

STEWARTSTOWN SENIOR CENTER NEWSLETTER

26 S. MAIN STREET
STEWARTSTOWN, PA 17363

MARCH 2026

717-993-3488
STEWSENIOR@YAHOO.COM



MARCH'S SPECIAL EVENTS

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

SPECIALS:

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

- March 2nd: Bingo
- March 3rd: Chair Yoga @ Legion and Light House Physical Therapy
- March 4th: Movin' With Maryanna
- March 5th: Art Club & Needle Felting Class
- March 6th: Chair Yoga @ Legion, Paper & Essentials Bingo, and Bingo @ HARP 5:00 doors open and games begin at 6:00pm. Last day to submit Easter Candy Order Forms.
- March 9th: Murder Mystery @ Shady Pines Play
- March 10th: Chair Yoga @ Legion, Tuesday Health Series- "How Diabetes Effects Your Body"
- March 11th: Brain Games with Ginnie Kite & Book Club
- March 12th: Scattergories Games and Art Club
- March 13th: Paper & Essentials Bingo
- March 16th: Bingo
- March 17th: Wear Green! Chair Yoga @ Legion, Saint Patrick's Day Trivia Game
- March 18th: Irish Potato Relay. Movin' With Maryanna
- March 19th: Art Club and Needle Felting Class, A&FR Meeting
- March 20th: Chair Yoga @ Legion and DEREK REED SINGS!!
- March 23rd: Bingo and Book Club
- March 24th: Chair Yoga @ Legion, Tuesday Health Series-"Diabetes, Stress and Support". Haircuts with Cindy
- March 25th: Movin' With Maryanna & Book Club. Easter Candy Distributed!
- March 26th: Art Club and Easter Candy Distribution!
- March 27th: Chair Yoga @ Legion, Veteran's Services Officer, Crafts
- March 30th: Bingo
- March 31st: Chair Yoga @ Legion, Tuesday Health Series-"Health Screenings".



Stewartstown Area Senior Center Inc.

Erin Faw; Director

March 2026

Dear Friends,

As we welcome the month of March, I'm reminded how fitting this season is for our Senior Center. March brings hints of renewal, fresh energy, and brighter days ahead—and that spirit is truly reflected in all of you. Your smiles, laughter, and willingness to try new things continue to make our center such a warm and welcoming place.

I want to extend a heartfelt thank you to everyone who has participated in the new activities we've added. Your enthusiasm, feedback, and support mean more than you know. Seeing friendships grow, teamwork flourish, and joy fills our room reassures me that we're moving in the right direction together.

It is also incredibly special to be back in our original location. The renovations look wonderful, and it has been so rewarding to see everyone enjoying the refreshed space. It truly feels like home again, and I'm grateful we can share it together.

Looking ahead, please mark your calendars for one of our most exciting events of the year—Designer Bag and Basket Bingo on May 3, 2026. This event is always a highlight, and we can't wait to share another fun-filled day with you. More details will be coming soon.

As always, thank you for being such an important part of our Senior Center family. Your participation, kindness, and sense of community are what make this place so special. I look forward to another wonderful month together.

Warm Regards.
Erin

MOMENTOUS OCCASIONS

HAPPY BIRTHDAY

Thelma Solomon	March 01
Betty Miller	March 03
Bob Brady	March 05
Karen Frantz	March 05
Robert Bauer	March 06
Sue Yoquinto	March 07
Naomi Reimold	March 08
Bob Siemerling	March 08
Ricky Simpson	March 08
Mercy Schlappich	March 09
Robert Rineholt	March 10
Jean Vaught	March 10
Joan Schmidt	March 10
Bob McCleary	March 10
Chris Levero	March 10
Ada Menendez	March 11
Edward Ouellette	March 11
Nancy Brady	March 13
Pat Hockenberry	March 13
Abby Rodgers	March 13
David Schlappich	March 13
William Brown	March 15
Joann Gray	March 15
Loren Bedwell	March 22
Donald Rohrbaugh	March 22
Mae Liggitt	March 23
Kathleen Grove	March 23
Scherry Belz	March 25
Douglas Friedlander	March 26
Margaret Posey	March 25
Janet Ziegler	March 26
Peggy LaPaglia	March 27
Diane Rohrbaugh	March 27
Mary K. McSorley	March 28
Robert Valentine	March 30

GET WELL WISHES

Craig Gleaton Vicki Helms
Ron Tribull

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

- Harold R. Miller Jr.

HAPPY ANNIVERSARY

Deb & Steve Winemiller March 18

Mae & Bill Liggett March 21

Congratulations!

SENIOR OF THE MONTH



**JOHN
WEAVER**

“I moved here 2 or 3 years ago. I needed something to do and I joined the center. I like Rock ‘N Roll, fishing, listening to band music, and traveling. The Center people are funny and caring. I like Bingo and other games they play. Some people are crazy and some are nuts!”

NUTRITIONAL NEEDS FOR SENIORS

Nutritional needs for seniors (60+) focus on nutrient-dense foods to manage lower calorie needs while increasing intake of protein, fiber, calcium, vitamin D, and B12. A healthy, balanced diet should emphasize colorful fruits and vegetables, whole grains, lean proteins, and low-fat dairy, while limiting sodium, added sugars, and saturated fats to prevent chronic diseases.

Key Nutritional Requirements for Seniors

- **Protein:** Essential for maintaining muscle mass. Key sources include lean meats, poultry, seafood, eggs, beans, and nuts.
- **Fiber:** Important for digestion, found in whole grains (oatmeal, brown rice) and vegetables.
- **Calcium and Vitamin D:** Crucial for bone health, obtained from low-fat dairy or fortified alternatives.
- **Vitamin B12:** Absorption decreases with age, so consume fortified foods or consult a doctor.
- **Hydration:** Thirst sensation decreases with age; drink fluids regularly, even when not thirsty.

Healthy Eating Tips

- **Follow MyPlate:** Aim for half the plate to be fruits and vegetables, one-quarter lean protein, and one-quarter whole grains.
- **Reduce Sodium/Salt:** Use herbs and spices instead of salt to lower blood pressure risks.
- **Check Labels:** Read Nutrition Facts labels to avoid high saturated fat and added sugars.
- **Ease of Cooking:** Utilize frozen, canned, or pre-cut vegetables and fruits if chopping is challenging.
- **Socialize:** Eat with friends or family to make meals more enjoyable, which can boost appetite.

Nutrient-Dense Food Choices

Fruits/Veg: Berries, leafy greens, sweet potatoes, broccoli, peppers.

Proteins: Salmon, chicken, beans, lentils, nuts, seeds.

Grains/Dairy: Oatmeal, whole-wheat bread, yogurt, fortified milk.

For personalized advice, consulting a healthcare provider or dietitian is recommended, particularly regarding supplements for B12 or Vitamin D.

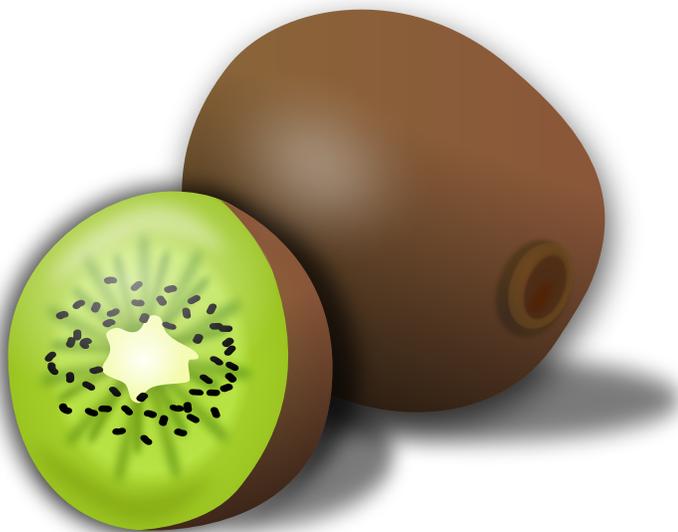
Name: _____

Date: _____

Healthy Food

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

- Whole Wheat Bread
- Strawberries
- Cauliflower
- Pistachios
- Cucumbers
- Pineapple
- Calamari
- Potatoes
- Tomatoes
- Almonds
- Avocado
- Bananas
- Brocoli
- Carrots
- Cashews
- Chicken
- Granola
- Lettuce
- Oatmeal
- Oranges
- Spinach
- Apples
- Cheese
- Hummus
- Salmon
- Yogurt
- Pasta
- Kale
- Milk
- Pork



HELLO, FROM CRAIG!

“Hello, everyone!
I miss you all.
You are all like family
to me!”



Craig would love to have
visitors! Please call us at the
center 717-993-3488 for his
address and room number!

STEWARTSTOWN SENIOR CENTER
PRESENTS

Designer Purse & Basket
BINGO

B I N G O

MAY 3, 2026

Doors Open at 12:30 pm • Games Begin at 2:00 pm

\$25 in Advance • \$27 at the Door



HOPEWELL FISH & GAME

5456 Austin LN, Stewartstown, PA 17363

Door Prizes • Raffles • 50/50

TICKET PRICE INCLUDES

*** 20 GAMES * 1 THANK YOU GAME**

*** ADDITIONAL CARDS AVAILABLE**

Contact the Stewartstown Senior Center at 717-993-3488 for Tickets

March 2026



Mon	Tue	Wed	Thur	Fri
2 Music Monday 9:00 Cardio-Drumming @ HARP 10:00 Bingo	3 8:00 Senior Friendly Aerobics @ HARP 10:00 Light House Physical Therapy 10:00 Chair Yoga	4 9:00 Cardio Drumming @HARP 10:00 Movin' With Maryanna	5 8:00 Senior Friendly Aerobics @ HARP 10:00 Art Club 12:15 Needle Felting Class	6 10:00 Paper & Essentials Bingo 10:00 ChairYoga 5:00 Bingo@Harp *Last day to order Easter Candy
9 Music Monday 9:00 Cardio-Drumming @ HARP 10:00 Murder Mystery @ Shady Pines Play	10 8:00 Senior Friendly Aerobics @ HARP 9:30-11:00 Tuesday Health Series- How Diabetes Effects your Body 10:00 Chair Yoga	11 9:00 Cardio Drumming @HARP 10:00 Brain Games with Ginnie Kite 12:15 Book Club	12 8:00 Senior Friendly Aerobics @ HARP 10:00 Art Club 10:00 Scattergories Games	13 10:00 Paper& EssentialsBingo 10:00 Chair Yoga
16 Music Monday 9:00 Cardio-Drumming @ HARP 10:00 Bingo	17 WEAR GREEN 8:00 Senior Friendly Aerobics @ HARP 10:00 St. Patrick's Day Trivia Game 10:00 Chair Yoga	18 9:00 Cardio Drumming @HARP 10:00 Movin' With Maryanna- Irish Potato Relay	19 8:00 Senior Friendly Aerobics @ HARP 10:00 Art Club 12:15 Needle Felting Class 12:30 ACT & FUND MTG	20 10:00 Derek Reed Sings! 10:00 Chair Yoga
23 Music Monday 9:00 Cardio-Drumming @ HARP 10:00 Bingo	24 8:00 Senior Friendly Aerobics @ HARP 9:30-11:00 Tuesday Health Series- Diabetes, Stress and Support 10:00 Chair Yoga	25 9:00 Cardio Drumming @HARP 10:00 Movin' With Maryanna 12:15 Book Club *Easter Candy Distribution	26 8:00 Senior Friendly Aerobics @ HARP 10:00 Art Club *Easter Candy Distribution	27 10:00 Crafts 10:00 Chair Yoga 12:00 VSO
30 Music Monday 9:00 Cardio-Drumming @ HARP 10:00 Bingo	31 8:00 Senior Friendly Aerobics @ HARP 9:30-11:00 Tuesday Health Series- Health Screenings 10:00 Chair Yoga			

ACTIVITIES, SPECIAL EVENTS, AND MENU SUBJECT TO CHANGE WITHOUT NOTICE. THANK YOU!

March

York County

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Cheeseburger 1/2c Seasoned Potatoes 1/2c Baked Pineapple 1/2c Pudding Hamburger Bun</p>	<p>3</p> <p>3oz Meatloaf with 2oz Gravy Baked Potato 1/2c Carrots Whole Wheat Bread Fresh Fruit</p>	<p>4</p> <p>3oz Chicken Paprikash w/ 2oz Creamy Tomato Sauce 1/2c White Rice 1/2c Green Beans Whole Wheat Bread Fresh Fruit</p> <p></p>	<p>5</p> <p>Smokey BBQ Burger Cheddar Cheese 1c Cauliflower Soup w/ Crackers Sandwich Roll Fresh Fruit</p>	<p>6</p> <p>Fish Sandwich w/ Tartar Sauce 1/2c Coleslaw 1/2c Mixed Vegetable 1/2c Blushed Fruit Hamburger Bun</p>
<p>9</p> <p>4oz Sloppy Joe 1/2c Country Greens 1/2c Sweet Potato Bites Hamburger Bun Oatmeal Cream Pie</p>	<p>10</p> <p>Roasted Garlic Pork Loin 1/2c Peas 1/2c White Rice Fresh Fruit Dinner Roll</p>	<p>11</p> <p>3oz Kielbasa with 1oz Kraut 1/2c Seasoned Potatoes 1/2c Mixed Vegetables 1/2c Applesauce Hot Dog Bun</p>	<p>12</p> <p>Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Whole Wheat Bread 1 Cookie</p>	<p>13</p> <p>Cheese Lasagna (1oz Mozzarella, 2oz Sauce) 1/2c Mixed Vegetables 1c Tossed Salad w/ Dressing 1 Breadstick Fresh Fruit</p>
<p>16</p> <p>Sweet and Sour Chicken 1/2c White Rice 1/2c Oriental Blend Vegetables 1/2c Mandarin Oranges Cookie</p> <p></p>	<p>Happy St. Patrick's Day!</p> <p>17</p> <p>3oz Corned Beef w/Cabbage 1/2c Green Beans 1/2c Whipped Potatoes w/Chives 1 Rye Bread 1/2c Lime Fluff</p>	<p>18</p> <p>Creamy Chicken Tortellini (3oz Chicken, 1/2c Tortellini) 1/2c Green Beans 1/2c Spiced Fruit Whole Wheat Bread</p> <p></p>	<p>19</p> <p>Cheeseburger 1/2c Seasoned Potatoes 1/2c Baked Pineapple 1c Tossed Salad w/ Tomato Hamburger Bun</p>	<p>20</p> <p>Breaded Fish 1c Bean Soup 1/2c Coleslaw 2 White Bread Fresh Fruit</p>
<p>23</p> <p>3oz Italian Meatloaf w/ Marinara 1/2c Ranch Cubed Potatoes 1/2c Green Beans White Bread 1/2c Pineapple Tidbits</p>	<p>24</p> <p>Chicken Philly Sandwich 1c Cream of Spinach Soup 1/2c Coleslaw Hoagie Roll Cookie</p>	<p>25</p> <p>3oz Sliced Ham with 1oz Pineapple Sauce 1/2c Mashed Potatoes 1/2c Green Peas Dinner Roll Cookie</p>	<p>26</p> <p>3oz Swiss Steak w/ 2oz Onion Gravy 1/2c Cabbage & Noodles 1/2c Carrots Wheat Bread 1/2c Pineapple Delight</p>	<p>27</p> <p>Vegetable Lasagna Topped w/ Cream Sauce 1c Tossed Salad w/ Dressing Dinner Roll 1/2c Fruit Cocktail</p>
<p>30</p> <p>4oz Sweet & Sour Pork 1/2c White Rice 1/2c Peas & Carrots Wheat Bread Fresh Fruit</p>	<p>31</p> <p>3oz Chicken Cutlet with 2oz Country White Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread Blushed Fruit</p> <p></p>	<p></p>	<p></p>	