

STEWARTSTOWN SENIOR CENTER NEWSLETTER

14 COLLEGE AVE (TEMPORARY)
STEWARTSTOWN, PA 17363

FEBRUARY 2026

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FEBRUARY'S SPECIAL EVENTS

ACTIVITIES, SPECIAL EVENTS, AND MENU MAY BE SUBJECT TO
CHANGE WITHOUT NOTICE

SPECIALS:

- FEBRUARY 2: BINGO & GROUND HOG DAY
- FEBRUARY 3: 10 AM MINUTE TO WIN IT GAME
- FEBRUARY 4: 10 AM MOVIN' WITH MARYANNA
- FEBRUARY 6: 10 AM PAPER & ESSENTIALS BINGO
- FEBRUARY 9: BINGO
- FEBRUARY 10: CRAFT DAY
- FEBRUARY 11: 10 AM BEST FRIENDS GAME
- FEBRUARY 12: VALENTINE'S DAY PARTY
FEATURING PERFORMER ADELYNN WOOD
- FEBRUARY 16: CLOSED FOR PRESIDENT'S DAY
- FEBRUARY 17: 10 AM MARDI GRAS PARTY AND
LAST DAY TO SUBMIT SUB/PRETZEL SANDWICH
ORDERS
- FEBRUARY 18: 10 AM Get Active Class—"Diabetes
Prevention Program"
- FEBRUARY 19: ACTIVITIES & FUNDRAISING
COMMITTEE MEETING AT 12:15 PM
- FEBRUARY 20: 10 AM PAPER & ESSENTIALS
BINGO AND CHERRY PIE DAY. BRING A CHERRY
PIE TO SHARE
- FEBRUARY 23: BINGO
- FEBRUARY 24: MURDER MYSTERY
" MURDER AT SHADY PINES REST HOME" AND
HAIRCUTS AT 12:15 PM
- FEBRUARY 25: 10 AM MOVIN' WITH MARYANNA
AND R & K SUB SALE DISTRIBUTION 12:00-
3:00PM
- FEBRUARY 27: CHILI DAY AND VETERAN'S
SERVICES OFFICER

WE OFFER THE FOLLOWING DAILY ACTIVITIES:

- *FELLOWSHIP**
- *DIAMOND ART**
- *PUZZLES**
- *DOMINOS**
- *CARDS**
- *WII BOWLING/SPORTS**
- *MAHJONG**
- *TUESDAYS AND FRIDAYS**
CHAIR YOGA@ THE LEGION
- *MONDAYS AND WEDNESDAYS**
CARDIO-DRUMMING @ HARP
- *TUESDAYS AND THURSDAYS**
SENIOR FRIENDLY AEROBICS
@ HARP



Stewartstown Area Senior Center Inc.

Erin Faw; Director

February 2026

Dear Friends,

February is here and with it comes our usual mix of winter surprises. Some days feel like spring is peeking in, and others remind us that winter is not quite finished with us yet! As always, if the weather is bad or conditions seem questionable, please use your best judgment before coming out. Your safety is our first priority, and we completely understand if you need to stay home during tricky weather.

I also want to share an exciting update — beginning March 1st we will be moving back to the Methodist Church! We are looking forward to settling back in and having the space to continue growing our activities and programs.

Speaking of activities, February is shaping up to be a fun and busy month. We've been adding lots of new offerings, and there are even more on the way. If you haven't been in for a while, this is a great time to stop by, say hello, and check things out. There truly is something for everyone and we love seeing your faces, your creativity, and the friendships that continue to form here.

Thank you for being such an important part of our community. Wishing you a cozy, cheerful February — and a mild one, if the weather cooperates!

Warm Regards.

Erin

MOMENTOUS OCCASIONS

HAPPY BIRTHDAY

Roger Lookingbill	Feb. 01
Roger Dill	Feb. 03
Ralph Snodgrass	Feb. 03
Deborah Hargrove	Feb. 04
Darlene Browning	Feb. 05
Jeffrey Joy	Feb. 05
Betty Swartz	Feb. 06
Jo Bedwell	Feb. 06
Shirley O'Braden	Feb. 06
Patricia Haller	Feb. 07
Duane Root	Feb. 08
James Wible	Feb. 08
Shirley Bass	Feb. 10
Dorothy Blevins	Feb. 10
Jenny Manifold	Feb. 10
Barbara Spurlock	Feb. 12
Silvia Miller	Feb. 12
Robert Eder	Feb. 13
Judith McCleary	Feb. 14
Thomas Nawrocki	Feb. 14
June Hersey	Feb. 15
Carolyn Hulshart	Feb. 15
Darlene Parker	Feb. 16
Erin Faw	Feb. 17
Mary Cutsail	Feb. 17
Donaleen Robinson	Feb. 19
Leona Lubinsky	Feb. 20
Brenda Chalk	Feb. 21
Gwynn Matthews	Feb. 21
Harold Miller	Feb. 22
William Richardson	Feb. 22
Robert Good	Feb. 24
Ellen Olson	Feb. 26
John Weaver	Feb. 27

GET WELL WISHES

IN LOVING MEMORY

- Mary Uhl-January 5, 2026
- Reginald B. Gemmill M.D.-

HAPPY ANNIVERSARY

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Congratulations!
**SENIOR
OF THE MONTH**



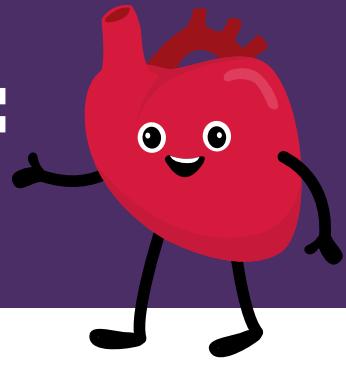
DOTTIE FREIDLANDER

CENTER MEMBER & VOLUNTEER

“My name is Dottie. I’m the sweets and tea lady for the center. I bring sweets and tea to the center everyday for those with a sweet tooth. I have been a member since 2018 and enjoy helping wherever I’m needed.”



Take Action for Your Heart: Get Started!



Heart disease is the leading cause of death in the United States, but it can often be prevented. Adopting a heart-healthy lifestyle can help you reduce the risk of heart disease and its risk factors. Take action to protect your heart by following these tips.

Get Enough Quality Sleep

Lack of sleep or getting poor-quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions.

- Try to aim for 7-9 hours of sleep a night.
- Go to bed and wake up at the same time each day.
- Exercise regularly, but not within 2-3 hours before bedtime.
- Avoid caffeine and nicotine.



Eat Better

A flexible and balanced eating plan can help lower your high blood pressure and improve your cholesterol.

- Follow the **Dietary Approaches to Stop Hypertension (DASH) eating plan**, which can help you create a heart-healthy eating style for life.
- Read nutrition labels to pick the food lowest in saturated fat, sodium, and added sugars.
- Try a mix of lean cuts of meat, eat fish once or twice a week, and eat two or more meatless meals each week.
- Consider whole fruits, dried fruits, unsalted rice cakes, fat-free and low-fat yogurt, or raw vegetables as a snack.

Stop Smoking

Any amount of smoking, even light or occasional smoking, damages your heart and blood vessels.

- Select a quit date and write yourself a contract that outlines your **plan for quitting**.
- Talk with your healthcare provider about programs and products that can help you quit.
- Join a support group. Many hospitals, workplaces, and community groups offer classes to help people quit smoking.
- Call 1-800-QUIT-NOW and visit smokefree.gov to get additional support.



Maintain a Healthy Weight

Maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions.

- Choose healthy snacks like fruits, vegetables, yogurt, or nuts, instead of sugary or high-calorie snacks.
- Stay hydrated with water as your primary beverage.
- Aim for at least 150 minutes of moderate-intensity aerobic exercise (such as brisk walking) or 75 minutes of vigorous-intensity (like running) exercise per week.
- Consider keeping a log of what you eat throughout the day.



Be More Active

Getting enough physical activity helps to lower your risk of heart disease and stroke.

- Adults should spend at least 150 minutes (2 1/2 hours) each week doing physical activity.
- Sit less! Take the stairs. Park farther away. March in place or take a walk around the block.
- Try muscle-strengthening activities like lifting weights, working with resistance bands, doing sit-ups and push-ups, or some forms of yoga—whatever works for you.
- If you don't have a lot of time in your day, try being active for 10 minutes at a time. Anything that gets your heart beating faster counts!



National Heart, Lung,
and Blood Institute



Control Cholesterol

Unhealthy levels of cholesterol can lead to high cholesterol, which increases the risk of developing heart disease.

- Try the **Therapeutic Lifestyle Changes (TLC) Program** which combines diet, physical activity, and weight management to help lower high blood cholesterol and improve heart health.
- Eat a heart-healthy diet that is low in saturated fats, as these can raise LDL cholesterol levels.
- Limit alcohol consumption. Drinking too much alcohol—more than two drinks a day for men or one drink a day for women—can raise your total cholesterol level.



Manage Stress

Learning how to manage stress with healthy coping strategies helps improve your emotional and physical health.

- Use relaxation techniques that combine breathing and focused attention on pleasing thoughts and images to calm the mind and body.
- Consider meditation, as it can help to **lower stress**.
- Take a yoga class to help lower stress and improve mindfulness. It may also offer you a supportive community.

Practice Self-Care & Find Social Support

Daily acts of self-care can benefit your heart because self-care is heart care. Studies show that having positive social support, close relationships, and feeling connected to others makes it easier to stick to heart-healthy habits.

- Try to do at least one positive action for your heart health each day.
- Make the doctor's appointment you've been putting off.
- Ask family and friends to text you reminders or encouragement to help you meet your health goals.
- Join an exercise class or a weight management group to connect with other like-minded people and stay motivated.

For more information about how you can take action to keep your heart healthy, visit hearttruth.gov

Manage Blood Sugar

Maintaining stable blood sugar levels is crucial for heart health, especially for people with diabetes or those at risk of developing diabetes.

- Eat a diet rich in whole foods, including vegetables, fruits, whole grains, lean proteins, and healthy fats.
- Monitor your carbohydrate intake and choose complex carbohydrates, like whole grains and legumes, to help control blood sugar levels.
- Talk to your healthcare provider about how often you should check your blood sugar levels, especially if you have diabetes.

Control Blood Pressure

Keep your blood pressure in a healthy range and keep track of your numbers. Blood pressure that's consistently higher than 130/80 mm Hg can cause serious health problems.

- Have your blood pressure checked each time you visit the doctor.
- Use a blood pressure monitor to measure your blood pressure at home and [learn how to measure it correctly](#).
- Use a **blood pressure tracker** to keep a record of your numbers each reading.
- If you're pregnant or planning to be, it's especially important to keep your blood pressure in a healthy range.



February 2026

Mon	Tue	Wed	Thur	Fri
2 MUSIC MONDAY- Ground Hog Day 9:00 Cardio Drumming @ HARP 10:00 Bingo	3 8:00 Senior Friendly Aerobics @ HARP 10:00 Minute to Win It Games 10:00 Chair Yoga	4 9:00 Cardio Drumming @ HARP 10:00 Movin' With Maryanna	5 8:00 Senior Friendly Aerobics 10:00 Art Club 12:15 Needle Felting	6 10:00 Paper & Essentials Bingo 10:00 Chair Yoga
9 MUSIC MONDAY 9:00 Cardio Drumming @ HARP 10:00 Bingo 12:15 Book Club	10 8:00 Senior Friendly Aerobics @ HARP 10:00 Crafts 10:00 Chair Yoga	11 9:00 Cardio Drumming @ HARP 10:00 Best Friends Game	12 8:00 Senior Friendly Aerobics @ HARP 10:00 Art Club 10:00 Valentine's Day Party featuring Adelynn Wood	13 10:00 Chair Yoga
16 WE ARE CLOSED FOR PRESIDENT'S DAY! 	17 8:00 Senior Friendly Aerobics @ HARP 10:00 Mardi Gras Party and Bead Toss 10:00 Chair Yoga Last Day for Sub Orders	18 9:00 Cardio Drumming @ HARP 10:00 Get Active Class-”Diabetes Prevention Program”	19 8:00 Senior Friendly Aerobics @ HARP 10:00 Art Club 12:15 Needle Felting 12:15 Activities & Fundraising Meeting	20 CHERRY PIE DAY 10:00 Paper & Essentials Bingo 10:00 Chair Yoga
23 MUSIC MONDAY 9:00 Cardio Drumming @ HARP 10:00 Bingo 12:15 Book Club	24 8:00 Senior Friendly Aerobics @ HARP 10:00 Murder Mystery- Murder at Shady Pines Rest Home 10:00 Chair Yoga 12:15 Haircuts	25 9:00 Cardio Drumming @ HARP 10:00 Movin' With Maryanna SUB ORDER PICKUP- 12:00-3:00	26 8:00 Senior Friendly Aerobics @ HARP 10:00 Art Club	27 CHILI DAY 9:00 VSO 10:00 Chair Yoga

OUR REGULAR DAILY ACTIVITIES WILL COMMENCE AS USUAL!

February

York County

Monday	Tuesday	Wednesday	Thursday	Friday
2 3oz BBQ Ribette 1/2c Ranch Cubed Potatoes 1/2c Green Beans Hamburger Bun 1/2c Pineapple Tidbits 	3 Chicken Scampi 1/2c Creamy Pasta 1/2c Peas Breadstick 1/2c Mixed Fruit 	4 3oz Sliced Ham with 1oz Pineapple Sauce 1/2c Mashed Potatoes 1/2c Green Peas Dinner Roll Cookie	5 Chicken Philly Sandwich 1c Cream of Spinach Soup 1/2c Coleslaw Hoagie Roll Gelatin	6 3oz Roasted Pork w/ 2oz Gravy 1/2c Parsley Potatoes 1/2c Carrots Dinner Roll Fresh Fruit
9 3oz Chicken Cutlet with 2oz Country White Gravy 1/2c Diced Potatoes 1/2c Mixed Vegetables Wheat Bread Cookie 	10 4oz Sweet & Sour Pork 1/2c White Rice 1/2c Peas & Carrots Wheat Bread Fresh Fruit	11 3oz Roast Beef 1/2c Mashed Potatoes 1/2c Green Peas Dinner Roll Cookie	12 Meatball Sub (3 Meatballs) w/ 1oz Mozzarella Cheese 1c Loaded Potato Soup 1/2c Side Salad w/ Dressing Hot Dog Bun Fresh Fruit 	13 Happy Valentines Day! 3oz Chicken Rosa 1 Baked Potato w/ Sour Cream 1/2c Carrots Dinner Roll Strawberry Fluff
16 WE ARE CLOSED FOR PRESIDENT'S DAY 	17 Grilled Chicken Salad (2oz Grilled Chicken, 1oz Cheese) 1c Lettuce, 2oz Tomato 1c Broccoli Soup Dinner Roll Oatmeal Cream Pie	18 Ash Wednesday Potato Fish 1/2c Mac N Cheese 1/2c Stewed Tomatoes Fresh Fruit Dinner Roll	19 3oz Open Faced Turkey Sandwich wi/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Corn White Bread Fresh Fruit	20 Vegetable Lasagna Topped w/ Cream Sauce 1c Tossed Salad w/ Dressing Dinner Roll 1/2c Fruit Cocktail
23 Swedish Meatballs (4) 1/2c Buttered Pasta 1/2c Green Peas Wheat Bread 1/2c Fruited Gelatin	24 French Dip Sandwich w/ 2oz Au Jus 2oz Beef, 1oz Mozzarella Cheese 1/2c Garlic Parsley Potatoes 1/2c Green Beans 1/2c Mandarin Oranges Hot Dog Bun 	25 1c Winter Beef Stew 1/2c Carrots Dinner Roll 1/2c Applesauce 	26 Turkey w/ Provolone (2oz Turkey, 1slice Provolone) Lettuce & Tomato 1c Corn Chowder Fresh Fruit Hamburger Bun	27 Warm Tuna Melt (4oz) 1/2c Buttered Pasta 1/2c Mixed Beans 2 White Bread Fresh Fruit
				

*menu subject to change based on availability