

# Susquehanna Senior Center

CONNECT The Place to Be  
40 Years of Dedicated Service!



2427 Craley Road, Wrightsville PA 17368  
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www.sasc-craley.org  
Patricia Wilkerson, Executive Director/CEO



**A Compassionate Culture!**  
**A Welcoming Place to Belong!**

**A Culture of Caring and Empathy**  
We strive to embody compassion, love, and selflessness. We place a high value on empathy and support one another and take great pride in advocating for the interests of our Senior community.

**NOTICE**  
**Participant Meeting**  
**May 2nd at 1:15 PM**

***The May 2024 40th Year Edition of Connect!***

**40th Celebration Year!**

**SENIOR CENTER SHOWCASE MONTH EVENTS**  
**SENIOR SERVICES and CRALEY DAY EVENTS!**

**May 6-9 Closed at noon.**

**May 10, closed housekeeping.**

**May 14 Mother's Day High Tea** at Infusion Restaurant ,  
departs at 10 AM

**May 17 at 9 AM Zoom with 7th graders** at Eastern Middle  
School & prepare care packages.

**May 17 Chicken BBQ** (\$8) pickup 11-noon!

**May 17 at 2 PM, Hillbilly Heaven Band & BBQ Chicken**  
Dinner (\$15) until 2 PM. Takeout BBQ picked up by Noon.

**May 21 at noon Veterans and Friends lunch**, meats by  
Mission BBQ. Bam-bam the truck will be here for photos

**May 22 8:30 AM Breakfast-** \$5, egg casserole, pancakes,  
waffles, potatoes, and more.

**May 23 noon**, Picnic with Kerry White, Music & Comedy

**May 29 8:30 AM Volunteer Breakfast & Meeting.** No charge!

**May 30 noon Strawberry Festival** make your own desserts!

**Large & Juicy Peter's BBQ Chicken!**

**\$8 half chicken**



**Concert!**

**\$15 Hillbilly Heaven** and Chicken Dinner  
Potatoes, Coleslaw, Applesauce, & More!.

**Home Delivered Meals Drivers Needed!**

We are gearing up for a return to Hot meals  
3-day a week. Date to be determined.

**HDM Delivery!**



**NOTICE/Reminder:**

**Participant Meeting** on  
**May 2 in the center at 1:15 PM.**

**Volunteers Needed (see Patricia):**

Volunteer Coordinator  
Community Engagement Coordinator

**IMPORTANT: Meal Login**

The food service person(s) is tasked with recording meals accurately under specific categories. To address some issues we've encountered, I've updated the meal options. Please use the gray Grab & GO option to log your meal when picking up your food to take away. If you're dining in the center, choose the green Lunch option. Your support is appreciated as we ensuring our reports are accurate. Disregard the Late Canceled Meal option; these are for the frozen or unclaimed meals, staff will log. Please come to me with any questions.

Grab and Go In-  
Home Meal

Lunch



**Check One  
Box**

### **For The Joy of Singing!**

Our Music Program is every Mondays at 10 AM. The pianist will be Jann Conrad, along with David Stevenson, our Arts program coordinator.

### **Music Lessons Per Request:**

Music lessons are now available. Have you always wanted to play, for example, guitar, or piano, here is your opportunity! See the signup book?



### **May Art - Through the Window**

Friday, May 17, 24 & 31 at 9AM

Come experience outdoor Art. Center exterior building and garden painting. Cost \$15

### **Book Club**

4th Thursday of the Month at 10 AM

### **Bible Club**

4th Thursday of the Month at 11 AM

### **PLAY CARDS!!**

Monday-Friday at 9 AM



### **Copilot Login**

Remember to log in for each activity using the orange social button each time.

**Volunteers** don't forget to log your hours.

### **Wish List**

Frozen Breakfast potatoes  
Real Butter and  
Eggs for third week in May



### **Calling All Veterans!**

Steve is available to support our Veterans, if you are having difficulty securing information or getting services or have a need, Steve is here to help!

### **Servant Stage at CONNECT!**

We welcome participants and friends to this event. Please pre-register in the activity book or call us at 717.244.0349 x1 or email using Servant in the subject line to help us better plan. The Servant Stage Company's Mission is to provide exceptional musical and theatrical experiences to the community...

Please mark your calendars for our Servant Stage event on Monday, July 22nd: The Marvelous Wonderettes. We have tentatively scheduled Christmas Crooners for Monday, November 18th. *Food will be available.*

**Disclaimer:** All publications are dialogue and should not be considered a substitute for medical expertise, or any endorsement. Errors occur. A waiver must be on file before participating in any activity, or you are participating at your own risk. Request your waiver form.

### **Veteran's Photos on Metal Plates**

Plates are available to be placed in the center. The cost is \$40 for 5x7 metal print.

You will need to provide a picture and the military history of the Veteran. These metal plaques will be ordered and located in the center to remember the service of our Veterans.

### **Multiple Day Trips, details are on our website.**

New Orleans, October 12-20, 2024

Myrtle Beach, November 4-9, 2024



### **Wellness -**

Join our fitness activities. A fitness waiver must be completed before participating in all fitness activities.

**Participation is at your own risk; waiver completion is your responsibility.**

Walking & Open Gym-Mon-Fri from 8 -11 AM. Return all equipment before noon.

### **Weekly Opportunities are by donation.**

#### **Monday-Friday**

8 -11 AM Open Gym

9-Noon Pickleball (Donation)

10 AM Chorus Rehearsal & 11 AM Theater

#### **Tuesday**

8:45-9:45 AM-Fitness (Cost: \$3.50).

10-Noon Pickleball

#### **Wednesday**

9-11 AM -Shuffleboard

9-12 PM -Pickleball (Donation)

#### **Thursday**

8:45-9:45 AM-Fitness (Cost: \$3.50).

9-11 -Shuffleboard

10-Noon Pickleball

#### **Friday**

9-Noon-Pickleball (Donation)

9-11 AM-Free throw basketball Friday



### **The Chosen,**

#### **Thursday, Lunch & Movie Series at 11AM**

offers an educational and captivating experience where participants discover content that resonates with their faith journeys. They are genuinely enjoying the social time.

*Happy May from the executive director, Patricia*



### **Celebrating 40 Years.**

Reflecting on four decades of service to the Craley, Wrightsville, and nearby York County communities brings great joy this month and throughout the year. Recalling past moments and the impact on lives over the years is truly exciting. Our theme for this milestone is "Senior Services and Craley Days Remembered." This brings back memories of being brought to Craley Days as a child by my parents and family friends. While the landscape has changed some, the nostalgic hometown warmth is alive and well.

### **The month of May and year 2024 are brimming with celebrations!**

We kick off on May 2nd by saluting Norman Crone's dedicated service and his upcoming trip to the Berlin Airlift anniversary in Berlin. Mother's Day outing on May 14th will be extra special with our visit to Infusion Restaurant for an elegant tea. The excitement builds on May 17th with Hillbilly Heaven's concert and a savory Chicken BBQ Dinner. We're also looking forward to an insightful Zoom discussion with middle schoolers about the evolution of the times. The Veterans and Friends gathering on May 21st promises a feast of Mission BBQ delights and memorable photos with the Bam-Bam truck. Don't forget to sign up in the activities book! A hearty community breakfast awaits on May 22nd, followed by Kerry White's humorous walk down history lane with music on May 23rd, celebrating 40 years together with a picnic lunch. Get ready for a lunch swap on May 28th—bring your best picnic lunch to exchange. We'll show our appreciation for our volunteers with breakfast on May 29th. We close the month with our strawberry extravaganza on May 30th! With more events lined up for May and beyond, June will invite you to 'Post Your Memories' to honor our shared history. July will shine with the Servant Stage performance, and August and September will focus on our center appeal, reaching out to businesses before their annual donations are allocated. Billboard space was donated and will help us spread the message about our center. Plus, May doubles as Senior Center Showcase Month, giving us even more reason to join in the festivities!

### **We have initiated a significant fundraising campaign:**

The board has had a significant gap in fundraising activities, so building our financial portfolio has become a priority. We have launched our appeal campaign. Mr. Cohen and I worked in development at Lancaster Bible College. Mr. Cohen, though not actively involved in requesting funds, has been a part of our strategic planning. The fundraising committee currently doing the asking are Tom Knaub, Suzette Heiges, and Patricia Wilkerson; all members of the board are responsible for and encouraged to give and participate in this endeavor!

### **Team Members & Volunteers:**

We have a couple of possible candidates for our open position. It is challenging managing not being fully staffed, this month presents its extra responsibilities with multiple upcoming day trips, monitoring (now over), special events like Norm's sendoff, 40th-anniversary events, concerts, mandatory county meetings, the appeal launch, and managing finances, databases, phone calls, emails, and being available to participants and registering new ones.

**Volunteer Appreciation (May 29th Breakfast):** When Violet our 90 year old volunteer is at the center, usually 2 days a week, I can breathe, she manages the phone, enrolls new members, sends documents to Rabbit, supports HDM, and scans weekly information for the program. Our heartfelt thanks go to all volunteers, Kevin, Steve, Meg, Patricia, Pattie, Violet, Beth B, Crystal, Vivian, Irene, Bonnie, Dawn, David, Becky, Jann, Home Delivered Meals drivers, and many, many others for their effective contributions. Special thanks to my daughter, who has again this year supported me with our multiple day trips. She has paid to go along and support. Side note: The New Orleans trip in October is filling up quickly; if you're interested, contact us to reserve a seat.

## **All in a Day!**

**Stress Balls-Managing Stress & Keep One Smiling!**



### **Managing Healthy Relationship!**

*Maintaining a positive outlook is essential, particularly when facing conflicts. "Take care of business!" is a phrase I use to motivate my grandloves. It serves as a reminder for them to genuinely care for and deeply love others, to manage situations gracefully, and truthfully, and to face their emotions instead of withdrawing. Anger can distort perception, and avoiding conflict can breed resentment, leading to self-deception. Therefore, it is important to have meaningful conversations when disagreements arise, even when it is difficult. Humility can foster discussion to enhance understanding and safeguard trust.*

### **The Heart of our Mission!!**

#### **Volunteers:**

The center operates as a team, primarily powered by volunteers. Despite hearing that volunteers are not wanted; such narratives are false. Volunteers are essential and welcome! The volunteer signup sheet is in the activity booklet. Violet, with limited computer skills is helping with the administrative work and supports HDM responsibilities as well. Vivian and Crystal have stepped-up and will be calling our homebound weekly, along with Violet and Lynn! Our homebound look forward to this weekly call. Our volunteer hours have greatly increased, thanks to you!



## All About Bingo

Bingo -Tuesdays- 10 AM, unless otherwise noted - Cost \$3.

## Bingo Lunch

May 24- Bingo at Halletshire Wrightsville, Lunch at 11:30 and bingo at 12:30. Cost \$3. Lunch on your own.

Happy Birthday!

- 1 Curvin Crumling, Darwin Dosch,
- 2 Kathleen Ray
- 4 Richard Heilman, Richard Mickley
- 6 Phyllis McInerney, Carol Smith
- 8 Roberta Kepner, Faye Long
- 10 Eleanor Myers
- 11 Sue Smith
- 12 Darlene Rider
- 14 Beverly Keeseey
- 15 Ricky Schaffer, Glenn Shaull
- 17 Jean Noel
- 19 David Gladfelter, Keith Thomas
- 20 Dawn Byrd
- 21 Mary Runkle
- 23 Judy Bowser, Margaret Smeltzer
- 24 Bradley Boyd, David Schroyer, Richard Sinclair
- 26 Norma Heap, Bradley Ludwig
- 27 Richard Nelson

## No One Should be Hungry!

### Senior Food Distribution Programs



### The Senior Commodity Supplemental Food Program

4th Tuesday of the month. Applications are available.

### Catholic Harvest Pantry!

Catholic Harvest Food Pantry Mobile Food Pantry at the Susquehanna Senior Center on the second Thursday of each month from 10:30-11:30. You must register by calling 717.846.8571 x3. Pickup will be in the Lower Parking lot, outside of the center.

### Leftovers

Refrigerated leftover food within 2 hours. Use common sense when storing and handling leftover food from the meal site. The SASC and YCAAA are relieved of liability related to any food consumed or distributed in any form by the center.

### Food Allergies

Please remember when bringing foods into the center you must put a note on the dish if it contains nuts, seafood, or other allergens. Each person is responsible for his or her allergies and food intake.

## 2024 Senior Farmers Market Nutrition Program

### SUSQUEHANNA AREA SENIOR CENTER

2477 Craley Road, Wrightsville

Tuesday, July 9, 2024  
9:00 am – 11:30 am

Eligible York County seniors can receive FREE \$50 for purchase of fresh fruit and vegetables grown in PA, and redeemable June 1 – Nov 30 at participating Farmers Markets throughout PA.

ID verifying York County residency and 60 years of age IS REQUIRED

Sponsored by York County Area Agency on Aging, in conjunction with PA Dept. of Agriculture

## New Board Members are welcome to apply.

We are seeking new board members who will help us advance our mission, goals, and purpose. As a working board, members must be committed to this concept. We welcome committee participation as well.

### Requirement:

Participants are required to be able to manage all personal needs while participating in all activities.

### Book Club -4th Thursday at 10 in the Social Hall

See the Activity Book for Book Title.

### Staying Healthy.

It is important to schedule regular medical appointments.

### Feeling Unwell?

If you're feeling unwell, it's important to stay home.

### Rent-A-Kid Program

Need Help around the house, call YCAAA at (717) 771-9103 and ask about the Rent-A-Kid Program.



### PA Medi

is available to assist you, call 717-771-9008



### Hot Home Delivered Meals

We need your smiling face and just a little of your time. We are going back to hot home delivered meals 3-days a week to our homebound. We need our village to make this happen! Start date is to be determined. Signup in the Activity Book or call us at 717.244.0340. Together we can!

