

SUSQUEHANNA AREA SENIOR CENTER NEWS!

May Highlights

May was a whirlwind of activity. Crafts, bus trips, new fitness classes, and celebrations, just to name a few. We held our first Open House on May 15 too!



June is packed with even more adventures. Please be sure to read your newsletter cover to cover, so you don't miss any events you may want to participate in. All special events have registration sheets to sign up. If you need assistance, Stephanie or Ami are happy to help 😊



**FRIDAY, JUNE 13
9 AM**

Join us in celebrating dear 'ol dad. We'll be serving a special Father's Day breakfast from 9-10 am. Sign up is required for this event so we have an idea how many members we'll be serving.

Dad: Someone I look up to, no matter how tall I have grown.

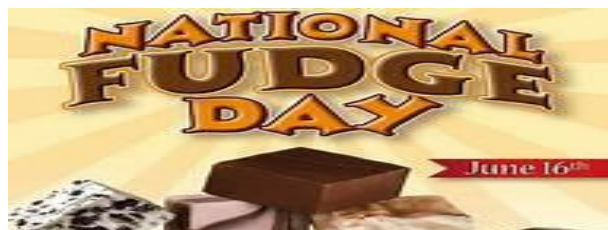


JOCKEYS WANTED!!

The excitement of the Belmont Stakes is coming to Susquehanna Senior Center! We're looking for volunteer jockeys to enter the race.

**The race is set for Monday,
June 9 at 10 am.**

**Sign up with Ami to be added
to the race roster.**



Calling all home bakers and candy makers!

June 16th is national Fudge Day. To celebrate, we're having a fudge tasting contest. Make your fudge at home and bring it in the morning of the contest.

We are in need of contestants and judges. 😊

Judging will take place at 11:00 AM on Monday, June 16th. Since this is an anonymous tasting, please sign up directly with Ami so no one knows who made each batch.

Prizes will be awarded for the top 3 fudge recipes.

**Chocolate
Peanut Butter
Strawberry
What's your
favorite?**

JUNE CALENDAR OF EVENTS!

Bible Study	Wednesdays @ 9:30 am – June 4 and June 18
Communion	Wednesday June 18 @ 10:30 am
Catholic Harvest	Thursday, June 12 10:30-11:30 am
Chorus	Mondays @ 10 am
Cooking Class	Friday, June 27 @ 9 am No Bake Cooking Class
Boards games	Mondays @ 10 AM June 2 – Jeopardy - June 23 Scrabble, and Bunco June 30 Thursday, June 12 @ 10 am – Uno
Other games	Friday, June 6 @ 10 AM – Now You Have It, Now You Don't

In Center Bingo Tuesdays @ 10 AM - June 3, 10, 17, 24

Art

Wednesday, June 18 @ 10:30 am Garden Rock Painting

** Please sign up for art classes so we have enough



Haircuts by Missy - Monday, June 16 @ 9:30 am

Tuesday, June 17 at 11 AM

Becky from Advanced Wound Care will be visiting. She'll be talking about treatments for hard-to-heal wounds, tailored to your needs, whether at home or in a medical setting.

YCAAA Food Vouchers
JUNE 10 9:00-11:30 am
Distribution of Vouchers
will be held in the Social
Hall. Please bring ID



Root Beer Float Social

Wednesday June 25

11 am



BLOOD PRESSURE CLINIC



Friday June 6 and June 20

11:00 am

We'll be taking blood pressures
every 1st and 3rd Friday of each
month. No sign up needed.

June 10 – Lunch and Learn with
Madeira Chiropractic. They will
be discussing the benefits of
chiropractic services. Sign up is
required for this class.

BOOK CLUB

This month's book is **The Final Girl Support Group** by Grady Hendrix .

Lynnette Tarkington is a real-life final girl who survived a massacre. For more than a decade, she's been meeting with five other final girls and their therapist in a support group for those who survived the unthinkable, working to put their lives back together. Then one woman misses a meeting, and their worst fears are realized—someone knows about the group and is determined to rip their lives apart again, piece by piece. But the thing about final girls is that no matter how bad the odds, how dark the night, how sharp the knife, they will never, ever give up.

Join us Thursday, June 26 at 10:00 to discuss this intense story.

WELCOME TO OUR NEW SPONSOR!!



Wendy Parde
REALTOR®, SRES
Licensed in PA and MD

IRON VALLEY
REAL ESTATE®

YORK COUNTY

Cell: 717.870.6162
Office: 717.316.8777
wparde@comcast.net
wendyparderealtor.com
2641 Carnegie Road
York, PA 17402



Susquehanna Area Senior Center is pleased to welcome Wendy Parde, as our first sponsor! Wendy is a Realtor at Iron Valley Estate and specializes in senior real estate! By becoming a sponsor, Wendy is helping to provide quality and variety in programming and health and wellness activities. Thank you, Wendy, for supporting our seniors!

Would you like to sponsor the senior center? New sponsorships opportunities are available for our members too!

For as little as \$25/month, you can support the center and have your name mentioned in the newsletter 😊

We also have business sponsorships available. Call the center and speak with Stephanie or Ami for more details. 717-244-0340

THANK YOU!!!!

A very special thanks to all our vendors, food trucks, members, and volunteers who help in making our Open House a success!!!

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717-945-9853
Eastcoastteatery717@gmail.com

Advanced Wound SPECIALISTS
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PHONE: 717-609-0900
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rhamassage@gmail.com
Member ABMP
100 Redco Ave. Suite 119
Red Lion, PA 17356
610-505-3206

Community Health Choices
American Health Center
Pennsylvania
Nguyen Nguyen
Community Relations Representative
LTSS Outreach
nguyen1@amerhealthcaritas.com
8040 Carlson Rd.
Harrisburg, PA 17112
Cell: 717-919-0331

PAPA'S PULLED PORK
Contact Us
602-551-4806
papaspuiledpork@outlook.com

WENDY FINK
PA HOUSE OF REPRESENTATIVES
94TH LEGISLATIVE DISTRICT
WFINK@PAHOUSEGOP.COM
ROOM 410, BERRY'S OFFICE BUILDING
P.O. BOX 202094
HARRISBURG, PA 17120-2094
PHONE: 717-781-6426
FAX: 717-782-2965
100 REDCO AVENUE
RED LION, PA 17356
PHONE: 717-244-0332
FAX: 717-244-1714
REP@WENDYFINK.COM

IRON VALLEY REAL ESTATE®
YORK COUNTY
Cell: 717.870.6162
Office: 717.316.8777
wparde@comcast.net
wendyparderealtor.com
2641 Carnegie Road
York, PA 17402
Wendy Parde
REALTOR®, SRES
Licensed in PA and MD

Magnolias of Lancaster
1870 Rohrerstown Rd
Lancaster, PA 17601
717-560-1100

LOOKING AHEAD TO JULY

Mark your calendar for a Townhall meeting and volunteer appreciation event on Jul 8, at 11 am. We will be celebrating our center volunteers for their dedication and time over the past year. We will also be reviewing items that pertain to SASC. All center members are encouraged to attend.

June

York County

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak w/ Gravy Cubed Potatoes Mixed Vegetables Wheat Bread Gelatin	3 Kielbasa w/ Sauerkraut Homemade Haluski Carrots Applesauce	4 Open Faced Turkey Sandwich w/ Gravy Whipped Potatoes w/ Chives Sweet Corn White Bread Cookie	5 Cheeseburger BBQ Baked Beans Hamburger Bun Tossed Salad w/ Tomato Mandarin Oranges	6 Roast Beef Sandwich w/ slice Mozzarella Cheese) Cream of Cauliflower Soup Hamburger Bun Blushed Pears
9 Sausage Gravy Biscuit Egg Bite Diced Potatoes Orange Juice	10 Swedish Meatballs Buttered Noodles Peas Dinner Roll Fresh Fruit	11 Turkey Chef Salad Turkey, Cheddar, over Mixed Greens w/ Tomato Vegetable Soup Dinner Roll Gelatin	12 Sweet & Sour Pork Brown Rice Oriental Blend Vegetables Wheat Bread Fresh Fruit	13 Bagged Lunch Sliced Turkey on Whole Wheat Bread, Lettuce & Tomato Potato Salad Fresh Fruit Brownie
16 Happy Father's Day! Bratwurst w/ Sauerkraut Potato Salad Baked Beans Hot Dog Roll Ice Cream Cup	17 Pasta & Meatballs Pasta w/ Marinara Tossed Salad w/ Tomato Italian Bread Mixed Fruit Salad	18 Taco Salad Taco Meat, Cheddar, Lettuce, Tomato, Salsa Tortilla Chips Tortilla Soup Pineapple	19 Pork Loin w/ Creamy Mushroom Sauce Brown Rice Spinach Dinner Roll Blushed Fruit	20 Stuffed Pepper w/ Tomato Sauce Tossed Salad w/ Dressing Carrots White Bread Pudding
23 Stadium Hot Dog Cheesy Potatoes Peas Hot Dog Roll Pineapple & Mandarin Oranges	24 Roast Beef w/ 2oz Gravy Mashed Potatoes Coin Carrots Italian Bread Peach Crisp	25 Chicken Salad Sandwich Cream of Potato Soup Pickled Beets Hamburger Bun Fresh Fruit	26 Chicken, Spinach & Cranberry Sala w/ Dressing Chicken Mixed Greens & Spinach Broccoli Salad Breadstick Cookie	27 Bagged Lunch Chicken Salad, Lettuce & Tomato Macaroni Salad Pickled Beets Fresh Fruit Cookie
30 Korean Meatballs White Rice Oriental Vegetables Wheat Bread Fresh Melon				