

Heritage Senior Center



June 2025

3700-4 Davidsburg Road, Dover, PA 17315 HOURS: 8:00am - 2:00pm Monday - Friday

EMAIL: center.heritage@yahoo.com

717-292-7471

NEW WEBSITE ADDRESS: HeritageSeniorCenter.com

HSC Closed

Thursday, June 19, 2025 Juneteenth

SUPPORTING & EMPOWERING SENIORS

Our Staff

Executive Director- Denise Miller executive director hsc@gmail.com

Assistant Director-Laura Gibbs

General Assistant-Lisa Carpen

Emails

executivedirectorhsc@gmail.com assistantdirectorhsc@gmail.com generalassistanthsc@gmail.com

HDM Coordinator- Liz Olasz-Revesz hdmcoordinatorhsc@gmail.com

Kitchen Coordinator- Dave Angelini

Assist. Kitchen Coord.-Marie Jennings





Donations to the Senior Center



Thank you for your donations!

This saves us dollars that we can use for programming and activities for our Seniors.

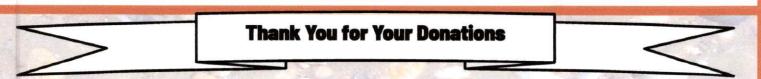
Items we are in need of:

- Snack items: breakfast bars, granola bars, individually wrapped snacks, bagels, cream cheese
- Coffee/Drink Bar: 12 oz. cans of soda (Coke, Diet Coke, Sprite), bottled water, flavored coffee
 Creamer, decaf tea bags, mint tea bags. ICED TEA BAGS for cold tea, Cocoa individual packets
- Office Supplies: especially white copy paper, Forever postage stamps, white letter size security envelopes.
- Cleaning Supplies: Mr. Clean floor cleaner, sanitizing wipes
- <u>Kitchen items</u>: sandwich bags, coffee cups with lids, Ziplock gallon and quart size freezer bags, paper plates (6 inch), kitchen size garbage bags (13 gallon), soup bowls
- ♦ Gift cards to BJs, Walmart, Amazon, Staples, Dollar Tree/Hobby Lobby
- Kleenex boxes square

BUILDING FUND

ALL DONATIONS HELP US REACH OUR GOAL FOR OUR NEW BUILDING

Bob & Rosemary Sieffert Sandy Anderson Joyce Bowers Joy Inch
Sue & Steve Myers Robert Winters Richard & Katherine Erdman
Harry & Ellen Johnsey Paul Duryea Laura Gibbs Sandy Dubbs
Willie & Chris Coleman Ken & Jean Hawkins Harry Spence
Anita Hensel Brian & Jennie Thomas Don Graybill



Bob Wolf Hazel Hamm Andi Long Elizabeth Stump Larry Slenker
Linda Palmer Rohlers Jane Kline Ellen Johnsey Roger Herr
Sue Myers Marie Farley Jean Thomas Joy Inch Ellen Woltcheck
Brenda Leidig Phyllis Holdsworth Richard Braggerman Sandy Kohler

H&C Bulletin Board!!!

Activities News Update!!!

Line Dancing will be cancelled for the summer.
Please watch for updated information !!!!



Extra Extra Read All About It!!!!

Bob Evans Night Out Fundraiser June 30th

From 9 a.m.-9 P.M.

15% of your check will be donated back to HSC

Take a flier to the restaurant and give to your server.



Shiloh Lions Club is looking for donations of:

wheelchairs, transport wheelchairs, four wheel walkers with seats, two wheel walkers with ski slides and knee walkers.

If you have any in working condition to donate.

please call Keith Krout at 717-764-9791



Exciting

Volunteer Opportunities

- Vacuuming 2 times a week
- · Wiping up tables after meals
- Set up and tear down for Bingo
- · To wash the big kitchen pots and pans.
 - Seasonal decorating
 Please contact Denise to get started volunteering.





HDM Drivers Needed:



For Information contact
Heritage Senior Center at:

717-292-7471

For a Great Opportunity to serve.



Military Share Food Distribution Program

The Shiloh American Legion Post #791 is located at 1490 Poplars Road, York, PA 17408. All active-duty service members, veterans and their families are eligible.

You must pre-register and provide proof of military service, such as a DD-214, Military ID, or VA Medical Card.

Please call the Coordinator, Carol Wolf at 717-586-6526

Night Fever—An Afternoon of the Bee Gees Tuesday, August 26, 2025 At Penn's Peak, Jim Thorpe, PA

\$125.00

Night Fever is the Greatest production of Bee Gees music in the world. This all-Canadian cast has been touring internationally for the past 15 years, recreating the Look and sound of the Bee Gees.

Capturing a full history of the band, <u>Night Fever</u> includes songs such as: To Love Somebody, Massachusetts, I Got to Get A Message, I Started A Joke, Jive Talking, More Than A Woman, Night Fever, You Should Be Dancing, Tragedy, Stayin' Alive and many more.

The Bee Gees have over 50 years of hit songs and have been inducted into the Rock & Roll Hall of Fame.

Every song they do is spot on, note for note, chord for chord, exactly like the Bee Gees records.

Depart: 8:00 a.m. HSC

Return: 6:15 P.M. HSC







NASHVILLE CHRISTMAS BY COUNTRY JAMBOREE

TUESDAY, DECEMBER 2, 2025

At Penn's Peak, Jim Thorpe, Pa

DEPART: 8:00 A.M. HSC \$125.00 RETURN: 7:45 P.M. HSC

Celebrate your Christmas Story Country Style with the incredible Nashville Christmas Show...

THIS ULTRA-ENTERTAINING PERFORMANCE FEATURES

Traditional Christmas favorites along with some legendary classic country tunes by artists such as: Johnny Cash, Patsy Cline, Merle Haggard, John Denver, George Strait, Loretta Lynn and

MANY MORE ...

ALL PERFORMED BY THE FANTASTIC CAST OF <u>THE COUNTRY JAMBOREE</u>, WHOSE MEMBERS HAVE SHARED THE STAGE WITH DOZENS OF COUNTRY

MUSIC'S MOST POPULAR ARTISTS







OHIO'S AMISH COUNTRY

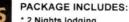
Featuring 2 Fantastic Shows

3 DAYS - 2 NIGHTS

JUNE 24 - 26, 2025

\$593 per person double occupancy \$782 per person single occupancy \$50 deposit due with reservation Final payment due by April 25th Make checks payable to: Heritage Senior Center





2 Nights lodging 2 Breakfasts

* 2 Dinners including a traditional Family Style Dig "The Road to Damascus: A Musical Journey

the Book of Acts" at the Ohio Star * "Haystack Hilarity" at the Amish

* Yoder's Amish Home, Scho

* Warther Museum & G

Lehman's Gener

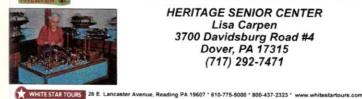
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side for details.





HERITAGE SENIOR CENTER Lisa Carpen 3700 Davidsburg Road #4 Dover, PA 17315 (717) 292-7471

If you love Sight and Sound, you'll love their shows.!!!!!

Reserva-

tion Office (Lisa Carpen) will be Open:

Tuesdays, Wednesdays,

ancelled Check on our website in the trip section for Registration forms for all of our bus trips.



CHOPTANK RIVERBOAT CRAB FEAST AND CRUISE. **AUGUST 9, 2025**

Cruise Maryland's beautiful Choptank River on a Riverboat.

Cruise departs from the Suicide Bridge Restaurant



Hurlock, Maryland

Cost is \$135.00 per person



Maryland fried chicke Fresh corn on the cob Fried clam strips Cole slaw

Depart: 7:00 a.m. Return: 7:30 p.m.

Bus departs from the Community Rm. Parking

lot by the Library side. Please park in the large parking lot as close to Davidsburg Rd. as possible.

Watch a cruise and feast on YouTube https://www.youtube.com/watch? v+w3Zxk9ZSiP8

Sign up at The Senior Center

Direct any questions to

Lisa at 717-292-7471 Tues, Wed, Thurs 9:30 a.m.-12:00 or

heritageseniorcenter@yahoo.com

JUNE ACTIVITIES CALENDER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	Exercise Class with Vickie 9 am Knitting and Crochet 9 am	4 Line Dancing with Marilyn will be canceled for the Summer It will return in September.	5	Exercise with Marilyn 9 am
S	Exercise Class with Marilyn 9am Knitting and Crochet 9 am	Don Graybill 10 am Wills, Estates, and Trusts	BIG BUCKS BINGO BAGGED LUNCH GRAB AND GO ONLY	13 Exercise with Marilyn 9 am
16	17 Exercise Class with Vickie 9am Knitting and Crochet 9 am	18 Music or Trivia with Diane 10 am	CLOSED FOR COUNTY HOLIDAY JUNETEENTH NO MEALS SERVED	20 Exercise with Marilyn 9 am
23	24 Exercise Class with Marilyn 9am Knitting and Crochet 9 am	25	26	27 Exercise with Marilyn 9 am
Advanced Wound Care Becki Swift Blood Pressure Screening 12:30 Lively Book Club		Big Bucks Bingo Caller is Brittnay Zuk from Emcompass Health and Rehabilitation Hospital of York		July Big Bucks Bingo Tickets on Sale at the June Big Bucks Bingo tickets: \$10.00 Only 70 tickets available







Monthly Activities & Programs

Exercise Class

<u>First & Third Tuesday</u> of the month: 9:00am - 10:00am with Vickie, <u>Every Friday</u> at 9:00 a.m. in the Community Room, Donations Requested



Line Dancing Class Every Wednesday of the Month at 9:00 a.m.

In CANCELLED FOR THE SUMMER

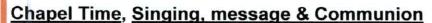
the Community Room ,

Donations Requested

Crochet/Knitting Group

Every Tuesday of the month: 9:00am - 11:15am

In Small Activity Room - Anyone interested is welcome to join!



June 26, 2025 9:30am - 10:30am

In Small Activity Room—All are welcome to join!

Piano Sing Along with Diane: June 18 2025 at 10:00am

Sing along with Diane to the classic tunes.

BOOK CLUB

Last Monday of the month: June 30, 2025 12:30pm - 1:30pm



CRAFT DAY no craft day in June.

Birthdays! June Birth-



6/2 Marie Anderson

6/3 Fayetta Thieret

6/5 Elena Klemko, Beatrice Reaver

6/7 Mervat Beshara, Willie Coleman

6/9 Linda Eubank

6/10 Bonnie Henrey

6/16 Veronica West, Robert Wolf

6/17 Gail Fitz, Brian White

6/19 David Angelini

6/20 Barbara Dame

6/22 Linda Crawford

6/26 Elaine Tobias

6/29 Robert Sieffert

6/30 Mary Ann Alphin



Ed Jennings

David & Linda Stauffer

Tom Landis

John & Mary Diehl

Rick & Sandy Harner

Rodney Crawford

Jodi Arnold

Bob Boudreau

Our Sympathies
go out to the family
of George Ruth
Who passed
away
in May



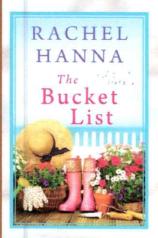
Gary Smith William Burger Linda Stone

Kenneth Trish Mary Hartlaub

Priscilla Szabo Sandy Dubbs







I NEVER wanted to be a daredevil. Even as the 49-year old adult that I am, I still don't want to ride a roller coaster or jump out of a perfectly good airplane. And I don't understand people who want to do those things - even my lifelong best friend.

And yet, here I am, holding a list of daredevil-ish things in my hand at my best friend's will reading.

I am SO going to get her back for this in the afterlife.

So, my outgoing, adventurous best friend decided to leave me her estate but only if I completed her bucket list. HERS, not mine. And I have to do it before I turn 50 because she didn't make it to 50.

I don't know if it's appropriate to want to kill someone who's already dead, but I can't help how I feel.

Still, I want to honor her wishes. And I kind of want that beach house she left me, too.

The next few months will either change my life, or I might join her in heaven if one goes terribly wrong.

June

Monday	Tuesday		Wednesday		Thursday	Friday
3oz Salisbury Steak w/ 2oz Gravy 1/2c Cubed Potatoes 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Gelatin	3oz Kielbasa w/ 1oz Sauerkraut 1/2c Homemade Haluski 1/2c Carrots 1/2c Applesauce	3	3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	4	Cheeseburger 1/2c BBQ Baked Beans 1 Hamburger Bun 1c Tossed Salad w/ Tomato 1/2c Mandarin Oranges	Roast Beef Sandwich (3oz Roast Bee w/ 1 slice Mozzarella Cheese) 1c Cream of Cauliflower Soup 1 Hamburger Bun 1/2c Blushed Pears
3 oz Sausage Gravy 1 Biscuit 1 Egg Bite 1/2c Diced Potatoes 4 oz Orange Juice	Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Fresh Fruit	10	Turkey Chef Salad (2oz Turkey, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin	11	BIG BUCKS BINGO BAGGED LUNCH Sweet Bologna and Cheese Coleslaw and Fresh Fruit Cookie Iced Tea	1c Chili 1/2oz Cheddar Cheese 1c Tossed Salad w/ Tomato Cornbread 1/2c Applesauce
Happy Father's Day! 16 3 oz Bratwurst w/ 1oz Sauerkraut 1/2c Potato Salad 1/2c Baked Beans 1 Hot Dog Roll 1 packet mustard Ice Cream Cup	Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Italian Bread 1/2c Mixed Fruit Salad	17	Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple	18	CLOSED FOR COUNTY HOLIDAY JUNETEENTH NO MEALS SERVED	Stuffed Pepper w/ Tomato Sauce 1c Tossed Salad w/ Dressing 1/2c Carrots 1 White Bread 1/2c Pudding
Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Peas 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp	24	4oz Chicken Salad Sandwich 1c Cream of Potato Soup 1/2c Pickled Beets Hamburger Bun Fresh Fruit		26 Chicken, Spinach & Cranberry Salad w/ Dressing (3oz Chicken) 1c. Mixed Greens & Spinach 1/2c Broccoli Salad 1 Breadstick 1 Cookie	BBQ Pork Ribette 1/2c Buttered Pasta 1/2c Green Beans 1 Sandwich Roll 1/2c Pineapple Delight
Korean Meatballs (4) 1/2c White Rice 1/2c Oriental Vegetables 1 Wheat Bread 1/2c Fresh Melon						Nutrition Group

NAME_____LUNCH SIGN UP SHEET FOR JUNE

Monday		Tuesday	Wednesday	Thursday		Friday
	2	3	4		5	6
CENTER- YES		CENTER- YES	CENTER- YES	CENTER- YES		CENTER- YES
GRAB AND GO - YES		GRAB AND GO - YES	GRAB AND GO - YES	GRAB AND GO - YES		GRAB AND GO - YES
	9	10	11	1	12	13
CENTER- YES		CENTER- YES	CENTER- YES	BIG BUCKS BINGO BAGGED LUNCH		CENTER- YES
GRAB AND GO - YES		GRAB AND GO - YES	GRAB AND GO - YES	GRAB AND GO ONLY		GRAB AND GO - YES
Happy Father's Day!	16	17	18	•	19	20
CENTER- YES		CENTER- YES	CENTER- YES	CLOSED FOR COUNTY HOLIDAY		CENTER- YES
GRAB AND GO - YES		GRAB AND GO - YES	GRAB AND GO - YES	JUNETEENTH		GRAB AND GO - YES
				NO MEALS SERVED		
	23	24	25		26	27
CENTER- YES		CENTER- YES	CENTER- YES	CENTER- YES		CENTER- YES
GRAB AND GO - YES		GRAB AND GO - YES	GRAB AND GO - YES	GRAB AND GO - YES		GRAB AND GO - YES
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CENTER- YES			The state of the s			
GRAB AND GO - YES						The
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Lunch Schedule & Sign-up Instructions



The Heritage Senior Center provides lunch 5 days a week, Monday through Friday,

<u>"Grab & Go"</u> meal pick up time is: <u>10:30am - 11:30am</u>.

Dining at Center begins: 11:30am until all are served



You must put your meal choices into the Co-Pilot 2 days ahead, If you need assistance, please feel free to ask our staff.



- 1. BE SURE TO fill out the monthly lunch sign-up sheet and CIRCLE if you are getting a "Grab & Go" meal or eating at the "Center".
- 2. <u>Directions for Monthly sign-up</u>: Sign into Copilot and TOUCH the days on the screen that you plan to eat lunch at the Center or will be picking up a "Grab & Go" meal. Be sure to <u>select only one</u> of them for each day you plan to eat lunch.
- 3. When you have completed the sign-up, please put your sheet in the hanging file marked completed menus next to the Co-Pilot.
- 4. If you need to make a change to your lunch sign-up sheet at a later date, make the change on Copilot.
- Directions for Daily Sign-in: Each member signs into Copilot separately. Example: husband and wife. The Staff will <u>assist, if necessary</u>, but it is up to YOU to check yourself in <u>each</u> day and to also sign up for your monthly meals.
- 6. Meal head counts are ordered TWO business days ahead. For example, a meal ordered for Monday is ordered on Thursday, a Wednesday's meal is ordered on Monday, etc. We can NOT guarantee if you did not sign up in Co-Pilot that we have extra meals left. Any extra meals are given out at 11:30 after the Center lunch service is finished.



YORK COUNTY FOOD BANK

Senior Food Box Program

Receive a Free Box of Groceries Every Month

Are you Qualified?

Requirements - 60 years or older Living in York County

Monthly Income Guidelines

Household of 1: \$1,957

Household of 2: \$2,644

*Must have valid ID



For information regarding enrollment call (717) 846-6435

SUE'S MARKET



Orders Due By: Friday, June 6, 2025

American

Swiss

Provolone

Delivery Date: Wednesday, June 18, 2025

Pickup: 12:00PM - 2:00PM

NAME:							
SUBS:	9-inch	\$5.00		12-inch	\$6.00	Quantity	TOTAL
(Subs come with lettu	ce, tomato,	onion, mayo and	d hot peppers pa	ckaged separa	tely)		
CHOOSE ONE: (Plea							
9-inch		12-inch					
CHOOSE ONE: (Plea	se circle)						
American	Italian	Roast Beef	Turkey	Ham	Sweet Bologna		
CHOOSE ONE: (Plea	se circle)		12 (And A.) - 12 (And A.) - 12 (And A.)				
American	Swiss	Provolone	Cheddar	None			
SANDWICHES	6 :	\$5.00				Quantity	TOTAL
(Ham Sandwiches con	ne with must	ard, all others o	ome with mayo	packets)			
CHOOSE ONE: (Plea							
Pretzel	Kaiser	Martin					
CHOOSE ONE: (Plea	se circle)						
Ham	Turkey	Roast Beef	Sweet Bologna				
CHOOSE ONE: (Plea			30.08				
American	Swiss	Provolone	Cheddar	None			
					TOTAL DUE		

					TOTAL DUE		
NAME:	****						
SUBS:	9-inch	\$5.00		12-inch	\$6.00	Quantity	TOTAL
(Subs come with lettu	ce, tomato,	onion, mayo an	d hot peppers p	ackaged separa	tely)		
CHOOSE ONE: (Plea	se circle)						
9-inch		12-inch					
CHOOSE ONE: (Plea	se circle)						
American	Italian	Roast Beef	Turkey	Ham	Sweet Bologna		
CHOOSE ONE: (Plea	se circle)						
American	Swiss	Provolone	Cheddar	None			
SANDWICHES	S:	\$5.00				Quantity	TOTAL
(Ham Sandwiches con	ne with must	ard, all others o	ome with mayo	packets)			
CHOOSE ONE: (Plea	se circle)						
Pretzel	Kaiser	Martin					
CHOOSE ONE: (Plea	se circle)						
Ham	Turkey	Roast Beef	Sweet Bologn	ıa			
CHOOSE ONE: (Plea	se circle)						

Cheddar

None

TOTAL DUE



Dine to Make A difference

Heritage Senior Center

MONDAY, JUNE 30, 2025
9:00 A.M.— 9:00 P.M.

Spread the News!!!!

Fundraising with Bob Evans
is easy & profitable!!

What could be better than...

- Fun with friends and family
- The farm-fresh goodness of your favorite Bob Evans meals
- Service with a genuine smile, and
- No dishes to wash!!!!