

Heritage

Senior Center

September 2026

3700-4 Davidsburg Road, Dover, PA 17315

HOURS: 8:00am - 2:00pm Monday - Friday

EMAIL: center.heritage@yahoo.com

NEW PHONE # 717-308-7096

NEW WEBSITE ADDRESS: HeritageSeniorCenter.com



SUPPORTING & EMPOWERING SENIORS

Our Staff

Executive Director—Shaiayne Campbell

Assistant Director— Laura Gibbs

General Assistant- Deatrice Thomas

HDM Coordinator— Liz Olasz-Revesz

Kitchen Coordinator— Ema Williams

Kitchen Coordinator— Marleny Mercado

Emails

heritageexecutivedirector@gmail.com

assistantdirectorhsc@gmail.com

generalassistanthsc@gmail.com

hdmcoordinatorhsc@gmail.com

**Thank you for your continued support from our donors
for the Building Fund**

Steve & Sue Myers

Brenda & Dennis Williams

Harry Spence

Family Clothes Tree

Bobbie Bowen

Anonymous Donor



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

Office Supplies:

White Copier Paper (ream)
Forever Postage Stamps
White letter size security envelopes

Coffee/Drink Bar:

12oz cans of soda
Hershey's syrup: Chocolate/Caramel
Bottled water
Coffee flavorings and flavored creamer
Cocoa Packets
Tea Bags: Regular, Decaf and Mint
ICED TEA BAGS for cold tea

Cleaning Supplies:

Sanitizing Wipes
Scouring Pads
Sponges/blue disposable rags
Mr. Clean Floor Cleaner
Dawn Dish Soap

Kitchen items: Ziplock Bags: Sandwich, Quart, Gallon

Gift cards to BJ's, Walmart, Amazon, Staples, Dollar Tree, Hobby Lobby

Paper Products: Paper towels; Kleenex boxes: Square

THANK YOU FOR YOUR DONATION

Bonnie Blackwell

Joan Kauffman

Roger Evans

Rich Janosky

Cindy Rusnak

Ben Hyser

Roger Herr

Bill Wolf

Lori Cutshall

Robin Geesey

Ellen Woltcheck

Rozanna Spangler

Kathy Cook

Rita Hartlaub

Anita Hensel

Kathy Cook

Kevin Hawkins

Bruce Geesey

Bruce Fields

Linda Janosky

Audrey Hoke

Sue Myers

Jim McCaffery

Bob Wolf

Jean Hawkins



Stacey Moul

Paul Duryea

Kenneth Trish

Gail Fitz

Gary Smith

Linda Stone

Bonnie Zeigler

Brenda Leidig

Rodney Flinchbaugh

Pete Klersy

Anthony Bachman

Melissa Ann Zink

LaJauna M. Ferguson

Carol Mae Raught

John Measic

Dean Allen Thieret

Beth J. Thieret



9/3 Slushie Day 10:30 am

9/7 Closed Labor Day

9/8 Exercise Class Cancelled

9/9 Blackjack with Adam Insurance Mgmt.

9/9 Night out at HOSS'S

9/10 Bingo

9/14 1:30 pm Bowling at Colony Park Lanes

9/16 10 am Speaker—PA Medi

9/16 Walking Stations Cancelled

9/17 Board Meeting

9/18 Last Day for Zook's

9/19 10 am Apple Harvest Baking Contest

9/23 Milkshake Day 12 pm

9/24 9:30 am Bible Discussion

9/28 Book Club

9/29 Exercise Cancelled

9/30 Zook's Pick Up

9/30 Walking Stations Cancelled

Shiloh Lions Club Needs Donations

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

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,
Cindy Wilt at 717-586-6526



Fundraiser . . .

Zook's Homemade Meat Pies

**ORDERS DUE: Friday, September 18, 2026
before 12:00PM (noon)**

**ORDER PICKUP: Wednesday,
September 30, 2026
from 12:00PM to 2:00PM**

Order Form attached in Newsletter

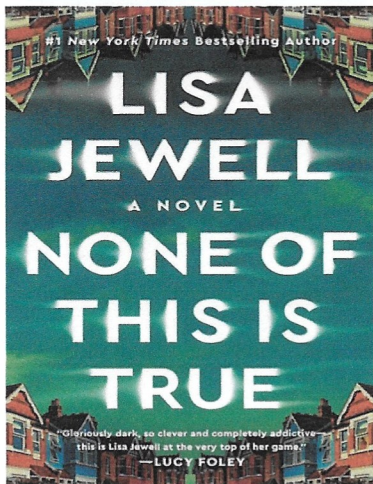
VOLUNTEERS NEEDED

Volunteers to help serve in the kitchen on Mondays, Wednesdays, or Fridays. Anytime between 8AM and 1PM. Serve meals, put take out bags together, set up the snack table and wash dishes and pans.

We are in need of
Home Delivered Meals Drivers
Monday, Wednesday, and Friday
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

September 28, 2026

12:30PM

Celebrating her forty-fifth birthday at her local pub, popular podcaster Alix Summers crosses paths with an unassuming woman called Josie Fair. Josie, it turns out, is also celebrating her forty-fifth birthday. They are, in fact, birthday twins.

A few days later, Alix and Josie bump into each other again, this time outside Alix's children's school. Josie has been listening to Alix's podcasts and thinks she might be an interesting subject for her series. She is, she tells Alix, on the cusp of great changes in her life.

Josie's life appears to be strange and complicated, and although Alix finds her unsettling, she can't quite resist the temptation to keep making the podcast. Slowly she starts to realize that Josie has been hiding some very dark secrets, and before she knows it, Josie has inveigled her way into Alix's life—and into her home.

But, as quickly as she arrived, Josie disappears. Only then does Alix discover that Josie has left a terrible and terrifying legacy in her wake, and that Alix has become the subject of her own true crime podcast, with her life and her family's lives under mortal threat.

Who is Josie Fair? And what has she done?



**Wednesday, September 9th
Restaurant Fundraiser at**

Hoss's West York

Dear Friend of Heritage Senior Center:

We are excited to team up with Hoss's Steak and Sea House in West York to raise money for Heritage Senior Center. Please consider eating at Hoss's in West York on Wednesday, 9/9/2026 from 11:00AM – 8:30PM to aid us in making this restaurant fundraiser successful.

Present this page on 9/9/2026 to your server before ordering your food. Hoss's in West York will then donate 20% or 25%** of your total check paid to Heritage Senior Center. (Note: You may present to your server a Community Night Fundraiser "Cash Cow Card" for this event instead of printing a copy of this page if you received a card while at Heritage Senior Center.)

Group #133556

SEPTEMBER BIRTHDAYS



9/1 Deborah F. Burger

9/2 Dianne E. Hartman

9/3 Tammy Sue

9/8 Mary D. Chronister

9/9 David Hanley

9/11 Georgia A. Watson

9/12 David E. Seitz

9/14 Jean C. Hawkins

9/16 Marie E. Jennings

9/16 Leslie e. Templeton

9/18 Sally L. Koch

9/18 Linda Palmer

9/19 Roger E. Herr

9/19 Roxanna A. Spangler

9/19 Earl W. Wise

9/19 Nancy K. Wolf

9/20 Joyce M. Bowers

9/20 Patricia A. Middleton

9/21 Angela L. Harris

9/24 Robert E. Nispel

9/24 Deborah L. Oyler

9/25 Rosemary A. Sieffert

9/26 Joan Kauffman

9/26 Deborah Lillian Klinedinst

9/27 Vicki L. Fissel

9/28 Brenda J. Leidig



FUN DAYS IN SEPTEMBER

Slushie Day; Bowling; Night Out; Bingo;
Milkshake Day, Apple Bake-Off

COME OUT AND JOIN IN THE FUN

CHECK OUT THE ACTIVITIES CALENDAR FOR DATES

LET'S GET MOVING!!!

Wednesdays, beginning AUGUST 19, 2026, we will offer **CHAIR YOGA** at 9:00AM
and **FITNESS STATION WALKING** at 10:00AM

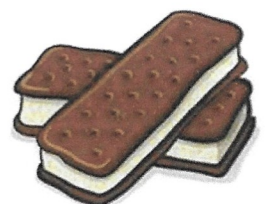
It's an easy and simple way to get up and get moving! As you know how hard it is
to get motivated, Heritage would like to offer you an option that is fun different
and healthy.

Please join us on Wednesday mornings!



Ice Cream Novelty Bars are
still available!

\$1.00



Monthly Activities

Come join us every month for these activities

Pick up games daily of Cards
Board games
Corn Hole (ask a staff member to set up)
Wil Available Daily (ask a staff member to set up)

Exercise Class

Every Tuesday of the month: 9:00 – 10:00AM with Marilyn

Donations requested and go directly to the instructor

Every Friday at 9:00 - 10:00AM in the Community Room with Marilyn

Donations requested and go directly to the instructor.

Every Wednesday **Chair Yoga** 9:00AM in the Community Room with Marilyn

Station Walking 10:00AM in Community Room

Crochet/Knitting Group

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

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



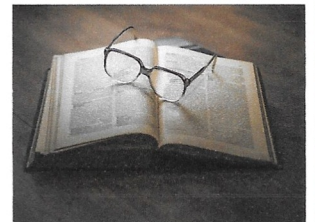
Craft Club

Wednesday at 12:30PM, September 2, September 9,
September 16, September 23, and September 30.



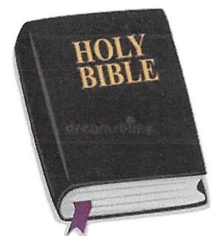
BOOK CLUB

Last Monday of the month: **September 28, 2026** at 12:30 - 1:30PM



Bible Discussion:

Last Thursday of the month: **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 to 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 reserves the right to edit statements for length and the right to turn down any business that is inappropriate or looks to fraud our members. More then 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

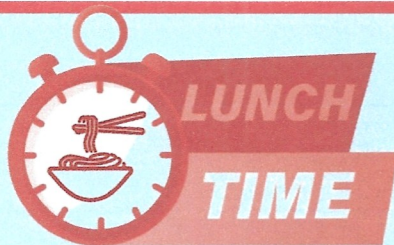
Non Members: mail to/drop off/or call: Heritage Senior Center

3700-4 Davidsburg Road
Dover, PA 17315

Name/Organization/Business _____

Month to sponsor: _____

Amount:\$ _____



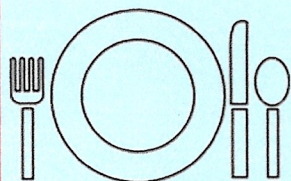
& Sign Up At HSC!



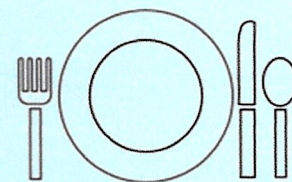
**The Heritage Senior Center provides lunch 5 days a week,
Monday through Friday,**

"Grab & Go" meal pick up time is: 10:30AM - 11:30AM

Dining at Center is: 11:00AM—11:45AM



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. **Directions for Monthly sign-up:** Sign into Co-Pilot and TOUCH the days on the screen that you plan to eat lunch at the Center, use Center-Go or will be picking up a "Grab & Go" meal. Be sure to select only one 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 Co-Pilot.
5. **Directions for Daily Sign-in:** Each member signs into Co-Pilot separately.
Example: Husband and wife. The Staff will assist, if necessary, but it is up to YOU to check yourself in each day and to also sign up for your monthly meals.
6. **Meal head counts are ordered TWO business days ahead.**

Example: If you order a meal for Monday, the number of meals is ordered on Thursday, a Wednesday meal is ordered on Monday, etc. *We can NOT guarantee a meal if you did not sign up in Co-Pilot. Any extra meals are given out at 11:45 after the Center and Center-Go times have passed.*



Center Hours: 8 am to 2 pm.

September

Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30am-1:30pm Cards/Chat/Puzzles 9am-10am Exercise with Marilyn 9am-11:15am Knitting/ Crochet	2 8:30am-1:30pm Cards/Chat/Puzzles 9:00am Chair Yoga 10am-11am Station Walking	3 8:30am-1:30pm Cards/Chat/Puzzles 12:00pm Slushie Day!	4 8:30am-1:30pm Cards/Chat/Puzzles 9am-10am Exercise with Marilyn Pie Day Friday *
7 HAPPY LABOR DAY! CENTER CLOSED	8 8:30am-1:30pm Cards/Chat/Puzzles Exercise with Marilyn - CANCELLED 9am-11:15am Knitting/ Crochet	9 8:30am-1:30pm Cards/Chat/Puzzles 9:00am Chair Yoga 10am-11am Station Walking 10:00am BLACKJACK presented by Adams Insurance Mgmt NIGHT OUT: Hoss's Steak & Sea House	10 BINGO 9:00am - 12:00pm Bagged Lunch Caller: Oak Street Health	11 8:30am-1:30pm Cards/Chat/Puzzles 9am-10am Exercise with Marilyn Pie Day Friday *
14 8:30am-1:30pm Cards/Chat/Puzzles 1:30pm BOWLING at Colony Park Lanes	15 8:30am-1:30pm Cards/Chat/Puzzles 9am-10am Exercise with Marilyn 9am-11:15am Knitting/ Crochet	16 8:30am-1:30pm Cards/Chat/Puzzles 9:00am Chair Yoga Station Walking CANCELLED 10:00am HEALTH SPEAKER: PA Medi presented by York County Area Agency on Aging	17 8:30am-1:30pm Cards/Chat/Puzzles 9:00am BOARD MEETING 10:00am APPLE HARVEST BAKING CONTEST Last Day to Order Zook's Pies Pie Day Friday *	18 8:30am-1:30pm Cards/Chat/Puzzles 9am-10am Exercise with Marilyn 10:00am APPLE HARVEST BAKING CONTEST Last Day to Order Zook's Pies Pie Day Friday *
21 8:30am-1:30pm Cards/Chat/Puzzles	22 8:30am-1:30pm Cards/Chat/Puzzles 9am-10am Exercise with Marilyn 9am-11:15am Knitting/ Crochet	23 8:30am-1:30pm Cards/Chat/Puzzles 9:00am Chair Yoga 10am-11am Station Walking 12:00pm MILKSHAKE DAY!  First Day of Autumn	24 8:30am-1:30pm Cards/Chat/Puzzles 9:30am - Bible Discussion with By Selective Psalms	25 8:30am-1:30pm Cards/Chat/Puzzles 9am-10am Exercise with Marilyn Pie Day Friday *
28 8:30am-1:30pm Cards/Chat/Puzzles 12:30pm Book Club None of This is True by Lisa Jewell	29 8:30am-1:30pm Cards/Chat/Puzzles Exercise with Marilyn CANCELLED 9am-11:15am Knitting/ Crochet	30 8:30am-1:30pm Cards/Chat/Puzzles 9:00am Chair Yoga Station Walking - CANCELLED Pick Up Zook's Pies Orders 12pm-2pm	Activities subject to change * Pies and Desserts raffled off. Number of winners depend on amount of product donated for the week.	Daily Lunch Schedule 10:30-11:30 AM Grab and Go 11:00AM - 11:45AM Center and Center Go Lunches Served Please sign up for lunches 2 business days ahead.

Monday	Tuesday	Wednesday	Thursday	Friday
 Happy Labor Day! 	1 3oz Chipped Ham Sandwich 1 Slice Provolone Cheese 1/2c Three Bean Salad 1/2c Coleslaw Hamburger Bun 1/2c Applesauce	2 3oz Chicken Cutlet with 2oz Country White Gravy 1/2c Mashed Potatoes 1/2c Peas Wheat Bread 1/2c Peaches	3 Creamy Tuna Salad Sandwich (3oz Tuna, 1oz Mayo) 1/2c Crispy Broccoli Salad 1/2c Pickled Beet Salad 2 White Bread Seasonal Fresh Fruit	4 3oz Pepper Steak w/ 1oz Tomato Sauce, 1oz Peppers, 1oz Onions 1 Baked Potato 1/2c Carrots 1 Wheat Bread 1/2c Pudding
7 3oz BBQ Pulled Pork Sandwich 1/2c Cheesy Potatoes 1/2c Peas 1 Hamburger Bun 1/2c Pineapple Tidbits	8 Hot Dog 1/2c Coleslaw 1/2c Pasta Salad Hot Dog Bun Fresh Fruit 1/2c Marshmallow Fluff	9 3oz Fire Grilled Chicken Breast 1/2c Cheesy Broccoli & Rice 1/2c Carrots 1/2c Diced Pears 1 Dinner Roll 	10 BINGO - BAG LUNCH Turkey on Whole Wheat Bread Potato Salad Fresh Fruit Brownie	11 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie
14 3oz BBQ Pulled Pork Sandwich 1/2c Cheesy Potatoes 1/2c Peas 1 Hamburger Bun 1/2c Pineapple Tidbits	15 4oz Chicken Salad Sandwich 1/2c Marinated Tomato Cucumber Salad 1/2c Macaroni Salad Seasonal Fresh Fruit 1 Hamburger Bun	16 Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Green Beans 1 Dinner Roll 1/2c Applesauce	17 Turkey Chef Salad (2oz Turkey, HB Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Wheat Bread 1/2c Pudding	18 3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1 Cookie
21 Potato Crusted Pollock w/ 1 Tbsp. Corn & Red Pepper Relish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes Seasonal Fresh Fruit 	22 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1/2c Mixed Fruit Salad	23 Chicken Philly Sandwich 1c Cream of Potato Soup 1/2c Coleslaw Hot Dog Bun 	24 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips (10pc) 1/2c Rice 1/2c Pineapple 	25 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peaches
28 1 Lasagna Roll Up w/ Red Sauce 1/2c Garlic Green Beans 1 Garlic Herb Breadstick 1/2c Diced Peaches 	29 4oz Sweet & Sour Chicken 1/2c Steamed Brown Rice 1/2c Island Blend Vegetables 1 Wheat Bread Seasonal Fresh Fruit	30 Pizza Burger 1/2c Carrots 1 Hamburger Bun Fresh Fruit	Fiber promotes digestion and heart health. Aim for whole grains and vegetables in the amount of 30g for men and 21g for women daily!	

NAME _____

September

York County

Monday	Tuesday	Wednesday	Thursday	Friday
SIGN UP must be made 2 days prior to ordered lunch request. ALL Bag Lunches are ordered 2 weeks prior to date. Specific number is given to caterer and cannot be changed. Please order early for Bag Lunches	Center - Yes Grab and Go - Yes	Center - Yes Grab and Go - Yes	Center - Yes Grab and Go - Yes	Center - Yes Grab and Go - Yes
LABOR DAY! CENTER CLOSED	Center - Yes Grab and Go - Yes	Center - Yes Grab and Go - Yes	BINGO Bag Lunch Center - Yes Grab and Go - Yes	Center - Yes Grab and Go - Yes
Center - Yes Grab and Go - Yes	Center - Yes Grab and Go - Yes	Center - Yes Grab and Go - Yes	Center - Yes Grab and Go - Yes	Center - Yes Grab and Go - Yes
Center - Yes Grab and Go - Yes	Center - Yes Grab and Go - Yes	Center - Yes Grab and Go - Yes	Center - Yes Grab and Go - Yes	Center - Yes Grab and Go - Yes
Center - Yes Grab and Go - Yes	Center - Yes Grab and Go - Yes	Center - Yes Grab and Go - Yes	Center - Yes Grab and Go - Yes	Center - Yes Grab and Go - Yes
CENTER GO is still an option available. Please enter your meal as CENTER . The CoPilot system has updated and we are unable to add the additional category. <i>Thank you for your understanding</i>				

Fundraiser . . . Zook's Homemade Meat Pies

Submit this order form along with your payment to any staff member.

ORDERS DUE: Friday, September 18, 2026 before 12:00PM (noon)

ORDER PICKUP: Wednesday, September 30, 2026 from
12:00PM to 2:00PM

NAME: _____ PHONE: _____

ITEM	SIZE	COST	NO. ORDERED	TOTAL COST
Chicken Pie	6 inch	\$ 6.50		
Chicken Pie	9 inch	\$11.00		
Beef Pie	6 inch	\$ 7.50		
Beef Pie	9 inch	\$12.00		
Sausage Pie	6 inch	\$ 6.50		
Sausage Pie	9 inch	\$11.00		
Apple Dumpling	Single	\$ 4.00		
Apple Dumpling	Double	\$ 7.00		
Whoopie Pies	6 pack	\$ 7.50		
Shoofly Pie	8 inch	\$10.50		
Chow Chow	Pint	\$ 7.00		
Chow Chow	Quart	\$ 9.50		
TOTAL				\$

*****Please use separate order forms for separate pick-ups*****

*****We no long have space to freeze your orders if you cannot pick them up on September 30, 2026*****

HERITAGE SENIOR CENTER
3400 DAVIDSBURG ROAD, DOVER PA 17315
717-308-7096