HERITAGE HEADLINES – March 2020

Heritage
Senior Center

Hours: 8am-3pm Mon-Fri
3700-4 Davidsburg Road, 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 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:
Rose and Bob Harlacher
In Celebration of their 60th Wedding Anniversary on February 27th. They are blessed with 5 married children, 10 grandchildren, and 11 great grandchildren. They live on Barley Circle in Dover, PA.

October 2020 Sponsorship Opportunity is available.

“Lucky 13” Winners

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. January Winners: Mary Fitting, Saeko Smith, Dolly Sutton, Fayetta Thieret.

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 a frozen soup lunch for members to use on the holiday when the center was closed.
To Seth Grove’s Office for answering questions monthly.
To Dave Gable for being our Auctioneer for our Moo-Lah Auction, and to participants, volunteers, and those who donated items to make the event fun and successful.
To Fran Bodnar for arranging the February restaurant fundraiser at the West York Hoss’s location.
More items of importance

- **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 at **Central Family Restaurant on Sunday, March 1st at 1pm**, the facilitators are Dick and Sandy Bear, phone 717-764-8885. **Sunday, April 5th at Manchester Café,** the facilitator is Dolly Sutton, phone 717-292-5585.

**Monday, March 2, 9-10:00am**, Community Resource – representative from Seth Grove’s office will visit.

**Wednesday, March 4, 1-2:30pm**, Art Class with Karla Myers. (Pre-sign up is required.)

**Thursday, March 5, 9-11:00am**, Big Bucks Bingo - **MYSTERY GAME PRIZES**.

**Tuesday, March 10, 10:15am**, Health Speaker: Jeane from Hospice of Central Pennsylvania will speak -- Topic will be “Care for the Caregiver”.

**Wednesday, March 11, 8:45am**, Providence Place - monthly blood pressure checks.

**Thursday, March 12, 10:30am**, Joe’s Music & Memories – A mixture of Classic Country, 50s & 60s Pop.

**Thursday, March 17, Happy St. Patrick’s Day**, special meal will be served, sign up for lunch!

**Tuesday March 17, 9:00am** – 500 “Fun” tournament. Prize winners 1/28: Melinda Carlson, Rodney Anderson, Buddy Spangler and 2/18 winners: Melinda Carlson, Bill Daum, Earl Wise

**Wednesday, March 18, 1-2:30pm**, Art Class with Karla Myers. (Pre-sign up is required.)

**Thursday, March 19, 9-11:00am**, Big Bucks Bingo - **MYSTERY GAME PRIZES**.

**Friday, March 20, 10:00am**, Wii Bowling Team plays at Village @ Utz Terrace, Hanover.

**Tuesday, March 24, 9:00am** - Pinochle “Prize” tournament. Winners: Jean Heberlig, Dale Seaks, Melinda Carlson, and John Atterberry

**Wednesday, March 25, Dutch Apple Theatre,** “Grumpy Old Men,” Buffet begins at 11:30am. Car pools leave center about 10:15am.

**Thursday, March 26, 10:00am** – Show and Tell - bring some items, and share their history!

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… Bayard and Elaine Baylis, Bob and Rosie Harlacher

Monetary Donations Thank you… Pam Byers, Dolly Shaffer, Sandy Dubbs, Dover United Church of Christ, Jane Stabley (In memory of Paul Dubbs), Dolly Sutton (In memory of Paul Dubbs), Janet and Dave Keller (In memory of grandson, Jacob Miller), Bob and Rose Harlacher (In memory of Jo Shuemaker), Jim and Gloria Reedy (In memory of Jo Shuemaker) and everyone who donated.

Member Donations Thank you… Dolly Sutton, Donna Richard, Joy Inch, Jane Stabley, Rosalie Hartzell, Hazel Hamme, Julie Myers, Anna Whitting, Sue Herr, and anonymous donors,

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!

**Book Club Selection**

March book club selection:

“The Magic Strings of Frankie Presto”

By Mitch Albom

Mitch Albom creates his most unforgettable fictional character--Frankie Presto, the greatest guitarist to ever walk the earth--in this magical novel about the bands we join in life and the power of talent to change our lives. An epic story of the greatest guitar player to ever live, and the six lives he changed with his magical blue strings. In Albom’s most sweeping novel yet, the voice of Music narrates the tale of its most beloved disciple, young Frankie Presto, a war orphan raised by a blind music teacher in a small Spanish town. At nine years old, Frankie is sent to America in the bottom of a boat. His only possession is an old guitar and six precious strings.

**ART CLASS**

"Come, explore the Masters! On Wednesday, March 4th, we'll meet Van Gogh and his popular Starry Night. Along with a brief introduction to the artist and the style of art that he greatly influenced, we'll try our hand at our own version of the mysterious work. We'll use quick drying and workable tempera on nice quality paper and put on finishing touches with oil pastels. Please sign up on the clipboard for this.

Enjoy the exercise of Post-Impressionism, a handcrafted artwork for your own pleasure, or the opportunity for a delightful gift for another. The cost is $10 for the class and the project will be completed in one session.

Ready for spring? Plan to come on Wednesday, March 18th to meet another Master - Monet. Warm up to spring blooms with an exploration of his fantastical Japanese Bridge. We'll used liquid watercolors on good quality watercolor paper in this one session class for $10.”
Get Well Wishes to…

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<thead>
<tr>
<th>Charlie</th>
<th>Boyer</th>
<th>Nancy</th>
<th>Heath</th>
<th>Margie</th>
<th>Linn</th>
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<tbody>
<tr>
<td>Dick</td>
<td>Bricker</td>
<td>Jean</td>
<td>Heberlig</td>
<td>Esther</td>
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<td>Willie</td>
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<td>Barbara</td>
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<td>Nancy</td>
<td>Jameson</td>
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<td>Gloria</td>
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<td>Noah</td>
<td>Johnson</td>
<td>Kathy</td>
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<td>Louise</td>
<td>Griffith</td>
<td>Joyce</td>
<td>Kreiger</td>
<td>Steph</td>
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<td>Hazel</td>
<td>Hamme</td>
<td>Shirley</td>
<td>Lauer</td>
<td>Jean</td>
<td>Zerbe</td>
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<td>Sallie</td>
<td>Harris</td>
<td>Lauren</td>
<td>Lemkelde</td>
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We extend our Sympathy: to his wife, Sandy and family of Paul Dubbs who passed away on February 4th.

to the family of Clara Mae Crane who passed away on February 16th.

Welcome New Members:

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<thead>
<tr>
<th>Robin</th>
<th>Arnold</th>
<th>Barry</th>
<th>Gohn</th>
<th>Mary</th>
<th>Snyder</th>
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<tr>
<td>Ruth</td>
<td>Cashman</td>
<td>Judy</td>
<td>Lehigh</td>
<td>Testa</td>
<td>Tracey</td>
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<td>Rochelle</td>
<td>Costanzo</td>
<td>Bill</td>
<td>Littlehales</td>
<td>John</td>
<td>Vecero</td>
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<tr>
<td>Rhonda</td>
<td>Detzel</td>
<td>Bonnie</td>
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<td>Shirley</td>
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March Birthdays:

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<tr>
<th>Mary Lou</th>
<th>Seibert</th>
<th>3/2</th>
<th>Bradine</th>
<th>Meckley</th>
<th>3/10</th>
<th>William</th>
<th>Blacke</th>
<th>3/22</th>
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</thead>
<tbody>
<tr>
<td>Curtis</td>
<td>Thieret</td>
<td>3/2</td>
<td>Bayard</td>
<td>Baylis</td>
<td>3/11</td>
<td>Patsy</td>
<td>Mol</td>
<td>3/23</td>
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<tr>
<td>Lois</td>
<td>Perry</td>
<td>3/3</td>
<td>June</td>
<td>Plath</td>
<td>3/11</td>
<td>Gladys</td>
<td>Shue</td>
<td>3/24</td>
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<tr>
<td>Sandra</td>
<td>Anderson</td>
<td>3/4</td>
<td>Roland</td>
<td>Golder</td>
<td>3/12</td>
<td>Eugene</td>
<td>Snook</td>
<td>3/24</td>
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<td>Robert</td>
<td>Fletcher</td>
<td>3/6</td>
<td>Fredrick</td>
<td>Reck</td>
<td>3/14</td>
<td>Patricia</td>
<td>Blum</td>
<td>3/25</td>
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<td>Charles</td>
<td>Hertel</td>
<td>3/7</td>
<td>Noah</td>
<td>Johnson</td>
<td>3/17</td>
<td>Malcom</td>
<td>Hess</td>
<td>3/26</td>
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<tr>
<td>Julie</td>
<td>Myers</td>
<td>3/7</td>
<td>Mary</td>
<td>Stephens</td>
<td>3/17</td>
<td>Brenda</td>
<td>Miller</td>
<td>3/26</td>
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<tr>
<td>William</td>
<td>Sprengle</td>
<td>3/9</td>
<td>Doris</td>
<td>Moul</td>
<td>3/20</td>
<td>Mary</td>
<td>Acker</td>
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<tr>
<td>Susan</td>
<td>Grindal</td>
<td>3/10</td>
<td>Christina</td>
<td>Miller</td>
<td>3/21</td>
<td>Meredith</td>
<td>Herman</td>
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The SENIOR FARMERS’ MARKET NUTRITION PROGRAM vouchers will be distributed to eligible Heritage Senior Center members and general public on Tuesday, June 2, 2020 from 9:30 – 11:30am. Mark your calendars!

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Upcoming Trips

**Dutch Apple Dinner Theatre presents “Grumpy Old Men”**
Wednesday, March 25th, $58.00. Buffet begins at 11:30am. Car pools should leave about 10:15am.

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

**Heritage Hills Mini Golf (free ice cream)**
Monday, April 27th at 2:00pm, Cost $6.00, Reservations due by Monday, April 13th.

**Amish Farm Tour & Lunch**
Friday, May 8th at 10:00am (depart from Center at 8:30am), Cost $54.00, 90 minute guided bus tour, Visit Amish School and Shops, Enjoy a meal at an Amish home. Bring your camera and appetite. Final payment due by Friday, April, April 24th. Please Carpool.

**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.)

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**EXERCISE CLASS**

**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 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.

**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 @ YCAAA 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**. This event will be held in the Dover High School auditorium. Admission is **FREE** for Center members, 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!
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.

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!
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. Ask about the “Veteran’s Registry”.

We’re counting down the days to May 1st and Give Local York. You have a chance to be a part of York County’s day of giving - an opportunity to unite our community around causes in which we truly believe and help Heritage Senior Center connect to the larger community.

We need your help! Please join our campaign and make a donation! We need you to tell your friends and family members about the important work we do and ask them to join us in helping to make a difference.

Get ready to give! On May 1st, starting at 12am on May 1st, visit https://www.givelocalyork.org and make a donation to your Senior Center. You will have 24 hours to make your donation, and all giving will end at 11:59pm on May 1st.

Questions? More information to follow in the April newsletter. If you have any questions, please call Heritage Senior Center 717-292-7471. Thank you in advance for your generosity to your Center!