

Dillsburg Senior Activity Center

July 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!!



A shout of appreciation to our volunteers! Whether it's delivering for our meals on wheels program, assisting serve lunch in the center, folding newsletters, making phone calls, or helping with our weekly to-do lists, we couldn't do it without you!

Are you on Facebook? We created a new page to be able to share all the great things we do at the senior center on social media. You can follow us to see about upcoming events, photos from our activities, information on fundraising, and other ways that you can get involved! Search for Dillsburg Senior Activity Center, like and follow our page to stay up to date!

Summer is heating up! The center is planning to make a few updates to improve our time that we spend here! On July 1st, 2nd, and 3rd we will be closed for daily activity and eat in meals so that we can have air conditioning and carpets replaced. Meals on these days will be available, but *take-out only*, and we ask that you utilize the kitchen door by the road to pick them up in between 11:00am-1:30pm. July 4th the center will close in honor of Independence Day. We will not offer any meals on this day and will resume our normal running of meals and operations on July 5th.

We will be having a walk at Century Lane Park at 9:00 am on Tuesday, July 2nd for those still needing company and activity! Century Lane Park is just a short drive down rt15 from our center and has a paved walking path around the park, as well as picnic tables under the pavilions for those who need to find shade. We hope to see you there!

The Dillsburg Senior Center will be hosting

A Health and Wellness Fair

Thursday, July 25th, 10:00 AM – 2:00 PM

All members of the community are welcome to attend.

There will be door prizes, giveaways, and light refreshments served. Vendors from several local counties will be in attendance. Information will be available on current health and wellness trends, as well as community resources across multiple levels of care.

Lunch will be served at the center for those members who sign up.

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



R&K Subs and Pretzel Sandwich Fundraiser

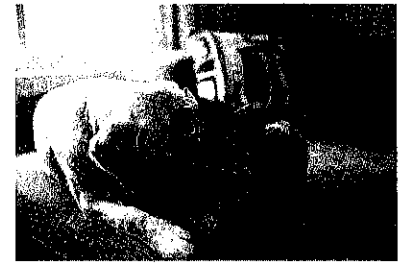
Dillsburg Senior Center is selling subs and pretzel sandwiches from R&K subs to raise funds for the center! With delicious meats, authentic Italian breads and many varieties to choose from, there is sure to be something for everyone! Order forms are available in the center. Please turn in order forms and money by July 19th for us to submit. If paying by check please write to Dillsburg Senior Center.

Orders and Money are due to the Center by Friday July 19th, 2:00pm

**Remember to
Pick up your orders on Wednesday, July 30th, in between 10:00-2:00**

July Program Highlights

- **Walk at Century Lane Park- Tuesday, July 2nd, 9:00 AM**
Anyone can join! Just meet us there
- **Bowling- Thursday, July 4th & Thursday, July 18th, 9:30 AM**
We will meet at ABC West Lanes on the Carlisle Pike and bowl two or three games.
- **Billiards at the Center- Tuesday, July 9th, 10:30 AM**
Join your friends at the center for a few games of pool.
- **Needle-Work Crafters- Wednesdays July 10th, 17th, 24th and 31st this month, 11:00 AM**
No experience necessary.
We have an awesome group of members who would be happy to share their knowledge!
- **National Pet Photo Day- Thursday, July 11th, 11:00**, details in insert on right
- **Music Hour- Monday, July 15th and 29th, 11:00- 12:00**, Details p.3
- **Trivia with Bob Reigh- Friday, July 12th, 12 noon**
Bob Reigh returns at lunch to lead us in some friendly, competitive trivia.
- **Walk at Spring Meadows Park – Tuesday, June 16th, 9:00 AM**
Anyone can join! Just meet us there
- **Bingo- Friday, July 19th, 10:00 AM**
Please bring a prize or two for the prize table! Not sure what to bring? It can be an item purchased new from any store, and it doesn't have to be big or pricey.
- **R&K Sub orders due- Friday, July 19th**
Details on Page 1
- **Breakfast at Bakers for Senior Center- Friday, July 23rd, 7:00-10:00**
Join us for a meal with a percentage of profits going to the Senior Center, details p. 3
- **Card games- Tuesday, July 30th, 10:30 – let's play rummy and see who can get to 500 first!**
- **R&K Sub and Sandwich pick up- Wednesday, July 31, 10:00-2:00**



July 11th is National Pet Photo Day!

Bring a photo of your pet(s) in to share with the group and we will share stories about our friends at home! Who has the hairiest pet? Who has the smallest pet? Let's find out!

A Walk at Century Lane Park

Tuesday, July 2, 2024

Meet at the parking lot at 9:00 AM

Off Rt. 15, 150 Century Lane, Dillsburg.

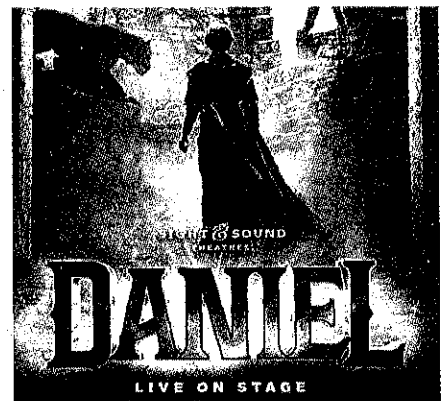
A Walk at Spring Meadows Park

Tuesday, July 16, 2024

Meet in the parking lot at 9:00 AM

640 W 1st Street, Boiling Springs, PA 17007

Holiday Trip 2024



Sight & Sound Theater
Lancaster, PA

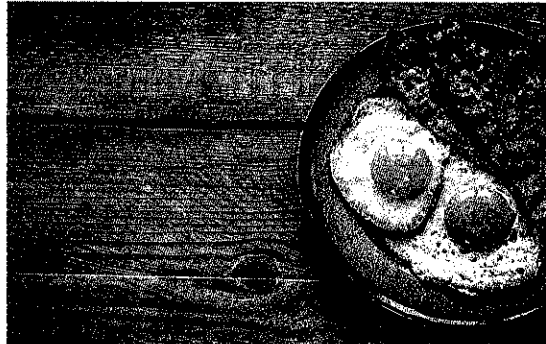
Tuesday, December 10, 2024

\$201/person includes theater ticket, lunch at Hershey Farms Restaurant, Wolf's bus transportation, and gratuities.

**Only 5 seats remaining
first come/first served**

Breakfast at Baker's to benefit the Senior Center! July 23

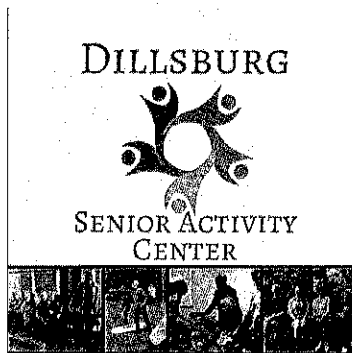
Join us at Baker's Diner in Dillsburg for Breakfast on Tuesday, July 23rd. Anyone who eats in between 7:00am-10:00am this morning AND mentions that they are there for the Senior Center fundraiser, Baker's will send us a percentage of the profit! No need to sign up with the center, this is a go and pay on your own event. However, you need to show this paper or mention our fundraiser when checking out for the Senior Center to receive credit!



Find us on Facebook!

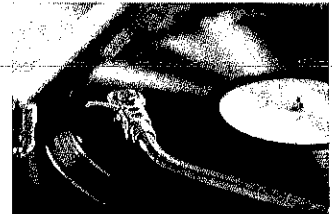
Our new page is now active,
Like and follow to keep up with everything going on!

Dillsburg Senior Activity Center



WISH LIST

- salad dressing – various types
- dessert sprinkles
- powdered creamer
- chocolate syrup
- Gift Cards to Giant, Amazon and Wal-Mart to help supply our programs and events!



Music Mondays

Research shows that listening to music helps lower the stress hormone, helping us feel calmer and less overwhelmed.

We are introducing Music into our Mondays, come in during this time to enjoy listening to music with us. Sit back and relax, or chat about your favorites with others.

July 15
11:00-12:00

Old Time Country

July 29
11:00-12:00


Showtunes

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 *Center closed for activity, take outs only	2 Walk at Century Lane Park 9:00 *Center closed for activity, take outs only	3 *Center closed for activity, take outs only	4 Bowling at ABC West 9:30 Center Closed For Holiday	5	6
7	8	9 Billiards at Center 10:30	10 Needle Crafters 11:00	11 Pet Photo Day!	12 Trivia with Bob Reigh 12:00	13
14	15 Music Monday 11:00-12:00	16 Walk at Spring Meadows Park Boiling Springs 9:00	17 Needle Crafters 11:00	18 Bowling at ABC West 9:30	19 Bingo 10:00 R&K Sub orders due	20
21	22	23 Baker's Breakfast Fundraiser for Center Eat anytime between 7am-10am	24 Needle Crafters 11:00	25 Health Fair 10-12	26	27
28	29 Music Monday 11:00-12:00	30 Card Games 10:30	31 R&K Sub order pick up 10:00am-2:00pm			

July

Dillsburg

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Salad Sandwich (w/lettuce & tomato on wheat roll) Macaroni Salad, Pickled Beets Fresh Fruit Cookie & Lemonade *take out only	2 Italian Sandwich (Ham, Salami & Provolone On White Bread w Lett/Tom) Colelaw, Pasta Salad Fresh Fruit Iced Tea *take out only	3 Roast Pork w/ 2oz Sauerkraut 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie *take out only NEW ITEM	4 Happy 4th of July! Center Closed 	5 Taco Bake (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimientos 1/2c Pineapple NEW ITEM
8 BBQ Pulled Pork Sandwich 1/2c Colelaw 1/2c Ranch Potatoes Sandwich Roll Cookie	9 Baked Beef Ravioli (6 Ravioli) w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit NEW ITEM	10 Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit	11 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	12 Chicken, Spinach & Cranberry Salad w/ Dressing (3oz chix, .5oz cheese, 1t. Cran) 1c. Mixed Greens & Spinach 1/2c. Beets 1 Breadstick 1 Cookie
15 Teriyaki Chicken 1/2c Vegetable Rice Pilaf 1/2c Carrots 1 Wheat Bread Seasonal Fresh Fruit	16 Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding	17 Sliced Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1 Cookie	18 Orange Glazed Pork Loin 1/2c Buttered Pasta 1/2c Corn 1 Wheat Bread 1/2c Peach Crisp	19 4oz Tuna Salad Sandwich w/lettuce & tomato 1/2c Broccoli Salad 1/2c Coleslaw 2 White Bread Seasonal Fresh Fruit
22 1c Stuffed Pepper Casserole 1/2c Wax Beans 1/2c Peas & Carrots 1 White Bread 1/2c Pudding	23 Sweet & Sour Pork 1/2c. Rice 1/2c Mixed Vegetables 1 Wheat Bread 1/2c. Apple Crisp	24 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup w/ Crackers 1 Dinner Roll 1/2c Gelatin	25 Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad W/Tomato 1 Breadstick Fresh Fruit	26 4oz Sloppy Joe Baked Potato 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit
29 Swiss Streak w/ 2oz Onion Gravy 1/2c Cubed Parsley Potatoes 1/2c Carrots 1 Wheat Bread 1/2c Blushed Pears	30 Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Peaches w/ 1/4c Cottage Cheese *menu subject to change	31 Creamy Garlic Chicken Breast 1/2c Buttered Noodles 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges NEW ITEM	Please sign up for meals two weekdays in advanced 717-432-2216	