

# 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

### 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

### 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



## *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

Craig Gleaton      Rosie Horton  
Richard Fager      Penny Dunlap  
Ron Tribull      Shirley Foxwell

And any of our other dear family  
and friends in need of prayers and  
well wishes! We miss all our friends  
who have been battling illnesses.

## IN LOVING MEMORY

- Mary Uhl-January 5, 2026
- Reginald B. Gemmill M.D.-  
January 13, 2026

## HAPPY ANNIVERSARY



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*Congratulations!*  
**SENIOR  
OF THE MONTH**




**DOTTIE FREIDLANDER**

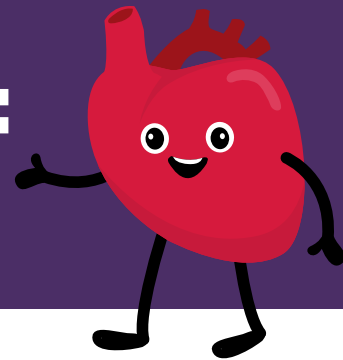
**CENTER MEMBER & VOLUNTEER**

“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.”

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# 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.



## 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 ½ 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!



## 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](http://smokefree.gov) to get additional support.





## **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.

## **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.

## **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](https://hearttruth.gov)



# February 2026

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













**OUR REGULAR DAILY ACTIVITIES WILL COMMENCE AS USUAL!**



# February

York County

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