Heritage Senior Center

November 2026

3700-4 Davidsburg Road, Dover PA 17315
HOURS: 8:00AM – 2:00PM Monday – Friday
EMAIL: center.heritage@yahoo.com
PHONE: 717-308-7096
WEBSITE ADDRESS:
HeritageSeniorCenter.com



SUPPORTING & EMPOWERING SENIORS

Our Staff	*Emails*
Executive Director - Shaiayne Campbell	heritageexecutivedirector@gmail.com
Assistant Director - Laura Gibbs	assistantdirectorhsc@gmail.com
General Assistant - Deatrice Thomas	generalassistanthsc@gmail.com
HDM Coordinator - Liz Olasz-Revesz	hdmcoordinatorhsc@gmail.com
Kitchen Coordinator - Ema Williams	
Kitchen Coordinator - Marleny Mercado-Seitz	

Thank you for your continued support form our donors for the Building Fund

Anonymous Donor

Robert Winters



Donations we are in need of at the Senior Center

Breakfast Items:

- Breakfast Bars/Granola Bars
- Bagels/English Muffins/Donuts
- Soft Cream Cheese
- Individual Cereal Boxes

Coffee/Drink Bar:

- 12oz cans of soda
- Hershey's Syrup (Chocolate/Caramel)
- Bottled Water
- Coffee Flavorings and Flavored Creamers
- Cocoa Packets
- Tea Bags: Regular, Decaf and Mint
- ICED TEA BAGS for cold tea

Office Supplies:

- White Copier Paper (ream)
- Forever Postage Stamps
- White Letter Size Security Envelopes

Cleaning Supplies:

- Sanitizing Wipes
- Scouring Pads
- Sponges/Blue Disposable Rags
- Mr Clean Floor Cleaner
- Dawn Dish Soap

Kitchen Items: Ziploc Bags (Sandwich, Quart, Gallon)

Gift Cards: BJs, WalMart, Amazon, Staples, Dollar Tree, Hobby Lobby

Paper Products: Paper Towels, Kleenex Boxes (Square)

THANK YOU FOR YOUR DONATION

Robin Geesey	Bruce Fields	Fran Bodnar
Vicki Dubbs	Phyllis Wolgamuth	Ellen Woltcheck
Ben Hyser	Sylvia Alexander	Hazel Hamme
Bob Wolf	Bill Wolf	Georgia Watson
Kathy Cook	Jennie Thomas	Brian Thomas
Helen Carpenter	June Ruth	Carmen Mora
Tina Rutter	Sonny Rutter	Sue Myers



GET WELL SOON



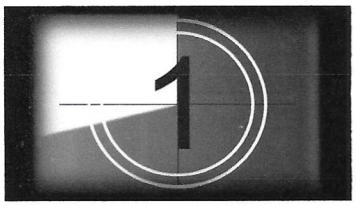
Stacey Moul	**Paul Duryea**	**Kenneth Trish**
Gary Smith	**Linda Stone**	**Brenda Leidig**
Rodney Flinchbaugh	**Pete Klersy**	**Bonnie Zeigler**



NEW MEMBERS

Marsha Diehl	Robert (Bob) Poff
Robin Arnold	Shirley Crone
Curtis Wolfe	Keith Krout
Veronica Rohrbaugh	Delores Winter
Donna Ware	Susan Hamberger
William (Bill) Walters	

Dover High School invited Heritage Members to watch their dress rehearsal of *The Little Prince Performance* (the flier for the show date(s) is attached to this newsletter) for FREE on November 18th at 5pm in the auditorium



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, surch as a DD-214, Military ID, or VA Medical Card.

Please call the Coordinator, Cindy Wilt at 717-586-6526



11/3 - ELECTION DAY! CENTER CLOSED

11/4 - JENNIE'S JOKES

11/5 - SPEAKER: 9:30AM Pappus House TOPIC: End of Life Services

11/10 - SPEAKER: 10:00am Devoted Health TOPIC: Medicare Enrollment

11/11 - VETERANS DAY! CENTER CLOSED

11/12 - BIG BUCKS BINGO 9:00AM – 12:00PM

11/16 - Devoted Health Medicare Open Enrollment Review 10:00AM – 2:00PM

(pre-registration required)

11/18 - CRAFT TIME WITH MARY H - Stress Balls

11/19 - THANKSGIVING MEAL from Nutrition Group

11/26 - THANKSGIVING DAY! CENTER CLOSED

11/27 - BLACK FRIDAY! CENTER CLOSED

11/30 - BOOK CLUB 12:30PM

VOLUNTEERS NEEDED

Volunteers needed to help serve in the kitchen, Monday – Friday. Anytime between 8:00AM – 1:00PM.

Serve meals, pack take out meals, set up snack table, and wash dishes and pans

We are in need of
Home Delivered Meals Drivers

MONDAY, WEDNESDAY & FRIDAYS

Routes available
Contact LIZ 717-308-7096
Any help is appreciated!

THANK YOU TO ALL OF OUR VOLUNTEERS!

Sometimes we forget to say THANK YOU!. It's an oversight that we are trying to overcome. Just know that the staff and board are appreciative of all you do. Our volunteers make this center a better place for everyone!



Join us for Book Club
Monday
November 30, 2026
12:30PM

Eight ordinary people. One extraordinary choice.

It seems like any other day. You wake up, drink a cup of coffee, and head out.

But today, when you open your front door, waiting for you is a small wooden box. The contents of this mysterious box tells you the exact number of years you will live.

From suburban doorsteps to desert tents, every person on every continent receives the same box. In an instant, the world is thrust into a collective frenzy. Where did these boxes come from? What do they mean? Is there truth to what they promise?

As society comes together and pulls apart, everyone faces the same shocking choice: Do they wish to know how long they'll live? And, if so, what will they do with that knowledge?

The Measure charts the dawn of this new world through an unforgettable cast of characters whose decisions and fates interweave with one another: best friends whose dreams are forever entwined, pen pals finding refuge in the unknown, a couple who thought they didn't have to rush, a doctor who cannot save himself, and a politician whose box becomes the powder keg that ultimately changes everything.

NOVEMBER BIRTHDAYS



11/3 Gail Krout

11/4 Betty Brubacher

11/9 Edwyn Bennett

11/11 Ann Lighty

11/11 Brenda Williams

11/12 George Hempfling

11/14 Lauren Lemkelde

11/15 Ken Hawkins

11/19 Ron Houck

11/22 Sandy Koller

11/22 Tina Rutter

11/26 Hazel Hamme

11/26 Loretta Schmidgall

11/28 Teresa Friel

11/28 Steve Myers

STOPPAGE OF GRAB & GO MEALS IN JANUARY 2027

All York County Senior Centers have been informed by York County Area Agency on Aging (YCAAA) that there will be no reimbursement for our Grab & Go Meals in January 2027.

Unfortunately, this means Heritage will no longer offer Grab & Go Meals in January 2027.

YCAAA's decision to discontinue the Grab & Go meals has been discussed since the COVID restrictions were lifted in 2023.

Heritage does not want to lose any members or have those members go without a lunch.

Any questions or comments may be directed to Heritage Staff. We will try to help.

Thank you

Heritage Senior Center Board and Staff

HERITAGE SENIOR CENTER EDITORIAL

Editorial by Jennie Thomas, Board Member

My husband and I started coming to the center in April 2025. We wanted to get involved and do things to help. So we started picking up donations of bakery goods at Giant because the person stopped doing it right before that and they needed someone. Then we started a month later delivering the home meals. We really enjoyed it. We still do it because we got to know the people and we love seeing them every week. They are very appreciative and we look forward to delivering to them every time we go. We met many wonderful people at the center and made lots of friends. We met a couple named Roger and Paula Evans, who we play games with a couple times a week, go to lunch and dinner, and go to each other's houses and have lunch and dinner. We are very happy that we stepped foot into the Heritage Senior Center. It's very nice to be able to eat lunch with friends, meet new people and just have a good time, play games and come for the special activities. If you are a grab and go person, I understand how sometimes you just want to go home and eat by yourself or with your spouse. But if you would come to one of the congregate meals and sit with a table of people and talk and get to know them, I think you would want to come back and do it again. We hope you will give it a try!



LET'S GET MOVING!!!

Heritage wants all of it's members to stay healthy! We have sessions throughout the week to help you KEEP MOVING!

Tuesdays - Exercise

Wednesdays - Chair Yoga and Walking Stations

Fridays - Exercise

COME AND JOIN US AND KEEP MOVING!!!

Night Out Monies Received!

Hoss's Steak and Sea House (October) - $220.61

Thank you to all who participated!

Monthly Activities

Come join us every month for these activities:

Pick up games daily of

Cards
Board Games
Corn Hole (ask staff member to set up)
WII Bowling (ask staff member to set up)

Exercise Class: (in the Community Room)

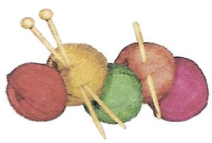
Every Tuesday: 9:00AM – 10:00AM Exercise with Marilyn
Donations requested and go directly to instructor

Every Wednesday: 9:00AM Chair Yoga with Marilyn
Donations requested and go directly to instructor
10:00AM Station Walking

Every Friday: 9:00AM – 10:00AM Exercise with Marilyn
Donations requested and go directly to instructor

Knitting /Crochet Group:

Every Tuesday: 9:00AM – 11:15AM
In small activity room – anyone interested is welcome to join!



Craft Club:

Every Wednesday: 12:30PM



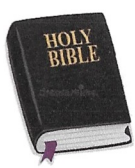
Book Club:

Last Monday of the month: 12:30PM (November 30, 2026)



Bible Discussion:

Last Thursday of the month: 9:30AM **Topic: Selective Psalms**



Newsletter Sponsorship

We have an opportunity for members, businesses, community individuals and organizations to sponsor our newsletter each month.

The cost per month is:

$ 50.00 for members
$ 60.00 for non-members
$ 75.00 for Community Non-Profit Organizations
$100.00 for a commercial business/$500.00 for 6 months

By sponsoring our newsletter, you help us defray the costs of the newsletter and your name will be seen by various groups. Our newsletter is put on our website (www.heritageseniorcenter.com) and our Facebook Page (Heritage Senior Center) and is distributed to over 500 members and the community in Dover and West Manchester Townships. You may sponsor the newsletter in honor or memory of a loved one and write a 1 - 2 sentence statement.

Businesses may email us a digital ready logo to be placed within the newsletter and a 1 – 3 sentence statement about your business. The Heritage Senior Center reserved the right to edit statement for length and the right to turn down sponsorship that is inappropriate or looks to defraud our members. More than one business could be in the newsletter at a time. Please contact Heritage Senior Center at 717-308-7096 or via email at: center.heritage@yahoo.com, to sponsor the newsletter or to find out more about additional sponsorship opportunities.

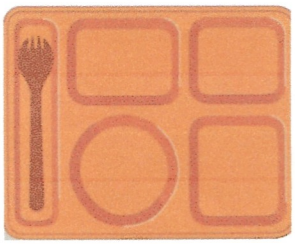
Members: Fill out and hand into Laura

Non-Members: Mail/drop off/or call: Heritage Senior Center
3700-4 Davidsburg Road
Dover PA 17315

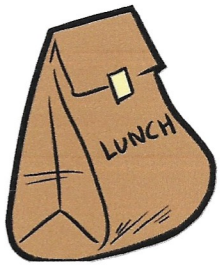
Name/Organization/Business: _____

Month to Sponsor: _____

Amount: $_____







LUNCH AT HERITAGE

The Heritage Senior Center provides lunch 5 days a week

Monday – Friday

Grab & Go Meals are available for pickup 10:30AM – 11:30AM

(this service will be discontinued as of 1/1/2027)

Dine-In Meals are available 11:15AM – 11:45AM

You must put your meal choices into the Co-Pilot computer 2 days ahead. If you need assistance, please ask the staff &/or volunteers.

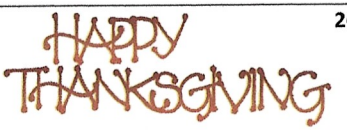
1.
2.
3. **BE SURE TO** fill out the monthly lunch sign-up sheet and CIRCLE if you are getting a Grab & Go Meal or Center (Dine-In) Meal.
4. **Directions for Monthly Sign-Up:** Sign into Co-Pilot and TOUCH the days on the screen that you plan to eat lunch (Center or Grab & Go). Be sure to select **ONLY ONE (1)** for each day you plan to eat.
5. **When you have completed the Sign-Up**, please put your sheet in the hanging file marked completed menus next to the Co-Pilot computer.
6. **Changes:** If you need to make a change to your lunch sign-up sheet after completed. Go into the Co-Pilot completed and touch date you wish to remove.
7. **Directions for Daily Sign-In:** Each member signs into Co-Pilot separately. **Example:** Husband and wife, both must sign in. It is your responsibility to sign-in **EACH** day and to sign up for your meal choices.
8. **Meal counts are ordered two (2) business days in ahead.** **Example:** If you order a meal for Monday, the order is placed the previous Thursday; Wednesday meals are ordered on the previous Monday, etc. ***Heritage can NOT guarantee a meal if you did not sign up in Co-Pilot.***
9. **Leftover Meals:** Any extra meals and/or food items, after all are served, will be given out after 11:45AM.



Seniors are invited to the Dress Rehearsal on Wednesday, November 18, 2026 at 5:00PM

Center Hours: 8 am to 2 pm.

November Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30am-1:30pm Cards/Chat/Puzzles	3 **ELECTION DAY!** **CENTER CLOSED** 	4 8:30am-1:30pm Cards/Chat/Puzzles **9am-10am Chair Yoga with Marilyn**	5 8:30am-1:30pm Cards/Chat/Puzzles 9:30am SPEAKER: Pappus House End of Life Services	6 8:30am-1:30pm Cards/Chat/Puzzles **9am-10am Exercise with Marilyn** **Pie Day Friday ***
9 8:30am-1:30pm Cards/Chat/Puzzles	10 8:30am-1:30pm Cards/Chat/Puzzles **9am-10am Exercise with Marilyn** **9am-11:15am Knitting/ Crochet** 10:00am PRESENTATION: Devoted Health Medicare Open Enrollment	11 **VETERANS DAY!** **CENTER CLOSED** 	12 **BINGO 9:00am - 12:00pm** **Bag Lunch** **Caller: Oak Street Health**	13 8:30am-1:30pm Cards/Chat/Puzzles **9am-10am Exercise with Marilyn** **Pie Day Friday ***
16 8:30am-1:30pm Cards/Chat/Puzzles 10am-2pm Devoted Health Medicare Reviews (Pre-registration requested)	17 8:30am-1:30pm Cards/Chat/Puzzles **9am-10am Exercise with Marilyn** **9am-11:15am Knitting/ Crochet** HAPPY ST PATRICK'S DAY!	18 8:30am-1:30pm Cards/Chat/Puzzles **9am-10am Chair Yoga with Marilyn** **10am-11am Walking Stations** 10:00am CRAFT: Stress Balls with Mary Haberkorn	19 8:30am-1:30pm Cards/Chat/Puzzles **9:00am BOARD MEETING** **9:30am Bible Discussion**	20 8:30am-1:30pm Cards/Chat/Puzzles **9am-10am Exercise with Marilyn** **Pie Day Friday ***
23 8:30am-1:30pm Cards/Chat/Puzzles	24 8:30am-1:30pm Cards/Chat/Puzzles **9am-10am Exercise with Marilyn** **9am-11:15am Knitting/ Crochet**	25 8:30am-1:30pm Cards/Chat/Puzzles **9am-10am Chair Yoga with Marilyn** **10am-11am Walking Stations**	26  **CENTER CLOSED**	27 **BLACK FRIDAY!** **CENTER CLOSED** 
30 8:30am-1:30pm Cards/Chat/Puzzles 12:30pm Book Club The Measure by Nikki Erlick			**Daily Lunch Schedule** **10:30-11:30 AM Grab and Go** **11:15-11:45 AM Dine In Lunch Served** **Please sign up for lunches 2 business days ahead.**	*Activites subject to change* ** Pies and Desserts raffled off. Number of winners depend on amount of product donated for the week.*



November 2026



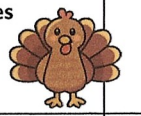
The Nutrition Group

Monday	Tuesday	Wednesday	Thursday	Friday
2 Potato Crusted Fish (3.6oz) Potatoes w/Peppers & Onions (1/2c) Lima Beans (1/2c) WG Dinner Roll Milk/Margarine	**3** ELECTION DAY CENTER CLOSED 	**4** Chopped Steak in Gravy (2oz) Buttered Noodles (1/2c) Steamed Carrots (1/2c) Fresh Orange Milk	**5** Turkey Chef Salad Coleslaw (1/2c) Fresh Banana Dressing Packet WG Dinner Roll Milk/Margarine	**6** Chili Con Carne (1/2c) w/Cheese (1oz) Brown Rice (1/2c) Mandarin Oranges (1/2c) Cornbread Milk
9 Ham Steak (3oz) w/BBQ Glaze Lima Beans (1/2c) Applesauce (1/2c) WG Hamburger Bun Milk/Margarine	**10** Cheeseburger w/Carmelized Onions (2oz) Cream of Broccoli Soup Vegetable Medley (1/2c) WG Hamburger Bun Milk/Mayo	**11** VETERANS DAY! CENTER CLOSED 	**12** BINGO BAG LUNCH Tuna Salad Sandwich Fruit Juice Cucumber Salad Cookie	**13** Sausage, Egg, & Cheese English Muffin Homestyle Roasted Potatoes (1/2c) Sunrise Orange Juice WG English Muffin Milk/Ketchup
16 Meatloaf w/Gravy (2oz) Mashed Potatoes (1/2c) Sweet Peas (1/2c) WG Dinner Roll Milk/Margarine	**17** BBQ Pork Rib Sandwich Potato Au Gratin (1/2c) Seasoned Sweet Corn (1/2c) Mandarin Oranges (1/2c) WG Hamburger Bun Milk	**18** Veggie Lasagna Roll-Up in Cream Sauce Peperonata w/Tomatoes (1/2c) Diced Pears (1/2c) Breadstick Milk	**19** Roast Turkey (3oz) w/Gravy (2oz) Stuffing (2oz) Whipped Potatoes w/Chives (1/2c) Steamed Corn (1/2c) Cherry Pie (Individual) WG Dinner Roll Milk/Margarine	**20** Krabby Cake Cheesey Rice (1/2c) Sweet Potato Casserole (1/2c) Diced Beets (1/2c) Milk
23 Crispy Chicken Cutlet Garlic Parsley Potatoes (1/2c) Roasted Cabbage w/Bacon (1/2c) Milk/Margarine	**24** Crispy Fish Sandwich Creamy Tomato Soup Steamed Peas (1/2c) Applesauce (1/2c) WG Hamburger Bun Milk	**25** Sweedish Meatballs (4) in Cream Sauce Buttered Pasta (1/2c) Seasoned Green Beans (1/2c) Fresh Orange Milk	**26** 	**27** BLACK FRIDAY! CENTER CLOSED  Let's Go Shopping!
30 Roast Beef (3oz) w/Gravy (2oz) Mashed Potatoes (1/2c) Steamed Mixed Veggies (1/2c) WG Dinner Roll Milk/Margarine				

NAME _____

November

York County

Monday	Tuesday	Wednesday	Thursday	Friday
2 Center - Yes Grab and Go - Yes	3 ELECTION DAY! CENTER CLOSED 	4 Center - Yes Grab and Go - Yes	5 Center - Yes Grab and Go - Yes	6 Center - Yes Grab and Go - Yes
9 Center - Yes Grab and Go - Yes	10 Center - Yes Grab and Go - Yes	11 VETERANS DAY! CENTER CLOSED 	12 Bingo Bagged Lunch Center - Yes Grab and Go - Yes	13 Center - Yes Grab and Go - Yes
16 Center - Yes Grab and Go - Yes	17 Center - Yes Grab and Go - Yes	18 Center - Yes Grab and Go - Yes	19 Thanksgiving Dinner Center - Yes Grab and Go - Yes 	20 Center - Yes Grab and Go - Yes
23 Center - Yes Grab and Go - Yes	24 Center - Yes Grab and Go - Yes	25 Center - Yes Grab and Go - Yes	26  CENTER CLOSED	27 BLACK FRIDAY! CENTER CLOSED 
30 Center - Yes Grab and Go - Yes				