HERITAGE HEADLINES – February 2020

Our Staff...

Emma Crossley Executive Director
Stacy Lepley Administrative
Jan Fry Meals on Wheels Director
Pam Strausbaugh Kitchen Coordinator
Jane Thomas Program Assistant

This month’s newsletter is sponsored by:

Rosemary and Lester Frey

In Celebration of their 63rd Wedding Anniversary on February 2nd and in honor of the blessings of a family of 5 children, 14 grandchildren, and 21 great grandchildren.

October 2020 Sponsorship Opportunity is available.

To our “Lucky 13” participants. Our monthly reimbursement from YCAA 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. December Winners: Evan Allison, Dick Sweitzer, Anna Whitted, and Mary Wise.

Hello from Willie! I just wanted you all to know how much I miss you. It has been a long time. Thank you all for the prayers, thoughts and the cards. This time of my life has been the hardest for me. I have my trust in God and the doctors to get me through this. I’m hoping to see all of you soon. Willie Coleman

- 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 Providence Place for offering monthly Blood Pressure readings and Bingo in January.
- To Seth Grove’s Office for answering questions monthly.
- To Anderson Ultra Car Wash, 3041 Carlisle Rd in Dover for the generous donation of $10 car wash gift cards which were sold by Heritage Senior Center for 100% profit, totally $1000.
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.

Diner’s Club: If you signed up, we’ll see you on Sunday, February 2, at Outback Steakhouse, the facilitators are Dick and Sandy Bear, phone 717-764-8885. Sunday, March 1, at Central Family Restaurant, the facilitators are Dick and Sandy Bear, phone 717-764-8885.

Monday, February 3, 9-10:00am, Community Resource - A Rep from Seth Grove’s office will be here.

Thursday, February 6, 9-11:00am, Big Bucks Bingo - **MYSTERY GAME PRIZES**

Friday, February 7, 11:00am, State Representative Seth Grove visits and plays Wii with us.

Tuesday, February 11, 10:15am, Stacy Pearl of UPMC talks about “Dimensions of Wellness.”

Wednesday, February 12, 8:45am, Providence Place monthly blood pressure checks.

Thursday, February 13, 10:30am - Sweet Life Entertainment, special lunch today.

Tuesday, February 18, 9:00am – 500 “Prize” tournament. Prize winners 12/17: Treva Smith, Malcolm Hess, Jean Heberlig

Thursday, February 20, 9-11:00am, Big Bucks Bingo - **MYSTERY GAME PRIZES**

Friday, February 21, 10:00am, Wii Bowling Team plays at Yorktown Senior Center!

Monday, February 24, 9:15am - Moo-Lah Auction. It’s time to collect your Moo-Lah stash, and to begin bringing items to donate to the Auction. Dave Gable, Auctioneer.

Tuesday, February 25 9:00am - Pinochle - Just for Fun” tournament. Previous Prize winners: Jean Heberlig, Dale Seaks, Melinda Carlson, and John Atterberry

Thursday, February 27, 10:00am, Brain Game "Outburst" with Jane!

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

Building Fund Campaign Donations… Anderson Ultra Express Car Wash, Joseph and Sandra Koller, Anna Whitted, Bayard and Elaine Baylis
Monetary Donations Thank you… Millie Lorenzo, Family Clothes Tree, Pam Byers, Dolly Sutton, Calvary Evangelical Church, Paradise Lutheran Church, Salem Lutheran Church, Pearl Hollerbush, Anonymous donors, Jane Stabley – In Memory of Sandy Langione and Charlie Sennett.

Member Donations Thank you… Joe and Sandy Koller, Sandy Dubbs, Millie Lorenzo, Pat Womble, Jane Stabley, Rich Crager, Julie Myers, Dolly Sutton, Emma and Dick Bricker, Dick Sweitzer, Mary Fitting, Hazel Hamme, Janet Keller and everyone who donated.

Your continued support is crucial. We have opportunities to donate to our building and general operating funds anytime of the year. Please donate, every little donation helps!

Get Well Wishes to…

Wendy Blair Hazel Hamme Esther Ritchey
Dick Bear Sallie Harris Barry Roth
Charlie Boyer Nancy Heath Darlene Shearer
Dick Bricker George Hempfling Randy Simmons
Willie Coleman Nancy Jameson Elsie Snyder
Judy Crouse Peter Klersey Anna Soyke
Marie Danner Joyce Kreiger Kathy Tolbert
Paul Dubbs Shirley Lauer Steph Wolfe
Theda Gable Margie Linn Jean Zerbe
Gloria Gerber Lauren Lemkelde

We extend our Sympathy: to the wife and family of Fred Mohle who passed away on January 15th.

to the family of Sandra Langione who passed away on January 16th.

to the family of Jo Shuemaker who passed away on January 23rd.

Welcome New Members:

Mary Acker Robert Gilbert Bill Kleman
Theola Berger Randy Hall Jennie Melhorn
Rozetta Delph Meredith Herman Emma Snyder
Dorothy Gilbert

February Birthdays:

Peggy Eckert 2/1 Susan Ferguson 2/15 Pat Doak 2/23
Margaret Fissel 2/4 Christianna Coleman 2/16 Audrey Hake 2/23
Richard Halpin 2/5 Rebecca Henry 2/16 Bonnie Ketterman 2/23
Sally Harris 2/8 Gerald Leckrone 2/18 Patricia Trimmer 2/23
Branton Gracey 2/9 James Ketterman 2/19 Carolyn Coleman 2/24
Janet Grafton 2/10 Carolyn Richcreek 2/19 Melanie Gettle 2/24
Richard Duncan 2/11 Carol Davis 2/20 Elsie Snyder 2/25
Janet Keller 2/12 Sharon Klunk 2/20 Dolly Sutton 2/25
Jean Heberlig 2/14 Robert Myers 2/20 Carol Spahr 2/26
Barbara Beirschmitt 2/14 Alexander Schaufele 2/21 Rozzetta Delph 2/27
Carol Thomas 2/14 Nora Craul 2/22 Jan Fry 2/27
Sally Wisocky 2/14
February book club selection:
“Finding Dorothy”
By Elizabeth Letts

This richly imagined novel tells the story behind The Wonderful Wizard of Oz, the book that inspired the iconic film, through the eyes of author L. Frank Baum's intrepid wife, Maud. Hollywood, 1938: As soon as she learns that M-G-M is adapting her late husband's masterpiece for the screen, seventy-seven-year-old Maud Gage Baum sets about trying to finagle her way onto the set. Nineteen years after Frank's passing, Maud is the only person who can help the producers stay true to the spirit of the book—because she's the only one left who knows its secrets.

Join us Tuesday, February 25, 2020 at 1pm to discuss the book.

Upcoming Trip:

Nashville Show Trip, March 30 to April 4, 2020 – Trip is full. Thank you!

Dutch Apple Dinner Theatre presents “Grumpy Old Men”
Wednesday, March 25th, $58.00. Buffet begins at 11:30am. Carpool. Reservations due by February 27th.

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–

SilverSneakers® Yoga is offered three (3) times a week! Mondays 8:30-9:30am, Friday 12:30-1:30pm and 1:35-2:35pm 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. Monday classes are held in the Community Room and Friday classes are held in the Senior Center.

Rhonda’s “Walk 15” class is offered on Mondays 10:00-11:00am and Wednesdays 10:00-11:00am in the Community Room. SilverSneakers® membership or purchase of a punch card from the instructor is required. Trial class is available prior to purchase of a punch card. Please see the Dover Township website for their fitness class schedule.

Potential Pickleball Players - Wednesday @ 12:30 pm
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.
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 please 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 YCAA 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 YCAA 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, YCAA 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.

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.

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.

This FREE class is held twice a week for 8 sessions for those 60+ years.
Dates: Tuesday & Thursday, April 30th, May 5 – 26, June 2 (NO class on Thursday May 7 & 28)
Time: 1 pm to 3 pm
To register: Call Faye @ YCAA 717-771-9610
This class is limited to 12 participants.

Dover High School Spring Musical
The Dover High School invites our Heritage Senior Center members to come to the spring musical and preview of Les Miserable: Student Edition on March 4th at 6:00pm. Both events will be held in the Dover High School auditorium. Admission for your group is FREE, but donations will be accepted.

Shiloh Lions Club Needs Donations…
Looking for donations of Wheelchairs, Transport Wheelchairs, Four Wheel Walkers with Seats, Two Wheel Walkers with Ski Slides & Knee Walkers. If you have any in working condition to donate, please call Keith Krout at 717-764-9791. Thank you!
**Snow in the forecast??**

IN CASE OF BAD WEATHER INFORMATION – HERITAGE SENIOR CENTER (717)292-7471

1. CENTER CANNOT FOLLOW DOVER DISTRICT ANYMORE WITH WHAT THEY CANCEL, AS THEY DON’T MAKE UP THEIR MINDS UNTIL AFTER 5:30AM, AND WE HAVE TO MAKE UP OUR MINDS TO CLOSE BY 5:30AM THAT MORNING.

2. WE RECORD THE ANNOUNCEMENT ON OUR VOICEMAIL ONLY IF WE DECIDE TO CLOSE, CALL 717-292-7471 TO SEE IF WE ARE CLOSED.

3. WE ALSO ASK FOR WGAL CHANNEL 8 AND WHTM CHANNEL 27 TO ANNOUNCE IF WE DECIDE TO CLOSE, BUT WE CANNOT COUNT ON THEM TO FOLLOW THROUGH ANYMORE.

4. PLEASE CALL US IF YOU PLAN ON CANCELLING YOUR LUNCH IF WE DON’T CLOSE.

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!

Please note: On Monday, Wednesday, and Friday, three (3) parking places are reserved for the Meals on Wheels volunteers to pick up and drop off. These spaces are reserved with an ORANGE CONE. Please be considerate and DO NOT PARK in the reserved spaces.
**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.

**New Location for County of Veterans Affairs (YORKVET)**
Opens January 27, 2020 in the "old" Graham Packaging Building at 2401 Pleasant Valley Rd, Suite 101, York, PA, 17402. phone # 717-771-9218

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**ZOOK’S FUNDRAISER ORDER FORMS ARE ATTACHED TO THE FEBRUARY NEWSLETTER!**
ORDERS ARE DUE BY FRIDAY, FEBRUARY 14, 2020 AT NOON. DON’T MISS OUT! THANK YOU!

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**HERITAGE SENIOR CENTER IS UPDATING ALL MEMBER EMERGENCY INFORMATION**
Currently, much of the Center’s member information is out dated and needs your help to be updated. In the future, it would be most helpful if you would notify the Center of any changes to the following: addresses, phone no, emergency contact, email addresses and medical conditions. If you became a new member in 2019, 2020, or have been on the Center’s overnight trips in 2019 or 2020, you do not need to complete a new Emergency Form.

Please complete the attached emergency form and return to a Staff member as soon as possible. Thank you for your help!
Member Interest Survey

Name_________________________________________ Date_____________________

Are you interested in our trips?
Overnight Trips? _____ Local Day Trips? _____ Rabbit Transit Trips? (65 plus w/extra fee)

Suggestions (Destination)___________________________________________________________________

Speakers? In addition to our requirements for topics on health, nutrition, self-enrichment and 
consumer education, what would be of interest to you?

Medicare Issues _____ Sr. Benefits _____ Veteran Benefits _____ Personal Security _____ 
Other? ________

Other Activities: Knitting _____ Computer _____ Gardening _____ Book Club _____ Wii 
Bowling _____
Would you be willing to give ideas for our Entertainment along with contact info? _____

Games/Cards: Pinochle _____ 500 _____ Canasta _____ Hearts _____ 
Scrabble ________
Dominoes _______ Up & Down the River _____ Left/Right/Center _____ Chess _____
Other?___________ Trivia or other 'mind' exercises _____ Would you take a turn leading a 
trivia/mind game? _____

Exercise: Strong Bodies _____ Walking ________ Seated Exercise _____ Chair/Gentle Yoga 
_____ Pickleball _______

What is your favorite activity at Heritage?
_____________________________________________________________________________________

What new activities would you be interested in at Heritage?
_____________________________________________________________________________________

VOLUNTEER OPPORTUNITIES: Our most urgent needs for volunteers are Kitchen Helpers (11am-
1:30pm)/Substitute Volunteer Receptionists (8am-Noon) and Meals on Wheels Drivers (Mon-Wed-Fri).
You may sign up to fit your schedule. Are you interested in speaking with a staff member for more 
information?

LUNCH QUESTIONS (ALL OF OUR FUNDING DEPENDS SOLELY ON HOW MANY LUNCHES 
SERVED)
HOW OFTEN DO YOU EAT LUNCH AT HERITAGE: ________PER WEEK OR ________PER 
MONTH
DO YOU THINK LUNCHES ARE: _____TOO SALTY? _____TOO MUCH GRAVY? _____TOO 
MUCH FAT?
OTHER COMMENTS TO PASS ON TO THE AGING OFFICE ON LUNCHES?

Comments on enhancing lunch participation at Heritage:
_____________________________________________________________________________________

Please remember to welcome our new members and always say hello!

**PLEASE TURN IN THIS SURVEY TO A STAFF PERSON BY FEB. 28**(DRWG $5 GIFT 
CARD)