



HERITAGE HEADLINES- November 2021

Center Hours: Mondays, Tuesdays and Wednesdays 8:30am-1:30pm

3700-4 Davidsburg Road, Dover, PA 17315

E-mail: center.heritage@yahoo.com Ph: 717-292-7471

www.heritagesrcenter.org

...where seniors come to grow...



Our Staff ...

Executive Director
Assistant Director
Administrative
Meals on Wheels Director
Kitchen Coordinator
Program Assistant

Emma Crossley
Stacy Hieber
Stacy Lepley
Jan Fry
Pam Strausbaugh

**Center Closed: Tuesday
November 2,
Thursday November 11,
Thursday November 25,
and Friday November 26**



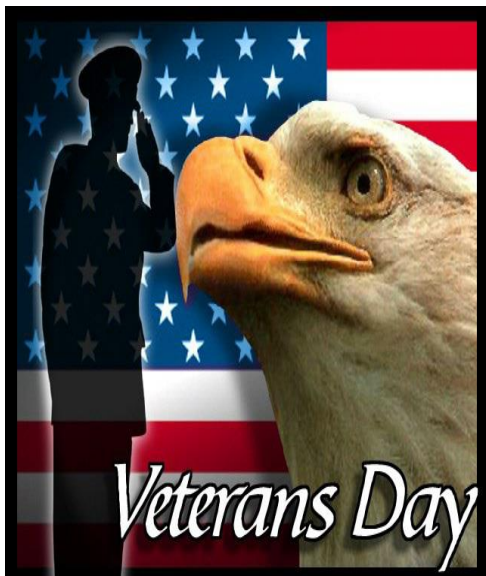
Drive-through Lunch Sign Up Five Days a Week

The senior center will provide hot lunches To-Go **Mondays through Wednesdays between 10:30am-11:30am.** On Wednesdays, two frozen meals will be given to cover Thursdays and Fridays. Please reserve your lunch order 2 days in advance or more by calling the center, leave a voice mail message if you aren't able to speak directly with a staff person. If at any time you need to have a family member or friend pick up your lunch, please let us know so we can ensure you receive your meal. Thank you to our kitchen volunteers who continue to help pack up and hand out the lunches, we couldn't do it without you!

Home Delivered meals continue to be delivered to members on Mondays. We thank our fabulous volunteers who faithfully deliver the 7 frozen meals to cover the week.

November Newsletter Sponsor: Chris and Willie Coleman

Honoring all veterans, thank you so much for your service!





"Lucky 13" Winners



Congratulations to our "Lucky 13" participants. Our monthly reimbursement from YCAA is based on the number of meals served each month, **so eating lunch with us is the #1 way** you can support your senior center. **September Winners:** Lori Cutshall, Mary Fitting, Jean Heberlig, and Earl Wise

Member Donations

Thank you for your contributions to the senior center: Sandy Anderson, Joyce Bowers, Chris & Willie Coleman, Lori Cutshall, Barry Gohn, Bob & Marty Kottmyer, Deb Lewis, Carolyn Richcrick, Gail Scicchitano, Mary Stevens, Dolly Sutton, Pat & Roger Whiteford, and Robert Wolf



New Members

Loretta Bachman, Cindy & David Hartman, Sandra Levkoff, Carol Uhlik, Barry & Cynthia Whitney

Monetary Donations

Thank you very much for your contributions to the senior center: Chris and Willie Coleman, Mary Stevens, Dolly Sutton, and anonymous donors.

Thank you Country Meadows for the yummy apples pies you baked for us on October 15th and the delicious cookies you provided on October 27th.



November Birthdays



- 11/2-** Linda Bean, Sandra Levkoff, and Pat Strausbaugh
- 11/3-** Sarah Chronister, Gail Krout, Fern McMaster, And Dick Sweitzer
- 11/4-** Warren Hengst and Pat Tibery
- 11/5-** Cynthia Hartman, Sharon Resh and Millie Tschopp
- 11/8-** Deb Hoover
- 11/9-** Ed Bennett Jr. and Kathy Dabney
- 11/11-** William Ruby
- 11/12-** George Hempfing and Joan Miller
- 11/13-** Ruth Cashman, Gloria Gerber and Toni Parker
- 11/14-** Marie-Pierre Bartholomew, Lauren Lemkelde, Shirley Marlowe, and Ruby Shrader
- 11/16-** Doris Armstrong and Judy Crouse

- 11/17-** Rick Harmer
- 11/18-** Christine Runk and Patricia Sullivan
- 11/19-** Pineapple Marcelino
- 11/21-** Marlene Kroft
- 11/22-** Sandy Koller, Dennis Shrader, and Kathy Tolbert
- 11/23-** Sandra Harlacker, Diane Henning, and Don Lauer
- 11/25-** Elanor Halpin, Karen Helsel, Joanne Stump, And Sandra Weigel
- 11/26-** Hazel Hamme, Diane Kendig, and Loretta Schmidgall
- 11/28-** Thel Chaney and Steve Myers
- 11/29-** Tom Kottcamp and Judi Rider
- 11/30-** Costanzo Rachele and John Warner

Get Well Wishes to...

Elaine Baylis, Thel Chaney, Sandy Dubbs, Gloria Gerber, Roland Golder, Norma Harbold, Rita Hartlaub, Millie Lorenzo, Dolly Shaffer, Darlene Shearer, Art Shoemaker, Donna Shue, Anna Soyke, Kathy Tolbert, Steph Wolfe, and Jean Zerbe.

Walking Club

The **HSC Walkie Talkies** will meet on Tuesday afternoons at 1:00pm in November at the start of the walking trail by the large pavilion at Lehr Park. You do not need to be pre-registered to attend.

Zook's Fundraiser

Thank you to everyone who purchased from the fundraiser, you helped to raise \$663.10 for the senior center!

Thank you to Jay Mummert and Steve Myers for driving to Lancaster to pick up all of the orders on September 30.

A Special Note for Those Donating to the Building Fund

We are continuing to raise money for the new building. Your contributions are greatly appreciated. Those who wish to be on the plaque at the new building, can give installments of ANY denomination that add up to \$1000 to have your name or an honor or memorial on a plaque (up until the time that the building is finished being built).

Sponsorship space is available in the newsletter to advertise your business. Inquiries please call: 717-292-7471.



We Extend Our Sympathy:

To Barry Lipschutz on the passing of his wife, Betty, on September 27th.

To Sandy Bode on the passing of her husband.

To the family and friends of Janet Grafton who passed away on October 11, 2021.

To Carolyn Coleman on the passing of her husband.



Building Fund Donators

Robert and Josephine Bookwalter, Roberta Bowen, Joy Inch
Joyce Bowers in honor of Del Bowers

Items Needed for the Senior Center

- Color copy paper (blue, yellow, green, orange), sanitizing wipes, painter's tape (for pickle ball), and postage stamps.

Thank you for Your Donations!

Hat and Glove Tree

We are currently collecting hats and gloves for Dover's New Hope Ministries **Christmas Blessings**. All sizes are needed for children and adults. The last day we will be collecting donations will be on Tuesday November 30th.



Thank you!



Book Club selection for Wednesday November 24, 2021 at 9:00am. Please call us if you need to borrow a book to read and to sign up that you will be joining us for this

November

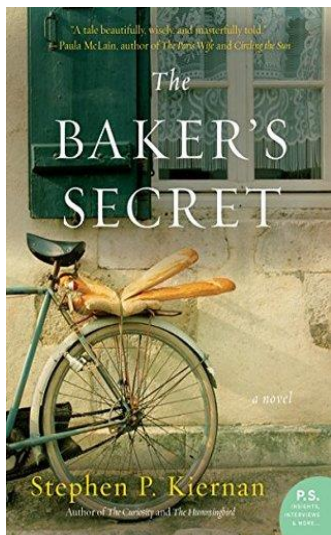
Book Club

On June 5, 1944, as dawn rises over a small town on the Normandy coast of France, Emmanuelle is making the bread that has sustained her fellow villagers in the dark days since the Germans invaded her country.

Only twenty-two, Emma learned to bake at the side of a master, Ezra Kuchen, the village baker since before she was born. Apprenticed to Ezra at thirteen, Emma watched with shame and anger as her kind mentor was forced to wear the six-pointed yellow star on his clothing. She was likewise powerless to help when they pulled Ezra from his shop at gunpoint, the first of many villagers stolen away and never seen again.

But in the years that her sleepy coastal village has suffered under the enemy, Emma has silently, stealthily fought back. Each day, she receives an extra ration of flour to bake a dozen baguettes for the occupying troops. And each day, she mixes that precious flour with ground straw to create enough dough for two extra loaves—contraband bread she shares with the hungry villagers. Under the cold, watchful eyes of armed soldiers, she builds a clandestine network of barter and trade that she and the villagers use to thwart their occupiers.

But her gift to the village is more than these few crusty loaves. Emma gives the people a taste of hope—the faith that one day the Allies will arrive to save them.



Military Share Food Distribution Program

The Shiloh American Legion Post #791 – is located at 149 Poplars Rd. York, PA 17408. All active duty service members, veterans and their families are eligible. Must pre-register and provide proof of military service such as a DD-214, Military ID, or VA Medical Card. Please call the coordinator, Donna Monfelt at 717-979-7203.

Shiloh Lions Club Needs Donations

They are looking for donations of Wheelchairs, Transport Wheelchairs, Four Wheel Walkers with Seats, and Two Wheel Walkers with Ski Slides & Knee Walkers. If you have any in working condition to donate, please call Keith Krout at 717-764-9791. Thank you!

November Activities and Programs

Pickle Ball

Pickle ball is held in the community room on Wednesdays from 12:30pm-2:30pm. Everyone is welcome to come play. Please sign up when you come into the senior center at the front desk when you arrive.



Exercise Classes

Classes with Vickie will be held every Tuesday in November from 9:00am-10:00am in the Community Room. Please enter through the senior center and sign in at the receptionist desk before class begins.



Community Outreach Education Topic Combatting Loneliness in Seniors

Please join us on Tuesday November 16, 2021 at 10:00am for speaker Barbara Goll's presentation on **Combatting Loneliness in Seniors**. This discussion talks about the consequences of loneliness and helpful tips to alleviate this epidemic in the senior population.

Barbara Goll is a Community Education and Nutritionist for Homeland at Home. She has spent most of her career in various levels of long-term care and community programming. Her passion is educating and helping people attain the best quality of life while aging in place. Barbara is also an AACE (Alzheimer's Association Community Educator).



Veteran's Day Presentation

On November 8, 2021, Nancy Vandevender will present a program to highlight the history of military uniforms throughout the ages. Join us to see a slide show presentation of uniforms from 216 BC to present day. Several military uniforms and other items will be on display. Feel free to wear or bring your military items to share. Come join us as we salute our veterans.



Bingo

On Thursday November 4th, the senior center will be hosting Bingo from 9:00am-12:00pm. When you arrive at the center, you will receive 40 games for \$10.00. Please pre-register.



Musical Performance by Tonia Grubb



When: Monday November 22, 2021

Where: The Community Room

Time: 10:00am

We are very excited to have Tonia Grubb perform for us again! She will be performing 50's/60's music to today. Enter through the senior center and sign in at the front desk when you arrive. Please sign up in advance for lunch that day to dine with us after the musical performance.



Coming Soon....Medicare's Annual Open Enrollment Period

October 15th – December 7th

During Open Enrollment, Medicare beneficiaries have the option to compare and switch their current Medicare Advantage Plan or Part D Prescription Drug Plan with new upcoming plans for 2022.

Why should you get a free comparison?

Medicare Advantage Plans and Part D Prescription Drug Plans can change yearly. Premiums, deductibles, cost sharing, and drug formulary updates are just a few of the things that can change with your plan. Open Enrollment only happens once a year, so it's important that you take advantage of this time period and make sure you have a plan that fits your needs and budget. Even if you're happy with your current plan, it's always a good idea to compare your options or review your plan to see what changes will happen in 2022.

PA MEDI can help!

Pennsylvania Medicare Education & Decision Insight, PA MEDI, is the State Health Insurance Assistance Program in Pennsylvania. We provide free, unbiased insurance counseling to people on Medicare. PA MEDI counselors are specifically trained to answer any questions about your coverage. We provide you with clear, easy to understand information about your Medicare options and can assist in comparing plans for 2022. We will also screen you to see if you qualify for any financial assistance programs to help pay for your prescription drugs or Part B premium.

In an effort to protect our clients and counselors from community spread of the Coronavirus (COVID-19,) plan comparisons will be conducted remotely. In person plan reviews may be available upon request. Appointments are required so call today to speak with a PA MEDI counselor and schedule your free comparison!

**YORK COUNTY AREA AGENCY ON AGING
100 WEST MARKET STREET YORK PA 17401
717-771-9042
1-800-632-9073**



November Activity Calendar

Center open on Mondays, Tuesdays and Wednesdays from 8:30am-1:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30am-Morning Chat 9am-1:30pm Cards 10am-11 Wii Bowling 10:30-11:30am Curb-side lunch pick up 11:30am Congregate lunch 12:30pm Word Finds/puzzles	2 Election Day Senior Center Closed	3 8:30am-Morning Chat 9am-1:30pm Cards 10:30-11:30am Curb-side lunch pick up 11:30am Congregate lunch 12:30pm-2:30 Pickle Ball in the Community Room	4 8:30am- Morning Chat 9am-12pm Bingo Please pre-register	5
8 8:30am-Morning Chat 9am-1:30pm Cards 9:30am-Nancy Vandevender Veteran's Day Presentation 10:30-11:30am Curb-side lunch pick up 11:30am Congregate lunch 12:30pm Word Finds/puzzles	9 8:30am-Morning Chat 9am-1:30pm Cards 9am-10 Exercise with Vickie 10:30-11:30am Curb-side lunch pick up 11:30am Congregate lunch 1:00pm Walkie Talkies	10 8:30am-Morning Chat 9am-1:30pm Cards 10:30-11:30am Curb-side lunch pick up 11:30am Congregate lunch 12:30pm-2:30 Pickle Ball in the Community Room	11 Veteran's Day Senior Center Closed	12
15 8:30am-Morning Chat 9am-1:30pm Cards 10am-11 Wii Bowling 10:30-11:30am Curb-side lunch pick up 11:30am Congregate lunch 12:30pm Word Finds/puzzles	16 8:30am-Morning Chat 9am-10 Exercise with Vickie 10:00am Speaker Barb Goll- Combatting Loneliness 10:30-11:30am Curb-side lunch pick up 11:30am Congregate lunch 1:00pm Walkie Talkies	17 8:30am-Morning Chat 9am-1:30pm Cards 10:30-11:30am Curb-side lunch pick up 11:30am Congregate lunch 12:30pm-2:30 Pickle Ball in the Community Room	18 Center Closed- Board Meeting	19
22 8:30am-Morning Chat 9am-1:30pm Cards 10am-11 Tonia Grubb Musical Performance 10:30-11:30am Curb-side lunch pick up 11:30am Congregate lunch 12:30pm Word Finds/puzzles	23 8:30am-Morning Chat 9am-1:30pm Cards 9am-10 Exercise with Vickie 10:30-11:30am Curb-side lunch pick up 11:30am Congregate lunch 1:00pm Walkie Talkies	24 8:30am-Morning Chat 9am-10am Book Club 10:30-11:30am Curb-side lunch pick up 11:30am Congregate lunch 12:30pm-2:30 Pickle Ball in the Community Room	25 Thanksgiving Senior Center Closed	26 Senior Center Closed
29 8:30am-Morning Chat 9am-1:30pm Cards 10am-11 Wii Bowling 10:30-11:30am Curb-side lunch pick up 11:30am Congregate lunch 12:30pm Word Finds/puzzles	30 8:30am-Morning Chat 9am-1:30pm Cards 9am-10 Exercise with Vickie 10:30-11:30am Curb-side lunch pick up 11:30am Congregate lunch 1:00pm Walkie Talkies			

*Schedule subject to change.

All members are invited to attend for activities. Pre-registration is not required unless stipulated for a certain program.