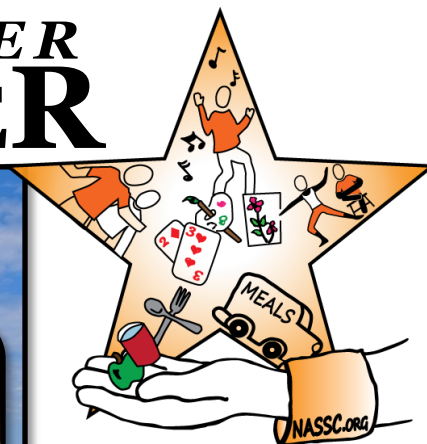




THE SENIOR CENTER BROADCASTER



NORTHEASTERN
SENIOR CENTER

FROM FLOOR TO FUTURE!

\$217,718 RAISED & GROWING

The floor has been leveled, contractors are being finalized, and our future home is one step closer to becoming a reality! Thanks to a generous gift from the Estate of Esther Miller and the continued support of our community, our Remodel Fund now stands at **\$217,718.31**. Read more inside to see how close we're getting and how you can help us reach our goal of opening our new home with as little debt as possible.

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See Page 5 full story!

JOIN OUR OUTDOOR CREW!

As we continue preparing our new center in Strinestown, we are looking for **FOUR Dedicated Volunteers** to help keep the property looking neat, welcoming, and well cared for throughout the season.

We already have our own ride-on mower and trimmers available for use — although if you prefer using your own equipment, that is welcome too!

This is **YOUR center**, and together we can help create a place our community can truly be proud of. By volunteering just a little of your time, you are helping us maintain a beautiful and welcoming home for our members, volunteers, and guests.

If you enjoy working outdoors and would like to be part of this small volunteer crew, please contact the center or sign up on the signup tables.

HELP US KEEP OUR NEW CENTER BEAUTIFUL!



Outdoor Crew will assist with:

Mowing ★ Trimming ★ Edging ★ General grass upkeep

Our Mission

We aspire to: enhance, enrich, enlighten and nourish the lives of our seniors, both active and homebound

MONTHLY ACTIVITIES

PLEASE NOTE Haircuts & Massages:

Must be @ Center between 10-10:30 and will be taken in the order you have signed up. No Show, you will be skipped or put at the end of the list. **No Walk-Ins!**

MONDAYS

Haircuts by Missy Miegler (★★No Sept Appts★★)

Dry Cut & Basic Style ONLY Cost \$12

by appt..... 1st Mondays @ 10am

Socrates Café

Anne Vendy Moderator1st Mondays @ 10AM

Notes of Healing Music Therapy

w/Taylor Hood2nd Mondays @10AM

This is all about you and the joy of music!

TUESDAYS

BRUNCH BUNCH 2nd Tuesdays @10am

««Reservations Required»»

Meet each month with escort, Margaret Miller

I 83 DinerJuly 14

5220 N Susquehanna Trail, York

Summit RestaurantAug 11

670 Industrial Dr, Lewisberry

Lion's PrideSept 8

20 Dairyland Square, Red Lion

You will meet at a local restaurant each month with escort, Margaret Miller

SOCIAL DANCING W/MIKE @ 12:15PM

..... 7/14 • 7/28 • 8/11 • 8/25 • 9/8 • 9/29

WEDNESDAYS

Free Blood Pressure Screenings

by Kara..... 1st Wednesdays @ 9:30AM

Free Sugar Checks & BP's

by volunteer RN's.....4th Wednesdays @ 9AM

Chair Massages. by Brenda Dettrey, LMT 1st & 3rd

Wednesdays \$15 /15 mins..... @ 9:00AM

Millek's Sub Sales

Orders Due:2nd Wednesdays

Delivery:..... 3rd Wednesdays

THURSDAYS

Muscle Mechanics with Steve Newport (\$3 donation)

2nd & 4th Thursdays @ 9AM

Now Ya Got It! - Bring a \$5 NEW Wrapped Gift!.....

3rd Thursdays@ 10:30AM

Property Tax/Rent Rebate

Appts. w/Abby of State Rep Joe D'Orsie

1st Thursdays @ 9AM

Beltone @ Home

Quarterly free services to clean/check/repair hearing aids

by Special Appt. Only! 7/30 @ 9-12

MUST check with staff for scheduling. Offers free services to clean/check/repair hearing aids as well as hearing tests.

..... **Future 2026 date:** 10/29

Iris Paper Folding with Missy!



Craft beautiful handmade cards

..... 1st Thursdays @ 9AM

July 2 • Aug 6 • Sept 3

Reservations Required (\$3/Class)

Chapel Time3rd Thursdays @ 9:30AM

..... w/ Paster Eddie

FRIDAYS

Golfing at Royal Manchester

Fridays throughout 2026

July 10 • Aug 7 • Sept 11 • Oct 9

(dates are always subject to change)

8:30 am Tee Time

Cost: \$25 per person / 9 holes with cart

Contact the Senior Center

if you would like to join the Club!



Crafting & Games with the Otterbein

Dragonflies & Grasshoppers

1st Fridays (Sept-May) 9:15AM

Join us for crafting & games with the children upstairs!



Birthday Bash 3rd Fridays @11:15AM

UPCOMING DATES: 7/17, 8/21 & 9/18

Join us to honor and celebrate our members' birthdays occurring within that month! A BIG Thank you to *Country Meadows* for supplying our monthly birthday cakes!



Homemade Fixin's Fridays

..... 3rd Fridays

Upcoming Dates:

July 17 • Aug 21 • Sept 18

Menus TBA at the center



2026 MONTHLY SUB SALES

by Millek's Subs & Aunt Lydia's Pretzels

12" subs...\$7

Pretzel & Hamburger Roll

Sandwiches...\$6



Orders due by the **2nd Wed.** of each month (before Noon). **Pickup/Delivery** & payment the following week, **3rd Wed.** (10am-1pm), Jan-Nov. Thank you for your support! (Full details on order forms at the front desk.)

WEEKLY ACTIVITIES

MONDAYS

9:00 AM – Chair Aerobics or Drumming*
12:15 PM – Paint w/Holly & Art Club* – RSVP

TUESDAYS

9:00 AM – Dance Fit *will resume Sept 15th ~ \$3*
10:15 AM – Get Moving*

WEDNESDAYS

12:15 PM – Bingo
Bring as many \$2/\$3 gifts as you won prior week

THURSDAYS

10:00 AM – Fitness Class ~ \$3
No Class Aug 6th

FRIDAYS

10:15 AM – Moving & Grooving*

**Donation-based classes are voluntary contributions*



Activities On the Horizon...



7/7
12:15PM



Pennsylvania
Medicare Education
and Decision Insight

PA MEDI
by YCAAA

Learn about Pennsylvania's Medicare counseling program and resources that may help reduce costs for premiums, deductibles, and prescription medications.

7/20
10AM

Drumming Circle
Jeff Kuhn

Join Jeff Kuhn for an interactive drumming experience that combines rhythm, learning, and fun for all skill levels.

7/20
12:15PM

Make a Rope Bowl
Peggy from our NASSC Art Club

Peggy will demonstrate how to create a decorative rope bowl. Bring a small bowl and any embellishments you'd like to add. Free program.



7/21
12:15PM

Civil War Churches of York County
Historian Scott Mingus

Discover the stories of York County churches, pastors, congregations, and their roles during the Civil War era.

7/27
10AM

Understanding Vertigo
LHM Therapy

Learn about the causes, symptoms, and treatment of vertigo, a common condition that can affect balance, mobility, and quality of life.

7/30
9AM

Hearing Aid Check & Cleaning
Beltone Hearing – Jeff

Jeff will check, clean, and perform minor repairs on hearing aids when possible.



8/17
10AM

Vestibular Therapy
LHM

Learn how vestibular therapy can help improve balance, reduce dizziness, and manage symptoms of vertigo.

8/31
10AM

**Fostering Mental Wellness
in Older Adults**
Presented by Visiting Angels

Explore ways to support emotional well-being, maintain mental health, and promote a positive outlook as we age.

9/21
9AM

**Annual Health & Wellness Fair
& Flu Clinic**
Hosted by: Minnich's Pharmacy



Meet local health and wellness providers, gather valuable resources, and sign up for flu, RSV, shingles, pneumonia, tetanus, and other recommended vaccinations.

Flu Clinic - You will have to **register two weeks** prior for: flu, covid, &/or pneumonia shots
You will need:

- ★ Medicare Card
- ★ Any additional Insurance Cards

9/24
10AM

The One Man Band Returns
Nick DiSanto

Nick DiSanto returns to entertain our members, Penn-Mar, and LIU with his unique one-man band performance.

9/28
10AM

Trivia Challenge
Bob Reigh

Test your knowledge and memory with a lively morning of trivia, laughter, and friendly competition.

2026 TRIPS

*****You must be a member over 65 years old & registered with the Rabbit Bus.** Rabbit bus fares are always subject to fare increases that are not under our control. Costs include admission, tip, & Rabbit bus.



DEPARTURE
@ 10:15 am

- ★ **7/9 – Mary Poppins the Musical:**
Supercalifragilisticexpialidocious, A Spoonful of Sugar, & more. \$90
- ★ **8/27 – Pretty Woman:** The beloved movie, now a romantic musical. **\$90**
- ★ **10/5– American Highwaymen:** Music of Cash, Jennings, Nelson & Kristofferson. **\$100**
- ★ **11/5 – Beautiful: The Carole King Musical:**
Hits like *Natural Woman* & *It's Too Late*. **\$90**



Stage

DEPARTURE
@ 10:00 am

- ★ **9/3 – Ryan & Friends: Laughter in Lancaster:** Comedy, ventriloquism & parody songs. **\$75**
- ★ **12/8 – Christmas Show:** A heartwarming story of hope, miracles, and holiday cheer. **\$90**



Singin'
in the
Rain
presented by TAFE



7/24



lunch on your own
at Round the Clock



\$15



depart 9am

MAGIC & WONDER
Dinner Theater

SEPT 22ND - Cost: \$90

DEPARTURE
@ 11:00 am

Jukebox Generation

Is a high-energy dinner theater experience featuring timeless hits from the 1950s–1980s, celebrating the power of music across the decades.



LIVE MUSIC ENTERTAINMENT

EVERY WEDNESDAY MORNING

Mark your calendars for your favorites!

Whitey	7/1 @ 9:30
Safe Harbor	7/1 @ 10:30
Tom Shultz	7/8 @ 9:30
Tony Heath	7/15 @ 9:30
Chris Sacks	7/22 @ 9:30
Safe Harbor	7/29 @ 9:30
Sunnyside Gang	8/5 @ 9:30
Jerry Overby & Derek Reed	8/12 @ 9:30
Joe Cooney & Friends	8/19 @ 9:30
Quentin Jones	8/26 @ 9:30
Tom Shultz	9/2 @ 9:30
JCMA Band	9/9 @ 10:00
Tony Heath	9/16 @ 9:30
Quentin Jones	9/23 @ 9:30
Chris Sacks	9/30 @ 9:30

POPUK PRODUCE RETURNS!

Triple "A" Dwarf Acres (Barb Ahrens) ...

Bringing fresh, locally grown fruits and vegetables back to the center this summer!



Shop for seasonal produce right here at the center while supporting a local farm. PA Farmers Market Nutrition Program (FMNP) Vouchers are accepted!

Market Dates

July 14 • 8:00–9:30 AM
 July 23 • 12:00–1:00 PM
 August 11 • 8:00–9:30 AM
 August 27 • 12:00–1:00 PM
 September 8 • 8:00–9:30 AM
 September 24 • 12:00–1:00 PM

Fresh • Local • Convenient



NEWBIES!

"Mervie" Beshara • Larry Homsher
Edward Brothers Sr. • Donna Strohman
John & Marjorie Thelen • Joan Cochran
David Johnson

NEW VOLUNTEERS!

Typical Life Corporation • Kimberly Miller •
George Lenkner • Julia Kohler

NEEDING OUR PRAYERS:

Marcia Dellinger
Lona Klinina
Sherry Neihenke
Nancy Shatto
Mike Grothouse

OUR HEARTFELT SYMPATHY TO FAMILIES & FRIENDS OF:

Leann Caplinger
a member since 2025

Romaine Miller
member since 2004

J. "Sue" Hare
a member since 2010

Doris Pugh
Board member & center member since 2013



BUILDING OUR FUTURE TOGETHER!

Exciting things are happening at our future home in Strinestown!

Over the past several weeks, progress has continued as we work toward creating a permanent home for the Northeastern Senior Center. Most recently, the floor in our future kitchen and Community Hall area has been professionally leveled, bringing us one step closer to construction. Once final contractor selections are completed, framing will begin.

We are also thrilled to share that our Remodel Fund has reached **\$217,718.31 as of June 23, 2026**, thanks to the generosity of our supporters and a remarkable gift from the Estate of the late Esther Miller. We are deeply grateful for this extraordinary contribution and for every donor who has helped us reach this milestone.

In addition, we have been awarded a **\$25,000 grant from the Clark Foundation**, to be received upon project completion, supporting our future commercial kitchen.

While great progress has been made, there is still work ahead. Every dollar raised helps reduce future borrowing and brings us closer to opening our doors with as little debt as possible.



NASSC STAFF

Deb Davis — Executive Director

Missy Adams — Assistant Director

Heather Barnhart Hall — Activities Coordinator

Holly Sarti — Admin. Assist. & Project Manager

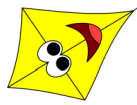
Kitchen & Activity Aide

Alicia Leiter

Daily Volunteers

Gloria Confer

Bonnie O'Neil



JULY 2026

Northeastern Senior Center • 717-266-1400 (Mon-Fri 8am-2pm)
Lunch served at 11:30am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JOIN US: ★ Everyday At 8am For Koffee Klatch / P&P Games ★★ Call Us Before 10:00am <u>At Least One (1) Business Day Ahead</u> To Order Meals & Rabbit Bus Transport ★★★ <i>Calendar Subject To Change Without Notice & Changes Often Due To Very Early Printing.</i>		WEAR RED, WHITE & BLUE 1 4TH OF JULY — 250TH! 8:30 What does Freedom Mean to You? 9:00 Messages 9:30 Blood Pressures 9:30 Whitey 10:30 Safe Harbor 12:15 Bingo	9:00 Iris Paper Folding 9:00 Property Tax Rent Rebate 10:00 Fitness Class 10-1PM Penn Mar Visitors 10:00 Cornhole 12:15 Higher or Lower	Center Closed 3 HAPPY 4th of July
6 8:00 Social Hour/P&P Games 9:00 Chair Aerobics 10:00 Haircuts w/ Missy 10:00 Socrates Cafe 12:15 Paint w/ Holly 12:15 Card Games	7 8:00 Social Hour/P&P Games 9:00 Chair Yoga 10:00 Get Moving 12:15 YCAAA presents: <i>PA Medi & Savings on Medicare</i>	8 <u>MILLEK'S ORDERS DUE</u> 8:00 Social Hour/P&P Games 9:30 Tom Shultz 12:15 Bingo	9 7:30 Board Meeting 9:00 Muscle Mechanics 10:00 Depart Dutch Apple 10:00 Fitness Class 10-1PM Penn Mar Visitors 10:00 Pass the Pigs 12:15 Drumming	10 8:30 Golf @ Royal Manchester 8:15 Walk the Line (Johnny Cash Movie) 10:15 Moving & Grooving 12:15 July Trivia
13 8:00 Social Hour/P&P Games 9:00 Chair Aerobics 10:00 Music Therapy 12:15 Paint w/ Holly 12:15 Craft w/ Heather	14 8-9:30am Pop-Up Produce 9:00 Drumming 10:00 Brunch Bunch 10:00 Get Moving 12:15 Word Games 12:15 Social Dance	15 <u>MILLEK'S SUB PICKUP</u> 8:00 Social Hour/P&P Games 9:00 Messages 9:30 Tony Heath 12:15 Bingo	16 9:30 Chapel Time with Pastor Eddie 10:00 Fitness Class 10-1PM Penn Mar Visitors 10:00 Now Ya Got It! \$5 Wrapped Gift Needed! 12:15 Guess that Disney Voice	17 8:00 Koffee Klatch 10:15 Moving & Grooving 11:30 Monthly Birthday Bash & Homemade Fixins' 12:15 Members Choice
20 8:00 Social Hour/P&P Games 9:00 Chair Aerobics 10:00 Drumming w/ Jeff Kuhn 12:15 "Rope Bowl" w/ Peggy, (bring a small bowl!) 12:15 Word Game	21 8:00 Social Hour/P&P Games 9:00 Chair Yoga 10:00 Get Moving 12:15 Scott Mingus – Civil War Churches of York	22 CHRISTMAS IN JULY WEAR HOLIDAYS/SANTA HAT 8:00 Social Hour/P&P Games 9:00 Sugar & BP Checks 9:30 Chris Sacks	23 9:00 Muscle Mechanics 10:00 Fitness Class 10-1PM Penn Mar Visitors 10:00 Ladder Golf 12-1pm Pop-Up Produce 12:15 Penny Game	24 8:00 Koffee Klatch 9:00 Depart for TAFE NO Moving & Grooving 10:00 Word Games 10:00 Candy Bar Game: BRING A FULL-SIZE CANDY BAR!
27 8:00 Social Hour/P&P Games 9:00 Chair Aerobics 10:00 LHM Presents: Understanding Vertigo 12:15 Art Club 12:15 Focus Group Meeting	28 8:00 Social Hour/P&P Games 9:00 Drumming 10:00 Get Moving 12:15 Trivia 12:15 Social Dance	29 8:00 Social Hour/P&P Games 9:30 Safe Harbor 12:15 Bingo	30 9:00 Beltone@ Home: Cleaning Appts 9:00-1:30 AARP 2-Day Course 9:15 Calendar Game 10:00 Fitness Class 12:15 Members Choice	31 8:00 Social Hour/P&P Games 9:00-1:30 AARP 2-Day Course NO Moving & Grooving 9:00 Make No Bake Energy Bites w/Heather 12:15 ABC-Game "Vacation"

IN LOVING MEMORY OF ED & ESTHER MILLER



For more than 40 years, Esther Miller and her husband, Pastor Ed, supported the Northeastern Senior Center and believed in the dream of a permanent home for our seniors.

Through a generous **\$100,000 gift from Esther's estate**, that dream is

"A dream shared for over 40 years is becoming reality because of the generosity of those who believed in it."

*In Memory of:
Esther Miller & Pastor Ed Miller*

one step closer to reality. While they will not see the completed project, their generosity and faith in our mission will forever be part of its foundation.

Thank you, Esther, for a legacy that will benefit generations of seniors to come!

Celebrate America: Word Search



WORD BANK

FLAG
 EAGLE
 RED
 WHITE
 BLUE
 STARS
 STRIPES
 FREEDOM
 LIBERTY
 PARADE
 PICNIC
 FIREWORKS
 VETERAN
 NATION
 AMERICA
 JULY
 PATRIOT
 INDEPENDENCE
 CELEBRATION
 HISTORY

Our Center's Wish List – Here's How You Can Help!

We're working on exciting upgrades to our new home, and **monetary donations** to our **Remodel Fund** will help make it a reality—thank you for your generosity!

In the meantime, we have ongoing needs for everyday essentials here at the center:

★  **LOTS of Tissues**

★  **Paper Towels**

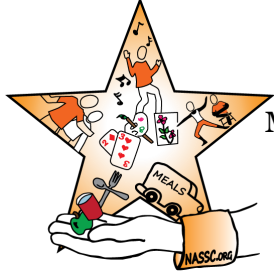
★  **Small & Large Paper Plates**

★  **Healthy Snacks**
ex: Fresh & Dried Fruits: Grapes, Berries, Trail Mix, Fruit/Veggie Trays, Cheese/Meat Trays, etc.

★  **4-Ply Yarn**

Your contributions help us keep things running smoothly while we anxiously await our move. Thank you for your kindness and support!

NORTHEASTERN SENIOR CENTER



131 Center Street
PO Box 386
Mount Wolf, PA 17347
(717) 266-1400
fax (717) 266-8907

CENTER CLOSURES

7/3 4th of July Holiday
9/7 Labor Day

seniorstars@nassc.org
www.nassc.org

Find us on Facebook!
NortheasternSeniorCenter

A HEARTFELT "THANK YOU" To ALL of our Generous Donors!

We are so grateful for the kindness and generosity shown to the Northeastern Senior Center. Every donation—big or small—financial contributions, items, food or goodies too — makes a difference in the lives of our members and home-delivered meal clients.

Community Donations: Karn's Foods • Country Meadows • Union (Manchester) Fire Hall • Friendship Community Church • S & H Express • Family Clothes Tree • Fairview Township • Newberry Township • Rooster Social Club • Diehl's Funeral Home • Rooster Social Club • Susquehanna VFW Post 2493 • South End Democratic Club • Hawk Gunning Club • Z & D Fries • Northeastern School District • Mt. Wolf Eagle Fire Co #1 • Strinestown Fire Co. 26 • Susquehanna Lions Club • Anonymous Angels • Anonymous Donor of a riding mower and a self-propelled push mower, gas cans & a weed whacker. *In Loving Memory of Gail Lantz, Leeann Caplinger, Doris Pugh & Sue Hare.*

STAY HYDRATED!

— Small sips. *Big benefits.* —



AIM FOR 6-8 CUPS OF FLUIDS EACH DAY



WHY IT MATTERS

- Helps your brain stay sharp
- Supports your heart and circulation
- Helps your kidneys do their job
- Keeps your energy up and muscles working
- Helps your body fight illness

SMART HABITS

- 1 Drink a glass with every meal & snack
- 2 Keep water within reach
- 3 Sip before, during & after activities
- 4 Add fruit or cucumber for a refreshing twist
- 5 Set reminders if you tend to forget

GREAT CHOICES

- Water**
The best choice!
- Milk**
Nourishing & hydrating
- Herbal Tea**
Warm or cold
- 100% Juice**
In moderation
- Soup & Broth**
Delicious + hydrating
- Fruits & Veggies**
High in water content



DRINK TODAY FOR A HEALTHIER,
HAPPIER YOU TOMORROW!



Information gathered from www.nutrition.gov website.

DRIVER SAFETY COURSE —FOR AGES 55 & OLDER

Preregistration is required.

Costs of classes:

\$25 or \$20 for AARP Members
Lunch is Included!

2 Day Course for BEGINNERS:

Thursday & Friday, 7/30 & 7/31, 9:00-1:30

Designed to meet the needs of older drivers covering age-related physical changes, declining perceptual skills, rules of the road, & local driving problems.

Class size is limited so call today!

Upon completion of the course, you may qualify for an automobile insurance discount; contact your personal insurance agent for more details.

Note: Both you & spouse on policy have to take this course in order to qualify for a discount.

COMMUNITY SERVICE PROJECTS... Year-Long Service Projects!



Caps For Kids: make and/or collect caps, scarves, gloves for children of the Northeastern School District. **



Collecting Old Hearing Aids & Batteries:
Beltone @ Home



Collecting Old Eyeglasses:
Susquehanna Lions Club



Lap Robes/Blankets: for our HDM clients, nursing homes, & members in need.

This newsletter includes the activity calendar for the first month of each quarter only. Activity calendars and menus are available prior to the last week of each month at the center or you can download them from our website.