



THE SENIOR CENTER BROADCASTER

IT'S OUR ANNUAL CHRISTMAS PARTY

Mingle & Jingle

TUESDAY, DECEMBER 5TH 8AM-1PM

- ★ **9:00 – “Christmas Greetings”**
A chalk talk w/ artist, Cora Hurtz, daughter of Elva the founder
“Christmas Greetings” is the history of an ancient holiday tradition that is still a part of our Christmas celebrations today. You will be encouraged to make a difference and consider others during the Christmas season using this timeless tool. Enjoy Time period music the artist creates a lovely Christmas scene right before your eyes completed with colored and black lighting effects.
- ★ **10:45 – “Just for Fun Country Line Dancers”**
Members will Share what they’ve learned in a performance
- ★ **11:30 – LUNCH**
A catered Traditional Christmas Menu:
Ham & All the Fixings!
Tom Elhaji, a HDM volunteer, is once again treating us with this delicious meal!
- ★ **12:15 – The Gift Exchange Game**
For those wishing to continue to Mingle a rousing game will be played.
To Participate in the Game, you need to bring:
ONE NEW \$10 wrapped Christmas gift, (suitable for a man or a woman.)
*Pics w/Santa * Chalk Talk * Performances * Game * Sing-A-Long & More!*



NORTHEASTERN SENIOR
COMMUNITY CENTER

INSIDE THIS ISSUE

Activities.....	2
LIVE Music	3
Birthdays	4
Trips	5
Puzzle	6
April Menu	7

CENTER UPDATES

BUILDING FUND:
The Northeastern Class of '73, Penn Market House Band (Frank & Connie Zeplin), In Loving Memory of Marian Lippy, Emma Schaffner, Manchester Borough, Anonymous Angels, & the Senior Center Jar, now totaling 415,810!! By October after closing on our new building we will be closer to zero.

GENERAL FUND DONATIONS:
Susquehanna Lions Club, Shiloh American Legion Post#791, Manchester Twp., Sharon Weaver, & Anonymous.

POPUK PRODUCE!



Sponsored by the American Heart Association, WellSpan, & Triple “A” Dwarf Acres (Barb Ahrens) provides fresh produce for you to purchase fresh fruits & vegetables at a great price right here at NASSC. Don't miss the last one in November for her Awesome Apple Cider!

Pop-Up Produce will be available the following
Dates & Times:

10/12 @ 12-1pm • 10/26 @ 12-1pm • 11/9 @ 9-11am

While the Pop-Up Produce was only scheduled for nine days, July-Nov, beginning 6/14, Barb began to bring in fruits every Wednesday for just \$5 a quart. We had Bing & Queen Anne cherries, sugar plums, yellow & white peaches, apricots, apples, blueberries, homemade zucchini bread, and so much more! Wow, thank you Barb for bringing us so many fresh, delicious & healthy local foods at affordable prices!



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!

Haircuts by Missy from Hair Talk.....

Dry Cut & Basic Style ONLY
1st Mondays @ 10am **Cost \$10**

Chair Massages: by Brenda Dettrey, LMT
1st & 3rd Wednesdays **\$15 /15 mins**

Paint with Holly..... Painting w/ Acrylics!
Have fun socializing & creating fun art!
(\$ by Donation)See Monthly Calendar for exact dates! @ 12:15

Art Club..... Mondays @ 12:15

Card Games Mon & Thurs @ 9am

Socrates Café..... 2nd Monday @ 10am
Anne Vendy & Don Bruening Moderators

Zumba Gold w/ Heather Cintron.....
Tuesdays @ 9am (\$3/Class)

Gentle Yoga w/ Anna Wagner.....
Tuesdays @ 10am (\$ by donation)

Just for Fun Country Line Dancing
with Bonnie..... Tuesdays @ 12:15

Dance Yoga Fridays @ 10am
w/ Anna Wagner (\$ by donation)

Brunch Bunch 2nd Tuesdays at various restaurants *reservations req.* @ 10am

Free Blood Pressure Screenings.....
by Kara the 1st Wednesdays @ 9:30

Free Sugar Checks & BP's 3rd Weds @ 9am by Barb Kuhn, RN

R&K Sub Sales.....
Orders Due: 2nd Wednesday
Delivery: 3rd Wednesday

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

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

"Chapel Time" 3rd Thurs @ 9:30am
with Pastor Mark Zortman of Otterbein Mt. Wolf @ 9:30am w/ Claire Jordan accompanying on piano

Property Tax/Rent Rebate appts
@ 9am w/ Espe of State Rep Joe D'Orsie

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

ACTIVITIES You Don't Wanna Miss!

Cybersecurity and Identity Theft.. Let's Talk!



Samantha from Members 1st Federal Credit Union in Manchester will be here to discuss cybersecurity and identity theft. Learn about the different types of risk, and how to protect yourself. She will also be available for questions after the presentation.
..... 10/23, 9:30am

Intergenerational Program with the Otterbein Daycare Dragonflies & Grasshoppers!



1st Fridays of the Month.....9:15am
Come and help us do crafts and play simple games with the kiddos from upstairs!

HOMEMADE FIXIN'S FRIDAYS!



Good homemade food . . .
We can't thank Barb enough!

Upcoming Dates: 10/20 & 11/3
11/17... **A Traditional Thanksgiving Meal**
Future dates & menus are announced monthly at the center!

IRIS PAPER FOLDING CLASSES



1st Thursdays of each Month— Reservations Req.

Upcoming Dates!
Oct. 5th • Nov. 2nd • Dec. 7th
Time: 9:00 am
Cost: \$3 each class

Iris folding is a technique created by arranging & layering strips of paper typically in a spiraled pattern that resembles the iris of a camera lens. Missy guides you using this technique to create beautiful handmade greeting cards & projects you can frame!



Seeing Eye Puppy 4-H Club w/ Sherri Adamson

Wednesday, December 20, @ 9:00-Noon
We'll help get these pups ready for concerts!

Now Ya Got It! - 3rd Thursday's of the Month..... 10:30 am
Bring a \$2-\$3 NEW Wrapped Gift!

BRUNCH BUNCH DATES

We meet the 2nd Tuesday of each month @ 10am (except April & October when they meet at 5pm) at various restaurants with escort, Margaret Miller.

★★ **Reservations Required** ★★

Lyndon Diner Rt. 30, York @ 5pm 10/10
Denny's Rt. 30, York 11/14
Conewago Inn 3480 York Haven Rd. 12/12

We are still accepting the following items:

- ★ **Old eyeglasses** for the Susquehanna Lions Club
- ★ **Hearing aids/batteries** for Beltone @ Home
- ★ **4 ply yarn** used for: **Caps for Kids (NESD) & Lap Robes** (nursing homes, HDM clients, & members in need)



Sunnyside Gang Whitey Jerry Overby

LIVE MUSIC ENTERTAINMENT

EVERY WEDNESDAY MORNING

Mark your calendars for your favorites!

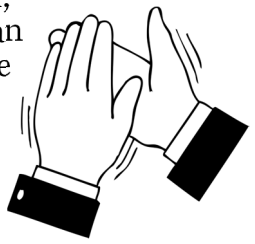
- Whitey..... 10/4 @ 9:30
- Sunnyside Gang 10/4 @ 10:30
- Tall in the Saddle 10/11 @ 9:30
- Bill Anderson
& the Invisible Band..... 10/18 @ 9:30
- Sweet Life Music 10/25 @ 9:30
- Kirk Folk 11/1 @ 9:30
- Bob Reigh Trivia..... 11/8 @ 9:00
- JCM Band..... 11/8 @ 10:00
- Tony Heath 11/15 @ 9:30
- Jerry Overby & Derek Reed..... 11/22 @ 9:30
- Tom Shultz..... 11/29 @ 9:30
- Tall in the Saddle 12/6 @ 9:30
- Sunnyside Gang 12/13 @ 9:30
- Hillbilly Heaven 12/13 @ 10:30
- Jerry Overby..... 12/20 @ 9:30
- Noon Year's Party
w/Tom Shultz..... 12/20 @ 9:30

Check out our **NEWEST** entertainer. . .
Derek Reed



He was so wonderfully introduced to us by Jerry Overby in July. Derek is super talented as a "Living Tribute Artist" performing Elvis, Bobby Darin, Frank Sinatra, Dean Martin & more. We welcome this young and engaging

entertainer to our stage!



GOLFING @ ROYAL MANCHESTER



Friday
October 6th
Last Tee Time in 2023
8:30 am

Cost: \$20 per person
9 holes w/ cart

Contact the Senior Center

Our Golf Club had a fantastic year at Royal Manchester. Congratulations to Rich Brenner who hit a "hole in one" on hole 11 on 7/7. **WOOHOO!**

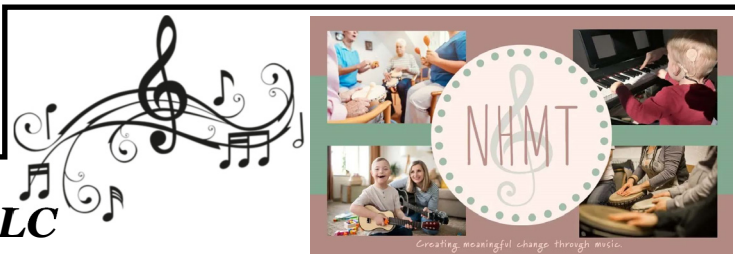
We'd like to take this time to thank **Royal Manchester** for hosting us and **Tim Heilman** for all his work scheduling and coordinating.

ACTIVITIES ON OUR SCHEDULE!

- 10/12 @ 9:30 A **Fun Game with Barbara**, presented by Barbara from Homeland at Home
- 10/26, **Beltone @ Home**, cleaning and small repairs of hearing aids by appointment
- 10/27 @ 10am, **Video of the History & Construction of the UB Church, Our New Building!** presented by Charles Stambaugh of NEYCHIP. Our building was the former United Brethren Church in Strinestown. He will also have other insightful history of our area to share. Always a great deal of reminiscing and fun discussions.
- 10/30 @ 10am **Notes of Healing Music Therapy**, with Taylor Hood (1 of 3 Sessions)
- 11/13 @ 10am **Notes of Healing Music Therapy**, with Taylor Hood (2 of 3 Sessions)
- 11/20 @ 10am, **YCAAA Nutritionist, Lexy Nusbaum** presentation
- 12/11 @ 10am **Notes of Healing Music Therapy**, with Taylor Hood (3 of 3 Sessions)
- 12/14 @ 9:30 **Gut Health: Our Second Brain** presented by Barbara from Homeland at Home
- 12/18 @ 10am, **Christmas Trivia Time** w/ Matthew Cleveland

Notes of Healing Music Therapy, LLC

Taylor Hood, MT-BC— **Founder & Owner**, is a board-certified music therapist with a passion and love for working with seniors! She took a leap of faith earlier this year, and opened, Notes of Healing Music Therapy to provide services to individuals within central PA. Group music therapy sessions are all about you and your music choices! Our October program will be "Halloween." Taylor uses both recorded and live music through the session (keyboard & guitar) with handheld instruments/props to promote movement. She typically finds some fun facts from each song to help facilitate discussion in the group.



FLU SHOTS & COVID BOOSTERS!

(Possibly)
October 26th @ 9 am - 11 am

provided by:



Preregistration is necessary! Medicare and secondary insurance cards required or cash cost is \$30.00 ("flu shot only" and subject to change). Call to get on the registration list or sign-up sheets at center.

Caregiver Grief & Self Care Support Group

GRACE: Caregiver Network

Guiding with Respect & Compassion for Everyone

These 4 sessions are open to anyone in any stage of the caregiver journey. Speakers, Discussion of Memory Support Challenges, & Advice to provide education, strategies and empathy along your journey.

10am: Sep. 14th • Oct. 12th Nov. 30th • Dec. 28th

Reservations Required • Signup @ the Senior Center



sponsored by: **COUNTRY MEADOWS**
RETIREMENT COMMUNITIES

WELCOME NEWBIES!

Mike Grothouse	Bill Elliott
Nancy Frey	Abraham Green
Robert Motter	Ruth Peters
Marie Stoltz	My Marshall
Lona Klinina	Bob Lippy

Welcome NEW HDM Volunteers:

Sherry Niehenke, John Walters, Nevin & Linda Brenneman, Marie Stoltz, Carrie Hedrick, Linda Shuman

Our Heartfelt Sympathy to Families & Friends of:

Clair Kleiser, Joyce Kroh, Emilie Perry

NEEDING OUR THOUGHTS & PRAYERS

Marcia Dellinger, Anna Baer, Dot Taylor, Sheila Ruppert, Norinne Shaw, & Cindy Owad

A Warm Welcome Back!

Audrey Kraft, Bev Boyd, Nancy Hinkle

HAPPY BIRTHDAY



OCTOBER

1 Mae Lewis	2 Cheryl Bauer	3 Laura Bair-Baker	4 Glenn Cassel	5 Connie Rode
4 Sue Hare	Daryl Gemmill	Mary Bupp	JoAnn Sweigart	25 Peggy Dehoff
5 Gary Peeling	Sheila	Gary Strayer	18 Bonnie Winkler	Carol Reinhold
Marie Stoltz	MacDonald	11 John Anderson	20 Nancy Henchey	Anne Vendy
	7 Jessica Fahs	Charles Culley	Janet Lipton	27 Beverly Boyd
	Lorreta Wilhide	Kimberly Danley	21 Kimberlee Henry	Cathie Grim
	9 Karen	11 Cheryl Noll	22 Steven Kraft	31 Sandy Brenner
	Doverspike	13 Barbara Sirolli	23 Julie Walz-Sistek	Jane Haring



NOVEMBER

4 Pat Sanderson	6 Rick Diehl	18 Pat Sullivan	Steve Newport
5 Ralph Arnold	7 Peggy Glatfelter	19 Ruth Keller	24 Ed Shaffer
Thomas Hanna	8 Ellen Geiger	Florence Tome	25 Pat Speakman
Jerry Horst	9 James Kinder	20 Richard Dart	Sharon Swartz
	10 Diana Bruening	Patsy Ellwein	27 Byron Almoney
	George Leiter	Linda Newport	Ava Dixon
	Bill Schaeffer	21 Marlene Kroft	28 Pam Yourell
	11 Joyce Santiago	22 Margaret Miller	29 Gary Caswell
	14 Laurie Winters	23 Maria Garver	30 Lois Fengfish



DECEMBER

2 Joy Inch	8 Ernie Lees	17 Phil Covert	22 Evaline Cousler	27 Cheryl Adams
6 Robert Motter	10 Judy Chapman	18 Debbie Brown	Marianne Poletti	Julie Bricker
Reginald Murphy	Joe D'Orsie	Phillip Dodson	Dona Weirich	Dawn Eshleman
Gail Shultz	12 Delores Beshore	Marie Shellenberger	23 Tim Heilman	Karen Komenda
	Kristen Wolfe	19 Richard Nace	Lynn Suter	28 Norine Shaw
	13 Betty Miller	Jeanne Paules	25 Brenda Anstine	30 Carole Plowman
	14 Debra Chmiel	21 Gary Phillips	Gail Lantz	Joan Runkle
	16 Dave Lingg, Jr.		26 Judy Conley	

NASSC STAFF

Deb Davis— Executive Director • **Missy Adams**—Assistant Director • **Holly Sarti**—Administrative Assistant
Kitchen & Activity Aides—Connie Culley & Alicia Leiter • **Daily Volunteers**—Gloria Confer, Pat & Walt Haring



LOCAL SHOPPING TRIP!: *FIRDAY, OCTOBER 13TH* (9:00-2PM)

Depart 9:00am, Return Approx 2:00pm

Join us as we make a local shopping day to the Salvation Army and the Community Aid. You'll stop off for Lunch (on your own) at the HiLife Diner.

Cost of Trip \$16 (Includes Rabbit & bagged supper).

2023 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: \$80

Margaritaville—October 5th

2024 Dutch Apple Lineup! - Cost: \$82

April 25th 2024— Ragtime

August 29th 2024—Jersey Boys

October 24th 2024 —Hairspray

2024 SIGHT & SOUND SHOW



DEPARTURE
@ 9am
Cost: \$115

June 11th — Daniel
& Diener's Buffet (on Your Own)

Cost Includes Show, Gratuity, & Rabbit
Show starts at 11:00, 2 1/2 hr. Lunch is at 2:00.
Bring or Purchase @ S&S your own snacks.



DEPARTURE
@ 10am
Cost: \$80

Christmas Dinner—Nov. 7th

2024 Lineup - 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

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

November 18, 2023 • April 27, 2024

sites.google.com/nebocats.org/nesdhs/honor-bus

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



Donors of food and other goodies are cherished too: Karn's Foods, Country Meadows, Union (Manchester) Fire Hall, Triple A Dwarf Acres, Community Connections for Children, Susquehanna Lions Club, United Brethren Church (40 lap robes & 30 Caps for Kids) and Harvest Moon Farms.

Special thanks: A very special thank you to Wendy Rittenhouse, YCAAA volunteer, for her generous & kind donation of 5 large bags of yarn. Bonnie & Anne loved all the colors for the Caps for Kids!

Drive-by Guy: We want to give a special recognition to "Our Drive-By Guy" as we affectionately refer to the man who discovered us during the pandemic while driving past our drive-thru meal program. He wishes to remain anonymous! In addition to his monetary donations, he brought us 10 fans last year and 10 more this year to share with HDM clients and our members. Thank you so very much!

We couldn't do it without your help! Another special shout out to Duane Close, Holly's father, who continues to do repairs around the center from handrails, door handles, to rolling carts, and rocking toilets. Duane also did a Native American presentation last year and if he doesn't get tired of us anytime soon, hopefully he'll return for another show soon. Thanks Duane!

END OF THE YEAR FUN!

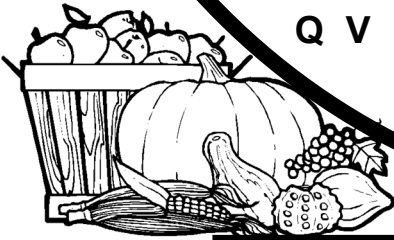
Word Search



Word search grid:

```

C S E
J B F A L L P J W
D H A F N Z I H X J K U C
J O M T S T R I C K O R T R E A T
V B O K W A B Q C E K R G M Y L D C R
O T K V E S W I Q Z L N E E W D E M Z E V
D Y K A Q C O P Y Y P Y B Y T Q B P S D A
O R D T B H R R P J M R Q Y I C L
A C E K J X Z B A C E A K A P O H
J Y R T A W L F A E L I B O C S J I T D D S R J R
K D S R O G B A J N P O J L E D R Y E B I X N W U
M J E E T B H X O G O H F D D N X O S I L L H P U
C G G V B R M E O K T Y L C W T E K C Z S O D D O O F
G E V I M U B M R S E L U S E Y I A T N H H D H S L S
C G D T E B V A T V T I W I R C R M O T O I E S L F J
M T A V Y V K X P M N T A F F W X A O C Y W I
Q G L O U Y D T A E T J E S U S Y O T R E
X O E N Z Z X B F T R E E P P O K R N D W
Q R D I H C S A U G
B O O X K N K R A T A D
F U U H P O G R S B E W B O C S E Q M E H
O Z J Y C M M H A Y C H R I S T M A S Z D
G U L Z T U A F K H S I C N L R E I P
Q V G T I P N Z E H D I C J P T H
R B R W S N S B W O S W R
K P X P I G B O D
J U C
    
```



WORD BANK

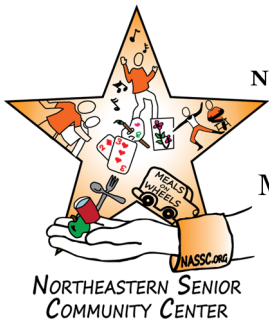
- | | | | | |
|---------|----------|----------------|-----------|-----------|
| SCARF | SWEATER | GHOST | BOO | SANTA |
| TREE | BOOTS | HAUNT | CAT | JESUS |
| ACORN | RAKE | TRICK-OR-TREAT | MOON | FOOD |
| HAY | PIE | SPIDER | MASK | RELATIVES |
| APPLE | LEAF | WITCH | CHRISTMAS | DECORATE |
| FALL | HOLIDAYS | OCTOBER | WINTER | SNOW |
| PUMPKIN | CINNAMON | NOVEMBER | COLD | FAMILY |
| | COBWEBS | DECEMBER | CELEBRATE | FRIENDS |

OCTOBER 2023

Northeastern Senior Center • 717-266-1400 (Mon-Fri 8am-2pm)

Lunch served at 11:30am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Card Clubs 2 9:00 Chair Aerobics 9:30 Zen Doodle/Color 10:00 Haircuts W/ Missy 10:00 Ladder Golf 12:15 Art Club 12:15 Members Choice	9:00 Zumba Gold 3 9:00 **Homeless Mats** 9:00 Penny Wheel 10:00 Gentle Yoga 10:00 Crazy 8's 12:15 Line Dancing 12:15 Members Choice	4 8:00 Social Hour/ P&P Games 9:00 Massages 9:30 Blood Pressures 9:30 <i>Whitey</i> 10:30 <i>Sunnyside Gang</i> 12:15 Bingo	5 10:00 Dutch Apple Trip: <i>"Margaritaville"</i> 9:00 Card Clubs 9:00 Iris Paper Folding 9:00 Property Tax Rent Rebate 10:00 Fitness Class 12:15 Members Choice	6 8:00 Koffee Klatch 8:00 Golf @ Royal Manchester 9:15 Daycare Visitors 10:00 Dance Yoga 10:00 Scattergories 11:00 Chase's/ Announcements 12:15 Members Choice
Center Closed 9 	10 9:00 Zumba Gold 9:00 **Homeless Mats** 9:00 Chain Reaction 10:00 Brunch Bunch 10:00 Gentle Yoga 10:00 Focus Group/Hangman 12:15 Line Dancing	11 <u>Millek's Sub Orders Due</u> 8:00 Social Hour/ P&P Games 8:45 Match Game 9:30 <i>Tall In the Saddle</i> 12:15 Bingo	12 9:00 Card Clubs 9:00-1:30 AARP SAFE DRIVING COURSE 9:30 Fun Game with Barbara @ Homeland 10:00 Support Group: Country Meadows 10:00 Fitness Class 12-1 Pop-Up Produce	13 NO DANCE YOGA 8:00 Depart: Thrifty Shopping Trip & Lunch 8:00 Koffee Klatch 9-1:30 AARP SAFE DRIVING COURSE 12:15 Members Choice
9:00 Card Clubs 16 9:00 Chair Aerobics 9:30 Zen Doodle/Color 10:00 Socrates Cafe 12:15 Paint w/ Holly: <i>Reversible Door Hanger</i> <i>\$10 Donation</i>	17 <u>NO Zumba Gold</u> 9:00 **Homeless Mats** 9:00 Trash 10:00 Gentle Yoga 10:00 500 Rum 12:15 Members Choice 12:15 Line Dancing	18 <u>MILLEK'S SUB ORDER PICKUP</u> 8:00 Social Hour/ P&P Games 9:00 Massages 9:00 Sugar & BP Checks 9:30 <i>Bill Anderson</i> 12:15 Bingo	19 CENTER CLOSED ALL Staff Training Day	20 8:00 Koffee Klatch 9:00 Karaoke 10:00 Dance Yoga 10:00 Left-Right-Center 11:00 Chase's/ Announcements 12:15 Members Choice
23 9:00 Card Clubs 9:00 Chair Aerobics 9:30 Zen Doodle/Color 10:00 Cyber & Identity Safety: by Member's 1st 12:15 Art Club 12:15 Members Choice	24 9:00 Zumba Gold 9:00 **Homeless Mats** 9:00 Hangman 10:00 Gentle Yoga 10:00 Higher or Lower 12:15 Members Choice 12:15 Line Dancing	25 WEAR YOUR COSTUME HALLOWEEN PARTY 8:00 Social Hour/ P&P Games 9:30 <i>Sweet Life Music</i> 12:15 Bingo	26 9-11 Flu, Covid, & RSV Boosters by Minnich's Pharmacy 9:00 Beltone Appointments 9:00 Higher or Lower 10:00 Fitness Class 10:00 Now ya got it...\$3 gift 12-1 Pop-Up Produce	27 8:00 Koffee Klatch 9:00 Shuffleboard 10:00 Dance Yoga 10:00 Rummikub 11:00 Chase's/ Announcements 12:15 Members Choice
9:00 Card Clubs 30 9:00 Chair Aerobics 9:30 Zen Doodle/Color 10:00 Community Music Therapy 12:15 Paint w/Holly 12:15 Members Choice	31 9:00 Zumba Gold 9:00 **Homeless Mats** 9:00 Phase 10 10:00 Gentle Yoga 10:00 Skip Bo 12:15 Line Dancing HAPPY HALLOWEEN!		JOIN US: <ul style="list-style-type: none"> ★ Everyday At 8am For Koffee Klatch / P&P Games ★★ Call Us Before 10:00am <u>At Least One (1)</u> <u>Business Day Ahead</u> To Order Meals & Rabbit Bus Transport ★★★ <i>Calendar Subject To Change Without Notice & Changes Often</i> 	



NASSC

Northeastern Senior Center

131 Center Street
PO Box 386
Mount Wolf, PA 17347

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

Non Profit Org
U.S. Postage
PAID
Permit #784
YORK, PA
17402

CENTER CLOSURES

- 10/9** Columbus Day
- 10/19** All Staff Training
- 11/10** Veterans Day
- 11/23 & 24**
Thanksgiving Holiday
- 12/22 & 26**
Christmas Holiday

seniorstars@nasc.com
www.nasc.org

Find us on Facebook!
NortheasternSeniorCenter
RETURN SERVICE REQUESTED



2023 MONTHLY SUB SALES—NEW VENDOR IN OCTOBER !

We are excited to offer Millek's Subs/Aunt Lydia's Pretzels
(from Morningstar Sun Marketplace & the New Eastern Market)

New selections & the freshest products available: 12" subs @ \$7, Pretzel sandwiches & Wraps @ \$6
Orders due 2nd Wednesday of each month (before noon). Pickup/Delivery & Money is the following week, 3rd Wednesday (10am-1pm) Jan-Nov. If you wish to have a monthly order, please stop in or call the center for details. Thank you all for your support! (See order forms @ front desk for complete details!)

Refresh your driving skills & you may save on auto insurance!



DRIVER SAFETY COURSE

FOR AGES 55 & OLDER

Preregistration is required

Costs of classes are \$25 or \$20 for AARP Members

Lunch is Included!

2 Day Course for BEGINNERS:

Thursday & Friday, 10/12 & 10/13, 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.*

OUR WISH LIST

★★ **Building Fund Donations to upgrade our New Home** ★★

★★ Small & Large disposable plates ★★ ★★ *Healthy* snacks ★★ ★★ 4-ply yarn (all colors) ★★

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