



THE SENIOR CENTER BROADCASTER

IT'S OUR BIGGEST
FUNDRAISER OF THE YEAR!



Sunday, May 5, 2024

@ Manchester/Union Fire Hall

BINGO Starts @ 2pm

Doors & Kitchen Open @ 12:30pm

Looking for a few Good Volunteers & Donations

Volunteers to Help:

- ★ Setup
- ★ Tear down
- ★ Selling pull tabs/Raffles
- ★ Work in the kitchen

Donations:

- ★ Cookies, Fudge, Pies, Cakes, etc.
- ★ Homemade snack foods
- ★ Raffle Baskets

Monetary Donations of \$25, \$50 or \$100 are still needed. These will be used to purchase Giant or Weis Gift cards for the evening's prizes prior to the event.

Raffle Basket Donations will be accepted until Monday, April 17th. Gift Certificates for services, individual Gift Cards that are less than \$25, and NEW basket worthy items to be used in creating raffle baskets.

All food donations need to be:
Individually Packaged & Ready to Sell

All items should be dropped off on May 5th @ Manchester Union Firehall between 8:30am-11am or on Friday, May 3rd @ the Center from 8am-1pm

Please let us know ASAP if you can volunteer and/or what you can donate!

Senior Farmers Market Nutrition Program (SFMNP)

June 7, 2024



The York County Area Agency on Aging, in conjunction with the

Pennsylvania Department of Agriculture, distributes fruit and vegetable vouchers to qualifying seniors. Eligible seniors can receive **\$50 worth of vouchers** to buy fresh fruit and vegetables grown in Pennsylvania.

Distribution is on

June 7, 2024

9:00am-11am

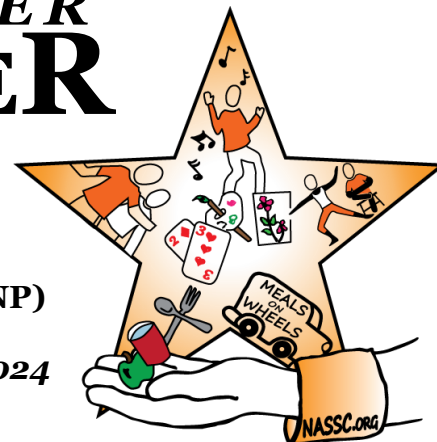
Here at the Senior Center!

You must show proof of AGE and RESIDENCY at the distribution site.
Driver's License or Photo ID

Proxy forms will be available at the center for anyone who cannot physically come to the locations. ID for the eligible person and proxy are required.

The 2024 income limits are:

| | |
|----------|-----------------------------|
| 1 person | \$27,861 (\$2,322/month) |
| 2 people | \$37,814 (\$3,151/month) |
| 3 people | \$47,767 (\$3,930/month) |



**NORTHEASTERN SENIOR
COMMUNITY CENTER**

INSIDE THIS ISSUE

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UPDATES!

REMODELING

FUND: "The Drive By Guy," Judy Strine, Lona Klinina (*In Loving Memory of her Parents*) Audrey Kraft, Wago Club, Anonymous Angels, & the Senior Center Jar

GENERAL FUND DONATIONS:

Family Clothes Tree, Jean Barrick, East Manchester Twp, Della Wangenstein, In Memory of Sandra Beaverson, Mount Vernon Encampment #14, Shiloh American Legion Post 791, Eugene Miller & Mt. Wolf Borough, & Anonymous.

Our Mission

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

WEEKLY ACTIVITIES

Chair Aerobics *Mondays @ 9AM*
(\$ by Donation)

Paint with Holly
& Art Club *Mondays @ 12:15*
(\$ by Donation)

Painting with Acrylics & Making Crafts.
Have fun socializing & creating art!
Monday dates TBA

Card Games *Mon & Thurs @ 9AM*

Bingo *Wednesdays @ 12:15*
Cost: Bring as many DollarTree/\$1 gifts
as you won the week before

Zumba Gold *Tuesdays @ 9AM*
w/ Heather Cintron (\$3/Class)

Yoga *Tuesdays @ 10:15*
w/Bonnie O'Neil

Just for Fun Country Line Dancing.....
w/Bonnie..... *Tuesdays @ 12:15*

Fitness Class *Thursdays @ 10AM*
w/Steve Newport @ Eagle Fire Co. (\$3/Class)

Dance Yoga *Fridays @ 10:15*
w/Bonnie O'Neil

Exciting Programs Ahead: Informative Sessions & Fun Activities!

APRIL

Tammy Sharp of Country Meadows is
presenting... **Is it Forgetfulness or Dementia?**

..... 4/4 @10AM

Bob Reigh Trivia!.....4/17 @ 9AM

Spaghetti in a Bowl! 4/18 @ 9AM-NOON

Join us for a fantastic event with NHS Art Students
and their Teacher, Tina Gainer. Dive into the world
of art, indulge in delicious spaghetti served in clay
bowls that you can keep, and challenge the art
students to a game of cornhole! Hurry and sign up
today as space is LIMITED!

MAY

Creatures Great & Small !.....5/8 @ 9:30AM



We are an educational traveling petting
zoo with a wide variety of animals:
parrots, mini chickens, doves, hairless
cat, dog, rabbits, guinea pigs, chinchilla,
rats, mice, small alligator, geckos, snakes,
& turtles.

Managing Your Pain 5/20 @ 9:30AM



We're excited to welcome Jill Kaylor back from
Visiting Angels! Join us as we eagerly
anticipate her engaging educational topic.

Importance of Potassium5/24 @ 10:00AM

Join us for an enlightening session with Bella from
Homeland at Home as she delves into the
"Importance of Potassium" in our diet.

Tammy Sharp of Country Meadows is
presenting...

**Navigating the Maze
of Senior Living Options** ... 5/30 @ 10AM



Derek
Reed

JCM Band

Tony Heath
& Friends

LIVE MUSIC ENTERTAINMENT *EVERY WEDNESDAY MORNING*

Mark your calendars for your favorites!

Joe Cooney & Friends 4/3 @ 9:30

Jerry Overby 4/10 @ 9:30

JCM Band4/17 @ 10am

Tom Shultz.....4/24 @ 9:30

Sunnyside Gang5/1 @ 9:30

Safe Harbor (*Welcome Back!*)..... 5/8 @ 10:30

Tall in the Saddle5/15 @ 10:00

Whitey 5/22 @ 9:30

Hillbilly Heaven..... 5/22 @ 10:30

Sweet Life Music..... 5/29 @ 9:30

Kirk Folk 6/5 @ 9:30

Tony Heath 6/12 @ 9:30

6/19/2024 Center Closed= Juneteenth

Joe Cooney & Friends..... 6/26 @ 9:30

Unlock Your Strength & Mobility with Muscle Mechanics!

Join Steve Newport for a
transformative 45-minute session
tailored to enhance mobility and
strength. Originally crafted to aid
individuals, especially those with Parkinson's Disease,
this class is your gateway to newfound vitality. Not sure
where to start? Give Muscle Mechanics a try!



For those seeking a more rigorous workout, Steve's 1-
hour Fitness Class, conducted while seated, offers a
dynamic routine to elevate your fitness journey.

Remember, the motto is simple: KEEP MOVING! Join
us and discover the power of movement with Steve.

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

Dry Cut & Basic Style ONLY Cost \$12

.....1st Mondays @ 10am

Socrates Café

Anne Vendy & Don Bruening Moderators

..... 1st Mondays @ 10AM

Notes of Healing Music Therapy

w/Taylor Hood 2nd Mondays @10AM

This is all about you and the joy of music!

The Missing Link

Games with Matt Cleveland 4/29 @10AM

TUESDAYS

BRUNCH BUNCH 2nd Tuesdays

««Reservations Required»»

Meet each month with escort, Margaret Miller

Around the Clock 4/9 @ 5PM
Rt. 30, York

Lion's Pride 5/14 @ 10AM
20 Dairyland Square, Red Lion

Two Brothers 6/11 @ 10AM
2936 E. Prospect Rd, York

WEDNESDAYS

Free Blood Pressure Screenings

by Kara 1st Wednesdays @ 9:30AM

Free Sugar Checks & BP's

by Barb Kuhn, RN 4th Wednesdays @ 9AM

Millek's Sub Sales

Orders Due: 2nd Wednesdays

Delivery: 3rd Wednesdays

NO June Sandwich Sale!

THURSDAYS

Muscle Mechanics

@ the Center with Steve Newport (\$3/Class)

..... 2nd & 4th Thursdays @9AM

Now Ya Got It! - Bring a \$3 NEW Wrapped Gift!

..... 3rd Thursdays @ 10:30AM

Property Tax/Rent Rebate

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

.....1st Thursdays @ 9AM

Beltone @ Home

Quarterly free services to clean/check/repair hearing aids by Special Appt. Only!5/2
MUST check with staff for scheduling Offers free services to clean/check/repair hearing aids as well as hearing tests

Iris Paper Folding

Craft beautiful cards & projects with Missy!

..... 1st Thursdays @ 9AM

2nd Quarter Dates 4/4, 5/2, 6/6

Reservations Required (\$3/Class)



Chapel Time 3rd Thursdays @ 9:30AM

w/ Paster Eddie

FRIDAYS

GOLFING AT ROYAL MANCHESTER

Following Fridays:



..... 4/12, 5/10, 6/14, 7/12, 8/2, 9/6, 10/4
(dates are always subject to change)

8:30 am Tee Time

Cost: \$20 per person

9 holes w/ cart

Contact the Senior Center

Crafting & Games with the Otterbein

Dragonflies & Grasshoppers

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



Join us for crafting & games with the kids upstairs!

Birthday Bash

..... 2nd Fridays @ 11:15AM

Join us to honor and celebrate our members' birthdays occurring within that month!



Homemade Fixin's Fridays

..... 2nd & 4th Fridays

..... 4/12 & 4/26



Join our Monthly Birthday Bash to celebrate everyone's birthdays!

Keep an eye on your mailbox for invitations!

Additional Dates & menus

TBA at the center

2024 MONTHLY SUB SALES

by Millek's Subs & Aunt Lydia's Pretzels

12" subs...\$7 • Pretzel sandwiches...\$6



Orders due 2nd Wednesday of each month (before noon). Pickup/Delivery & Money is the following week, 3rd Wednesday (10am-1pm) Jan-Nov. For monthly subscriptions, please inquire at the center in person or by phone for more information. Thank you for your continued support! (Complete details available on order forms at the front desk.)

WELCOME NEWBIES!

Deborah Erb Deborah Bailey
 Tammy Streett Rudolph Aukschun
 Cathy Trimmer Martha Bennett-Dacunha
 Amanda Moyer Fred & Deb Aldrich

WELCOME BACK!!

Fran Knaub-Keller

WELCOME NEW VOLUNTEERS!

Welcome Cathy Trimmer & Mandy Moyer who have joined our Kitchen team. HDM volunteer driver John Owad.

We're also thrilled to welcome back Thelma Plowman.

Special thanks to Amanda Bish from the Margaret Moul Home and her group of resident volunteers for assisting with the weekly wellness checks for our HDM clients.

Our Heartfelt Sympathy to Families & Friends of:

Clarence (Butch) Lehr, Anna Baer, George Hickman, & Wendy Gembe

APRIL




- 1 Missy Adams
- 2 George McKinsey
- 4 Sue Bullock
Linda Sipe
- 5 Cindy Owad
Nancy Zellers
- 12 Kathy Hickman
- 14 Eric Bupp
- 16 Thomas Shayda
Norma Shearer
- 19 Linda Bowman
- 24 Robert Bowman
- 25 Deborah Bailey
Kara Baney
Phyllis Bollinger
Shirley Witmer
- 26 Peg Gingerich
- 27 Diane Kauffman
Ruth Miller
Jim Nace
- 30 Mary Esther
Anderson
Mike Baron
Tina Baron

MAY



| | |
|--|---|
| <ol style="list-style-type: none"> 1 Nancy Frey Julie Ream 2 Mike Cousler Doris Pugh 3 Sherry Niehenke 4 Joseph Weirich 6 Jeannette Allen 7 Sheila Dawes 8 Della Wangenstein 9 Jim Weaver Shauna Wolf 16 Corrie Camalleri 17 Marvin Zellers 18 Lori Grothouse | <ol style="list-style-type: none"> 19 Sheila Ruppert 20 Ronald Logue 21 Larry Shatto John Walters 23 Gloria Elfner 24 Mike Grothouse 25 Steve Herbst 27 Rich List Dorothy Mundis 29 RuthAnn Boyd Bonnie O'Neil 30 Tom Bachman 31 Jim Vasold |
|--|---|

JUNE



- 1 Larry Weirich
- 4 Deb Nace
- 5 Virginia Kelly
- 7 Audrey Kraft
- 11 Tom Gingerich
- 17 Carol Emig
- 18 Bob Lippy
- 19 Gene Reneberger
Emma Witmer
- 22 Earl Hoopes
Eleanor McCane
- 23 Audrey McKinsey
Holly Sarti
- 25 Jim Bainbridge
Richard Shaffer
- 28 Jane Weirich



Reminder: Daily lunch at our center costs \$3.75 (full price for under 60 guests), covered partially by YCAAA and member donations. Our funding relies on meal orders—help us maintain 40 meals/day (53 for full funding). Simply order by 10am the day prior, and notify ASAP if you can't make it. Donations of \$3 or what you can afford are appreciated. Your support keeps our doors open—thank you!

NASSC STAFF

Deb Davis— Executive Director
Missy Adams— Assistant Director
Holly Sarti— Administrative Assistant

Kitchen & Activity Aide

Alicia Leiter

Daily Volunteers

Gloria Confer, Pat Haring, Barb Kuhn & Bonnie O'Neil

2024 DINNER THEATER SHOWS

****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
@ 10:15am
Cost: \$82

April 25th 2024 – Ragtime
August 29th 2024 – Jersey Boys
October 24th 2024 – Hairspray



DEPARTURE
@ 10am
Cost: \$82
Unless otherwise noted

April 16th 2024 – Confessions
August 15th 2024 – Ryan & Friends (\$75)
September 17th 2024 – Half Stitched
November 19th 2024 – Christmas Candy Caper
**Bird in Hand shows will be performed at the old Historic Revere Tavern @ 3063 Lincoln Hwy E, Paradise, PA 17562*

2024 SIGHT & SOUND SHOW

SIGHT & SOUND THEATRES **DEPARTURE**
@ 9am

June 11th – Daniel & Dienner's Country Restaurant *(on Your Own)*

COST \$115

(Includes Show, Gratuity, & Rabbit)

Show starts at 11am w/ 2 1/2hr run time

Lunch is not until 2pm

You must Bring Your Own Snacks

OR Purchase snacks @ the Sight & Sound snack bar

Reminder: Lunch is on your own @ Dienner's

A Pennsylvania Dutch eatery with:

a lunch buffet, or sandwiches & platters of country fare

2024 ELITE COACH DAY TRIP

"BALTIMORE DINE AROUND"

Tuesday, May 14th 2024

DEPARTURE @ 7:30am

Cost: \$180

Includes all listed meals stops, meal taxes & gratuity, Cruise, transportation, step on guide service/tip, & bus driver's tip.

See Flyer on Signup Table!

Deadline to register 4/9!

Open to anyone over the age of 18

Approx. Return 7:15 pm



VETERANS HONOR BUS

NHS Honor Bus Project: York County, PA

Upcoming Dates

April 27, 2024

sites.google.com/nebobcats.org/neshs/honor-bus

A HEARTFELT "THANK YOU" To ALL for their Donations!



Special thanks needs to go out to Tim Heilman for arranging to have our donated lap robes find good homes @ Normandie Ridge Nursing Center and Life Path Christian Ministry in York. Life Path staff delivered 44 lap robes to the men's rescue mission drop off center at 370 on West Clark Avenue for those persons in need. Thank you to everyone who contributed to making these lap robes and blankets. Rest assured that they were appreciated!

Community Donations: Donors of food and other goodies are cherished too: Karn's Foods, Country Meadows, Union (Manchester) Fire Hall & S&H Express, and Glenn Forry for donating 20 dozen eggs for our volunteer appreciation breakfast.

We couldn't do it without your help! Another special shout out to Duane Close, Holly's father, for replacing a wheel on our proofing unit that had disintegrated!

Overflowing Gratitude: Generous Fruit Basket Donations by the *Northeastern Women of Today* & Deb Runkle. They gave sixty-five (65) "Welcome Spring" fruit baskets that were delivered to all of our Home Delivered Meals (HDM) clients. Your generosity for others has brought lots of smiles!

OUR WISH LIST

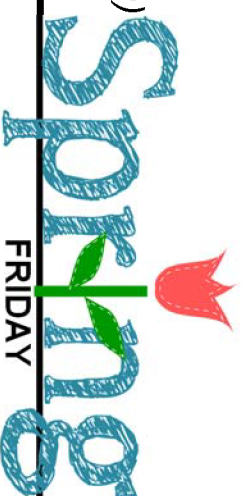
★ **Donations to our Remodel Fund** for Upgrades to our New Home

★ Small & Large Paper Plates
★ Tissues
★ Paper Towels

★ **Healthy** snacks
★ 4-ply yarn

APRIL 2024

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



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| 9:00 Card Clubs 9:00 Chair Aerobics 9:30 Zen Doodle/Color 10:00 Haircuts W/ Missy 10:00 Socrates' Cafe 12:15 Art Club 12:15 Members Choice | 1 NO REGULAR CENTER Volunteer Appreciation 8:45am - Breakfast Served 8:00-11am Social Hour 8:30/10am Amy Flowers from Soul House | 2 WEAR YOUR PAJAMAS 3 8:00 Social Hour/P&P Games 9:00 Massages 9:30 Blood Pressures 9:30 Joe Cooney & Friends 12:15 Bingo | 4 9:00 Card Clubs 9:00 Iris Paper Folding 10:00 Fitness Class 10:00 Is it Forgetfulness or Dementia: Country Meadows 10-1pm Penn Mar Visitors | 5 8:00 Koffee Klatch 8:30 Golf @ Royal Manchester 9:15 Daycare Visitors No Dance Yoga 10:00 Chair Aerobics 11:00 Chase's/ Announcements 12:15 Members Choice |
| 9:00 Card Clubs 9:00 Chair Aerobics 9:30 Zen Doodle/Color 10:00 Cornhole 12:15 Art Club 12:15 Members Choice | 8 9:00 Zumba Gold 9:00 Trivia 10:00 Brunch Bunch 10:15 Yoga 12:15 Line Dancing 12:15 Members Choice | 9 MILLEK'S ORDERS DUE 10 8:00 Social Hour/P&P Games 9:30 Jerry Overby & Derek Reed 12:15 Bingo | 11 9:00 Card Clubs 9:00 Muscle Mechanics 9:00 York County Aging Office Monitoring & Evaluations 10:00 Fitness Class 10-1pm Penn Mar Visitors 10:00 Shuffleboard 12:15 Now Ya Got It!... \$2-3 | 12 8:00 Koffee Klatch 9:00 Cornhole 10:00 Dance Yoga 11:00 Chase's/ Announcements 11:30 Monthly Birthday Party 12:15 Members Choice |
| 9:00 Card Clubs 9:00 Chair Aerobics 9:30 Zen Doodle/Color 10:00 Cornhole 12:15 Art Club 12:15 Members Choice | 15 9:45 Bird-in-Hand Trip: 16 "Confessions" 9:00 Zumba Gold 9:00 Pokeno 10:15 Yoga 12:15 Line Dancing 12:15 Members Choice | 17 MILLEK'S SUB PICKUP 8:00 Social Hour/P&P Games 9:00 Massages 9:00 Bob Reigh Trivia 10:00 JCM Band 12:15 Bingo | 18 9:00 Card Clubs 9:30 Chain Reaction 10:00 Fitness Class 10:00 Spaghetti in a Bowl w/ NHS Art Honor Society (60max) 12:15 Cornhole | 19 9:00 Shuffleboard 9:00 Dance Yoga <i>(note time change!)</i> 10:00 Homeland at Home: Bingo 11:00 Chase's/ Announcements 12:15 Members Choice |
| 9:00 Card Clubs 9:00 Chair Aerobics 9:30 Zen Doodle/Color 10:00 Ladder Golf 12:15 Paint w/ Holly: Wine Bottle Windchime Celebrate Earth Day! | 22 9:00 Zumba Gold 9:00 Hoy 10:15 Yoga 12:15 Line Dancing 12:15 Members Choice | 24 8:00 Social Hour/P&P Games 8:30 Match Game 9:00 Sugar & BP Checks 9:30 Tom Shultz 12:15 Bingo | 25 10:00 D.A. Trip: "Ragtime" 9:00 Muscle Mechanics 9:00 Card Clubs 10:00 Fitness Class 10-1pm Penn Mar Visitors 10:00 Pass the Pigs 12:15 Members Choice | 26 8:00 Koffee Klatch 9:00 Bocce Ball 10:00 Dance Yoga 11:00 Chase's/ Announcements 12:15 Members Choice |
| 9:00 Card Clubs 9:00 Chair Aerobics 9:30 Zen Doodle/Color 10:00 Matthew Cleveland: Missing Link 12:15 Art Club 12:15 Members Choice | 29 9:00 Zumba Gold 9:00 Dominos 10:15 Yoga 12:15 Line Dancing 12:15 Members Choice | 30 9:00 Zumba Gold 9:00 Dominos 10:15 Yoga 12:15 Line Dancing 12:15 Members Choice | JOIN US: * Everyday At 8am For Koffee Klatch / P&P Games ** Call Us Before 10:00am At Least One (1) Business Day Ahead To Order Meals & Rabbit Bus Transport *** Calendar Subject To Change Without Notice & Changes Often Due To Very Early Printing | |

Indulge in Sweet Delights at Our First-Ever



Join Us at the Northeastern Senior Center for a Delectable Event

Wednesday, June 12th @ 12:30 PM

Calling all dessert enthusiasts & community members!

Indulge your sweet tooth and support a great cause at our inaugural Dessert Auction.

Get ready to bid on an array of delectable desserts generously donated by members of our community. From tantalizing cakes to mouthwatering pies, there will be something to satisfy every sweet craving. And with an experienced auctioneer leading the way, you can expect lively bidding wars and plenty of excitement.

Whether you're a seasoned dessert aficionado or simply looking for a fun way to spend the afternoon, this event is for you. Bring your friends, family, and neighbors, and join us for an unforgettable celebration of all things sweet.

**Mark your calendars for June 12th, and get ready to bid, bite, and enjoy!
Drop your desserts off from 7:30am-12pm**

For more information or to donate desserts,
please contact us at 717.266.1400 • seniorstars@nassc.org

Let's make this dessert auction a sweet success together!



*Join us in bidding a fond farewell to Connie Culley,
one of our long-time staff kitchen aides.*

She will be dearly missed.

Wishing Connie all the best in her future endeavors!



Vega Star Sponsor

**South End
Democratic Club**
of Park, Pennsylvania

Aster Star Sponsor



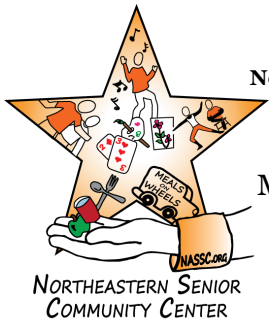
Mount Wolf Borough

WORD BANK

BEE
CHICK
BIRD
EGG
BUG
FLOWER
BUTTERFLY
NEST
APRIL
MAY
JUNE
SHOWERS

APRIL!

| | | | | | | | | | |
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NASSC

Northeastern Senior Center

131 Center Street
PO Box 386
Mount Wolf, PA 17347

(717) 266-1400
fax (717) 266-8907

NORTHEASTERN SENIOR
COMMUNITY CENTER

CENTER CLOSURES

5/27 Memorial Day

6/19 Juneteenth

7/4 Independence Day

seniorstars@nassc.com

www.nassc.org

Find us on Facebook!

NortheasternSeniorCenter

MAY IS....

OLDER
AMERICANS
MONTH



Celebrating Older Americans Month is May 2024 #OlderAmericansMonth theme! You're invited to learn how we all benefit when everyone is connected and involved. Stay active this May by volunteering, working, mentoring, and participating in local activities.

COMMUNITY SERVICE PROJECTS

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

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

Collecting Old Eyeglasses & Cases:
Susquehanna Lions Club

Collecting Old Hearing Aids & batteries:
Beltone @ Home

CHEERS
FOR OUR
AMAZING
Volunteers!

TUESDAY, APRIL 2, 2024 @ 8:30-11AM

By Invitation Only! *No Regular Center Hours*

THANK YOU!

All Senior Center Volunteers!

*Home Delivered Meals, Kitchen, Karn's Runners,
Fundraiser Volunteers, Center Volunteers,
Board of Directors, etc.*

ALL who volunteered throughout 2023!

BREAKFAST SERVED

TO THOSE WHO SERVE US!

Although we understand our volunteers humility and sincere dedication to volunteering, we would like to take this opportunity to recognize and honor their efforts.

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.