

Dillsburg Senior Activity Center

February 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
Monday, February 19 – Presidents' Day

Our Staff

Director:
Tracy Emig

Assistant:
Heather Oyler

Welcome

We're glad
you are here!!



January has surely shown us what winter can look like! Two measurable snowstorms in two weeks. Thanks for your patience as we work through a few blips—one day we received no food delivery (extra pizza day for a brave few) and another day we received food after 12:00 noon (thank goodness for emergency stew in the closet).

Effective January 1st, Dana Guyer has retired. We want to thank her for her years of service at the center. You will still see Dana, enjoying our activities instead of running them. She might also share some craft projects with us. **Enjoy retirement!**

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!**

Let's Celebrate Mardi Gras!

Join us on Tuesday, February 13, at 10:00 AM

Learn the history behind this special day and party like they do in New Orleans, Louisiana. We will create our own unique masks, play fun games that include lots of beads, enjoy nonalcoholic margaritas and try King Cake.

*We will
even crown
a king and
queen!*



*Don't miss
it!*

PLEASE Sign up by Friday, February 9th, so we have a head count for the party!

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 also attempt to have closures broadcast on WGAL CHANNEL 8, WHTM CHANNEL 27, and WHP CHANNEL 21. Please call us if you plan to cancel your lunch if the center remains open. Thank you!

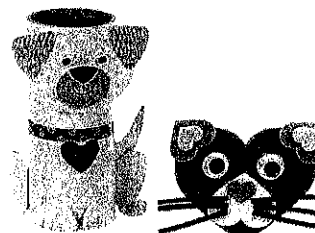
Lunch is served every Monday-Friday,
free of charge to Members of the Senior Center

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.

Join us for a little Valentine Fun
Wednesday, February 14, 10:30 AM
Valentine Animal Craft



Choose from a variety of animals and
several craft styles.

Please sign up by Monday, February 12.

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



Last year we raised \$1,000!

In January we collected \$935.

Let's keep going!!

If you have not already done so,
please consider 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!**

OUR WISH LIST

- Regular coffee
- Boxed beef broth
- Gallon size Ziplock bags



RESCHEDULED DUE TO SNOW

Songs and Stories from
Down on the Farm

by

Matthew Dodd

Friday, February 16, 10:30 AM

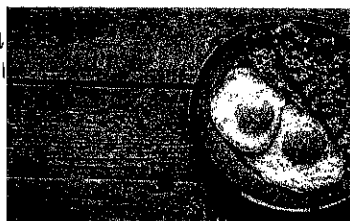
With a farm backdrop and
props, Matthew sings songs
(new and old) and tells stories
of farming from the colonial
period up to today, including
interesting facts and corny
jokes about farmers, barns,
farm animals, tractors, 4H, FFA
and more. Plus, learn the story
of John Deere, Johnny
Appleseed, and the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



February Program Highlights

- **Breakfast at Baker's Diner, Tuesday, February 6th, 9:00 AM**
See below for more details.
- **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, February 8th & Thursday, February 22nd, 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, February 9th, 12 noon**
Bob Reigh returns at lunch to lead us in some friendly, competitive trivia.
- **Mardi Gras Party – Tuesday, February 13th, 10:00 AM**
Details on page 2.
- **Valentine Animal Craft – Wednesday, February 14th, 10:30 AM**
See page 1.
- **Game Day - Thursday, February 15th, 10:00 AM**
No need to sign up for games but be sure to have your count in for the day's lunch!
- **Songs and Stories from Down on the Farm by Matthew Dodd, Friday, February 16th, 10:30 AM**
Details page 3.
- **Billiards at the Center- Friday, February 23rd, 10:30 AM**
Join your friends at the center for a few games of pool.
- **Bingo- Tuesday, February 27th, 10:00 AM**
Please bring a prize or two for the prize table.
- **Lunch and Learn – Thursday, February 29th, 12:00 noon**
See below for more details.

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.



JOIN US FOR BREAKFAST

Baker's Diner

515 N. US 15, Dillsburg

February 6, 2024

Sign up by Monday, February 5, so we can give the diner a count.

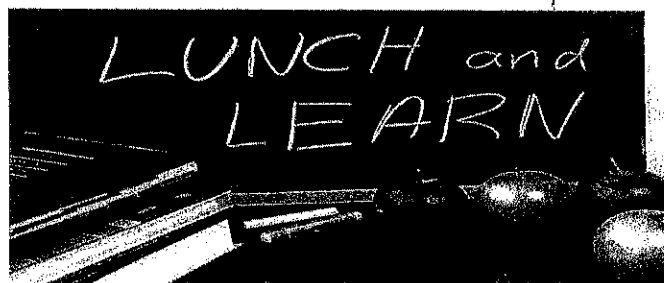
Lunch and Learn Presentation

Thursday, February 29, 2024, 12 noon
Jackie Wardle, MS, UCP Central PA

Please join us Thursday, February 29, during lunch as Jackie Wardle joins us to share some of the free programs that UCP has to offer:

- Statewide lending library
- Free special phone program
- Equipment reuse- Changing Hands

Make sure you order your lunch by Friday, February 23.



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

**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.

**2023 Tax Year Assistance Schedule
Locations Near Dillsburg**

Dover Area Community Library

3700 Davisburg Rd., Dover 17315
Thursdays, 8:30 am-12:30 pm
Call Times to schedule an appointment
Monday noon-6:00 pm
Tuesday—Saturday 10:00 am-1:00 pm
717-292-6814

Red Land Senior Center

736 Wyndamere Rd., Lewisberry 17339
Select Fridays 9:00 am-1:00 pm
January 30 to April 15
717-938-4649

Messiah University VITA Program

Messiah University
One College Ave., Mechanicsburg 17055
Located in Frey Academic F156
Monday evenings 5:30-7:30 beginning February 27 to April 17
Call 717-796-1800 extension 7300 for an appointment.

Assistance will not be offered at the Dillsburg Senior Center.


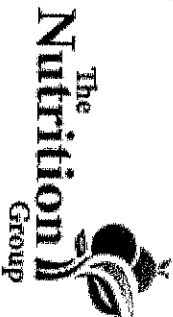
Dillsburg Senior Activity Center

February 2024 Calendar of Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5	6	7	8	9	10
		9:00 Breakfast at Bakers Diner	11:00 Needle Work Crafters	Bowling 9:30	Trivia with Bob Reigh 12:00 Noon	
11	12	13	14	15	16	17
		Mardi Gras Party 10:00	11:00 Needle Work Crafters Valentine Animal Craft 10:30	Game Day 10:00	Songs and Stories from Down on the Farm by Matthew Dodd 10:30	
18	19	20	21	22	23	24
	Center Closed Presidents' Day		11:00 Needle Work Crafters	Bowling 9:30	Billiards at the Center 10:30	
25	26	27	28	29		
		Bingo 10:00	11:00 Needle Work Crafters	Lunch and Learn Presentation 12:00 noon		

February

York County

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*menu subject to change</p>		<p>Dillsburg Senior Center Update</p> <p>If you are calling in a lunch order, please give us at least 2 days notice</p>	<p>Tuna Salad Sandwich w/lettuce & tomato</p> <p>1/2c Potato Salad</p> <p>2 White Bread</p> <p>Fresh Orange</p>	<p>Open Faced Turkey Sandwich w/ Gravy</p> <p>1/2c Whipped Potatoes w/ Chives</p> <p>1/2c Corn</p> <p>1 White Bread</p> <p>1 Cookie</p>
<p>Pot Roast w/ Gravy</p> <p>1/2c Parsley Potatoes</p> <p>1/2c Coin Carrots</p> <p>1 Italian Bread</p> <p>1/2c Peach Crisp</p>	<p>Chicken Parmesan w/ 1oz Shredded Cheese</p> <p>1/2c Rotini w/ Sauce</p> <p>1c Tossed Salad w/ Tomato</p> <p>1 Garlic Breadstick</p> <p>1/2c Mixed Fruit</p>	<p>Chicken Taco w/ Lettuce & Tomato</p> <p>1/2c Seasoned Corn & Blackbeans</p> <p>1/2c Spanish Rice</p> <p>Soft Tortilla Shell</p> <p>1/2c Pineapple</p>	<p>Salisbury Steak w/ Gravy</p> <p>Baked Potato w/ Margarine</p> <p>1/2c Green Beans</p> <p>1 Wheat Bread</p> <p>1/2c Gelatin</p>	<p>Vegetable Lasagna w/ Sauce</p> <p>1c Tossed Salad</p> <p>1/2c Peas</p> <p>1 Italian Bread</p> <p>Cookie</p>
<p>Sloppy Joe</p> <p>1/2c Ranch Roasted Potatoes</p> <p>1/2c Island Blend Vegetables</p> <p>1 Hamburger Bun</p> <p>Seasonal Fresh Fruit</p>	<p>Chicken Marsala w/ 2oz Mushroom Sauce</p> <p>1/2c Blended Rice</p> <p>1/2c Carrots</p> <p>1 Breadstick</p> <p>1/2c Applesauce</p>	<p>Ash Wednesday/Valentines Day 14</p> <p>Crab Cake</p> <p>1/2c Parmesan Garlic Noodles</p> <p>1/2c Peas</p> <p>1 Wheat Bread</p> <p>Seasonal Fresh Fruit</p>	<p>Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato)</p> <p>1c Cream of Cauliflower Soup</p> <p>1 Wheat Bread</p> <p>1/2c Fruited Gelatin</p>	<p>Baked Pollock</p> <p>1/2c Macaroni & Cheese</p> <p>1/2c Spinach</p> <p>1 Wheat Bread</p> <p>1/2c Mandarin Oranges</p>
<p>Presidents Day!</p> <p>19</p> <p>Senior Center Closed</p>	<p>Cabbage Casserole w/ 2oz Sauce</p> <p>1c Tossed Salad</p> <p>1/2c Carrots</p> <p>1 White Bread</p> <p>Seasonal Fresh Fruit</p>	<p>Balsamic Glazed Chicken w/ Tomatoes & Mozzarella Cheese</p> <p>1/2c Penne Pasta</p> <p>1/2c Mixed Vegetables</p> <p>1 Dinner Roll</p> <p>1/2c Fruited Gelatin</p>	<p>Philly Cheeseburger w/ Provolone, Peppers, & Onions</p> <p>1c Cream of Potato Soup</p> <p>Sandwich Roll</p> <p>Fresh Seasonal Fruit</p>	<p>Egg Salad Sandwich w/ Lettuce & Tomato</p> <p>1/2c Potato Salad</p> <p>1/2c Beets</p> <p>2 Wheat Bread</p> <p>1/2c Sliced Peaches</p>
<p>Swedish Meatballs (4)</p> <p>1/2c Rice</p> <p>1/2c Peas</p> <p>1 Wheat Bread</p> <p>1/2c Apple Crisp</p>	<p>Mango BBQ Chicken Breast</p> <p>1/2c Brown Rice</p> <p>1/2c Carrots</p> <p>Wheat Bread</p> <p>Fresh Orange</p>	<p>Lemon Dijon Pork Loin</p> <p>1/2c Buttered Pasta</p> <p>1/2c Mixed Vegetables</p> <p>1 Wheat Bread</p> <p>1/2c Pineapple Tidbits</p>	<p>Cheese Omelet w/ Ham, Peppers, Onions</p> <p>1 Sausage Patty</p> <p>1/2c Breakfast Potatoes</p> <p>1 English Muffin w/ Jelly</p> <p>4oz Apple Juice</p>	<p></p>
26	27	28	29	23