

STEWARTSTOWN SENIOR CENTER: NEWSLETTER

26 S. MAIN STREET
STEWARTSTOWN, PA 17363

AUGUST 2026

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STEWSENIOR@YAHOO.COM



AUGUST'S SPECIAL EVENTS

SPECIALS:

**WE OFFER THE FOLLOWING DAILY
ACTIVITIES:**

- *FELLOWSHIP
- *DIAMOND ART
- *PUZZLES
- *DOMINOS
- *CARDS
- *Wii BOWLING/SPORTS
- *MAHJONG-TUESDAYS AT 12:30

*TUESDAYS AND FRIDAYS- CHAIR
YOGA @ THE LEGION 10AM

*TUESDAYS & THURSDAYS- SENIOR
FRIENDLY AEROBICS HERE AT THE
CENTER. 9AM

*THIRD WEDNESDAY EACH MONTH-
500 CARD GAME 12:15

*SECOND & FOURTH TUESDAY-AUDIO
BOOK CLUB 12:15

*FIRST & THIRD TUESDAYS- 12:15 SKY
JO CARD GAME

*BOOK CLUB & MOVIN' WITH MARYANNA ARE
BOTH TAKING A HIATUS FOR THE SUMMER. SEE
YOU IN THE FALL!

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

August 3rd: 10:00 Senior Olympics

August 4th: 10:00 Wheel of Fortune, 12:30 Mahjong

August 5th: 10:00 Sky Jo

August 6th: 10:00 Art Class

August 7th: 12:15 Ice Cream Social

August 10th: 10:00 Bingo

August 11th: 10:00 Steph Wolf- Medicare Changes, 12:30
Mahjong

August 12th: 10:00 Sky Jo

August 13th: 10:00 Art Class, 12:15 Needle Felting

August 14th: 10:00 Paper & Essentials Bingo

August 17th: 10:00 Bingo

August 18th: 10:00 Truth or Dare, 12:30 Mahjong

August 19th: 10:00 Ginnie Kite- Downsizing Dilemmas, 12:15
500 Card Game

August 20th: 7:00-9:00 Pancake Breakfast, 10:00 Art Class,
12:15 Fundraising Committee Meeting

August 21st: 10:00 Craft

August 24th: 10:00 Bingo

August 25th: 10:00 Family Feud, 10:00 Bible Study With Pastor
Ed, 12:15 Haircuts, 12:30 Mahjong

August 26th: 10:00 Sky Jo

August 27th: 10:00 Art Class, 12:15 Needle Felting

August 28th: 10:00 Paper & Essentials Bingo, 12:00 Veteran's
Services Officer

August 31st: Bingo



Stewartstown Area Senior Center Inc.

Erin Faw; Director

August 2026

Dear Members and Friends,

It's hard to believe we're already heading into August! Before we move on to everything this new month has in store, I want to take a moment to say a very heartfelt THANK YOU to everyone who helped make our smoothie stand at the Stewartstown Carnival possible.

There is a lot of work that goes into that little smoothie stand long before the first smoothie is ever served! From preparing and cutting fruit, organizing supplies, setting up, working the stand each evening, and cleaning up afterward—it truly takes a team.

I was especially happy to see so many of you come into the Center to help prepare the fruit. Seeing everyone gathered around the tables, working together, talking, laughing, and getting the job done was wonderful. Those are the moments that remind me what makes our Center so special. When there is work to be done, you show up for one another and for the Center.

And then there were all of you who gave your time during carnival week—making smoothies, taking orders, handling money, restocking supplies, cleaning, and doing whatever needed to be done. Whether you helped for an hour, an evening, or throughout the week, you were an important part of our success.

I hope you know how much I appreciate the time and energy you gave. Our fundraisers help us continue providing the programs, activities, and opportunities we enjoy throughout the year, and we simply couldn't do them without our members and volunteers.

Now, after all that hard work, I hope we can enjoy August together! Take a look at the calendar, try something you haven't done before, join us for lunch, or simply stop in to spend some time with friends. There is always a seat waiting for you.

Thank you again for everything you do to make the Stewartstown Senior Center such a wonderful community to be part of.

Stay cool, stay safe, and we hope to see you soon!

Warm Regards. Erin

MOMENTOUS OCCASIONS

HAPPY BIRTHDAY

Bill Watson	August 01
George Tribull	August 03
Polly Kreiss	August 10
Lona Full	August 18
Deloris Fleming	August 23
Eleanor Packard	August 24
Betsy Vahey	August 29
Shirley Russell	August 31

GET WELL WISHES

Peggy LaPaglia	Shirley Foxwell
Jean Vaught	Denise Hersey
Dee Fleming- she is back, but still on the mend.	

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 or injuries.

IN LOVING MEMORY

Steve Winemiller	June 30, 2026
Doris Plummer	July 13, 2026



HAPPY ANNIVERSARY





SENIOR OF THE MONTH



JEAN VAUGHT

Jean has been a treasured member of the Stewartstown Senior Center for many years, and her kindness, laughter, and unwavering support have made her an important part of our family. Her wonderful sense of humor keeps us smiling, and her loving heart shines through in the way she cares for everyone around her!





American
Stroke
Association.
A division of the
American Heart Association.

HEAT STROKE vs STROKE

What and Why



Heat stroke is when your body overheats and core body temperature rises to more than

104°F

Stroke is when a blood vessel to the brain bursts or is blocked by a clot. Brain cells die from the lack of blood and oxygen.



Risk Factors

Some people may be at higher risk due to:

- Age
- Certain medications
- Exertion in hot weather
- Lack of air conditioning
- Medical conditions
- Spending time outside in excessive heat
- Sudden exposure to hot weather
- Weight



UP TO 80% OF STROKES MAY BE PREVENTED

Factors you may be able to treat and control:

Atrial fibrillation
Cigarette smoking
Diabetes
Heart disease

High blood pressure
High cholesterol
Obesity
Poor diet

Factors you cannot control:

Age
Race

Family history
Medical history

Signs

Body temperature of 104° F or higher is the main sign. Other signs include:

- Confusion
- Headache
- Hot and dry skin (when not exercising)
- Fast pulse or racing heart
- Flushed or red skin
- Loss of consciousness
- Nausea
- Rapid, shallow breathing
- Vomiting

B.E. F.A.S.T.

Balance
Loss

Eye (Vision)
Changes

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911

What to Do

While waiting for emergency care, move the person into shade or indoors, remove excess clothing and try to cool them with water, fans, ice packs or cold, wet towels.

CALL 911

or your local emergency services number ASAP

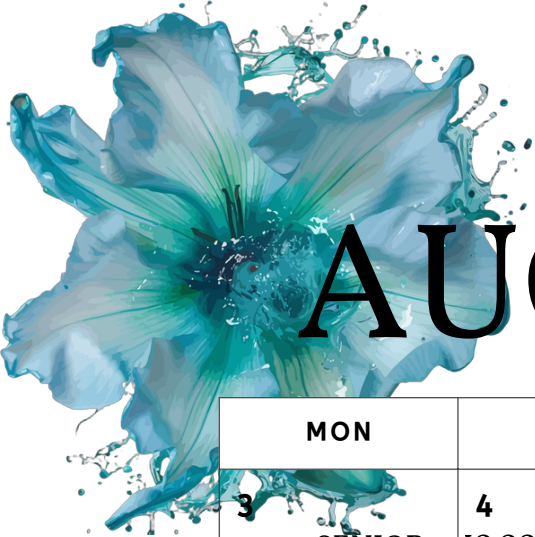
Get to the hospital as quickly as possible by ambulance to improve chance of surviving and having a full recovery.

Dog Days of Summer

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

italian greyhound
doberman pinscher
golden retriever
siberian huskey
norfolk terrier
german shepherd
Norwich Terrier
cocker spaniel
saint bernard
border collie
jack russell
basset hound
labradoodle
rottweiler
pomeranian
lhasa apso
great dane
pekingese
dachshund
dalmation
chihuahua
chow chow
sheepdog
keeshond
whippet
mastiff
maltese
bulldog
poodle
beagle
corgi
akita
pug





AUGUST 2026

MON	TUE	WED	THU	FRI
3 10:00 SENIOR OLYMPICS	4 10:00 WHEEL OF FORTUNE 12:30 MAHJONG	5 10:00 SKY JO CARD GAME	6 10:00 ART CLASS	7 12:15 ICE CREAM SOCIAL
10 10:00 BINGO	11 10:00 STEPH WOLF WITH MEDICARE CHANGES 12:30 MAHJONG	12 10:00 SKY JO CARD GAME	13 10:00 ART CLASS 12:15 NEEDLE FELTING	14 10:00 PAPER & ESSENTIALS BINGO
17 10:00 BINGO	18 10:00 TRUTH OR DARE 12:30 MAHJONG	19 10:00 GINNIE KITE-DOWNSIZING DILEMMAS 12:30 500 CARDS	20 7:00-9:00 PANCAKE BREAKFAST 10:00 ART CLASS 12:30 FUNDRAISING COMMITTEE MEETING	21 10:00 CRAFT
24 10:00 BINGO	25 10:00 FAMILY FEUD 10:00 BIBLE STUDY W/PASTOR ED 12:15 HAIRCUTS 12:30 MAHJONG	26 10:00 SKY JO CARD GAME	27 10:00 ART CLASS 12:15 NEEDLE FELTING	28 10:00 PAPER & ESSENTIALS BINGO 12:00-3:00 VETERAN'S SERVICES OFFICER
31 10:00 BINGO				

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Potato Crusted Pollock w/ 1 Tbsp. Corn & Red Pepper Relish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes Seasonal Fresh Fruit NEW ITEM	4 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips (10pc) 1/2c Rice 1/2c Pineapple	5 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1/2d Mied Fruit Salad	6 Chicken Philly Sandwich 1c Cream of Potato Soup 1/2c Coleslaw Hot Dog Bun	7 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peaches
10 1c Tortellini with Creamy Meat Sauce 1/2c Garlic Green Beans 1 Garlic Herb Breadstick 1/2c Diced Peaches NEW ITEM	11 4oz Sweet & Sour Chicken 1/2c Steamed Brown Rice 1/2c Island Blend Vegetables 1 Wheat Bread Seasonal Fresh Fruit	12 Pizza Burger 1/2c Carrots 1 Hamburger Bun Fresh Fruit	13 Chicken, Spinach & Cranberry Salad w/ Dressing 1c. Mixed Greens & Spinach 1 Dinner Roll Fresh Fruit	14 French Dip Sandwich w/ 2oz Gravy 1c Cream of Broccoli Soup 1 Hot Dog Bun 1/2c Pineapple Tidbits
17 1c Chili with Cheese 1 Baked Potato, Margarine Fresh Fruit 1 Piece Cornbread	18 3oz Swiss Steak w/ 2oz Gravy 1/2c Cabbage & Noodles 1/2c Seasoned Green Beans 1/2c Pineapple Delight	19 Breaded Dill Chicken Sandwich 1/2c Roasted Potatoes 1/2c Warm Spiced Apples 1 Hamburger Bun, Ranch PC NEW ITEM	20 BAGGED LUNCH Italian Sandwich (Ham, Salami, Provolone) Lettuce & Tomato Coleslaw Pasta Salad, Fresh Fruit Lemonade	21 3oz Baked Meatloaf w/ 2oz Onion Gravy 1/2c Garlic Whipped Potatoes 1/2c Sliced Carrots 1 Wheat Bread
24 4oz Teriyak Chicken 1/2c White Rice 1/2c Oriental Vegetables 1/2c Pineapple Tidbits	25 Grilled Chicken Salad (2oz Chicken, HB Egg over 1c Mixed Greens) 1 Dinner Roll 1 Orange	26 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables White Bread 1/2c Peaches	27 Pasta & Meatballs (4) w/ Alfredo Sauce 1/2c Green Peas & Pearl Onions Fresh Fruit NEW ITEM	28 Honey BBQ Meatballs (4) 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Seasonal Fresh Fruit
31 Florentine Omelet w/ Creamed Spinach and Cheese 1/2c Herbed Breakfast Potatoes 1/2c Warmed Spiced Pears 1 Dinner Roll NEW ITEM	For seniors, it's important to maintain muscle mass. Lean proteins, whole grains, and low fat dairy will help you stay strong! 			