

STEWARTSTOWN SENIOR CENTER: NEWSLETTER

26 S. MAIN STREET
STEWARTSTOWN, PA 17363

JULY 2026

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STEWSENIOR@YAHOO.COM



JULY'S SPECIAL EVENTS

SPECIALS:

WE OFFER THE FOLLOWING DAILY
ACTIVITIES:

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

July 1st: 10:00 Ginnie Kite-Brain Games

July 2nd: 10:00 July 4th Party/Games, 10:00 Art Class, 12:15 Needle
Felting

July 3rd: WE ARE CLOSED FOR THE FOURTH OF JULY HOLIDAY

July 6th: 10:00 Bingo

July 7th: 10:00 Light House Physical Therapy

July 8th: 10:00 Sky Jo

July 9th: 10:00 Art Class, 12:15 Needle Felting Class, 12:15
Fundraising Meeting

July 10th: 10:00 Paper & Essentials Bingo

July 13th: 10:00 Bingo

July 14th: 10:00 Memory Games

July 15th: 10:00 Jill Kaylor's Presentation-"Tired of Being Tired:
Understanding Sleep in Older Adults", 12:30 500 Cards

July 16th: 7:00-9:00 Pancake Breakfast, 10:00 Art Class

July 17th: 10:00 Craft

July 20th: 10:00 Bingo

July 21st: 10:00 Putt-Putt Golf Game

July 22nd: 10:00 Sky Jo

July 23rd: 10:00 Art Class, 12:15 Needle Felting Class

July 24th: 10:00 Paper & Essentials Bingo, 12:00-3:00 Veteran's
Services Officer

July 27th: 10:00 Bingo

July 28th: 10:00 Fishing Game, 12:15 Haircuts

July 29th: 10:00 Sky Jo

July 30th: 10:00 Art Class

July 31st: 10:00 Paper & Essentials Bingo



Stewartstown Area Senior Center Inc.

Erin Faw; Director

July 2026

Happy July!

Summer is in full swing, and I hope you are enjoying the sunshine, warmer weather, and time spent with family and friends. July is always a busy and exciting month in our community, and we have plenty to look forward to at the Stewartstown Area Senior Center.

As many of you know, we will once again be operating our smoothie stand at the Stewartstown Carnival. This fundraiser has become a summer tradition, and we appreciate everyone who volunteers their time to help make it a success. If you're attending the carnival, be sure to stop by and enjoy a refreshing smoothie while supporting your senior center!

We will also be participating in the Stewartstown Parade. We hope you'll come out, wave, and cheer us on as we celebrate our community and proudly represent the senior center. Seeing familiar faces along the parade route always makes the day extra special.

Inside the center, there are plenty of opportunities to stay active, engaged, and connected. Whether you're joining us for lunch, participating in an exercise class, enjoying a craft, or simply stopping by for conversation, we are always happy to see you. Social connections are an important part of healthy aging, and there is always a place for you here.

As a reminder, our meal program changes begin this month as we continue transitioning toward congregate dining. We appreciate your patience and understanding during this process and look forward to welcoming even more members into the dining room each day. Sharing a meal together is a wonderful way to connect with friends old and new.

Thank you for being part of our senior center family. Your participation, support, and friendship are what make this center such a special place. We look forward to spending the summer with you and creating many more wonderful memories together.

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

Warm Regards. *Erin*

MOMENTOUS OCCASIONS

HAPPY BIRTHDAY

Svitlana Iankop	July 01
Denise Hersey	July 05
Nancy Kurtz	July 07
Ronald Tribull	July 12
Audrey Coogle	July 13
Nicole Panasuk	July 13
David Gibbs	July 15
Charles Minnemeyer	July 23
Steve Winemiller	July 26
Ralph Smith	July 28

GET WELL WISHES

Alex Panasuk
Shirley Foxwell Steve Winemiller
Deb Winemiller Rosie Horton
Carroll Horton

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

Almena M. Motaka May 22, 2026



HAPPY ANNIVERSARY

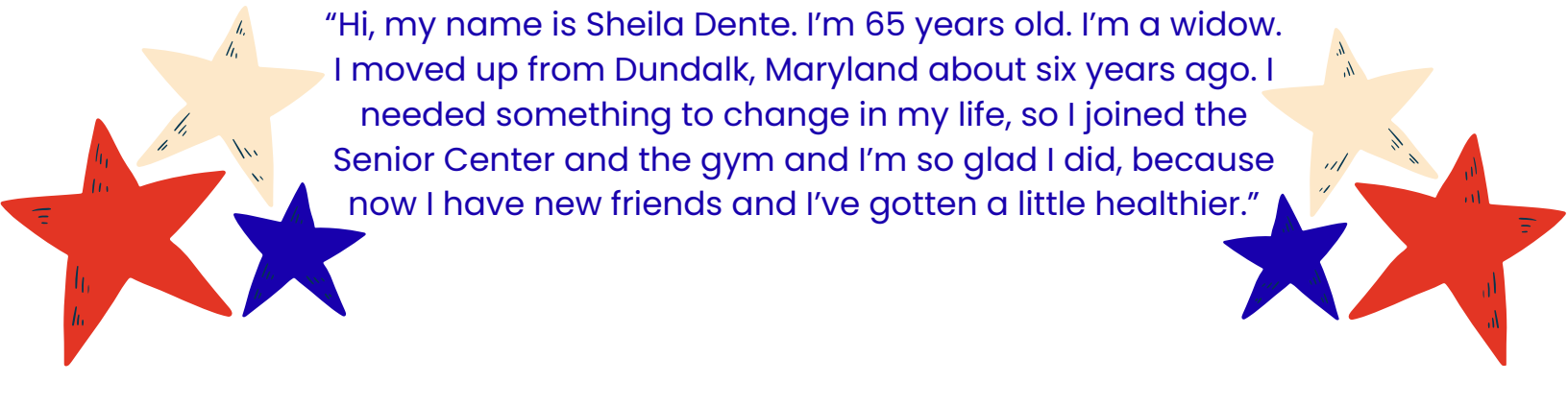


SENIOR OF THE MONTH



SHEILA DENTE

Member & Volunteer



"Hi, my name is Sheila Dente. I'm 65 years old. I'm a widow. I moved up from Dundalk, Maryland about six years ago. I needed something to change in my life, so I joined the Senior Center and the gym and I'm so glad I did, because now I have new friends and I've gotten a little healthier."

Heart-Healthy Eating Plan

What you eat makes a difference to your heart. A heart-healthy eating plan emphasizes vegetables, fruits, and whole grains, includes fat-free or low-fat dairy products, and limits foods high in saturated fat and sugar-sweetened beverages and sweets. Use the guide below to determine how much you should eat from each food group.*

Food Group

Heart-Healthy Options

 <p>Whole Grains Bread, cereal, starchy vegetables, rice, and pasta (6 ounces for women and 8 ounces for men)</p>	<p>✓ Whole grain versions of sliced bread, sandwich buns, dinner rolls, pita, English muffins, bagels</p> <p>✓ Unsalted, low-fat crackers (such as graham crackers), pretzels, and popcorn</p> <p>✓ Cooked hot cereals (not instant) and whole grain cold cereals</p> <p>✓ Rice and pasta (such as whole grain noodles, spaghetti, and macaroni)</p>
 <p>Vegetables (without added fat) (2½ cups)</p>	<p>✓ Fresh, frozen, or no-salt-added canned vegetables (such as green beans, string beans, carrots, cabbage, tomatoes, squash, broccoli, and okra)</p>
 <p>Fruits (2 cups)</p>	<p>✓ Fresh, frozen, canned (in fruit juice rather than syrup), or dried fruits</p>
 <p>Fat-free or low-fat milk and milk products Milk, yogurt, and cheese (3 cups)</p>	<p>✓ Fat-free or low-fat (1 percent) milk</p> <p>✓ Fat-free or low-fat yogurt</p> <p>✓ Cheeses lower in fat and sodium</p>
 <p>Protein Meat, poultry, fish, eggs, nuts, seeds, and legumes (5½ ounces)</p>	<p>✓ Chicken or turkey without the skin</p> <p>✓ Fish</p> <p>✓ Lean cuts of beef, such as round, sirloin, chuck, loin, and extra-lean ground beef</p> <p>✓ Lean cuts of pork, such as the leg, shoulder, tenderloin, and lean ham</p> <p>✓ Eggs</p> <p>✓ Cooked dry beans and peas (such as field peas, crowder peas, black-eyed peas)</p> <p>✓ Frozen butter beans and lima beans</p> <p>✓ Nuts and seeds</p>
 <p>Fats and oils (less than 22 grams of saturated fat)</p>	<p>✓ Soft tub margarine</p> <p>✓ Oils (canola, corn, safflower, olive, peanut, or sesame)</p>
 <p>Sweets and added sugars Limit sugar and other sweeteners. Ask your healthcare provider about how much sugar or other sweetener is okay for you.</p>	<p>✓ Frozen desserts (such as frozen juice pops, low-fat frozen yogurt, or low-fat ice cream)</p> <p>✓ Low-fat cake and cookies (such as angel food cake, fig bar cookies, ginger snaps, animal crackers, vanilla wafers, and graham crackers)</p>

*Serving sizes depend on how many calories you need, which is based on your age, gender, and physical activity.



Tips on What to Eat vs. Limit

DASH (Dietary Approaches to Stop Hypertension) is a flexible and balanced eating plan that helps create a heart-healthy eating style for life. It does not require any special foods and provides daily and weekly nutritional goals. The DASH eating plans support overall heart health and help lower high blood pressure and LDL “bad” cholesterol.

 **Eat This**

 **Limit This**

 Vegetables	 Fatty meats
 Fruits	
 Whole grains	 Full-fat dairy
 Fat-free or low-fat dairy	
 Fish	 Sugar sweetened beverages
 Poultry	
 Beans	 Sweets
 Nuts & seeds	
 Vegetable oils	 Sodium intake

This plan recommends:

- Eating vegetables, fruits, and whole grains
- Eating foods rich in potassium, calcium, magnesium, fiber, and protein
- Choosing low-or reduced-sodium, or no-salt-added versions of foods
- Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
- Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils
- Limiting sugar-sweetened beverages and sweets

Find recipes, tools, and resources at nhlbi.nih.gov/DASH

EUREKA FIREMAN'S CARNIVAL

Monday, July 13, 2026 - Saturday, July 18, 2026
Hopewell Area Recreation Park, Stewartstown

**Come on out and see us! Support your local fire company,
as well as many local non-profits and businesses.**



AT THE CARNIVAL WORD SEARCH PUZZLE



ADMISSION
BALLOONS
CAROUSEL
CHILDREN
CLOWN

COTTON CANDY
FAIRGROUND
FERRIS WHEEL
FORTUNE TELLER
FUN HOUSE

FUNNEL CAKE
HOT DOGS
JUGGLER
MIDWAY
ORGAN GRINDER



POPCORN
PRIZES
RING TOSS
ROLLER COASTER
TICKET BOOTH

www.WordSearchAddict.com



JULY 2026

MON	TUE	WED	THU	FRI
		1 10:00 GINNIE KITE-BRAIN GAMES	2 10:00 ART CLASS 10:00 JULY 4 TH PARTY/GAMES	3 WE ARE CLOSED FOR THE FOURTH OF JULY HOLIDAY
ACTIVITIES & EVENTS MAY BE SUBJECT TO CHANGE WITHOUT NOTICE				
6 10:00 BINGO	7 10:00 LIGHT HOUSE PHYSICAL THERAPY 12:30 MAHJONGG	8 10:00 SKY JO CARD GAME	9 10:00 ART CLASS 12:15 NEEDLE FELTING CLASS 12:15 FUNDRAISING MEETING	10 10:00 PAPER & ESSENTIALS BINGO
13 10:00 BINGO	14 10:00 MEMORY GAMES 12:30 MAHJONGG	15 10:00 JILL KAYLOR-"TIRED OF BEING TIRED: UNDERSTANDING SLEEP IN OLDER ADULTS" 12:30 500 CARDS	16 7:00-9:00 PANCAKE BREAKFAST 10:00 ART CLASS	17 10:00 CRAFT
20 10:00 BINGO	21 10:00 PUTT- PUTT GOLF GAME 12:30 MAHJONGG	22 10:00 SKY JO CARD GAME	23 10:00 ART CLASS 12:15 NEEDLE FELTING CLASS	24 10:00 PAPER & ESSENTIALS BINGO 12:00-3:00 VETERAN'S SERVICES OFFICER
27 10:00 BINGO	28 12:15 HAIRCUTS 10:00 FISHING GAME 12:30 MAHJONGG	29 10:00 SKY JO CARD GAME	30 10:00 ART CLASS	31 10:00 PAPER & ESSENTIALS BINGO

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Stay hydrated. Thirst sensation decreases with age. Maintain consistent water intake throughout the day to avoid dehydration!</i></p> <p><i>Did you know that 56 people signed the Declaration of Independence? Half of them were lawyers, with farmers and merchants making up the rest!</i></p>		<p>1 Breaded Dill Chicken Sandwich w/ Lettuce and Tomato 1/2c Roasted Potatoes 1/2c Warm Spiced Apples 1/2c Coleslaw 1 Hamburger Bun, Ranch PC</p> <p>NEW ITEM</p>	<p>2 Happy 4th of July! Cheeseburger 1/2c BBQ Baked Beans 1/2c Potato Salad Hamburger Bun 1/2c Fresh Watermelon</p>	<p>3 WE ARE CLOSED!</p> 
<p>6 4oz Teriyak Chicken 1/2c White Rice 1/2c Oriental Vegetables 1/2c Pineapple Tidbits</p>	<p>7 Pasta & Meatballs (4) w/ Alfredo Sauce 1/2c Green Peas & Pearl Onions 1 Garlic Herb Breadstick Seasonal Fresh Fruit</p> <p>NEW ITEM</p>	<p>8 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables White Bread 1/2c Peaches</p>	<p>9 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>10 Honey BBQ Meatballs (4) 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Seasonal Fresh Fruit</p>
<p>13 Florentine Omelet w/ Creamed Spinach and Cheese 1/2c Herbed Breakfast Potatoes 1/2c Warm Spiced Pears 1 Warm Biscuit</p> <p>NEW ITEM</p>	<p>14 3oz Chipped BBQ Ham Sandwich 1/2c Seasoned Green Beans 1/2c Warm Spiced Apples 1/2c Homestyle Coleslaw 1 Hamburger Bun</p> <p>NEW ITEM</p>	<p>15 3oz Chicken Cutlet with 2oz Country White Gravy 1/2c Mashed Potatoes 1/2c Peas Wheat Bread 1/2c Peaches</p>	<p>16 BAGGED LUNCH: Tuna Salad on wheat roll Fruit Juice Cucumber Salad Cookie Milk</p>	<p>17 3oz Pepper Steak w/ 1oz Tomato Sauce, 1oz Peppers, 1oz Onions 1 Baked Potato 1/2c Carrots 1 Wheat Bread 1/2c Pudding</p>
<p>20 Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1/2c California Blend Vegetables 1 Garlic Breadstick Seasonal Fresh Fruit</p>	<p>21 Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Mixed Vegetables 1 Hamburger Bun 1/2c Mandarin Oranges</p>	<p>22 3oz Fire Grilled Chicken Breast 1/2c Cheesy Broccoli & Rice 1/2c Carrots 1/2c Diced Pears 1 Dinner Roll</p> <p>NEW ITEM</p> 	<p>23 Meatball Hoagie (3) w/ .5oz Mozzarella Cheese 1c Pasta Fagioli Soup 1c Garden Salad w/ Dressing Seasonal Fresh Fruit 1 Hot Dog Bun</p>	<p>24 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>
<p>27 Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Peas 1 Hot Dog Roll 1/2c Pineapple Tidbits</p>	<p>28 4oz Chicken Salad Sandwich 1/2c Marinated Tomato Cucumber Salad 1/2c Macaroni Salad Seasonal Fresh Fruit 1 Hamburger Bun</p> <p>NEW ITEM</p>	<p>29 3oz Baked Meatloaf w/ 2oz Onion Gravy 1/2c Garlic Whipped Potatoes 1/2c Sliced Carrots 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>30 Turkey Chef Salad (2oz Turkey, HB Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Wheat Bread 1/2c Pudding</p>	<p>31 3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1 Cookie</p>