

Dillsburg Senior Activity Center

November 2023 Newsletter

Hours: 9:00 AM – 2:00 PM Monday – Friday
1 N. 2nd St., Dillsburg, PA 17019
(717) 432-2216 dillsburgseniorcenter@verizon.net

Reminder: The center will be closed several days this month.
Friday, November 10 – Veterans Day Observed
Thursday, November 23 – Thanksgiving
Friday, November 24 - Holiday

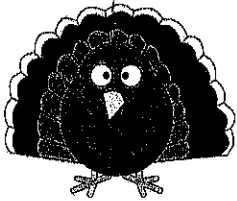
Our Staff

Director:
Tracy Emig

Assistants:
Dana Guyer
Heather Oyler

Welcome

We're glad
you are here!!



We live in a wonderful community! Recently, the Northern High School boys' and girls' cross-country teams donated several hours of their time to help us with a service project. They cut down and removed all the overgrown vegetation from the back end of the parking lot. They also removed the bush by our parking lot door. Let's give a big **THANK YOU** to the students, their coaches, and Tony Monko for completing this project!

November is a wonderful time to be thankful for everyone who shows their support to the center! There have been many busy bees working behind the scenes, giving their time to clean out and organize the furnace room, pull weeds, and repair spurting pipes, to name just a few!

Thank You!

A Walk in the Park

This will be our last walk until spring. Come out one last time to enjoy the fresh air, good exercise, and great company. All abilities welcomed! PLEASE JOIN US!!

- Logan Park, Tuesday, November 7
80 Logan Rd., Dillsburg.
- Meet the group at the park at 9:30 AM.
- Or meet at the center at 9:15 AM to carpool.
Please call in advance to secure a ride.



If you need help paying your heating bills, LIHEAP may be able to help you.



The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income people pay their heating bills. LIHEAP is a grant. You do not have to repay it.

To receive help:

- Apply between November 1, 2023 and April 5, 2024
- You don't have to be on public assistance.
- You don't need to have an unpaid heating bill.
- You can either rent or own your home.

How to apply:

- Currently, the senior center has applications.
- Apply online at: www.compass.state.pa.us.
- Request an application by calling the Statewide LIHEAP Hotline at 1-866-857-7095 or call PA Relay at 711 for the hearing impaired.

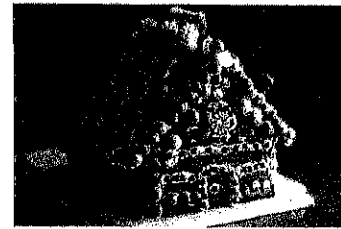
Call the center if you need assistance completing this form.

Income Guidelines for 2022-2023

Household Size	Maximum Annual Income
1	\$21,870
2	\$29,580

Each additional person add \$7,710.

After your application is processed, you will receive a written notice that will tell you the amount of your grant.



**Gingerbread House Craft
Monday November 20, 2023
10:30 AM**

Once again, Melissa Jacoby Thomas has offered to donate homemade gingerbread house materials and decorating supplies for you to create a one-of-a-kind gingerbread house for the holidays.

Please sign up by Monday, November 13 to make sure we have all the materials that are needed.

**Bus Trip: Holiday Show and Lunch
at Mt. Hope Estate
Friday, November 17, 2023
Final Details**

- 11:00 am – Meet at the Center to carpool to Capital City Mall
- 11:30 am – Meet at bus pick up location at Capital City Mall
- Enjoy lunch and the performance
- 5:30 pm – Return to Capital City Mall
- 6:00 pm – Return to the Center

SPECIAL ANNOUNCEMENT

Two people are currently unable to attend this trip but have already purchased tickets. If there is anyone who would like to purchase these tickets and go in their place, please call the senior center ASAP. The cost of each ticket is \$112. Please see additional information above.

November 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!
- **PA MEDI Counseling Appointments – Friday, November 3rd, 9:00 AM – 2:00 PM**
See page 1 for details.
- **A Walk in the Park- Tuesday, November 7th, 9:30 AM**
See page 2 for details.
- **Fall Craft Project- Wednesday, November 8th, 10:00 AM**
See page 4 for details.
- **Bowling- Thursday, November 9th & Thursday, November 30th, 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- Tuesday, November 14th, 12 noon**
Bob Reigh returns at lunch to lead us in some friendly, competitive trivia.
- **Thanksgiving Meal at Northern HS – Thursday, November 16th, 1:15 PM**
See page 1 for details.
- **Mt. Hope Christmas Bus Trip – Friday, November 17th, 11:00 AM.**
See page 3 for details.
- **Gingerbread House Craft – Monday, November 20th, 10:30 AM**
See page 1 for details.
- **Bingo- Tuesday, November 21st, 10:00 AM**
Please bring a prize for the prize table.
- **Billiards at the Center- Tuesday, November 28th, 10:30 AM**
Join your friends at the center for a few games of pool.



Fall Craft Collage with Dana
Wednesday, November 8, 2023
10:00 AM

Please bring \$3 to cover the cost of materials.

Please join us, as we create a unique collage using fall materials.

 **Happy** 
Thanksgiving

OUR WISH LIST

- Sandwich size zip bags
- Truvia sugar substitute packets
- packages of colored copy paper – usually 500 sheets/package
NOT WHITE – various colors

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

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ORG.
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P A I D
Permit No. 34

Dillsburg Borough Office
233 South Chestnut Street
Dillsburg, PA 17019

Thanksgiving Luncheon

The Northern High School Student Council invites local senior citizens to a traditional Thanksgiving dinner on

Thursday, November 16, 2023
Northern High School Cafeteria
1:15 PM

Please call the senior center to add your name to the list of participants by Thursday, November 9.



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

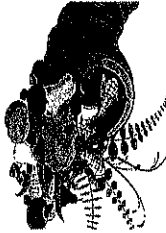



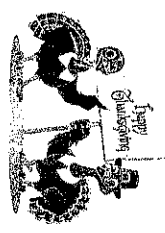


Appointments are required.
Call 717-771-9042 to schedule and to find additional locations.

Dillsburg Senior Activity Center 2023 November Calendar of Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Needle work crafters 11:00	2	3 PA MEDI Counseling Appts 9:00—2:00 Appts. Required	4
5	6	7 Walk at Logan Park 9:30	8 Needle work crafters 11:00 Fall Craft Project 10:00	9 Bowling 9:30	10 Center Closed in observance of Veterans Day	11
12	13	14 Trivia with Bob Reigh 12 Noon	15 Needle work crafters 11:00	16 Thanksgiving Meal at Northern HS 1:15	17 Mt. Hope Christmas Bus Trip	18
19	20 Gingerbread House Craft 10:30	21 Bingo 10:00	22 Needle work crafters 11:00	23 Thanksgiving Center Closed	24 Holiday Center Closed	25
26	27	28 Billiards at the Center 10:30	29 Needle work crafters 11:00	30 Bowling 9:30		

November

York County

Monday	Tuesday	Wednesday	Thursday	Friday
 November 6 1/2c Sloppy Joe 1/2c Ranch Roasted Potatoes 1/2c Island Blend Vegetables 1 Hamburger Bun Seasonal Fresh Fruit	November 7 Chicken Marsala w/ 2oz Mushroom Sauce 1/2c. Blended Rice 1/2c Carrots 1 Breadstick 1/2c Applesauce	November 8 1/2c. Pot Roast 1/2c Whipped Potatoes w/ Chives 1/2c Green Beans Dinner Roll 1/2c Pudding	November 9 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Pickled Beet Salad 1 Wheat Bread 1/2c Fruited Gelatin	November 10 Baked Salmon 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit 
November 13 Philly Cheeseburger w/ Provolone, Peppers, & Onion  1/2c Potato Salad Sandwich Roll Fresh Seasonal Fruit 	November 14 4 oz Roasted Turkey w/2 oz Gravy 2 oz Stuffing 1/2c. Whipped Potatoes 1/2c. Green Beans Dinner Roll Pumpkin Pie Slice	November 15 1c. Cabbage Casserole w/ 2oz Sauce 1c Tossed Salad 1/2c Carrots 1 White Bread Seasonal Fresh Fruit	November 16 NO LUNCH SERVED AT THE CENTER THANKSGIVING MEAL SERVED AT NORTHERN HIGH SCHOOL 1-15 SIGN UP AT THE CENTER 	November 17 Swedish Meatballs (4) 1/2c. Rice 1/2c Peas 1 Wheat Bread 1/2c Apple Crisp
November 20 Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange	November 21 1/2c. Lemon Dijon Pork Loin 1/2c Buttered Pasta 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pineapple Tidbits 	November 22 Baked Crab Cakes 1/2c Cheesy Potatoes 1/2c Peas 1 Wheat Bread 1/2c Cottage Cheese & Peaches	November 23 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Green Beans 1 Wheat Bread 1/2c Gelatin	November 24 HOLIDAY CENTERS CLOSED
November 27 1/2c. BBQ Pulled Pork 1/2c Creamy Colelaw 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit	November 28 1c. Cheeseburger Stroganoff 1/2c Peas 1 Breadstick Fresh Fruit 	November 29 1/2c. Creamy Chicken Salad Sandwich Lettuce & Tomato 1/2c Broccoli Salad 2 Whole Wheat Bread 1/2c Cinnamon Applesauce	November 30 Pepper Steak w/ Onions & Peppers 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Peas menu subject to change based on availability	November 3 Veterans Day Observed CLOSED 