

Dillsburg Senior Activity Center

January 2024 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.
Monday, January 1 – New Year's Day
Monday, January 15 – Martin Luther King Jr. Holiday

Our Staff

Director:
Tracy Emig

Assistant:
Heather Oyler

Welcome

We're glad
you are here!!



As I reflect on my first year as director of the Dillsburg Senior Center, I am overwhelmed with gratitude for all the support I have received from everyone! Change is never easy, and I have tried to balance past traditions with some new ideas and programs. We have begun to make the next round of updates to the center, focusing on the spaces that our seniors use most. Some of these updates have included new toilets, a larger kitchen sink, new curtains, a new kitchen steam table, clearing brush from the back of the parking lot, and giving the dining room a face lift, including sound absorbing panels to ensure a sound level which everyone can enjoy. All these projects have involved time, money, and labor—much of which was shared in the form of monetary donations or donations of time and labor from our members and the community at large. **WHAT A BLESSING!**

It is time to recognize an incredibly special group of volunteers—our meals on wheels drivers! This very special group of men and women donate several hours a month to deliver meals to seniors who are unable to come to the center for lunch. These volunteers come to the center and load up their cars and deliver meals all over Dillsburg and the surrounding townships. **Our current drivers are Rachel Hennigh, Valerie and Stan Stokes, Carol Cook, Kathy and Lou DeNofrio, Greg Steinrock, Diane Boone, Don and Pat Diak, Keith and Judy Routson, Jen Gillis, Tom and Linda Gruber, Carol Washington, Barry and Carla Haynes, and Lois Eckerd.** Many of these folks have been delivering meals for years and some are ready to retire. To all of you, we say **A HUGE THANK YOU!**

We are currently looking for a few good men and women to join the ranks of meals on wheels drivers! Meals are delivered each Monday (or Tuesday if Monday falls on a holiday) between 10:00 AM and 1:00 PM. We will help you load your car with the meals and give you a complete route list. Currently we need drivers for three routes each week. Typically, drivers volunteer one week per month. If this is something you would like to consider, please call the center and we will give you all the training and support you need. **THANK YOU IN ADVANCE FOR CONSIDERING HELPING US IN THIS WAY!**

Sincerely,
Tracy

In case of inclement weather, please call the center to see if we are open or closed. **There will be an announcement on the voicemail ONLY if the center is closed for the day.** We attempt to have closures broadcast on WGAL CHANNEL 8 AND WHTM CHANNEL 27 but due to the large number of businesses that use this service, they don't always post the center's closure. Please call us if you plan to cancel your lunch if the center remains open. Thank you!

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.

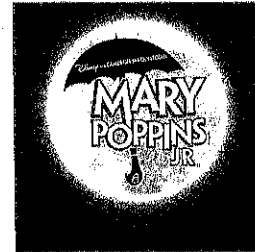
Call the center if you need assistance completing this form.

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.

**Middle School Musical
Mary Poppins Jr.
Thursday, January 18, 3:45 PM**



Area seniors are invited to this free preview performance to be held in the Northern High School auditorium.

Dinner will be served in the HS cafeteria following the performance.

Call the center to sign up by Friday, January 12.



Let's Get Moving!!

Friday, January 26, 10:30 AM
Join us for

CHAIR VOLLEYBALL

**Don't miss it! It's the new
craze.**

**It's That Time of the Year Again!!
Volunteer Annual Membership
Fundraiser**



Last year we raised \$1,000!

Please help us to beat last year's record
by donating

\$10, \$15 or whatever you are able.

All proceeds help offset the cost of programs and activities that are provided at the center.

When you donate you will receive a membership card or we will update your current card. **THANK YOU!**

Join us for a Special Presentation

**Songs and Stories from
Down on the Farm**

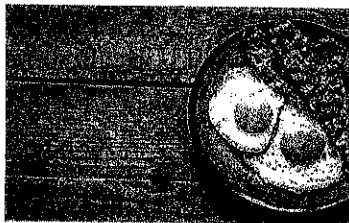
by
Matthew Dodd
Friday, January 19, 10:30 AM

With a farm backdrop and props, Matthew sings songs (new and old) and tells stories of farming from the colonial period up to today, including interesting facts and corny jokes about farmers, barns, farm animals, tractors, 4H, FFH and more. Plus, learn the story of John Deere, Johnny Appleseed, and the Grange.



January 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!
- **Billiards at the Center- Friday, January 5th, 10:30 AM**
Join your friends at the center for a few games of pool.
- **Breakfast at Brothers Family Diner, Wednesday, January 10th, 9:00 AM**
See below for more details.
- **Bowling- Thursday, January 11th & Thursday, January 25th, 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, January 12th, 12 noon**
Bob Reigh returns at lunch to lead us in some friendly, competitive trivia.
- **Game Day - Tuesday, January 16th, 10:00 AM**
No need to sign up for games but be sure to have your count in for the day's lunch!
- **Middle School Musical, Mary Poppins Jr. - Thursday, January 18th, 3:45 PM**
Details on page 3.
- **Songs and Stories from Down on the Farm by Matthew Dodd, Friday, January 19th, 10:30 AM**
Details page 3.
- **Homemade Pizza Luncheon, Tuesday, January 23rd, 11:45 AM**
See page 1.
- **Bingo- Wednesday, January 24th, 10:00 AM**
Please bring a prize or two for the prize table.
- **Chair Volleyball, Friday, January 26th, 10:30 AM**
Details p. 3



JOIN US FOR BREAKFAST

Brothers Family Diner

705 Gettysburg Pike, Mechanicsburg

Tuesday, January 9, 2024

**Sign up by Monday, January 8 so we
can give the diner a count.**

OUR WISH LIST

- **Bottles of salad dressing**
- **Boxed beef broth**
- **Paper towels**
- **Boxes of tissues**

Reminder: If you are not feeling well or think you have been exposed to Covid, RSV, or the flu, please stay home. Please call to let us know if you are not coming for lunch.

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

You Loved it the First Time

Homemade Pizza Luncheon is Back!

Join us on Tuesday, **January 23rd at 12:00 noon.** We'll enjoy a few games while we smell the fresh pizza baking...

Dan will bring his homemade pizza dough and we'll supply the toppings. We will round out the meal with a fresh salad and dessert.

Pizza sign up by Wed., January 17

Bagged lunches will be distributed for you to enjoy later in the day. **Bag lunch sign up due by January 9.**

You don't want to miss it!!



**Lunch is served every Monday-Friday,
free of charge to Members of the Senior Center**







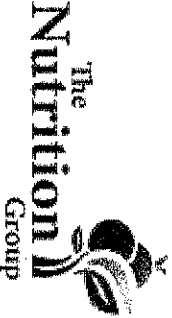
Free membership is open to citizens who are 60+ and their spouses, who reside within the Dillsburg-Wellsville areas or who reside elsewhere within York County but have their own transportation and are considered independent.

Stop in the center to register with us and learn about signing up for lunches!!

Home Delivered Meals may be an option for homebound older adults who qualify. Physical, mental, or emotional disabilities can sometimes make meal preparation difficult. Call 717-771-9610 or email aging@yorkcountypa.gov for more information.

January

York County

Monday	Tuesday	Wednesday	Thursday	Friday
Happy New Year! 	Philly Cheeseburger w/ Provolone, Peppers, & Onions 1/2c Potato Salad Sandwich Roll Fresh Seasonal Fruit 	Balsamic Glazed Chicken w/ Tomatoes & Mozzarella Cheese 1/2c Penne Pasta 1/2c Green Beans 1 Dinner Roll 1/2c Fruited Gelatin 	Cabbage Casserole w/ 2oz Sauce 1c Tossed Salad 1/2c Carrots 1 White Bread Seasonal Fresh Fruit	Baked Pollock 1/2c Macaroni & Cheese 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges
Swedish Meatballs (4) 1/2c. Rice 1/2c Peas 1 Wheat Bread 1/2c Apple Crisp	Cheese Omelet w/ Ham, Peppers, Onions 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	Lemon Dijon Pork Loin 1/2c Buttered Pasta 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pineapple Tidbits 	Baked Crab Cakes 1/2c Cheesy Potatoes 1/2c Peas 1 Dinner Roll 1/2c Cottage Cheese & Peaches	Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange
Martin Luther King Jr. Day Center Closed	Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	1c Chili 1oz Shredded Cheddar Cheese 1/2c Peas Cornbread Fresh Fruit	Creamy Chicken Salad Sandwich Lettuce & Tomato 1c Cream of Broccoli Soup 2 Whole Wheat Bread 1/2c Cinnamon Applesauce	Pepper Steak w/ Onions & Peppers 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears
Winter Beef Stew 1/2c Mixed Vegetables Cornbread 1/2c Sliced Apples	Homemade Pizza Luncheon sign up required Bag Lunch to take home sign up by January 9	Sweet & Sour Meatballs 1/2c. Rice 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit	Stuffed Pepper Casserole 1c Tossed Salad 1/2c Coin Carrots 1 White Bread 1/2c Pudding	Honey Rosemary Chicken 1/2c Buttered Noodles 1/2c Green Beans 1 Dinner Roll 1/2c Peaches 
Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pears	Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Peas 1 White Bread Seasonal Fresh Fruit	Grilled Chicken Salad (2oz Chicken, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin		

*menu subject to change based on availability

Dillsburg Senior Activity Center January 2024 Calendar of Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Center Closed New Year's Day Holiday	2	3 11:00 Needle Work Crafters	4	5 Billiards at the Center 10:30	6
7	8 Deadline to sign up for breakfast at Brothers	9 Deadline to sign up for bag lunch for Jan. 23	10 9:00 Breakfast at Brothers Family Diner 11:00 Needle Work Crafters	11 Bowling 9:30	12 Trivia with Bob Reigh 12:00 Noon	13
14	15 Center Closed Martin Luther King, Jr. Holiday	16 Game Day 10:00	17 11:00 Needle Work Crafters Deadline to sign up for pizza luncheon	18 Middle School Musical Mary Poppins Jr. 3:45 Dinner to follow in HS Cafeteria	19 Songs and Stories from Down on the Farm by Matthew Dodd 10:30	20
21	22	23 Homemade Pizza Luncheon 12:00 Noon	24 10:00 Bingo 11:00 Needle Work Crafters	25 Bowling 9:30	26 Chair Volleyball 10:30	27
28	29	30	31 11:00 Needle Work Crafters			