

SUSQUEHANNA SENIOR CENTER NEWSLETTER



2427 Craley Road,
Wrightsville, PA
717-244-0340
info@sasc-craley.org
Hours Mon-Fri 8 am-2 PM

JULY 2026

MARK YOUR CALENDARS FOR THESE SPECIAL ACTIVITIES & EVENTS!

July 1		Sub & Sandwich Pickup
July 2	10:00	4 th of July Celebration
July 3		Center Closed
July 9	10:30	Catholic Harvest
July 13	10:30	No Bake Class \$\$
July 14	10:00	Wellcare Presentation & Bingo
July 15	10:00	NYH/NYD
July 16	10:00	Tea with Wendy Fink \$\$
July 17	9:30	Calendar Planning Mtg
	10:30	Nat'l Ice Cream Social Day
July 20-24		Shark Week Activities
July 20	9:00	Haircuts with Missy \$\$
July 21		Roots Bus Trip \$\$
July 22	10:00	Dementia Friends Workshop
July 23	9-11:30	SFMNP Voucher distribution
	10:30	Make Your Own Pizza
July 24	11:30	Bingo/Lunch at 2 Brothers
July 27	10:30	Christmas in July Activities
July 28	11:00	Milk Chocolate Day!
July 29	10:00	Craft with Angela
July 30	10:00	Book Club
	11:00	July Birthday Party & Raffle

Please also review activity & gym calendars.



Don't Forget!

Farms Market vouchers will be distributed at SASC Thursday, July 23, 9 am – 11:30 am. Distribution will be **IN-PERSON ONLY**. Please remember to bring proof of age and York County residency. Proxy forms are required for authorizing another person to pick up vouchers for anyone else to pick up your voucher.

— ★ ★ SUSQUEHANNA AREA —

SENIOR CENTER

★ ★

PICK A DAY

FUNDRAISER

Choose your date to give!

If you sign up for July 10, then you give **\$10.00**.

If you sign up for July 29, you give **\$29.00**.

★ JULY ★						
1 \$1	2 \$2	3 \$3	4 \$4	5 \$5	6 \$6	7 \$7
8 \$8	9 \$9	10 \$10	11 \$11	12 \$12	13 \$13	14 \$14
15 \$15	16 \$16	17 \$17	18 \$18	19 \$19	20 \$20	21 \$21
22 \$22	23 \$23	24 \$24	25 \$25	26 \$26	27 \$27	28 \$28
29 \$29	30 \$30	31 \$31	<i>Every day makes a difference!</i>			

Each dollar you raise will earn you

1 TICKET!

Win a

\$100

GIFT CARD TO

GIANT

You could have

465

TICKETS if you complete the July calendar!

★ Thank you for supporting our Senior Center! ★

ADDRESS: 2425 CRALEY RD. 17368
MUNICIPAL BLDG. - LOWER LEVEL

RESCHEDULED TO JULY 8

Celebrate America's 250th Anniversary

with Lower Windsor Twp!

WEDNESDAY JULY 1st

3-5:30pm (Food & Games outside), 5:30-7:30pm (Movies in Social Hall)

TOUCH-A-TRUCK:
Craley & SAFER Fire Trucks, LWT Police Hummer, LWT Highway Dept Backhoe & Dumptruck!

Bounce House!

SPONSORED BY:
JR HOLLEY & ASSOC, BOYD WILSON, & RIVER RIDGE TOWNHOMES

The Martinsville Schoolhouse Museum will be open for event!

Ice Cream Social



JOIN US in celebrating National Ice Cream Day!!!

Friday, July 17 @ 10:30 am

Bible Study

Wed July 1, 15, 29 at 9:30

Mon July 6 @ 9:30 w/Pastor Clark

Chorus

Mon July 6, 13, 20, 27 @ 10:00

Music Lessons

Mondays & Thursdays @ 9:00

Crafts

July 9 & 14 – Wizard of Oz Props

July 29 – Craft w/Angela \$3

ATTENTION QUILTERS

July 1st @ 9 am Nichole from the York Fair will be at the center to register and pick up your quilting entries.

July Book Club

Thurs, July 30 @ 10 AM
Wild Women and the Blues
 By Denny S. Bryce

Piece by piece, Honoree reveals her past and her secrets, while Sawyer fights tooth and nail to keep his. It's a story of courage, ambition, and hot jazz. As past meets present, it's Honoree's final chance to be truly heard and seen before it's too late.

THURSDAY, JULY 2ND July 4th celebration schedule

- 10:00 Tie Dye Craft – bring your own item to tie dye
- 10:30 Outdoor Games
- 10:30-11:30 Aloha Snow



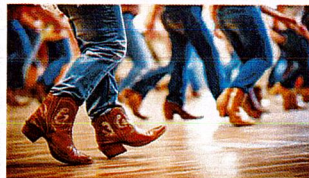
Tea Time with Wendy Fink July 16 from 10-12



Wendy will be here to join us for a spot of tea and talk time. We'll sample different teas and enjoy a few sweets. This is a casual tea, so no need to dress fancy, but fun hats are encouraged 😊

PIZZA PIZZA!!!

Thurs, July 23 @ 10:30 am
 Make Your Own Pizza
 Sign up is required
 \$4/per person



Beginner Line Dancing to SASC members!

Join us the 1st and 3rd Monday of the month at 11:00
 \$3 per class
 July has only one class – Monday, July 20th



Monday, July 6 @ 11 am

Chair bingo is a seated game that combines fun, movement, and cognitive engagement, suitable for all ages and abilities. Join us for some fun!



Coffee Social every Tues & Thurs
 8:30 – 9:30 am
 Flavored coffees, creamers, and treats

JULY ART

- July 2 @ 10:00 Tye Die
- July 9 @ 10:00 Oz props
- July 14 @ 11:00 Oz props
- July 29 @ 10 – Craft w/Angela SS



Birthday Party & Raffle
 Thursday, July 30
 11:00 am

LOOKING AHEAD TO AUGUST



August 20

Texas Roadhouse Fundraiser! Flyers are available at the senior center.

August 25 – Wizard of Oz Day!!! Volunteers are still needed to help prepare for this event. See Ami for more information



Thank you to our members and community who supported Susquehanna Senior Center for the month of July:

Anonymous Donors (2)

Frank & Janice Kober

Irene Rothhaar

Cheryl Spicher

Violet Harrel

Chanceford Township

Windsor Township

Jackie & Charlie Silar

Terry Robinson

Sharon & Steven Pennell

Suzette Heiges

Your donations are so greatly appreciated!

Bring a Friend, Build a Community!

SUSQUEHANNA AREA SENIOR CENTER
CONNECT • SUPPORT • THRIVE

BRING A FRIEND WILL RUN
AUGUST 1ST THROUGH AUGUST 31ST!

BRING A FRIEND, RELATIVE, ASSOCIATE OR NEIGHBOR TO THE CENTER DURING THE MONTH of August!

INVITE A FRIEND • SHARE THE FUN • GROW OUR COMMUNITY

Together, we Connect • Support • Thrive!

EACH TIME YOU BRING A FRIEND YOU CAN GET A PUNCH ON YOUR CARD.

Your Punch Card

Thank You!

IF YOU COMPLETE YOUR CARD THEN IT WILL BE ENTERED FOR A \$100 gift card to weis

Do you have a special talent that you'd like to share with our senior community? Do you like to scrapbook? Are you a history buff? Do you enjoy teaching people how to crochet or knit?

We're always looking for volunteers to visit and teach our members something new!

If you're interested in volunteering to teach a class, give Ami a call at 717-244-0340. We'd love to have you.


Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Stay hydrated. Thirst sensation decreases with age. Maintain consistent water intake throughout the day to avoid dehydration! Did you know that 56 people signed the Declaration of Independence? Half of them were farmers, with farmers and merchants making up the rest!</i></p>				
<p>6</p> <p>Teriyak Chicken White Rice Oriental Vegetables Pineapple Tidbits</p>	<p>7</p> <p>Pasta & Meatballs w/ Alfredo Sauce Green Peas & Pearl Onions Garlic Herb Breadstick Seasonal Fresh Fruit</p> <p>NEW ITEM</p>	<p>1</p> <p>Breaded Dill Chicken Sandwich w/ Lettuce and Tomato Roasted Potatoes Warm Spiced Apples Coleslaw Hamburger Bun, Ranch</p> <p>NEW ITEM</p>	<p>Happy 4th of July!</p> <p>Cheeseburger BBQ Baked Beans Potato Salad Hamburger Bun Fresh Watermelon</p> <p>HAPPY 4TH OF JULY</p>	<p>3</p> <p>Closed</p>
<p>13</p> <p>Bagged Lunch Italian Sandwich Lettuce & Tomato Coleslaw Pasta Salad Fresh Fruit</p>	<p>14</p> <p>Chipped BBQ Ham Sandwich Seasoned Green Beans Warm Spiced Apples Homestyle Coleslaw Hamburger Bun</p> <p>NEW ITEM</p>	<p>15</p> <p>Chicken Cutlet with Country White Gravy Mashed Potatoes Peas Wheat Bread Peaches</p>	<p>16</p> <p>Creamy Tuna Salad Sandwich Tuna, Mayo Crispy Broccoli Salad Pickled Beet Salad White Bread Seasonal Fresh Fruit</p>	<p>17</p> <p>Pepper Steak w/ Tomato Sauce, Peppers, Onions Baked Potato Carrots Wheat Bread Pudding</p>
<p>20</p> <p>Creamy Vegetable Lasagna Shredded Mozzarella California Blend Vegetables Garlic Breadstick Seasonal Fresh Fruit</p>	<p>21</p> <p>Cheeseburger Golden Roasted Potatoes Mixed Vegetables Hamburger Bun Mandarin Oranges</p>	<p>22</p> <p>Fire Grilled Chicken Breast Cheesy Broccoli & Rice Carrots Diced Peas Dinner Roll</p> <p>NEW ITEM</p> <p></p> <p>Garden Salad w/ Dressing Seasonal Fresh Fruit Hot Dog Bun</p>	<p>23</p> <p>Meatball Hoagie w/ Mozzarella Cheese Pasta Fagioli Soup Garden Salad w/ Dressing Seasonal Fresh Fruit Hot Dog Bun</p>	<p>24</p> <p>Open Faced Turkey Sandwich w/ Gravy Whipped Potatoes w/ Chives Sweet Corn White Bread Cookie</p>
<p>27</p> <p>Stadium Hot Dog Cheesy Potatoes Peas Hot Dog Roll Pineapple Tidbits</p>	<p>28</p> <p>Chicken Salad Sandwich Marinated Tomato Cucumber Salad Macaroni Salad Seasonal Fresh Fruit Hamburger Bun</p> <p>NEW ITEM</p>	<p>29</p> <p>Baked Meatloaf w/ Onion Gravy Garlic Whipped Potatoes Sliced Carrots Wheat Bread Seasonal Fresh Fruit</p>	<p>30</p> <p>Bagged Lunch Turkey Sandwich Lettuce & Tomato Potato Salad Fresh Fruit Brownie</p>	<p>31</p> <p>Salisbury Steak w/ Gravy Baked Potato w/ Margarine Mixed Vegetables Wheat Bread Cookie</p>

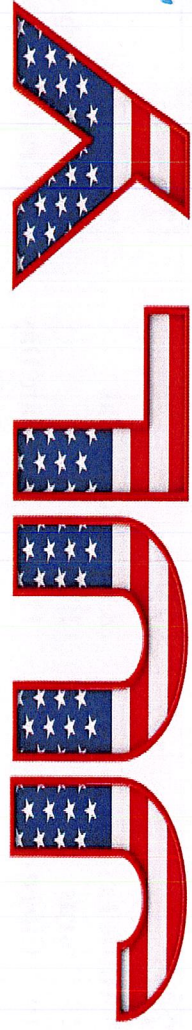
Milk & margarine served with all meals. Menu subject to change

JULY

2026

Activities

Mon	Tue	Wed	Thu	Fri
6 9 Music Lessons 930 Bible Study 10 Chorus 11 Chair Activity Bingo	7 830 Coffee Social 10 Bingo 12 Walking Group	8 9 Quilting 10 Shut the Box (1A) 1130 Badminton	9 9 Music Lessons 10 Wizard of Oz Prop Making 1030 Catholic Harvest	10 830 Coffee Social 10 Bingo 11 Crosswords IA
13 9 Music Lessons 930 Movie 10 Chorus 1030 No Bake Class	14 830 Coffee Social 10 Wellcare Bingo & Presentation 11 Craft for Play IA 12 Seated Dance Fitness	15 9 Quilting 930 Bible Study 10 NYH/NYD	16 9 Music Lessons 10-12 Tea Party w/ Wendy Fink	17 830 Coffee Social 930 Calendar Planning Meeting 1030 National Ice Cream Day Social
20 Shark Week 9 Music Lessons 9 Missy Haircuts 10 Chorus Sing Along 11 Line Dancing	21 830 Coffee Social 830 Roots trip 11 Uno IA 12 Walking Group	22 9 Quilting 10 Dementia Friends Workshop 11 Bingo 12 Scrabble	23 9 Music Lessons 9-1130 Food Vouchers 1030 Make Your Own Pizza	24 830 Coffee Social 11 Spot the Difference IA 1130 2 Brothers & Bingo
27 9 Music Lessons 10 Chorus 1030 Christmas in July	28 830 Coffee Social 10 Bingo 11 Milk Chocolate Day 12 Seated Dance Fitness	29 9 Quilting 930 Bible Study 10 Craft w/ Angela	30 9 Music Lessons 10 Book Club 11 Birthday Party 11 Raffle Drawing	31 830 Coffee Social 10 Bingo
		1 Sub & Sandwich Pickup 9 Nichole for Quilting 930 Bible Study 10 4th of July Trivia game	2 4th of July Celebration 10 Tie Dye 1030 Outdoor Games 1030-1130 Aloha Snow Treat	3 Closed 



2026

Gym & Fitness

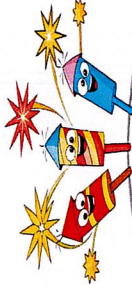
Mon

Tue

Wed

Thu

Fri

<p>1 8 Walkers 830 Outdoor Yoga 9 Pickleball</p>	<p>1 8 Walkers 830 Outdoor Yoga 9 Pickleball</p>	<p>2 8 Walkers 830 Fitness 9 Shuffleboard 945 Pickleball Half Court</p>	<p>3 Closed </p>
<p>6 8 Walkers 9 Pickleball</p>	<p>7 8 Walkers 830 Cardio Drum 9 Shuffleboard 945 Pickleball Half Court 12 Seated Fitness</p>	<p>9 8 Walkers 830 Fitness 9 Shuffleboard 945 Pickleball Half Court</p>	<p>10 8 Walkers 9 Pickleball</p>
<p>13 8 Walkers 9 Pickleball</p>	<p>14 8 Walkers 830 Cardio Drum 9 Shuffleboard 945 Pickleball Half Court 12 Walking Group</p>	<p>16 8 Walkers 830 Fitness 9 Shuffleboard 945 Pickleball Half Court</p>	<p>17 8 Walkers 9 Pickleball</p>
<p>20 8 Walkers 9 Pickleball 11 Line Dancing</p>	<p>21 8 Walkers 830 Cardio Drum 9 Shuffleboard 945 Pickleball Half Court 12 Seated Fitness</p>	<p>23 8 Walkers 830 Fitness 9 Shuffleboard 945 Pickleball Half Court</p>	<p>24 8 Walkers 9 Pickleball</p>
<p>27 8 Walkers 9 Pickleball</p>	<p>28 8 Walkers 830 Cardio Drum 9 Shuffleboard 945 Pickleball Half Court</p>	<p>30 8 Walkers 830 Fitness 9 Shuffleboard 945 Pickleball Half Court</p>	<p>31 8 Walkers 9 Pickleball</p>