We had great weather for our outdoor senior center showcase day celebration.** That was a big mouthful for "let's have a party and celebrate us!" Thank you to my family for helping to make the food and my son, Jason, for doing the heavy lifting. Also thank you to Boy Scout Troop 203 for loaning and then **donating** the big, white tent to us.

**The folks who went to Zoo America also had an enjoyable time.** There was something for everyone.

**There are lots of things planned for this month. Hope to see you often!!**

### A Walk in the Park

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!!

- **Century Park, Tuesday, October 3**  
120 Century Lane, Dillsburg (meet at lower entrance)
- **Children's Lake, Tuesday, October 17**  
4 E. 1<sup>st</sup> St, Boiling Springs (meet at the clock tower)
- **Meet the group as described above at 9:30 AM**
- **Or meet at the center at 9:00 AM to ride together – Please call in advance to secure a ride.**



Let us know if you will join us by  
Tuesday, October 10.

We will return to the center in time for lunch  
at noon. Don't forget to order it.  
through the farm store.

**What:** We will enjoy a wagon ride through the  
orchards. Pick your own apples (\$1.69 lb). Enjoy  
ice cream or a shake on the deck and browse

**Where:** Meet at the center at 9:00 am and carpool  
to the orchard  
or  
Meet at the orchard: 522 E. Mt. Airy Rd., Dillsburg  
at 9:30 am

**When:** Wednesday, October 11, 2023



**LET'S VISIT**

Walk with your friends from the center or meet at  
the Fire Hall.  
This activity is on your own.

The Community Hall exhibits will be open to seniors  
from 9:30 am until 11:00 am.

Friday, October 20, 2023



**Old-Fashioned Apple Dumplings**



- Ingredients**
- 1 (14.1 ounce) double-crust pie pastry, thawed
  - 6 large Grady Smith apples, peeled/cored
  - 1/2 cup butter
  - 3/4 cup brown sugar
  - 1 t ground cinnamon
  - 1/2 t ground nutmeg
  - 3 cups water
  - 2 cups white sugar
  - 1 t 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.

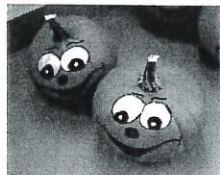
To make the sauce, combine water, white sugar, vanilla extract, and reserved butter in a large saucepan. Place over medium heat and bring to a boil. Reduce heat to low and simmer until sugar is dissolved, about 5 minutes. Carefully pour sauce over dumplings.

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.



## October 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!
- **A Walk in the Park- Tuesday, October 3rd & Tuesday, October 17th, 9:30 AM**  
See page 2 for details.
- **Card and Board Games – Thursday, October 5th, 10:00 AM**  
Enjoy time with friends and play your favorite games. The more the merrier!
- **Trip to Mt. Airy Orchards- Wednesday, October 11th**  
See page 3 for details.
- **Bowling- Thursday, October 12th & Thursday, October 26th, 9:30 AM**  
We will meet at ABC West Lanes on the Carlisle Pike and bowl two or three games, before returning to the center for lunch.
- **Trivia with Bob Reigh- Friday, October 13th, 12 noon**  
Bob Reigh returns at lunch to lead us in some friendly, competitive trivia.
- **Bingo – Wednesday, October 18th, 10:00 AM.**  
Please bring a few prizes this month to help us replenish our supply--THANKS.
- **Farmers Fair Exhibits Open to Seniors – Friday, October 20th, 9:30 AM.**  
See page 3 for details.
- **Lunch and Learn Presentation – Tuesday, October 24th, 12 noon**  
See page 1 for details.
- **Pumpkin Painting- Thursday, October 26th, 10:30 AM**  
See page 4 for details.
- **Billiards at the Center- Friday, October 27th, 10:30 AM**  
Join your friends at the center for a few games of pool.
- **Happy Halloween – Tuesday, October 31st, 10:00 AM**  
See page 4 for details.



**Let's Paint Pumpkins**  
**Thursday, October 26, 2023**  
**10:30 AM**  
**Please bring \$3 to cover the cost of pumpkins.**

Please join us for some more fall fun! We'll provide the supplies. We'll even roast some pumpkin seeds to try.

## HAPPY HALLOWEEN!

**Tues, Oct. 31<sup>st</sup>, 10:00 am**

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

We'll play a few games and have a few snacks.

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

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

Return Service Requested

Dillsburg Borough Office  
233 South Chestnut Street  
Dillsburg, PA 17019

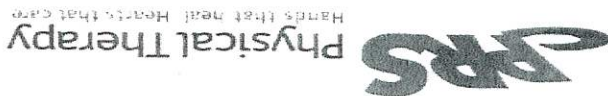
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### Lunch and Learn Presentation

Tuesday, October 24, 2023  
12 noon  
Dr. Joseph Burns

Please join us Tuesday, October 24, 2023, during lunch as Dr. Joseph Burns gives a presentation explaining the numerous benefits of physical therapy and wellness in relation to living a functional and pain-free life. He will also address balance, pain, and diabetes. Information will also be provided about Silver Sneakers and the Wellness Program including rates and what they have to offer.

Make sure you order your lunch by Friday,  
October 20, 2023.



### LOOKING AHEAD

Medicare Open Enrollment Dates  
October 15, 2023 – December 7, 2023

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.


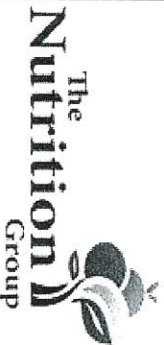
PA MEDI counseling appointments are  
available at

Dillsburg Senior Center  
Friday, November 3, 2023  
9:00 AM – 2:00 PM

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

# October

York County

Monday	Tuesday	Wednesday	Thursday	Friday
<b>October 2</b> Baked Chicken w/ Gravy 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange	<b>October 3</b> 1/2 c. Lemon Dijon Pork Loin 1/2c Buttered Pasta 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pineapple Tidbits	<b>October 4</b> Baked Crab Cakes 1/2c Cheesy Potatoes 1/2c Peas 1 Wheat Bread 1/2c Cottage Cheese & Peaches	<b>October 5</b> Cheeseburger w/ Lettuce & Tomato 1/2c Ranch Potatoes 1/2c Green Beans Sandwich Roll 1/2c Peaches	<b>October 6</b> Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad
<b>October 9</b> <b>HOLIDAY</b>	<b>October 10</b> 1 c. Cheesburger Stroganoff 1/2c Peas 1 Breadstick Fresh Fruit	<b>October 11</b> 1/2 c. Creamy Chicken Salad Sandwich Lettuce & Tomato 1/2c Broccoli Salad 2 Whole Wheat Bread 1/2c Cinnamon Applesauce	<b>October 12</b> Pepper Steak w/ Onions & Peppers 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Peas	<b>October 13</b> Chicken Cobb Salad (3 oz. Diced Chicken, Egg, Bacon Bits, Cheddar, over 1c. Mixed Greens 1/2c. Pickled Diced Beets 1 Dinner Roll 1/2c Mixed Fruit
<b>October 16</b> 1 c. Winter Beef Stew 1/2c Mixed Vegetables Cornbread 1/2c Sliced Apples	<b>October 17</b> Sweet & Sour Meatballs (4) 1/2c. Rice 1/2c Oriental Blend Vegetables 1 Wheat Bread Seasonal Fresh Fruit	<b>October 18</b> 1 c. Stuffed Pepper Casserole 1c Tossed Salad 1/2c Coin Carrots 1 White Bread 1/2c Pudding	<b>October 19</b> <b>CENTER CLOSED</b> <b>STAFF TRAINING</b>	<b>October 20</b> Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Peas 1 White Bread Seasonal Fresh Fruit
<b>October 23</b> Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pears	<b>October 24</b> Grilled Chicken Salad (2oz Chicken, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Three Bean Salad 1 Dinner Roll 1/2c Gelatin	<b>October 25</b> BBQ Chicken Breast 1/2c Sweet Potatoes 1/2c Green Beans 1 Dinner Roll Seasonal Fresh Fruit	<b>October 26</b> 1/2 c. Tuna Salad Sandwich w/lettuce & tomato 1/2c Potato Salad 2 White Bread Fresh Orange	<b>October 27</b> 1/2 c. Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Corn 1 White Bread 1 Cookie
<b>October 30</b> 1/2 c. Pot Roast w/ Gravy 1/2c Parsley Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp	<b>October 31</b> <b>HAPPY HALLOWEEN!!</b> Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit		menu subject to change based on availability	



# Dillsburg Senior Activity Center 2023 October Calendar of Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
		9:30 Walk at Century Park	Needle work crafters 11:00	Game Day 10:00		
8	9	10	11	12	13	14
	Columbus Day Center Closed		11 Needle work crafters 11:00 Trip to Mt. Airy Orchard 9:00	Bowling 9:30	Trivia with Bob Reign 12 Noon	
15	16	17	18	19	20	21
		9:30 Walk at Children's Lake	Needle work crafters 11:00 Bingo 10:00	Staff Training Center Closed	Farmers Fair Community Hall Exhibits open to Seniors 9:30-11:00	
22	23	24	25	26	27	28
		Lunch and Learn Presentation 12 Noon	Needle work crafters 11:00	Bowling 9:30 Pumpkin Painting 10:30	Billiards at the Center 10:30	
29	30	31				
		Kindercademy groups trick-or-treat 10:15				