

STEWARTSTOWN SENIOR CENTER: NEWSLETTER

26 S. MAIN STREET
STEWARTSTOWN, PA 17363

MAY 2026

717-993-3488
STEWSENIOR@YAHOO.COM



MAY'S SPECIAL EVENTS

SPECIALS:

WE OFFER THE FOLLOWING DAILY ACTIVITIES:

- *FELLOWSHIP
- *DIAMOND ART
- *PUZZLES
- *DOMINOS
- *CARDS
- *Wii BOWLING/SPORTS
- *MAHJONG

- *TUESDAYS AND FRIDAYS- CHAIR
YOGA @ THE LEGION 10AM
- *WEDNESDAYS- MOVIN' WITH
MARYANNA 10AM
- *TUESDAYS & THURSDAYS-
SENIOR FRIENDLY AEROBICS
HERE AT THE CENTER. 9AM

**(ACTIVITIES AND EVENTS MAY BE
SUBJECT TO CHANGE WITHOUT
NOTICE)**

- May 1st: 10am Pictionary, HARP Bingo @HARP doors open at 5:00 games begin at 6:00pm
- May 3rd: Designer Purse and Basket Bingo Fundraiser at Hopewell Fish & Game. Doors open at 12:30
- May 4th: Bingo
- May 5th: 10am Light House Physical Therapy
- May 6th: Volunteer Banquet. We are closing at 12:00 and there will be a bagged lunch that day
- May 7th: 10am Art Class, 12:30 Needle Felting
- May 8th: Paper & Essentials Bingo
- May 11th: 10am Jill Kaylor with Visiting Angels, 12:15 Book Club
- May 12th: Derby Day Games
- May 13th: 10:30am Derek Reed will be here to sing!
- May 14th: 10am Art Class
- May 15th: Craft Day
- May 18th: Bingo
- May 19th: 10am Charades
- May 20th: 10am Chair Volleyball
- May 21st: 7-10am Breakfast Fundraiser, 10am TAFE Play, 10am Art Class, 12:15 Needle Felting, 12:30 Fund Raising Meeting
- May 22nd: 10am Paper & Essentials Bingo, 12-3pm VSO
- May 25th: Closed for Memorial Day
- May 26th: 10am Memorial Day activities followed by a Picnic Lunch
- May 27th: 10am Ginnie Kite Brain Games
- May 28th: Art Class



Stewartstown Area Senior Center Inc.

Erin Faw; Director

May 2026

May has arrived, bringing with it warmer days, fresh blooms, and a renewed sense of energy here at the Stewartstown Senior Center. This time of year always feels like a fresh start, and it's the perfect opportunity to reconnect, try something new, and enjoy all that our Center has to offer.

It has been wonderful to see so many familiar faces returning, along with some new ones joining our community. Your participation and enthusiasm are what make our Center such a special place. Whether you're attending an exercise class, joining in on a craft, or simply sharing a meal and conversation, you are helping create a welcoming and vibrant environment for everyone.

As we move into May, we are especially excited for our Designer Bag & Basket Bingo on May 3rd. This event is one of our biggest fundraisers of the year, and it plays an important role in helping us continue to provide quality programs and services. We are so grateful to everyone that came and for the continued support from our community, sponsors, and volunteers who make events like this possible.

May also gives us the opportunity to reflect and honor those who have served our country as we approach Memorial Day. We remember and thank all who have made sacrifices for our freedoms, and we encourage you to take a moment this month to reflect and honor their legacy.

Our calendar is full of engaging, senior-friendly activities designed to keep you active, connected, and having fun. We've started a new program where you receive an entry for a monthly \$25 gift certificate drawing every day you are here. If you haven't visited us in a while, now is a wonderful time to stop in and see all that's happening.

As always, thank you for being part of our Center family. Your presence, support, and kindness are what keep our mission alive each and every day. We look forward to spending time with you this month!

Warm Regards. *Erin*

MOMENTOUS OCCASIONS

HAPPY BIRTHDAY

Betty Grein	May 01
Donna Mitzel	May 01
Theresa Dowdy	May 04
Dennis Russell	May 05
Gus Gereny	May 06
Alma Mayers	May 07
Michael Clark	May 07
Ginny Carlisle	May 08
Carol Roberts	May 08
Doris Kuykendall	May 10
James Rohrbaugh	May 11
Judith Bradley	May 13
Stanley Bupp	May 14
Betty Berkins	May 17
Verna Omahen	May 17
Ken Karlan	May 18
Debra Sweet	May 19
Lois Linderman	May 20
Jack Dise	May 21
Frances Geier	May 21
Mary Little	May 22
Arlene Nawrocki	May 22
David Pidcoe	May 22
James Poe	May 23
Geraldine Snyder	May 29
Robin Steyer	May 29
Linda Baldwin	May 30
Michael Bortner	May 30

GET WELL WISHES

Dee Flemming Alex Panasuk

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

HAPPY ANNIVERSARY

Bob & Hazel Cook-Hammers May 6th

The page is decorated with several watercolor-style butterflies in shades of blue, purple, pink, and red. There are also decorative gold streamers with a shimmering, dotted texture. The text is centered and surrounded by these decorative elements.

SENIOR OF THE MONTH



FRANNIE GEIER

“I MOVED FROM FREELAND,
MARYLAND 6 YEARS AGO TO
STEWARTSTOWN. I HAVE 1 SON
AND 1 GRANDDAUGHTER. I LIKE
PLAYING BINGO, CARD GAMES,
DOMINOS, AND DOING DIAMOND
ART. I ENJOY BEING WITH MY
FRIENDS AND THE FELLOWSHIP AT
THE SENIOR CENTER. I THANK THE
STAFF, BOARD OF DIRECTORS, AND
VOLUNTEERS FOR ALL THEY DO.”



News You Can Use...

**WE WILL BE ACCEPTING
APPLICATIONS FOR OUR
2026-2027 BOARD OF
DIRECTORS. ELECTIONS WILL
BE HELD IN JUNE DURING
OUR ALL-MEMBER MEETING.
PLEASE SEE US FOR AN
APPLICATION, IF YOU'D LIKE
TO BECOME A MEMBER OF
OUR BOARD OF DIRECTORS.**

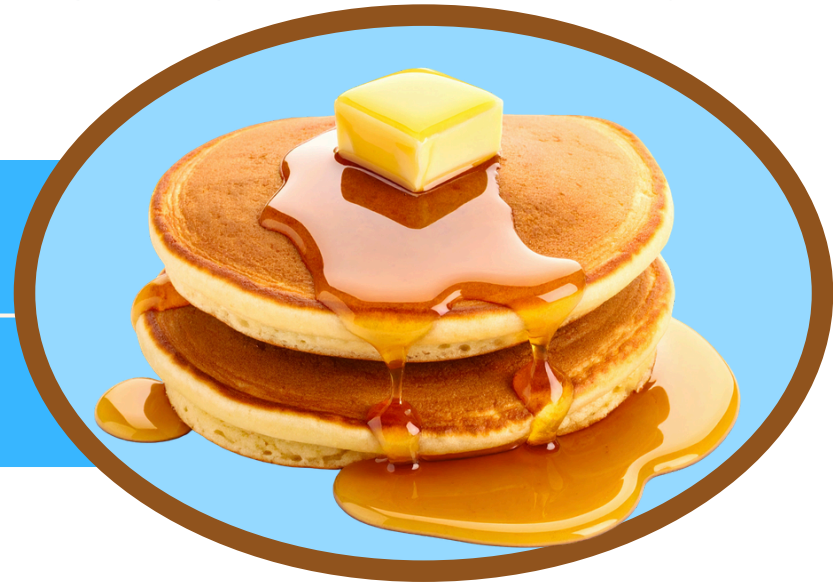




PANCAKE Breakfast

Third Thursday of every
Month

7-9 am



**PANCAKES
SAUSAGE
SAUSAGE GRAVY
BREAKFAST
CASSEROLE
BISCUITS**

Free Will Offering

All donations support
the Stewartstown
Senior Center

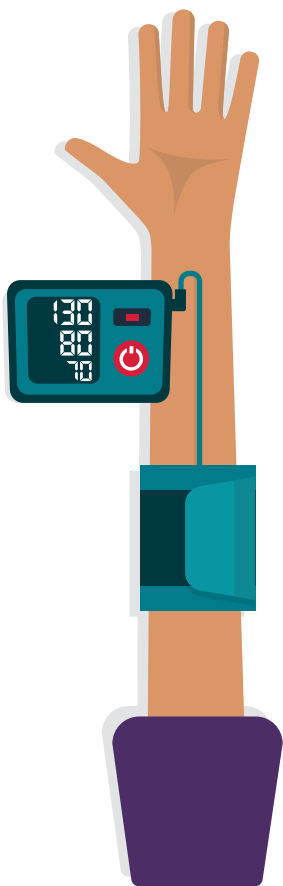
Healthy Blood Pressure for Healthy Hearts

Small Steps To Take Control



Every time your heart beats, it pumps blood through vessels, called arteries, to the rest of your body. Your blood pressure is how hard your blood pushes against the walls of the arteries. If your blood flows at higher than normal pressures, you may have high blood pressure, also known as hypertension.

High blood pressure is a major risk factor for heart disease, which is the leading cause of death in the United States. Millions of Americans have high blood pressure, but many people who have it don't know it. That's why it is important to have your blood pressure checked at least once a year.



High blood pressure is a "silent killer."

It doesn't usually cause symptoms, but it can damage your body over time.

- If your blood pressure stays higher than 130/80 mm Hg for a period of time, it can cause serious health problems such as:
 - Heart disease
 - Stroke
 - Kidney disease
 - Dementia
- The only way to know whether you have high blood pressure is to have your blood pressure measured—a process that is simple and painless.
- If you find out you have high blood pressure, a health care professional can tell you how to prevent serious complications, including disability and premature death.

Some things put us at greater risk for high blood pressure.



Age: Blood pressure tends to get higher as we get older. But it can affect many of us when we're younger too.



Genes: High blood pressure often runs in families.



Sex: Before age 60, more men than women have high blood pressure. After age 60, more women than men have it.



Race or ethnicity: While anyone can have high blood pressure, African Americans tend to get it at a younger age. Among Hispanic adults, people of Cuban, Puerto Rican, and Dominican backgrounds are at higher risk.



Lifestyle habits: Eating too much salt, drinking too much alcohol, being obese, smoking, and not getting enough exercise can raise our blood pressure.

What steps can you take to lower your blood pressure?

Set targets

Work with your doctor to set blood pressure numbers that are healthy for you. Use our worksheet at nhlbi.nih.gov/hypertension to track your progress.

Take control

Make lifestyle changes such as eating healthy, staying active, and watching your weight. If you smoke, quitting can help prevent heart disease and other complications of high blood pressure.

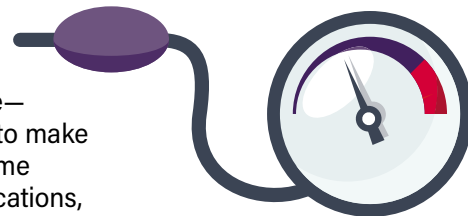
Work together

Studies show that if you engage in heart healthy activities with people at home, at work, in your community, or online, you have a better chance of staying motivated.



Taking the first step toward a healthy blood pressure.

Making lifestyle changes now can help keep your blood pressure in a healthy range—whether you have high blood pressure or you're trying to prevent it. You don't have to make big changes all at once. Small steps can get you where you want to go. Here are some ideas to start. If you have elevated blood pressure and your doctor prescribes medications, make sure to take them as directed.



Why should I change?



Eat Healthy Foods

A diet **low in sodium and saturated fat**—like the DASH eating plan—can lower your blood pressure as effectively as medicines.



Move More

Get at least 2½ hours of physical activity a week to help lower and control blood pressure. That's just 30 minutes a day, 5 days a week.



Aim for a Healthy Weight

Losing just 3 to 5 percent of your weight can improve your blood pressure. If you weigh 200 lbs., that's a weight loss of 6 to 10 lbs.



Manage Stress

Stress can contribute to high blood pressure and other heart risks. If it goes on for a long time, it can make your body store more fat.



Stop Smoking

The **chemicals in tobacco smoke** can harm your heart and blood vessels. Quitting is hard. But many people have done it, and you can, too.

How can I change?

- Add **one fruit or vegetable** to every meal.
- If you get fast food, ask for a **salad instead of fries**.
- Give **Meatless Monday** a try.
- Commit to **one salt-free day a week**. Use herbs for flavor instead.

- Invite a colleague for **regular walks or an exercise class**.
- Give the elevator a day off and **take the stairs**.
- Take a break to **play outside** with your kids.
- March in place** during commercial breaks while watching television with your family.

- Join a **weight loss program** with a buddy.
- Sign "social support" agreements** with three family members or friends.

- Practice **mindful meditation** for 10 minutes a day.
- Share a **funny video, joke, or inspirational quote** with a friend.
- Talk with your doctor** if you have trouble managing stress on your own

- Visit **Smokefree.gov** or **BeTobaccoFree.hhs.gov** to connect with others trying to quit.
- Sign up for a **support group** at work or your local clinic.
- Join a **sewing, knitting, or woodworking group** to keep your hands busy when you get urges.

Take control of your blood pressure today! Learn more at www.nhlbi.nih.gov/hypertension





PA SENIOR FARMERS MARKET NUTRITION PROGRAM

Wednesday June 24th

- MUST BE YORK CO. RESIDENT 60+ YEARS OF AGE
- MUST MEET INCOME REQUIREMENTS
- ALL QUALIFYING HOUSEHOLD MEMBERS MAY RECEIVE
- YOU MUST SHOW PROOF OF AGE AND RESIDENCY



\$25 WORTH OF
VOUCHERS



FRESH, PA GROWN
PRODUCE





MEMORIAL DAY

Word Search







- | | | | |
|-----------|-----------|------------|----------|
| AMERICA | FLAGS | MILITARY | SALUTE |
| ANTHEM | FLOWERS | MONDAY | SERVICE |
| ARLINGTON | GRAVES | OBSERVANCE | SOLDIERS |
| CEMETERY | HALF MAST | PARADE | TRIBUTE |
| CEREMONY | HEROES | PATRIOTIC | VETERANS |
| FALLEN | HONOR | SAILORS | WREATH |

MAY 2026

MON	TUE	WED	THU	FRI
				1 10:00 PICTIONARY 6:00 PM BINGO @HARP (DOORS OPEN @ 5:00
4 10:00 BINGO	5 10:00 LIGHT HOUSE PHYSICAL THERAPY	6 12:00 VOLUNTEER BANQUET AT COUNTRY MEADOWS. WE CLOSE AT 12:00.	7 10:00 ART CLASS 12:30 NEEDLE FELTING	8 10:00 PAPER & ESSENTIALS BINGO
11 10:00 JILL KAYLOR WITH VISITING ANGELS 12:15 BOOK CLUB	12 10:00 DERBY GAMES DAY	13 10:30 DEREK REED WILL BE HERE TO ENTERTAIN US!	14 10:00 ART CLASS	15 10:00 CRAFT DAY
18 10:00 BINGO	19 10:00 CHARADES	20 10:00 CHAIR VOLLEYBALL	21 7:00 BREAKFAST FUND RAISER 10:00 TAFE PLAY 10:00 ART CLASS 12:15 NEEDLE FELTING CLASS	22 10:00 PAPER & ESSENTIALS BINGO 12:00 VETERAN'S SERVICES OFFICER
25 WE ARE CLOSED FOR MEMORIAL DAY!	26 10:00 MEMORIAL DAY GAMES/ACTIVIT IES. 11:30 MEMORIAL DAY PICNIC	27 10:00 GINNIE KITE BRAIN GAMES	28 10:00 ART CLASS	29

May

York County

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peaches</p>
<p>4</p> <p>4oz Sweet & Sour Chicken 1/2c Brown Rice 1/2c Island Blend Vegetables 1 Wheat Bread Fresh Fruit</p>	<p>5</p> <p>1c Tortellini with Meat Sauce 1/2c Garlic Green Beans 1/2c Peaches 1 Breadstick Cookie</p> <p>NEW ITEM</p>	<p>6</p> <p>Pizza Burger 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Hamburger Bun Fresh Fruit</p>	<p>7</p> <p>Happy Mother's Day! Meat Lasagna 1/2c Green Beans 1 Garlic Breadstick 1/2c Blushed Pears Ice Cream</p>	<p>8</p> <p>French Dip Sandwich w/ 2oz Gravy 1/2c Buttered Pasta 1/2c Peas 1 Hot Dog Bun 1/2c Pineapple Delight</p>
<p>11</p> <p>3oz Pork Loin w/ 2oz Creamy Mushroom Sauce 1/2c Brown Rice 1/2c Mixed Vegetables 1/2c Pears</p>	<p>12</p> <p>3oz Swiss Steak w/ 2oz Onion Gravy 1/2c Cabbage & Noodles 1/2c Green Beans Wheat Bread 1/2c Pineapple Delight</p>	<p>13</p> <p>1c Chili with .5oz Cheese 1 Baked Potato 1c Tossed Salad w/ Dressing Cornbread</p>	<p>14</p> <p>Breaded Dill Chicken Sandwich w/ Lettuce and Tomato 1/2c Roasted Potatoes 1/2c Warm Spiced Apples 1/2c Coleslaw Hamburger Bun, Ranch PC Ranch Dressing</p> <p>NEW ITEM</p>	<p>15</p> <p>3oz Baked Meatloaf w/ 2oz Gravy 1/2c Garlic Whipped Potatoes 1/2c Sliced Carrots Wheat Bread Fresh Fruit</p>
<p>18</p> <p>4oz Teriyak Chicken 1/2c White Rice 1/2c Oriental Vegetables 1/2c Pineapple Tidbits</p>	<p>19</p> <p>Grilled Chicken Salad (2oz Chicken, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Mixed Fruit</p>	<p>20</p> <p>3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables White Bread 1/2c Peaches</p>	<p>21</p> <p>Pasta & Meatballs (4) w/ Alfredo Sauce 1/2c Green Peas & Pearl Onions Breadstick Fresh Fruit</p> <p>NEW ITEM</p>	<p>22</p> <p>Honey BBQ Meatballs (4) 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Seasonal Fresh Fruit</p>
<p>Memorial Day</p> <p>25</p> 	<p>26</p> <p>3oz Chipped BBQ Ham Sandwich 1 Slice Provolone Cheese 1/2c Green Beans 1/2c Warm Spiced Apples 1/2c Coleslaw Hamburger Bun</p> <p>NEW ITEM</p>	<p>27</p> <p>3oz Chicken Cutlet with 2oz Country White Gravy 1/2c Mashed Potatoes 1/2c Peas Wheat Bread 1/2c Pears</p> <p><i>*menu subject to change</i></p>	<p>28</p> <p>Creamy Tuna Salad Sandwich (3oz Tuna, 1oz Mayo) Lettuce & Tomato 1/2c Broccoli Salad 1/2c Diced Beets 2 White Bread Fresh Fruit</p>	<p>29</p> <p>3oz Pepper Steak w/ 1oz Tomato Sauce, 1oz Peppers, 1oz Onions 1 Baked Potato 1/2c Carrots 1 Wheat Bread 1/2c Gelatin</p>