



HERITAGE HEADLINES – SEPTEMBER 2017

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



Our Staff...

Emma Crossley
Marci Roth
Stacy Lepley
Lindsey Renzulli
Pam Strausbaugh
Jane Thomas

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



This month's newsletter is sponsored by:

Dolly Sutton

"This is my parents when they celebrated their 40th Wedding Anniversary. They were both 65 years old, both born in 1902. John and Lottie Slusser Haar. East Berlin was their home territory. They were loved dearly and missed very much. Love ya" - Dolly Sutton and Family.

Thank you for the great response to our newsletter sponsorship in 2017. Sign up now for 2018. You can support Heritage Senior Center and have a beautiful saying/photo on the cover for everyone to see!

**Thank
You**

- **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. July Winners: Elaine Baylis, Carolyn Coleman, Gail Scicchitano, Jane Skaggs.
- **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 Amy Shaffer and United Health Care** for a talk on breathing training.
- **To the Eisert family** for their intergenerational Magic Show. They were very excited to share magic with us.
- **To Northern Regional** for doing their Drug Take Back program at Heritage Senior Center.
- **To Jeff Bellomo** for sharing his program on Elder Law with us.
- **To Willie Coleman**, and all of the Heritage talent for participating in Oldies But Goodies.
- **To YCAAA staff** for hosting our second Farmer's Market Voucher Distribution of the year.
- **Mary and Tom Chronister** for inviting everyone to their farm for an afternoon of fun.

More items of importance

- **Attention Members – We are updating our Member Information forms. If you have a birthday in September, please see staff for an “update contact info” form.**
- **“A Matter of Balance” at Providence Place, Dover – 9am-11am Mondays/Wednesdays September 6 through October 2.** Preregister by calling Megan Craley at 717-852-4902 ext. 1017. This program is excellent, consider signing up today.
- **Area Code Overlay –** Please see copies of the flyer at our reception area. New dialing procedures start Aug 26th. You will need to dial an area code for ALL calls you make.

Mark Your Calendars...

Diner’s Club: If you signed up, we’ll see you Sunday, September 3 at Logan’s.

If you signed up and cannot attend, please call Fran/George Bodnar at 717-848-4315. **October Diner’s Club is scheduled for October 1 at Old Country Buffet.** Facilitator: Dolly Sutton, 717-292-5585.

September Community Resource – Seth Grove’s Rep will not be here in September due to Labor Day holiday. They will join us again in October.

Tuesday September 5, 9:00am 500 “Just for Fun” tournament ***Tuesday September 19, 9:00am – Pinochle*** “Prize” tournament. August prize winner 1st Nevin Sullivan, 2nd Pat Sullivan, 3rd Buddy Spangler

Thursday September 7, Member Appreciation Breakfast with entertainment by Toad Creek Duo.

Big Bucks Bingo - **MYSTERY GAME PRIZES**- Thursday September 14, 9:00am-11:00am and Thursday, September 28, 9:00am-11:00am.

Tuesday September 12, 10:15am Health Speaker – Jackie and Bryan from Encompass Health talk on memory care and home health. ***12:45pm – Leader Dogs visit*** (rescheduled) w/Kevin Turnbaugh and Hugo.

Wednesday September 13, 12:30pm-1:30pm- APPRISE volunteers will be here to discuss Medicare.

Monday September 18, 9:30am-2pm – Indoor Picnic – Our annual indoor picnic is always filled with fun. Entertainment- T-Bear Karaoke. Please sign up for the picnic lunch, and bring a dessert to share. (Please bring serving utensils if needed, and mark your serving containers with your name.) ****Please bring a quarter!!****

Tuesday September 19, 10:15am – Sarah Bucher of SpiriTrust Lutheran has rescheduled her health talk from a snow day. Join us for a discussion on Senior Scams.

Thursday September 21, 10:30am – Trish from Spring Creek has rescheduled her Trivia time for today.

Tuesday September 26, 9:30am- Brian from Weis Pharmacy will be here for drop in flu shots. ***10:15am***- Annie Zarlenga of Emergency Management will explain how to fill out the “Special Needs Registration Form”.

Traveling Wii Bowling League Team – Friday September 1, 10am Heritage vs. SpiriTrust Lutheran at Kelly Drive.

Items needed... plastic forks and spoons, *6 inch plates, *12 oz. Styrofoam bowls, **paper towels, diet soda, 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 paper towels. **We are collecting...** box tops, soda tabs, used stamps, Bibles, and plastic grocery bags.

Monetary Donations...

Darla/Mill	Barr	Bob/Karen Helsel	Dolly Sutton
Sandy	Dubbs	Esther Ritchey	anonymous

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

Dick/Sandy	Bear	Mickey	Havenstrite	Norm	Sentz
Sandy	Bode	Barb/George	Hempfling	Jane	Stabley
Bill/Chris	Coleman	Lorraine	Herr	Mary	Stephens
Nora	Craul	Bob/Gay	Hoffman	Joyce	Strine
Sandy	Dubbs	Joy	Inch	Dolly	Sutton
Jane	Esterby	Doris	Moul	Brenda/Dick	Sweitzer
Mary	Fitting	Julie	Myers	Shirley	Underwood
Audrey	Hake	Esther	Ritchey	Irene/Ray	Wilt
Hazel	Hamme	Mitzi	Roth	Mary	Wise
Rosalie	Hartzell	Sandy	Schenandore		

Get Well Wishes to...

Homer	Albright	Ted	Heiner	Dolly	Shaffer
Pat	Anderson	Lucy	Henson	Terry	Reinhard
Judy	Carbonell	Lorraine	Herr	Irene	Wilt
Althea	Crone	Margaret	Lampkin	Jean	Zerbe
Theda	Gable	Alma	LeBaron	Russell	Zerbe
Gloria	Haldeman	Dean	Markle	Margie	Zinn
Karen	Helsel	Stacey	Moul		

We extend our sympathy to: The family of Gloria Sheeley, Karen and Bob Helsel on the passing of Karen's brother Kim, Jane Kline on the passing of her mother-in-law, and Flossie Deardorff's sister-in-law who passed.

August Missed Birthdays – (The following were left off of the August Birthdays, we apologize!)

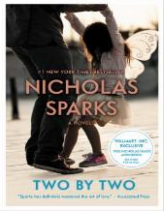
Sandy	Bear	8/1	Karen	Dehn	8/13	John	Atterberry	8/23
Keith	Krout	8/3	Sandy	Langione	8/13	Leon	Drawbaugh	8/23
Carol	Matson	8/4	Judy	Reed	8/13	Sandra	Bode	8/25
Aurea	Maldonado	8/14						

September Birthdays – (Due to space constraints, only active members are listed.)

Deborah	Burger	9/1	Norene	Nolf	9/11	Beverly	Harvey	9/21
Paulette	Parquette	9/2	Robert	Denoncourt	9/13	Richard	Erdman	9/22
Carl	Perry	9/2	Debbie	Shorts	9/14	Nancy	Herbst	9/24
Gail	Scicchitano	9/2	Ruth	Gantz	9/16	Rose	Ditzler	9/25
Nancy	Cherry	9/4	Mary Ellen	Goldberg	9/16	Rosemary	Sieffert	9/25
Margaret	Stover	9/4	Roger	Herr	9/19	James	Ditzler	9/26
Paul	Dubbs	9/7	Earl	Wise	9/19	Ray	Kornbau	9/26
Mary	Chronister	9/8	Edward	Wolfe	9/19	Reiner	Paust	9/28
Joyce	Strine	9/8	Joyce	Bowers	9/20	Susan	Kise	9/29
Ruth	Gossett	9/10	Shirley	Lauer	9/20	Meda	Leisenring	9/29
Rosara	Harlacher	9/10	Loretta	Wolfe	9/20	Judith	Carbonell	9/30
Jane	Kline	9/11						

Welcome – New Members –

Randy	Condran	Mabel	Snyder	Arlene	Zortman
Patricia	Hicks	Scott	Warner	Robert	Zortman
Aurea	Maldonado				



September Book Club Selection

Join us Tuesday September 26, 1pm for a discussion on “Two X Two” by Nicholas Sparks.

The seemingly charmed life of a Charlotte family man abruptly tumbles around him, leaving him an unemployed single father who embarks on a new reality that tests his skills and emotional resources beyond his imagining.



Upcoming Trips:

US Army Museum and Education Center – Tuesday October 17, 10am. Free Admission. Self-Guided Tour. We carpool, leaving the senior center at 9:00am, with lunch at the onsite café at 1:00pm. Reservations due Tuesday, October 3rd.

Oakes Natural History Museum – Friday November 3, 10am. Cost \$4.00. Enjoy lunch at Baker’s Restaurant after the museum. Car Pool, leaving the senior center at 9:00am.

Rainbow Comedy Playhouse, “Guess Who’s Coming to Christmas” – Monday, November 27, Dinner at 11:30am, Show at 1:00pm. \$44.00 includes “Lite Lunch” and transportation. We leave at 10:15am from the senior center. Gratuity is not included. Reservations due Thursday, October 26.

American Music Theatre “Home for the Holidays” - Wednesday, December 20, show starts at 10:30am. Cost \$42. Carpool leaves at 9:00am. Reservations due Thursday, November 16.

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.)

Seated Yoga with Karen East – **New more convenient time – 12:45pm!!** Seated Yoga will be held Friday, September 1, 15, and 29 at 12:45pm. Participants may eat lunch as soon as announcements are over.



Cell Phone usage... **Please** silence your cellphone during our lunch announcements, programs, classes and speakers, etc. Thank you for your cooperation.

From our Board of Director's... During **ALL** presentations, entertainment, etc. in our senior center 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.

Please note, we have REQUIRED programming that must be available to members per our contract with YCAAA. With one room available, there will be times when programming will take precedence over recreational games.

**Note...If our side room (used for Bingo etc.) is free, card/game players may use this room to play.



****Technology help UPDATE**** Willie Coleman will assist with I Pad/Tablets. Please sign up with Marci, and Willie will coordinate a time to meet with you. Thank you Willie for volunteering to help!

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.

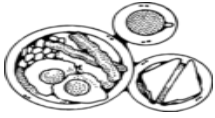
*Remember to cancel your lunch as soon as possible if you cannot attend.

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

*****PLEASE NOTE***** The YCAAA has made a change to the contract regarding meals for the new contract year. 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.



Other news...



Sign-up for our Member Appreciation Breakfast scheduled for September 7 with a performance by the Toad Creek Duo. Sign-up at the front desk if you'd like breakfast.

Diabetes Prevention Program by Marci through the YMCA...

Do you know a person with pre-diabetes who wants to take control of their health? Marci, in partnership with the Bob Hoffman YMCA will be holding a **Diabetes Prevention Program**. You must qualify to attend the class. There is a cost for the program, however you may qualify for an income based scholarship, and you will receive a free 6 month membership to the YMCA during the program. The program will be held at the Bob Hoffman YMCA. You will be working to increase physical activity slowly, and to take control of your eating habits over this one year program. See Marci with questions/interest. Information flyers (front and back page) can be found at our reception desk. Please look at the back page to see if you may qualify. The goal is to kick off the program in September, but if we do not have enough participants, it may be delayed until we do. Consider calling the York Y to register today!



Boscov's Friends Helping Friends Day - We are participating again this year in this popular event! Please purchase your \$5 shopping passes with us to support Heritage Senior Center. The event is scheduled for Tuesday, October 17th. We are closed for staff training that day, so it's a great day to shop! The shopping pass price of \$5 is kept for our senior center. You can help us with this simple fundraising opportunity. Shopping Passes are available right now to purchase. Thank you!



Fall Paint Party - Please sign up on our interest list if you are interested in a fall themed paint party! These events are always a lot of fun, no painting experience is necessary. You will be taken through the painting step by step. \$28-\$32 for the party with all supplies plus instruction included.

Guitar Lessons - Are you interested in learning to play the guitar, or improving your skills? Do you have a guitar already? Sign our interest list, if we have some interest we'll try out offering lessons!



Special Halloween Raffle!!!

Purchase your raffle ticket to win a beautifully handmade knitted sweater. You'll "go batty" over it! We will draw on Halloween day.

Donated by Bonnie Fike, and knitted by Mary Anne Gasparo.

Raffle Tickets are One for \$1.00 or Six for \$5.00.3.

*Sweater is a size medium
and estimated value \$75+*

