

Dillsburg Senior Activity Center

April 2024 Newsletter

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

Our Staff

Director:
Tracy Emig

**Assistant
Director:**
Heather Oylar

**Kitchen
Coordinator:**
Diane Cosby

Welcome

We're glad
you are here!!



Thank you to everyone who donated during our volunteer annual membership fundraiser! This year we raised over \$1,500.00!! All proceeds help offset the cost of programs and activities that are provided at the center. If you would still like to make a donation, please see any staff member.

Are you able to transport a member to the center on an occasional basis for bingo or another special event? In the past, staff members were able to provide occasional rides to the center for our members who don't drive. Unfortunately, we are no longer able to offer this service. If you can help in this capacity, please let the center staff know. We will keep a list and try to match drivers with riders. **THANK YOU!!**

Sincerely,
Tracy



Join us for a trip to ROOT'S COUNTRY MARKET

Tuesday, April 30, 2024

9:00 am Depart Center via Rabbit Transit

10:00 am – 1:00 pm Explore Market and Lunch on your own

2:00 pm Return to Center

Cost \$13.50 for Rabbit Transportation

Root's Country Market is filled with bakeries, delis, butchers, local and imported produce, and handcrafted items.

Registration and payment deadline is April 24.

Minimum 7 participants required.

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!

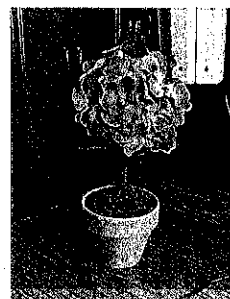
Lunch is served every Monday-Friday,
free of charge to Members of the Senior Center

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.

Spring Topiary Craft
Thursday, April 25 at 10:00 AM



Join Dana to make a beautiful spring topiary. Many flower types in a variety of colors are available for you to create this unique craft.

Please sign up by Thursday, April 18 and bring \$2 to cover the cost of materials.



Senior Farmers Market Nutrition Vouchers

\$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.

Distribution at the Dillsburg Senior Center is Wednesday, June 5, 9:00 – 11:30 am
All distribution will be IN PERSON, vouchers will not be mailed.

Proxy forms are required for eligible seniors authorizing another person to pick up vouchers for them. Proxy forms are available after May 1st at the center.

Income Requirements:

1-person household;	\$27,861/year; \$2,322/month
2-person household;	\$37,814/year; \$3,151/month
3-person household;	\$47,767/year; \$3,980/month



Let's Get Moving!

Friday, April 19, 10:30 AM

Join us for

CHAIR VOLLEYBALL

**Everyone had a BLAST
last time!!**

OUR WISH LIST

- Coffee creamer singles
- 13-gallon trash bags
- Gallon size Ziplock bags

April 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, April 4th & Thursday, April 18th, 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.
- **Walk at Logan Park – Tuesday, April 9th, 9:00 AM**
Details below.
- **Billiards at the Center- Thursday, April 11th, 10:30 AM**
Join your friends at the center for a few games of pool.
- **Trivia with Bob Reigh- Friday, April 12th, 12 noon**
Bob Reigh returns at lunch to lead us in some friendly, competitive trivia.
- **Bingo- Tuesday, April 16th, 10:00 AM**
Please bring a prize or two for the prize table.
- **Chair Volleyball - Friday, April 19th, 10:30 AM**
See p. 2
- **Walk at Chestnut Park – Monday, April 22nd, 9:00 AM**
Details below.
- **Topiary Craft – Thursday, April 25th, 10:00 AM**
Details p. 2
- **Game Day - Friday, April 26th, 10:00 AM**
No need to sign up for games but be sure to have your count in for the day's lunch!
- **Trip to Roots Market – Tuesday, April 30th 20th, 9:00 AM**
See p. 1 for 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.

Looking
Ahead



At
Upcoming
Trips

Lake Tobias Animal Park

Halifax, PA

June 18, 2024

\$32.50 includes bag lunch and Rabbit bus transportation

Holiday Trip 2024

Sight & Sound Theatre presents

DANIEL

Lancaster, PA

December 10, 2024

\$201 per person includes lunch at Hershey Farms, Wolf's bus transportation and gratuities

More information to follow/Save the date

SPRING

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!!

- **Logan Park, Tuesday, April 9**
80 Logan Rd., Dillsburg
- **Chestnut Park, Monday, April 22**
298 W. Ridge Rd., Dillsburg
- **Meet the group at the park entrance at 9:00 AM**
- **Or meet at the center at 8:45 to ride together**
Please call in advance to secure a ride.

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

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.

York County



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>4oz BBQ Pulled Pork Sandwich 1/2c Hawaiian Coleslaw 1/2c Ranch Potatoes Sandwich Roll Cookie</p>	<p>2</p> <p>Baked Beef Ravioli (6 Ravioli) w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit</p> <p>NEW THIS YEAR</p>	<p>3</p> <p>Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>	<p>4</p> <p>Cheeseburger w/ Lettuce, Tomato 1 c. Creamy Potato Soup with crackers 1 Hamburger Roll Seasonal Fresh Fruit</p>	<p>5</p> <p>Chicken, Spinach & Cranberry Salad w/ Dressing (3oz chix, .5oz cheese, 1t. Cran) 1c. Mixed Greens & Spinach 1/2c. Beets 1 Breadstick 1 Piece Cake</p>
<p>8</p> <p>Teriyaki Chicken 1/2c Vegetable Rice Pilaf 1/2c Carrots 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>9</p> <p>Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding</p>	<p>10</p> <p>Sliced Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1 Cookie</p>	<p>11</p> <p>Orange glazed pulled pork 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Peach Crisp</p>	<p>12</p> <p>4oz Tuna Salad Sandwich w/lettuce & tomato 1/2c Broccoli Salad 1/2c Coleslaw 2 White Bread Seasonal Fresh Fruit</p>
<p>15</p> <p>BBQ Ribette 1/2c. Rice 1/2c Mixed Vegetables 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>16</p> <p>Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad w/Tomato 1 Breadstick 1/2c. Mandarin Oranges</p>	<p>17</p> <p>1c Stuffed Pepper Casserole 1/2c Wax Beans 1/2c Peas & Carrots 1 White Bread 1/2c Pudding</p>	<p>18</p> <p>Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1 c. Vegetable Soup w/ Crackers 1 Dinner Roll Cookie</p>	<p>19</p> <p>4oz Sloppy Joe Baked Potato 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit</p>
<p>22</p> <p>Swiss Steak w/ 2oz Onion Gravy 1/2c Diced Parsley Potatoes 1/2c Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p>23</p> <p>Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Peaches w/ 1/4c Cottage Cheese</p> <p>NEW THIS YEAR</p>	<p>24</p> <p>Creamy Garlic Chicken Breast 1/2c Buttered Noodles 1/2c Green Beans 1 Wheat Bread 1/2c Apple Crisp</p>	<p>25</p> <p>Baked Lemon Pepper Fish 1/2c Rice Pilaf 1/2c California Blend Vegetables Dinner Roll Seasonal Fresh Fruit</p>	<p>26</p> <p>Baked Meatloaf w/ Gravy 1/2c Mashed Potatoes 1/2c Peas 1 White Bread Cookie</p>
<p>29</p> <p>Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie</p>	<p>30</p> <p>Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad</p>		<p>*menu subject to change</p>	

Dillsburg Senior Activity Center

April 2024 Calendar of Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Needle Crafters 11:00	4 Bowling 9:30	5	6
7	8	9 Walk at Logan Park 9:00	10 Needle Crafters 11:00	11 Billiards 10:30	12 Trivia with Bob Reigh 12:00	13
14	15	16 Bingo 10:00	17 Needle Crafters 11:00	18 Bowling 9:30	19 Chair Volleyball 10:30	20
21	22 Walk at Chestnut Park 9:00	23	24 Needle Crafters 11:00 Deadline to sign up for Roots Market Trip \$13.50 due	25 Topiary Craft 10:00 \$2 for materials	26 Game Day 10:00	27
28	29	30 Roots Market Trip Leave center via Rabbit at 9am Return 2pm				