



HERITAGE HEADLINES – October 2019

Hours: 8am-3pm Mon-Fri
3700-4 Davidsburg Rd. – Dover, PA 17315
E-mail: center.heritage@yahoo.com Ph: 717-292-7471
www.heritagesrcenter.org
...where seniors come to grow...



Our Staff...

Emma Crossley
Marci Roth
Stacy Lepley
Stephanie Wolfe/Jan Fry
Pam Strausbaugh
Jane Thomas

Executive Director
Assistant Director
Administrative
Meals on Wheels Director
Kitchen Coordinator
Program Assistant



Pictured are Margaret Wagaman and great granddaughter "Noelle Margaret".

This month's newsletter is sponsored by:

Margaret Wagaman

*Happy 91 ½ birthday from her children, grandchildren, and great grandchildren
April 19*

We have openings for 2020 sponsorships.



- **To our "Lucky 13" participants.** Our monthly reimbursement from YCAAA is based on the number of meals served each month, **so eating lunch with us is the #1 way** you can support your senior center. August Winners: George Bodnar, Jean Heberlig, George Livingston, Irene Wilt.
- **To Country Meadows** for baking and providing our Lucky 13 cupcakes.
- **To our wonderful volunteers who help on a daily basis, the center thanks you!**
- **To Willie and Chris Coleman** for bringing their speaker for our use during our announcements and for Willie trouble shooting repairs.
- **To Carol of Butler Mobility** for her health presentation on Mobility Aids.
- **Our Board of Director's and all volunteers and staff who assisted with our Member Appreciation Breakfast, and for all of the members who signed up to enjoy it!**
- **To York County Emergency Management and Seth Grove's office** for conducting a talk on Emergency Preparedness, and to Shen for speaking and providing booklets for us.
- **To Dolly, and T-Bear Karaoke** for making our annual picnic great!
- **To Kim of the York County Improvement and Weatherization** program for visiting with us to explain the programs they offer.
- **To Brian from Weis Markets** for offering a Flu Shot Clinic.

More items of importance

- **A special note for those donating to the building fund.** First, thank you! Secondly, you can give installments of ANY denomination that add up to \$1000 to have your name or an honor or memorial on a plaque (up until the time that the building is finished being built.)
- **Hoss's Fundraiser** – Tuesday, October 22. You will need a fundraising card to participate. (West York location)
- **October Closings** – Monday October 14, Columbus Day. Tuesday October 29, Senior Center training day.
- **Ham and Cheese Pretzel Sandwich Sale** – Order forms are in the back of this newsletter. Orders due Monday, November 4. Pickup is Friday, November 22. We will need some volunteer sandwich assemblers 8am, Friday November 22. Sign up at the reception desk.

Mark Your Calendars...

Diner's Club: If you signed up, we'll see you Sunday, October 6, 1pm at Friendly's.

If you signed up and cannot attend, please call, George/Fran Bodnar, 717-848-4315. **November Diner's Club is scheduled for Sunday, November 3, at Smokey Bones.** Facilitator: Dolly Sutton, 717-292-5585.

Thursday, October 3, 8:30am – Flu Shot clinic with Brian from Weis Markets. No need to sign up ahead of time, bring your insurance card. (flu shots will be given until supply is exhausted.)

October Community Resource Monday, October 7, 9-10am – A Rep from Seth Grove's office will be here.

Tuesday, October 8, 10:15am - Health Speaker – Beth Miller from OSS will be here for a discussion on "Sepsis, What is it? Symptoms and Treatment".

Wednesday, October 9, 8:45am – Providence Place monthly blood pressure checks.

Big Bucks Bingo - **MYSTERY GAME PRIZES** - Thursday, October 10, 9:00am-11:00am and Thursday, October 17, 9:00am-11:00am.

Friday, October 11, 11:30am – Wii Bowling Team Annual Banquet at Hoss's. If you were on the bowling team this year and wish to attend please sign up at our reception desk by Monday, September 30.

Tuesday, October 15, 10:15am – Heidi Young, Volunteer Coordinator for *Lifesong Hospice* (A Leader Company) will be here to explain hospice volunteering, and inquire about volunteer interest.

Tuesday, October 15, 9:00am – 500 "Prize" tournament. ***Tuesday, October 22, 9:00am*** – *Pinochle* "Fun" Tournament. September Winners 1st Buddy Spangler 2nd Treva Smith 3rd Pat Womble.

Thursday, October 24, 10:30am – Prize Bingo with Providence Place.

Friday, October 25, 10am-12pm – Girl Scout troupe 20903 is hosting an intergenerational Cellphone Clinic. Bring your cellphone and sit down with a Girl Scout to get some questions answered or some assistance with use. This troupe is led by Rhonda Smith our Silversneakers® exercise instructor.

Wednesday, October 30, 12:45pm – Part One of our Halloween Party! Halloween entertainment will be provided by Matthew Dodd, "Music and Stories of Halloween". We will enjoy root beer floats for dessert.

Thursday, October 31, 11:15am – Part Two of our Halloween Party! We will have our Halloween Costume Parade. Members who wear a costume and participate in the parade will be entered into a random win drawing for a gift card. Three gift cards will be given. All other participants will receive a sweet treat for participating.

Items needed... **Copy Paper**, ***6 inch plates**, *12 oz. Styrofoam bowls, **paper towels, large size rubber gloves, napkins, beef/chicken broth, beef/chicken gravy, **** square tissue boxes****, “To-Go” foam 3 compartment containers with lids (clam shells), ice cream, Dawn Platinum, snacks for BBB. **We are collecting...** box tops, soda tabs, used stamps, eyeglasses. Thank you.

Community Partner Donations... Family Clothes Tree

Monetary Donations... Anonymous, Anonymous

Anonymous

Pam Byers Dolly Sutton

Member Donations... *To our anonymous donors* – we appreciate your kindness.

Janet	Babik	Lin	Pearson	Dolly	Sutton
Hazel	Hamme	Carol/Larry	Pope	Anna	Whitted
Ellen	Johnsey	Gail/Tony	Scicchitano	Earl/Mary	Wise
Millie	Lorenzo	Joyce	Spinelli		
Jay/Joyce	Mummert	Jane	Stabley		
Julie	Myers	Mary	Stephens		

Building Fund Campaign Donations...

Bayard/Elaine	Baylis	Linda	Henise	Gladys	Shue
Maxine	Crone	Gerry	Reider	Mary	Stephens
Bob/Karen	Helsel	Esther	Ritchey	Anna	Whitted

Get Well Wishes to...

Charlie	Boyer	Joyce	Kreiger	Anna	Soyke
Cindy	Dennis	Shirley	Lauer	Eugene	Snook
Paul	Dubbs	Sue	Raffensberger	Kathy	Tolbert
Audrey	Goodling	Esther	Ritchey	Steph	Wolfe
Richard	Halpin	Barry	Roth	Sally	Wisocky
Nancy	Heath	Charlie	Sennett	Margie	Zinn
George	Hempfling	Darlene	Shearer		
Alan	Herr				

We extend our sympathy to: To the family of Garrie Andrews, Hazel Hamme on the passing of her brother and Donna Robinette on the passing of her Husband.

Welcome New Members

Jennifer	Eckstein	Nancy	Pala	Trena	Ruhs
Nancy	Jameson	Pineapple	Pala	Christine	Runk
Deanna	Letendre	Darrel	Peters	Cathy	Schneider
Dan	Matrazzo	Lisa	Peters	Erika	Sprenkle
Theresa	Nieves	Mary	Rodgers		

September Birthdays

Ellen	Johnsey	10/2	Jennie	Heiner	10/12	Robert	Bookwalter	10/24
Josephine	Bookwalter	10/2	Barbara	Edsall	10/14	Karen	Storms	10/25
Emma Jean	Bricker	10/15	Donna	Harbold	10/14	Rita	Hartlaub	10/25
Nancy	Altland	10/3	Mary Ellen	Sayres	10/14	Elona	Ellis	10/26
Natalie	Gross	10/5	Laura	Brehm	10/16	Roberta	Bowen	10/26
Cheryl	Bauer	10/6	Mary	Hartlaub	10/16	Felecia	Lundgren	10/27
Dick	Bear	10/6	Barbara	Hempfling	10/17	Gerry	Reider	10/28
Theresa	Nieves	10/7	Robert	Hoffman	10/18	Ruth	Dunlap	10/28
Jeane	Kerr	10/8	Patricia	Anderson	10/19	Wendy	Hake	10/28
Beulah	Manganello	10/9	Terri	Albright	10/21	Frances	Bodnar	10/29
Loretta	Zittel	10/10	Evan	Allison	10/22	Mildred	Lorenzo	10/29
Jane	Thomas	10/11	Susan	Scott	10/22	Jackie	Buchanan	10/30
James	Pressel	10/12	Darrel	Peters	10/24			



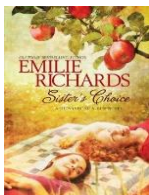
Giving Opportunity

Your continued support is crucial. We have opportunities to donate to our building and general operating funds anytime of the year.

From our Board of Directors... During ALL presentations, entertainment, etc. all card and game players must cease playing/excessive talking in our senior center. Please be respectful of the people who visit us and share their talents and knowledge with us.

****Note for those participating in off-site activities** – Each member is responsible for crossing their name off of the lunch list if you will not be eating lunch at Heritage Senior Center, please check the book monthly to ensure you are signed up properly. Thank you.

Book Club Selection



Join us Tuesday, October 22, 1pm for a discussion on "All The Light We Cannot See" – by Anthony Doerr. *Rescheduled from September.

Also the October book, "Sisters Choice" by Emilie Richards will be discussed.

Jamie Dunkirk agrees to be a surrogate for her sister Kendra and her husband, and when she moves to their riverside property, a new relationship with Cash Rosslyn has a profound impact as she struggles with her pregnancy and a cancer diagnosis.

Boscov's Friends Helping Friends (Note, this event has changed to a Wednesday.)

Wednesday, October 16, 2019, 8am-11pm. We have passes available for purchase NOW. Each pass costs \$5 for a 25% discount off of eligible purchases (conditions apply, please read the back of your shopping pass.) There will also be refreshments and register to win prizes at the event. Consider supporting Heritage Senior Center through this fun community event.



Upcoming Trips:

Nashville Show Trip. \$670 for a 6 day/5 night trip. Monday, March 30 – Saturday, April 4, 2020. \$75 dollar deposit. See staff for a flyer.

Hollabaugh Brothers Farm Tour - Thursday, October 24, 10:00am via carpool. Minimum 20 people to book, sign up early. \$20.00. Payment due Friday, October 4. Wagon Tour of Farm, Bee Room Presentation, Apple Dumpling Demonstration, and one to take home. Apple Cider, and Apple Cider Donut Samples.

Shady Maple Lunch – Friday, November 1, leaving at 10:30am. \$16.00 tips included. Sign-up and pay by Thursday, October 17.

Bird – in – Hand presents A Christmas to Remember – Friday, December 13, 11am show time. Car pool. \$52.00 includes show, lunch, gratuities and tips. Reservations due Friday, November 8.

Trip Reminders... If you purchase a ticket for one of our day trips and find that you cannot attend, **it is your responsibility to find a buyer for the ticket.** You may request a lunch announcement to help you sell the ticket. **The transaction of selling the ticket must occur between the ticket seller and the ticket buyer.** Passengers are encouraged to give their driver a donation toward gas. (\$2 for local excursions; \$3-\$4 for out-of-county trips.)



Exercise News-



We had two members who completed their twelve punches from the “Summer Special” contest drawing. Congratulations to Judy Reed and Bobbye Bowen for attending twelve out of our 20 Summer Special class offerings. We did a special coin toss to find the winner of the \$25 dollar Giant Gift Card, and Judy Reed was the lucky winner.

SilverSneakers® Yoga will now be offered an additional day of the week! Mondays 8:30am-9:30am with Rhonda. SilverSneakers® membership or purchase of a punch card from the instructor is required. Trial class is available prior to purchase of a punch card. This new class will be held in the Community Room.

Rhonda’s “Walk 15” class offered on Wednesdays on the Townships schedule is now able to accept Silversneakers® memberships! Please see the Dover Township website for their fitness class schedule.



****Technology Q & A** Willie Coleman will assist with I Pad/Tablets/Phones. Please see Marci if you’d be interested in attending a future session.



Potential Pickleball Players - Please note you **MUST** be a Registered member, sign-in at the front desk upon arrival, sign a release form, and be dressed appropriately for physical exercise including proper footwear.

“Military Share Food Distribution Program” by the Shiloh American Legion Post #791 –

Distribution will take place the 4th Thursday of every month 2:30-5:30pm at the American Legion 149 Poplars Rd. York, PA 17408. All active duty service members, veterans and their families are eligible. Must pre-register and provide proof of military service such as a DD-214, Military ID, or VA Medical Card.

Please take note: To ALL Heritage Senior Center Members and Guests -

Our Board of Directors encourages members who visit Heritage Senior Center, but do not eat lunch, to donate if possible to participate in activities.

As you know, we get our funding solely based on the number of people who join us for lunch. Please consider signing up for lunch so that we can be compensated from the Office of Aging, therefore supporting Heritage Senior Center. Please make reservations in the “lunch sign up book” at the front desk two business days in advance. Thank you for your continued support!

*PLEASE sign your name or initials on our clipboard when you arrive at the senior center. The YCAAA needs this information.

*Remember to cancel your lunch as soon as possible if you cannot attend.

*Also remember to call if you will be delayed so that we save your meal!

*****PLEASE NOTE***** The YCAAA policy states we are **ONLY** able to give take out meals in cases where someone is sick and unable to make it in to the senior center. (taken by a spouse or friend of the member.) We do not get funding at all from take out meals. Please only use this option when absolutely necessary. Also, YCAAA would like to remind us that a majority of the meal contents are meant to be eaten, not wasted and thrown away. Officially that means at least “51%” of the meal should be consumed.



Diner’s Club Explanation for New Members - Our monthly Diner’s Club is a chance to try local restaurants on the first Sunday of each month at 1pm with other members of the senior center. We have a sign-up sheet at our reception desk and you must pre-register. We meet at the restaurant, and each person pays their bill separately at the time of the event to their server. We would like our new members to try it out. Consider signing up for our next event. If you need to cancel, please call the facilitator on the sign-up sheet.

A Matter of Balance Class -

Learn to view falls as controllable, set goals to increase activity, make changes to reduce fall risks in the home, and exercise to increase strength and balance. You should attend if you are concerned about falls, want to improve strength, balance, and flexibility, have fallen in the past, and/or have restricted activity due to falling concerns.

*If you are interested in this class, see staff to be on an interest list for future sessions.

Senior Center and Member News –

Top: Group photo of our Cape Cod Trip.



Photos taken by Willie Coleman in Cape Cod.





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Member Appreciation Breakfast 2019



Our Member Appreciation Breakfast hosted by our Board of Directors and with the assistance of many volunteers was a wonderful success. Above, members relax together before the breakfast at our specially decorated tables.

Volunteer Opportunity, Seeking Meals on Wheels Drivers!

Please see Jan Fry if you (or someone you know) have an interest in delivering Meals on Wheels to home bound seniors in our community. You can deliver as little as one day a month!

This service is a critical part of what we do at Heritage Senior Center, and we rely almost entirely on volunteers. Please pass the word to anyone that might be interested. It is a great volunteer opportunity. Ask staff for a flyer to post to help us out!