

STEWARTSTOWN SENIOR CENTER: NEWSLETTER

26 S. MAIN STREET
STEWARTSTOWN, PA 17363

OCTOBER 2026

717-993-3488
STEWSENIOR@YAHOO.COM



OCTOBER'S SPECIAL EVENTS

SPECIALS:

WE OFFER THE FOLLOWING DAILY ACTIVITIES:

- *FELLOWSHIP
- *DIAMOND ART
- *PUZZLES
- *DOMINOS
- *CARDS
- *Wii BOWLING/SPORTS
- *MAHJONG-TUESDAYS AT 12:30
- *MONDAYS @ 12:30 MEXICAN TRAIN
DOMINOES
- *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
- *FIRST & THIRD TUESDAYS- 12:15 SKY
JO CARD GAME
- *BOOK CLUB

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

- October 1st: 10:00 ART CLASS
- October 2nd: 10:00 PAPER & ESSENTIALS BINGO
- October 5th: 10:00 BINGO
- October 6th: 10:00 K-9 OFFICER MASON & CPL. WOLFE, 10:00
BIBLE STUDY W/ PASTOR ED
- October 7th: 10:00 GINNIE KITE-PREPARED YOUR HOME FOR
WINTER
- October 8th: 10:00 ART CLASS, 12:15 NEEDLE FELTING
- October 9th: 10:00 PAPER & ESSENTIALS BINGO
- October 12th: WE ARE CLOSED FOR COLUMBUS DAY
- October 13th: 10:00 SOUTHERN YORK CO. MOBILE PHYSICAL
THERAPY PRESENTS "Stay Steady: Balance, Strength & Fall
Prevention", 10:00 BIBLE STUDY W/ PASTOR ED, 12:30 MAHJONG
- October 14th: 10:00 GOURD PAINTING WITH BOBBIE, 12:30 500
CARDS
- October 15th: 7:00-9:00 COMMUNITY BREAKFAST, 10:00 ART
CLASS, 12:30 FUND RAISING COMMITTEE MEETING
- October 16th: 10:00 CRAFTS
- October 19th: 10:00 BINGO
- October 20th: 12:30 MAHJONG
- October 21st: 10:00 AARP PRESENTATION ON SCAMS
- October 22nd: 10:00 ART CLASS, 12:15 NEEDLE FELTING
- October 23rd: 12:00 VETERAN SERVICES OFFICER
- October 26th: 10:00 BINGO, 12:15 BOOK CLUB
- October 27th: 10:00 ARMCHAIR TRAVELER, 12:15 HAIRCUTS
- October 28th: 9:30-11:30 HEALTH FAIR/VACCINATION CLINIC
- October 29th: 10:00 ART CLASS, 10:00 HALLOWEEN PUZZLES
- October 30th: 10:00 HALLOWEEN PARTY



Stewartstown Area Senior Center Inc.

Erin Faw; Director

October 2026

Happy October!

Fall is officially here, and we have another busy month ahead at the Stewartstown Area Senior Center! As the weather gets cooler and the days get shorter, I hope you'll make the Center part of your weekly routine. Whether you come for lunch, an exercise class, a game of cards, a program, or simply to spend time with friends, there is always something happening—and we are always happy to see you.

We are starting the month with one of our biggest fundraisers of the year, our Designer Bag & Basket Bingo on Sunday, October 4th. Thank you to everyone who has purchased tickets, donated items, helped spread the word, or volunteered to make this event possible. Fundraisers like this are extremely important to the Center and help us continue providing the programs, activities, and opportunities our members enjoy throughout the year.

I also want to thank everyone who continues to support our weekday lunches and other Center activities. Your participation matters. Every time you attend a program, enjoy lunch with us, invite a friend, or tell someone new about the Center, you are helping us grow and showing just how important senior centers are to our community.

If you see a program on the calendar that you haven't tried before, October is a great month to give it a chance. Sit with someone new at lunch, join a class, play a game, or bring a friend who has never visited us. You never know—you may discover a new favorite activity or make a new friend along the way.

As always, thank you for making the Stewartstown Area Senior Center such a welcoming and enjoyable place to be. I appreciate your continued support and look forward to another wonderful month together.

Happy Fall!

Warm Regards.

Erin

MOMENTOUS OCCASIONS

HAPPY BIRTHDAY

Randy Cook	Oct. 01
Allen Coogle	Oct. 02
Dorothy Freidlander	Oct. 02
Lisa Chaney	Oct. 03
Sandy Fager	Oct. 05
Shirley Foxwell	Oct. 05
Deb Winemiller	Oct. 10
Bill Scarborough	Oct. 15
Sharon Sealoever	Oct. 20
Deb Bupp	Oct. 22
Janet Walker	Oct. 22
Robert Ledsinger	Oct. 29

GET WELL WISHES

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 or injuries.

IN LOVING MEMORY

Lavina Wolf
&
Nancy Waltimyer



HAPPY ANNIVERSARY

Sandy & Bill Scarborough Oct. 29



SENIOR OF THE MONTH



ELEANOR KRICK

"YOU MIGHT REMEMBER ME AS A STORE KEEPER. I HAD KRICK'S COUNTRY STORE IN CROSS ROADS. BEFORE THAT, I WAS A SECRETARY & BOOKEEPER. I RAISED 3 SONS AND 7 GRANDCHILDREN. I DID A LOT OF BABYSITTING IN MY MIDDLE YEARS. I AM NOW BLESSED TO HAVE 13 GREAT GRANDCHILDREN, WITH ANOTHER ON THE WAY IN DECEMBER. I STARTED GOING INTO THE SENIOR CENTER LAST SEPTEMBER. I LIKE IT; I HAVE LEARNED TWO NEW GAMES AND I MADE MANY FRIENDS."



Breast Cancer Fact Sheet



1 in 8 women in the U.S. will be diagnosed with **breast cancer** in their lifetime.

IN THE UNITED STATES

Breast cancer is the most common cancer among women in the U.S., accounting for 32% of newly diagnosed cancers

About every 2 minutes, 1 case of breast cancer is diagnosed in the U.S.

In 2026, about 322,000 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S. and 2,670 cases are expected in men.

In 2026, nearly 43,000 women and men in the U.S. are expected to die from breast cancer.

Improvements in early detection and treatment contributed to a 44% decline in the breast cancer death rate in the U.S. between 1989-2023.

Breast cancer mortality is about 40% higher in Black women in the U.S. than in white women.

It's estimated there were about 170,000 women living with metastatic breast cancer in the U.S. in 2020 (most recent data available).

There are more than 4 million breast cancer survivors, breast cancer patients and those living with MBC in the U.S.

AROUND THE WORLD

Breast cancer is the most common cancer in women around the world, with an estimated more than **2 million new cases** recorded in 2022.

Breast cancer is the leading cause of cancer death among women in most countries in the world.

About every 48 seconds, somewhere in the world, someone dies from breast cancer. That's more than 1,800 women and men every day.

There were more than 7.5 million breast cancer survivors in the world in 2022 (most recent data available).



Sandy Finestone, PsyD
*Scientific Advisory Board and
AIS Steering Committee*

Marian Johnson-Thompson, PhD
*Komen Scholar and
AIS Steering Committee*





Name: _____

Halloween Word Search



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

Word list:

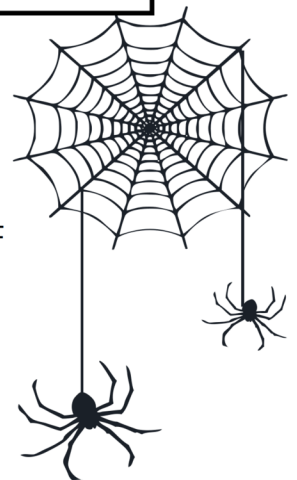
BAT
BLACK
BONE
BOO
CANDY
CAT
COSTUME

DRACULA
FRANKENSTEIN
GHOST
GOBLIN
GRAVE
GRAVEYARD
HALLOWEEN

HAUNTED
HORROR
MASK
MONSTER
MOON
NIGHT
OCTOBER

PARTY
PUMPKINS
TRICK
SCARE
SCREAM
SKELETON
SPIDER

SPOOKY
TREAT
VAMPIRE
WEREWOLF
WICKED
WITCH
ZOMBIE



OCTOBER 2026

MON	TUE	WED	THU	FRI
			1 10:00 ART CLASS	2 10:00 PAPER & ESSENTIAL BINGO
5 10:00 BINGO	6 10:00 K-9 OFFICER MASON & CPL. WOLF 10:00 BIBLE STUDY WITH PASTOR ED 12:30 MAHJONG	7 10:00 GINNIE KITE- PREPARING YOUR HOME FOR WINTER	8 10:00 ART CLASS 12:15 NEEDLE FELTING	9 10:00 PAPER & ESSENTIALS BINGO
12 WE ARE CLOSED FOR COLUMBUS DAY	13 10:00 SOUTHERN YORK MOBILE PHYSICAL THERAPY PRESENTATION 10:00 BIBLE STUDY WITH PASTOR ED 12:30 MAHJONG	14 10:00 GOURD PAINTING WITH BOBBIE	15 7:00-9:00 COMMUNITY BREAKFAST 10:00 ART CLASS 12:30 FUND RAISING COMMITTEE	16 10:00 CRAFT
19 10:00 BINGO	20 10:00 SKY JO 12:30 MAHJONG	21 10:00 AARP SCAMS PRESENTATION 12:30 500 CARDS	22 10:00 ART CLASS 12:15 NEEDLE FELTING	23 10:00 12:00-3:00 VETERAN'S SERVICES OFFICER
26 10:00 BINGO	27 10:00 ARMCHAIR TRAVELER 12:15 HAIRCUTS 12:30 MAHJONG	28 9:30-11:30 HEALTH FAIR & VACCINATION CLINIC	29 10:00 ART CLASS 10:00 HALLOWEEN PUZZLES	30 10:00 HALLOWEEN PARTY

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Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
						Chicken Salad Sandwich (1/2c) Macaroni Salad (1/2c) Fresh Apple Very Veggie Juice Lettuce/Tomato 2 WG Bread Slices		Sausage, Egg, & Cheese English Muffin Homestyle Roasted Potatoes (1/2c) Pineapple Tidbits (1/2c) Sunrise Orange Juice WG English Muffin Milk	
5		6		7		Milk		9	
Meatloaf w/Gravy (2oz) Mashed Potatoes (1/2c) Sweet Peas (1/2c) WG Dinner Roll Milk/Margarine		BBQ Pork Rib Sandwich Potato Au Gratin (1/2c) Seasoned Sweet Corn (1/2c) Fruit Medley (1/2c) WG Hamburger Bun Milk		Veggie Lasagna Roll-Up in Cream Sauce Peperonata w/Tomatoes (1/2c) Diced Pears (1/2c) Breadstick Milk		Grilled Chicken Salad Tomato Cucumber Salad (1/2c) Fresh Orange Chocolate Chip Cookie Dressing Packet WG Dinner Roll Milk/Margarine		Krabby Cake Rice Pilaf (1/2c) Sweet Potato Casserole (1/2c) Diced Beets (1/2c) Milk	
12		13		14		15		16	
WE ARE CLOSED FOR COLUMBUS DAY!		Crispy Fish Sandwich Creamy Tomato Soup Peas & Carrots (1/2c) Applesauce (1/2c) WG Hamburger Bun Milk		Swedish Meatballs (4) in Cream Sauce Buttered Pasta (1/2c) Seasoned Green Beans (1/2c) Pineapple Tidbits (1/2c) Milk		BAGGED LUNCH Bologna & American Cheese Lettuce & Tomato Coleslaw Fresh Fruit Cookie Milk		Beefaroni (1c) Seasoned Sweet Corn (1/2c) Mandarin Oranges (1/2c) WG Dinner Roll Milk/Margarine	
19		20		21		22		23	
Roast Beef (3oz) w/Gravy (2oz) Mashed Potatoes (1/2c) Steamed Mixed Veggies (1/2c) WG Dinner Roll Milk/Margarine		Chicken Parmesan Sandwich Sweet Peas (1/2c) Diced Peaches (1/2c) WG Hamburger Bun Milk		Macaroni & Cheese (1c) Steamed Carrot Coins (1/2c) Stewed Tomatoes (1/2c) Raisins (1/2c) Milk		Taco Salad Brown Rice (1/2c) Black Beans (1/2c) Very Veggie Juice Chocolate Chip Cookie Dressing Packet Milk		Sloppy Joe Seasoned Green Beans (1/2c) Scalloped Potatoes (1/2c) WG Hamburger Bun Milk	
26		27		28		29		30	
Cheese Omelet Breakfast Poatoes w/Onions (1/2c) Warm Apple Compote (1/2c) Sunrise Orange Juice WG English Muffin Milk		Stadium Hot Dog Sauerkraut (2oz) Creamy Potato Soup Winter Squash (1/2c) WG Hot Dog Bun Milk		Pizza Pasta Bake (1c) Creamed Spinach (1/2c) Mandarin Oranges (1/2c) Milk/Margarine		Tuna Salad Sandwich Pepper Cabbage (1/2c) Fresh Orange Lettuce/Tomato 2 WG Bread Slices Milk		Sweet & Sour Chicken (3/4c) Brown Rice (1/2c) Broccoli Salad (1/2c) Applesauce (1/2c) Milk	

When joining us for lunch, please consider making a donation. Each meal costs our center \$2.16 to provide, and every contribution helps offset that cost. Thank you for your generosity and continued support!