

# Susquehanna Senior Center

CONNECT The Place to Be  
40 Years of Dedicated Service!



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www.sasc-craley.org  
Patricia Wilkerson, Executive Director/CEO

## April

- 04 8:15 AM Good Store, 1000 Villages, Dutchway, lunch at Dutchway Restaurant and Market, or Gus's.
- 05 Senior Expo, 9-Noon with vendors and food.
- 11 Sub Sale orders due (Subs \$8.50 & Pretzel \$7.50)
- 11 PA Health Craft
- 12 Veterans Mission BBQ
- 18 Sub Sale pickup.
- 18 11 AM Bluegrass Music with David & Diane
- 24 11 AM Dutch Apple Ragtime \$80.
- 25 11 AM The Joy of Singing Presentation.
- 26 12:30 Bingo at Family Cupboard (Lititz), lunch 11:30
- 29 11 AM See Steve Weigert's Car collection, carpooling.

## May

- 6-10 Closed at noon. Virginia Beach, Williamsburg, & Historic Norfolk. 10 seats, sign-up deadline is April 18.
- 17 9 AM Zooming with 7th graders at Eastern Middle School & prepare care packages, during a question and answers.
- 14 Mother's Day High Tea at Infusion Restaurant
- 20 Holocaust Museum virtual presentation.
- 24 12:30 AM Bingo at Hellamshire Restaurant, lunch 11:30.

**Berlin Airlift Sendoff for Airforce Veteran Norman "Norm" Crone** on May 2 at Noon, all are welcome to attend and show your support. There will be representatives and community leaders in attendance.

### Door Prize Winner West with giraffe's



**Norm Crone** won the door prize a knitted giraffe, believed to be packed to accompany him to Berlin. Needless to say, West with giraffe's was awe inspiring for many, the discussion was robust and thought provoking, others found it boring! However, we all enjoyed each other's company, and friendly banter, we have 5 new people reading the book following this social time together.



**A Compassionate Culture!**  
**A Welcoming Place to Belong!**

### A Culture of Caring and Empathy

We strive to embody compassion, love, and selflessness. We place a high value on empathy and support one another and take great pride in advocating for the interests of our Senior community.

### **Closed**

**Good Friday, March 29. Happy Easter!**  
**Election Day, Tuesday, April 23, Vote!**  
**May 6-9 closing at noon, closed May 10.**

### **NOTICE:**

#### **Participant Meeting**

**May 2 in the center at 1:15 PM.** Signup in copilot and provide any questions & suggestions for our 40th Anniversary Event.

**Seniors Expo: April 5 from 9-noon.**  
Older adults are encouraged to attend.

### **The Chosen,**

**Thursday, Lunch & Movie Series at 11AM** offers an educational and captivating experience where participants discover content that resonates with their faith journeys. They are genuinely enjoying the social time.

### **Veteran's Photos on Metal Plates**

Plates are available to be posted in the center. The cost is \$40 for 5x7 metal print.

You will need to provide a picture and the military history of the Veteran. These metal plaques will be ordered and located in the center to remember the service of our Veterans.



## **For The Joy of Singing!**

Our Music Program will restart on Mondays, March 4th at 10 AM with a meet and greet. The pianist will be Jann Conrad, along with David Stevenson, our Arts program coordinator. They will present a short musical presentation. Their motto is ***For the Joy of Singing!***

### ***Music Lessons Per Request:***

*Music lessons are now available. Have you always wanted to play, for example, guitar, or piano, here is your opportunity! See the signup book?*



## **May Art - Through the Window Friday, May 17, 24 & 31 at 9AM**

Come experience outdoor Art. Center exterior building and garden painting. Cost \$15

## **Quilters Outing on April 10th**

Lancaster-Lebanon Quilters Show at the Lebanon Expo Center, carpooling.

## **Calling all Golfers or interested persons.**

We have new members interested in forming a golf club. If you are interested sign up in the Activity Book.

Mondays at 9 AM  
Card Players  
Sign up!



## **Copilot Login**

Remember to log in for each activity and the orange social button each time.

**Volunteers** don't forget to log your hours.

## **Servant Stage at CONNECT!**

We welcome participants and friends to this event. Please pre-register in the activity book or call us at 717.244.0349 x1 or email using Servant in the subject line to help us better plan. The Servant Stage Company's Mission is to provide exceptional musical and theatrical experiences to the community...

Please mark your calendars for our first event on Monday, July 22nd: The Marvelous Wonderettes. We have tentatively scheduled Christmas Crooners for Monday, November 18th. *Food will be available.*

## **Quilters:**

9 AM until on Wednesdays and Thursdays; room is available most days. Leaders Dawn & Patti, providing exciting projects & opportunities!



## **Connecting with a New Retiree Finding New Interests and Adventures at CONNECT!**

Introducing Emma, a retiree who actively participates in a range of activities and programs at the senior center. Here are a few of her interests and experiences:



**Learning New Things:** Emma enjoys staying informed about the center's offerings by reading the newsletter. She believes that retirement should involve more than just sitting at home watching TV.

**Quilting:** Emma has taken up quilting, expanding her skills beyond basic sewing projects.

**Socializing and Learning:** She appreciates socializing with other ladies at the center while learning new things. **Guitar Lessons:** Emma, coming from a musical family, has always wanted to play the guitar. She is taking guitar lessons.

**Seasonal Activities:** During spring and summer, she tends to her garden, does yard work, and relaxes by the pool. In winter, she takes advantage of center programs to be around people.

**Trips and Companionship:** Emma and David her husband, have gone on trips through the center, including a visit to President Buchanan's home. However, Emma prioritizes time with her mother, who is doing well but needs her support.

**Music Programs:** Emma, Sophie (her mother), and David enjoy special music programs over dinner at the center. Sophie eagerly awaits another music program after enjoying the last one featuring "Hillbilly Heaven."

**Tax Preparation Assistance:** Emma appreciates the tax preparation assistance provided by AARP at the center.

**Crafts, Reading, and Gardening:** Emma engages in painting, sketching, reading, and gardening. She's part of the garden club and participates in spring and fall planting.

Emma's positive experiences with the center and the friendships she's made have been encouraging. She looks forward to more activities and opportunities to connect with others.



## *I Wish You Happy Spring! Patricia*

The lengthening days, the warming breeze, and the rejuvenating sun signal the arrival of Spring.

### **Lets Celebrate:**

On May 10th, we mark our 40-year anniversary milestone at the center. Updates on our special events will follow as we finalize plans and kick off a significant fundraising campaign. Your contributions to our fundraising pamphlet and feedback were truly valued. We invite you to participate in this endeavor, as you benefit from our services.

### **Norm's Berlin Journey:**

Join us in bidding farewell to Norm as he departs for the Berlin Airlift anniversary event. Norm, a veteran of the Berlin Airlift, will be accompanied by Steve Weigert, a veteran himself, has played a significant role in managing travel arrangements. Show your support at the sendoff on May 2 at noon. *After Norm's sendoff, a participant meeting will take place at 1:15 pm.* Sign up in the Activity Book. Come enjoy sandwiches and snacks!

### **Transition:**

While juggling multiple tasks with limited support, I find myself in transition once more. Your words of encouragement have been greatly appreciated. I am hopeful that one of our candidates will be a perfect fit. I continue to assist Dona as she settles into her new role. David has taken on additional responsibilities. The art classes are inspiring, and there is room for expansion in the *Joy of Music* singing group – have you thought about joining this joyful ensemble? Let's spread positivity through music! Our multiple day trips are a draw, New Orleans is not till October, and it is filling up fast. If you are considering this trip, contact us to get your name on the list.

### **Managing:**

While managing my responsibilities and working towards our mission, I have come to realize that balancing multiple goals with limited resources often takes a toll on personal time and well-being. As a result, I sometimes have to work evenings and weekends to stay on track. Additionally, we have an upcoming monitoring period, health inspector was here last week. I deeply appreciate your patience as we assess our extra activities during this time of reduced staffing.

## April Showers Bring on Fruit & Flowers!



## **Calling All Veterans!**

Steve is available to support our Veterans, if you are having difficulty securing information or getting services or have a need, Steve is here to help!

### **Wish List**

Thank you for providing for our needs!

### **Wellness -**

Join our fitness activities. A fitness waiver must be completed before participating in all fitness activities. **Participation is at your own risk; waiver completion is your responsibility.**

Walking & Open Gym-Mon-Fri from 8 -11 AM. Return all equipment before noon.

### **Weekly Opportunities are by donation.**

#### **Monday- Friday**

8 -11 AM Open Gym

9-Noon Pickleball (Donation)

10 AM Chorus Rehearsal & 11 AM Theater

#### **Tuesday**

8:45-9:45 AM-Fitness (Cost: \$3.50).

Yoga

#### **Wednesday**

9-9:45 AM-Yoga videos

9-11 AM -Shuffleboard

9-12 PM -Pickleball (Donation)

#### **Thursday**

8:45-9:45 AM-Fitness (Cost: \$3.50).

Yoga

9-11 -Shuffleboard

10-11 - Yoga Classes returning soon.

#### **Friday**

9-Noon-Pickleball (Donation)

9-11 AM-Free throw basketball Friday

### **All About Bingo**


Bingo -Tuesdays- 10 AM, unless otherwise noted - Cost \$3.

### **Bingo Lunch**

March 22 - Bingo at Gus's in Mt Joy, Lunch at 11:30 and bingo at 12:30. \$3 lunch on your own.

**Disclaimer:** All publications are dialogue and should not be considered a substitute for medical expertise, or any endorsement. Errors occur. A waiver must be on file before participating in any activity, or you are participating at your own risk. Request your waiver form.

## Happy Birthday

- 
1. Sylvian Arnold  
2. Robert Boyd  
4. Nancy Shaull  
5. Sandra Eckman  
6. Linda Wile

- 12 Larry Zech  
17 Ryan Filmore,  
18 Charles Beaverson  
19 Wilbert Burkholder,  
Robert Heap,  
William Neidhammer,  
20 Sharon Painter,  
Linda Herrelko,

- 21 Connie Hartlaub,  
Dennis Nagle,  
22 Linda Hannigan,  
Charles Swisher,  
23 Betty Fantom,  
Linda Mundis,  
24 Debra Resh,  
27 Shirley Brown,  
Anne Shaffer,

### Requirements for participants:

- \* Be 60 years of age by December 31, 2024
- \* Live in York County
- \* Meet the 2024 household income requirements (which includes **total gross** income from Social Security, wages, pensions, interest, IRA payments, etc.).

**PROOF OF AGE AND YORK COUNTY RESIDENCY IS REQUIRED.**

#### 2024 Annual Household Income (Total GROSS):

1 person:	\$ 27,861/ year
	\$ 2,322/ month
2 people:	\$ 37,814/ year
	\$ 3,151/ month
3 people:	\$ 47,767/ year
	\$ 3,980/ month

(Pending final notification from PA Dept of Ag)

If more than one senior lives in the household **each** eligible household member may receive the vouchers if their **combined** total income is within the income limits.

#### Voucher DISTRIBUTION:

June 1 to Sept 30, 2024 at locations throughout York County (see schedule), **OR while supplies last.**

#### Voucher REDEMPTION:

At any **participating** Farmers Market in PA, June 1 thru November 30, 2024. **Produce must be grown in PA.**

Seniors living in nursing homes, personal care homes, or any residential facility where meals are provided are not eligible to receive vouchers.

## 2024 Senior Farmers Market Nutrition Program

### SUSQUEHANNA AREA SENIOR CENTER

2477 Craley Road, Wrightsville

Tuesday, July 9, 2024  
9:00 am – 11:30 am

Eligible York County seniors can receive FREE \$50 for purchase of fresh fruit and vegetables grown in PA, and redeemable June 1 – Nov 30 at participating Farmers Markets throughout PA.

ID verifying York County residency and 60 years of age IS REQUIRED

Sponsored by York County Area Agency on Aging, in conjunction with PA Dept. of Agriculture



### New Board Members are welcome to apply.

We are seeking new board members who will help us advance our mission, goals, and purpose. As a working board, members must be committed to this concept. We welcome committee participation as well.

#### Requirement:

Participants are required to be able to manage all personal needs while participating in all activities.

#### Book Club - 4th Thursday at 10 in the Social Hall

See the Activity Book for Book Title.



#### Staying Healthy

It is important to schedule regular medical appointments.

#### Feeling Unwell?

If you're feeling unwell, it's important to stay home.

#### Income Tax Preparation

Forms are available in the hallway outside the center. Dates taxes are being done in the lower level of the LWT building are Wednesday, February 7th to April 10th, and Thursday, February 15th to April 11th. If you have any questions, please call 717.640.5006 or email [info@yorkaarptaxaid.com](mailto:info@yorkaarptaxaid.com). In case of inclement weather, please verify by calling 717.814.8802. Please note that the center cannot provide information regarding tax signup or availability, you must call **717.640.5006**. There will be no tax preparation if the Susquehanna Senior Center or Eastern York School District is closed.

## ***No One Should be Hungry!***

### Senior Food Distribution Programs

#### **The Senior Commodity Supplemental Food Program**

4th Tuesday of the month. Applications are available.

#### **Catholic Harvest Pantry!**

Catholic Harvest Food Pantry Mobile Food Pantry at the Susquehanna Senior Center on the second Thursday of each month from 10:30-11:30. You must register by calling 717.846.8571 x3. Pickup will be in the Lower Parking lot, outside of the center.

#### **Leftovers**

Refrigerated leftover food within 2 hours. Use common sense when storing and handling leftover food from the meal site. The SASC and YCAA are relieved of liability related to any food consumed or distributed in any form by the center.

#### **Food Allergies**

Please remember when bringing foods into the center you must put a note on the dish if it contains nuts, seafood, or other allergens. Each person is responsible for his or her allergies and food intake.

## ***Don't Miss These Affordable Trips!***

### **Multiple Day Trips, details are on our website.**

New Orleans, October 12-20, 2024

Myrtle Beach, November 4-9, 2024

### **Williamsburg, May 6-10, 2024 - 5-days - Only \$894**

Call Dona at 717.244.0340 x1 - to reserve your space.

### **Hurry! The deadline is Extended till April 18th**

- Motorcoach transportation
- 4 nights lodging in Virginia Beach
- 8 meals: 4 breakfasts and 4 dinners
- The VIRGINIA BEACH BOARDWALK
- COLONIAL WILLIAMSBURG including a Guided Tour
- NARRATED NORFOLK NAVAL BASE HARBOR CRUISE
- Admission to the NAUTICUS & BATTLESHIP WISCONSIN
- Visit to THE MARINERS' MUSEUM AND PARK
- VIRGINIA BEACH AQUARIUM & MARINE SCIENCE

