

Susquehanna Senior Center

CONNECT The Place to Be

March 2024



Senior Community Connected for
Holistic Well-being & Support!
Community

2427 Craley Road, Wrightsville PA 17368

717-244-0340 - info@sasc-craley.org

www.sasc-craley.org

Patricia Wilkerson, Executive Director



March 10



Turn Your Clocks back

Employee Appreciation

Special Thanks to all employees!

Dave, Lauren & Dona

March Women's History Month

Women's History Month is a celebration of women's contributions to history, culture, and society in the United States.

OUR MISSION

Our Mission is much more than a Statement. It is Our Commitment!

The Susquehanna Area Senior Center's primary mission is to promote the health, emotional, social, and intellectual well-being of senior adults living in the community. Through daily programming, members are offered enriching opportunities in a safe fulfilling environment for senior citizens.

We are a drop-in community center with activities, trips, and fun for active, independent older adults, aged 60+!

Enjoying Social Time.

In A Comfortable Setting!



We Are a Compassionate Culture!
caring.

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.



Great News!

We now have another 12 seats for the Virginia Beach, Williamsburg, and Historic Norfolk. Hurry!!

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!



There is beauty in the myth and mirth of the season.

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?



March Sketching 9-10 AM

Come experience Still Life Art. You can do an Owl, Fruit, or another still art. There will be a video and David to support you! Cost \$12

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.



Copilot Login

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

Volunteers don't forget to log your hours.

Quilters Complete another Quilt!

4 of 12 participants pictured -
Come stitch with us!



**Raffle Winner
Irene Rathhaar**



Inclement weather & Closings will be posted on our website and WGAL Only (this is by request).



Changes in Staff:

Lauren has resigned from her position due to the increased demand in her event planning position, events post CVOID are on the rise. Lauren can no longer do both. Her last day will be March 1. Please wish her well. She communicates that has appreciated the support and personal and professional growth she received here at the Senior Center. Lauren provided excellent support to our food service, both congregate and home-delivered meal participants, as do I, greatly appreciate her.



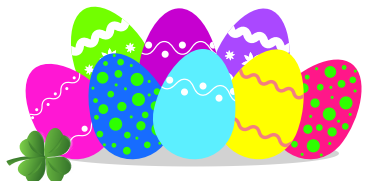
"Dona" will move to this position, she feels that it is a better fit for her. The training she has been provided in Copilot and other programs will support her in this position. We thank you in advance for your patience during this transition.

As a reminder:

First, when you come in for a meal or pick up your meal, sign into Copilot, and check the green meal, and orange social buttons.



Meal sign-ups must be completed two business days before the meal date. This ensures that we have sufficient time to order the amount of food needed for each day. Please remember that you must sign up for Monday's meal by Thursday, and Tuesday's meal by Friday. Failure to do so may result in meal unavailability. *On the 2nd and 4th Fridays, outing Fridays, bagged lunches will be available.*



Servant Stage at CONNECT!



We're excited to welcome our regular 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, make the arts accessible to everyone, and support artists in developing and sharing their talents.

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.



Wishing you Easter's Grace, Patricia

I adore Easter and its significance worldwide. The arrival of spring symbolizes hope, as the earth awakens from its winter deep sleep and transforms popping through the earth with little glimpses of green shoots into vibrant displays of colors, shapes,

scents, and beauty. Spring signifies renewal and echoes the triumphant Easter hymn, "Up From the Grave He Arose."

"Up from the grave He arose,
With a mighty triumph o'er His foes,
He arose a Victor from the dark domain,
And He lives forever,
With His saints to reign.
He arose! He arose!
Hallelujah! Christ arose!"
Robert Lowry

It is unfathomable that someone would be willing to die for sin, to break its bond to give sinners hope, but he did and *I am so glad he did*. Another triumphant Easter hymn that stirs the heart with His selfless love and act of forgiveness!

I don't know why Jesus loved me
I don't know why He cared
I don't know why He sacrificed His life
Oh, but I'm glad, so glad He did

He left His mighty throne in glory
To bring to us redemption's story
Then He died but He rose again
Just for you and me
Oh, but I'm glad, so glad He did
Andraé Crouch



Adorable
Furry Friends

A MANGER AND A CROSS CHANGED THE WORLD

Remembering the resurrection of Jesus

Easter is the fulfilled prophecy of the Messiah who would be persecuted, die for our sins, and rise on the third day (Isaiah 53).

The Cross symbolizes a profound meaning in Christianity, representing the Crucifixion of Jesus Christ. He sacrificed his life to grant forgiveness for the sins of humanity. This act of love stands as a symbol of redemption through Christ's shed blood.

CREATE YOUR OWN ACROSTIC PUZZLE THE BEST ONE WINS!

GIVE TO A STAFF PERSON BY MARCH 26.
PUZZLES WILL BE POSTED AND VOTES WILL
DETERMINE THE WINNER.



Happy Birthday

2 Joyce Seabolt
2 Bridget Smith
3 Bonnie Blevins
5 Carmen Swisher
5 Linda Thomas
6 Ronald Cohen
6 Patricia Stough
7 Deborah Laird
8 Patricia Wilkerson
9 Erma Dettinger
11 Michelle Blouse
11 Ed Hulshart
12 Dean Hannigan
13 Michele Wheeler
14 Charles Graham
14 James Youngblood
15 Jean Ruth
16 Carl Peters
16 Patricia Rohrbaugh
16 Norma Shermeyer
17 Nina Barco
19 David Snyder
20 Keith Tarburton
22 Michele Jindra
22 Gloria Kline
22 Eric Verman
23 David Stevenson
24 Debra Shaull
26 Cheryl Spicher
27 Robert Irvin
27 Patricia Koons
29 John Obrien



**Easter Basket
Birthday Cake**



Colorectal Cancer Awareness Month

Symptoms

Many people with colon cancer don't have symptoms at first. When symptoms appear, they'll likely depend on the cancer's size and where it is in the large intestine.

Symptoms of colon cancer can include:

- A change in bowel habits, such as more frequent diarrhea or constipation.
- Rectal bleeding or blood in the stool.
- Ongoing discomfort in the belly area, such as cramps, gas, or pain.
- A feeling that the bowel doesn't empty all the way during a bowel movement.
- Weakness or tiredness.
- Losing weight without trying.

Discuss changes or concerns with your doctor.

The theme for National Nutrition Month® 2024

"Beyond the Table."

<https://www.eatright.org/health/wellness/healthful-habits/eat-right-for-life>

60s and Beyond: Protein Power

Protein, along with regular strength-building activities, is essential for maintaining muscle, which we tend to lose as we age. Consuming enough protein also may be linked with bone health.

Women and men in their sixties need 5 to 5 1/2 ounce-equivalents, respectively, of protein foods daily and preferably spread throughout the day. Good sources include lean cuts of beef, chicken, fish, pork, and lamb. Not a meat eater? You'll also find protein in eggs, beans, tofu, and nuts, as well as low-fat or fat-free milk, yogurt, and cheese.

Vitamin B12 — which helps your body make red blood cells and keep the brain and nervous system healthy — is another vital nutrient. However, as people get older they can develop a reduced ability to absorb vitamin B12. You can get B12 through any food that comes from an animal: meat, fish, dairy products, and eggs, as well as fortified foods. Talk to your doctor to see if you need a supplement, especially if your eating plan is mostly plant-based.

Each decade brings with it specific health concerns and different nutrition needs. Eat right for your age to help you sail through the decades feeling great.



Seniors Expo

Older adults are encouraged to attend the senior expo on April 5 from 9-noon, sponsored by Rep. Wendy Fink. RSVPs are required. Please call 717-244-9232 by March 26 or visit her website at RepWendyFink.com/Events. There will be resources and vendors related to senior issues for you to browse, including the York County Assistance Office, a representative of Congressman

Lloyd Smucker's office, local utility companies, and more. A free breakfast will also be provided. In addition to vendors, a mobile mammography bus and blood pressure screening services will be available from Wellspan, free of cost.

Rep. Fink will speak at 10 a.m. and a representative from the York County Area Agency on Aging will give a presentation on Medicare options at 10:30 a.m.

The Susquehanna Senior Center is happy to host the event. The center does not have any political affiliation and does not endorse any candidate. The event is being held in the Lower Windsor Township Social Hall.

March 2024 EVENTS



- 05 11 AM Pizza Party & Tyron will present Free in-home Services/Miracle Makers.
- 07 10 AM Birthday Celebration. Cake and Ice Cream.
- 07 12:30 PM Wizard of Oz. Carpooling Donations.
- 12 10AM Saint Partick's Bingo!
- 12 11 AM Depart for **Movie Cabrini** (details below) at West Manchester Mall, 11:30 AM lunch at Quaker Steak and Lube. Movie at 12:45 PM, carpool \$6.30
- 13 *Mystery Dinner* with Farm to Table Meal at Mount Hope Estates, cost \$65
- 14 Saint Patrick's Day Celebration -Breakfast \$5. Chicken and Rice Soup lunch \$3. Music with Jann & David.
- 18 10 AM Kitchen Kettle and Amish Dinner \$50.
- 21 9:30 AM Easter Craft Day!
- 21 10:30 AM Eat-in Thursday Book
- 26 10 AM Beltone will be here to answer questions.
- 28 10 AM Easter Bonnet Parade
- 28 11 AM Quilt Drawing at 11.
- 28 Covered Dish: Ham and mashed potatoes provided and *you bring the rest!* \$5



April

- 04 8:15 AM Good Store, 1000 Villages, Dutchway, and lunch at Gus's or Dutchway.
- 05 Senior Expo, 9-Noon with vendors and food.
- 10 11 AM Bluegrass Music with David and Diane
- 11 Sub Sale orders due (Subs \$8.50 & Pretzel \$7.50)
- 11 PA Health Craft
- 12 Veterans Mission BBQ
- 18 Sub Sale pickup.
- 19 10:15 AM Bird-in-Hand, The Confession
- 24 11 AM Dutch Apple Ragtime - \$80
- 26 12:30 Bingo at Family Cupboard (Lititz), lunch 11:30
- 29 11 AM See Steve Weigert's Car collection, carpool see staff for address.

May

- 6-10 Virginia Beach, Williamsburg, and Historic Norfolk.
12 seats added the deadline is now April 18.
- 14 Mother's Day Tea at Infusion
- 20 Holocaust Museum virtual presentation.
- 24 12:30 AM Bingo at Hellamshire Restaurant, lunch 11:30.

March 12, depart at 11 for the Movie Cabrini:

Francesca Cabrini, an Italian immigrant who arrives in New York City in 1889 and is greeted by disease, crime, and impoverished children. Cabrini sets off on a daring mission to convince the hostile mayor to secure housing and healthcare for society's most vulnerable. With broken English and poor health, Cabrini builds an empire of hope unlike anything the world had ever seen.

The Chosen Series



starting March 21 from 11:30-12:45

"The Chosen" remains one of the strongest pieces of faith-based content being produced.

Violet will lead this group.

QUILTERS:

9 AM until on Wednesdays and Thursdays; feel free to work in the area anytime.

Another quilt is on the loom.

LEADERS: DAWN BYRD AND PATTI KOON

Beginner projects and advanced projects are available with support, materials and instructions.



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. \$3.50, lunch on your own.

Fitness for All

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

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 Classe returning soon.

Friday

9-Noon-Pickleball (Donation)

9-11 AM-Free throw basketball Friday



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.

Wish List

Birthday Cards

Stamps

16-20 oz Cups

Posted Notes

Eggs

Bacon

Frozen Pancakes, French toast and Waffles

Keyboard and Guitar to be used in the center and for lessons and entertainment.

Thank you in advance!



Thank you!

To our busy bees!



Community

A Hive working together yielding benefits for all!



Cook's Corner

Chicken and Rice Soup - March 14 Lunch

Ingredients

- 2 tablespoons Butter
- 1/2 cup Onion (finely diced)
- 3/4 cup Carrots (peeled, halved lengthwise, and sliced)
- 3/4 cup Celery (sliced)
- 1 1/2 teaspoons Garlic (minced)
- 2 1/2 cups Chicken (cooked, shredded)
- 1 teaspoon Italian Seasoning and add Salt And Pepper
- 6 cups Chicken Broth
- 2 cups Rice (cooked)
- 2 tablespoons
- Parsley (chopped)

Directions

- Melt the butter in a large pot over medium heat. Add the onion, carrots, and celery to the pot and cook for 4-5 minutes or until softened.
- Add the garlic to the pot and cook for 30 seconds.
- Add the chicken, Italian seasoning, salt, pepper, and chicken broth. Bring to a simmer.
- Cook for 10-15 minutes or until vegetables are tender.
- Stir in the rice. Cook for 5 minutes. Sprinkle with parsley, then serve.

Focused on Him who gives strength and peace.



Challenges are overcome through prayers.

The Susquehanna Senior Center/CONNECT is thriving and growing because of your prayers and involvement!

Thank you so much~ Patricia

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



The Book Woman of Troublesome Creek by Kim Michele Richardson

"Cussy Mary Carter is the last of her kind, her skin the color of a blue damselfly in these dusty hills. But that doesn't mean she's got nothing to offer. As a member of the Pack Horse Library Project, Cussy delivers books to the hill folk of Troublesome, hoping to spread learning in these desperate times. But not everyone is so keen on Cussy's family or the Library Project, and the hardscrabble Kentuckians are quick to blame a Blue for any trouble in their small town. The Book Woman of Troublesome Creek is a story of raw courage, fierce strength, and one woman's determination to bring a little bit of hope to the darkly hollers" -

Green Eggs - March 14 Breakfast

- 4 large eggs
- 4 leaves large kale or spinach.
- 1 pinch salt
- oil of your choice for the frying pan



Instructions

- Place eggs, kale or spinach, and salt
- Blend on high until smooth
- Heat oil in an 8-inch frying pan over medium heat
- Pour the egg mixture into the pan
- Cook eggs to your preferred doneness
- Serve

Staying Healthy During Flu Season

The flu and cold season are here; be prepared by getting your flu shot, RSV, and other immunizations recommended by your doctor. It is vital to schedule regular appointments and adhere to prescribed medications and treatments.

Feeling Unwell?

If you're feeling unwell, it's important to stay home. In addition, practice good hygiene and frequent hand washing to prevent the spread of germs.

Tax Preparation Information

Information Regarding 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. 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.

Heath and Wellness Supports

Blood Pressure and Blood Sugar Support are available. Please take a look at the form by Copilot. Pet support is also available.

Senior Food Distibution Programs

The Senior Commodity Supplemental Food Program

4th Tuesday of the month. Applications are available.

No One Should be Hungry!

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. You can use common sense when storing and handling leftover food from the meal site. The SASC and YCAAA 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.

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.

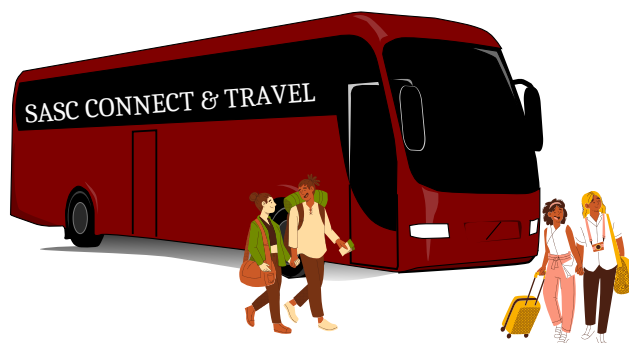
Requirement:

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

Help us Replace our Deteriorating Exterior Sign

We did not get a grant to replace our sign, however, I am working with the board and friends of the center to come up with a more affordable option. Your donations are encouraged.

Don't Miss the Bus!



2024 Multiple Day Trips, details are on our website.

Brochures can also be picked up at the Center.

Williamsburg, May 6-10, 2024-Deadline Extended to April 18, Hurry! Call to reserve your seats!

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.

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

www.GroupTrips.com/SusquehannaSeniorCenter

A great Friends or Mother's Day trip.

Susquehanna Senior Connect is a Community of Extended Families! Connect where Living is Lifelong Giving & Lifelong Giving is Lifelong Learning!

The guitar though not officially the National Instrument of the Philippines, it has a special place in the culture and music of the Philippines.

David Stevenson



We Appreciate You!



Adam Hart

Silver Sneakers instructor here at the Susquehanna Senior Center assist participants in their pursuit to maintain health, flexibility and strength. Adam is an important component in our mission to promote overall wellbeing, social, and emotional. Fitness invigorates the mind in a social setting, providing an opportunity to be with people of like mind, and venture. he provides multiple level instruction, from beginner to advance, for those benefiting from sitting or standing. Classes are twice a week from 8:45 to 9:45.

About Adam: He began his fitness journey with a weightlifting class in high school. He later became interested in boxing and got certified as a personal trainer and helped others online through fitness videos. He also teaches Silver Sneakers at the JCC, along with helping seniors with personal training, mobility, and flexibility.

David's Guitar Journey- And Work with the SASC Music Program.

A candid interview with David Stevenson - by Patricia Wilkerson

David was given bagpipe lessons first. He says, I never quite advanced to the bag (one must learn the fingering on the pipes before moving on to an actual bagpipe. When he neglected to practice; he says, my parents moved me on to guitar lessons which was more to my liking (mostly due to the influence of those mop-top lads from Liverpool, the Beatles); Despite being given guitar lessons, he still did not apply himself.

David's father relocated the family to the Philippine Islands, where his father worked as a medical missionary. David was enrolled in an American Boarding School in 8th grade, his class had only seven students. He says, living on the remote southern island of Mindanao, was free from the typical American distractions like radio and television. Luckily, a few of my classmates at the boarding school were skilled guitarists. With minimal distractions, it was the perfect opportunity for me to focus on learning the guitar. I mastered most chords and performed at the 8th-grade commencement ceremony.

In 1970, David relocated to the more urban area of Manila to further his education. This move exposed him to a variety of folk and rock music. Building his record collection, he says, I trained my ear to recognize chords played by my favorite artists. He was learning to play guitar accompaniments for songs by Donovan, James Taylor, Melanie, Simon and Garfunkel, Cat Stevens, Bob Dylan, and Neil Young. This era marked the peak of the singer-songwriter genre, and he was gaining the musical proficiency needed to perform their songs. He admits that he began playing lead guitar during his high school years, however awkwardly.

After graduating, David says, a friend recruited him to join a rock band at the University of Dayton. My skills as a blues guitarist were growing, and in the mid-1970s, I started developing an interest in jazz guitar. After moving to the Los Angeles area, I found a great jazz guitar instructor and studied at Santa Monica College, eventually earning a degree in music. While pursuing his musical study, David studied special education and spent his entire professional career invested in providing the best education for those he taught. By the 1990's he says, I had two daughters that were my priority and, my profession became a higher priority than music.

Utilizing his decades of theory and composition classes, David composed original guitar pieces as a hobby, releasing tapes as gifts. David says, that after he honed his skills in folk, classical, and jazz styles, he eventually taught guitar at Baltimore Bluegrass.

David's interest in jazz guitar had been long-standing; by the turn of the century, he notes, I had developed a particular appreciation for the music of Django Reinhardt and the subsequent school of Manouche jazz he had founded. I admired how Django seemed to be able to borrow from various traditions to create an infectious style of playing, using classical, jazz, and the romantic European music of the Romani (gypsy) people. However, my attempts to learn this music were frustrating as I found the technique quite impossible. But by 2001, a few American guitarists and an ethnomusicologist had been deciphering Django's technique and jazz language; they provided instruction that - although rigorous and counterintuitive - I could apply myself to learning. David was dedicated to mastering this style of guitar, he blocked out two or more hours daily before his teaching schedule to practice. Becoming proficient he began a Django-inspired band, Hot Club du Jour. The band had a busy concert schedule, David says, I grew into a real musician. This band disbanded after 15 years. David has stayed true to jazz and currently has a Bluegrass band, Dolores Creek. David says the guitar has been a constant source of inspiration to me.

We are inspired by the desire of participants to learn music. When I interviewed David, I discussed my vision for our music program. To develop vocal and instrumental groups. He appreciates the educational and mental health advantages of music as well. We acknowledge music's universal appeal and positive impact on one's emotional and social well-being.

Jann Conrad will provide music accompanying for our music program, and David will provide guitar and piano instruction twice a week on Monday and Friday. Information and sign-up sheets are available.