STEWARTSTOWN SENIOR CENTER: NEWSLETTER

26 S. MAIN STREET
STEWARTSTOWN, PA 17363

NOVEMBER 2026

717-993-3488
STEWSENIOR@YAHOO.COM



NOVEMBER'S SPECIAL EVENTS

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 SECOND & FOURTH MONDAY**
(ACTIVITIES AND EVENTS MAY BE SUBJECT TO CHANGE WITHOUT NOTICE)

November 27th 9:00am trip to Dutch Apple Dinner Theatre to see "Holly Jolly Holiday Concert"

SPECIALS:

November 2nd: 10:00 Bingo, Christmas Candy Sales Starting
November 3rd: 10:00 Light House Physical Therapy
November 4th: 10:00 Sky Jo
November 5th: 10:00 Art Class
November 6th: 10:00 Paper & Essentials Bingo
November 9th: 10:00 Bingo, 12:15 Book Club
November 10th: 10:00 New Song Performing followed by our Veteran's Day Luncheon
November 11th: CLOSED FOR VETERAN'S DAY.
November 12th: 10:00 Art Class, 9:00-11:30 Steph Wolf "Medicare Reviews" by appointment, 12:15 Needle Felting
November 13th: 10:00 Paper & Essentials Bingo
November 16th: 10:00 Bingo
November 17th: 9:00-11:30 Steph Wolf "Medicare Reviews" by appointment, 10:00 "Back in the Day" Trivia, 12:15 Haircuts
November 18th: 10:00 Ginnie Kite "Brain Games", 12:30 500 Cards
November 19th: 7:00-9:00 Community Breakfast, 10:00 Adelynn Wood performs, 10:00 Art Class, 12:15 Needle Felting, 12:30 Fund Raising Committee Meeting
November 20th: 10:00 Craft
November 23rd: 10:00 Bingo, 12:15 Book Club
November 24th: 10:00 DJ Dave Micelli
November 25th: 10:00 Arm Chair Traveler
November 26th: Closed for Thanksgiving
November 27th: Closed for Thanksgiving 9:00 Dutch Apple trip
November 30th: 10:00 Bingo

Stewartstown Senior Center

Erin Faw; Director

November 2026

As November arrives and we begin looking forward to Thanksgiving, I find myself reflecting on the many things we have to be thankful for. At the top of my list are all of you—the wonderful people who make the Stewartstown Area Senior Center such a special place.

Our senior center is so much more than a place to spend a few hours. It's a place to build friendships, discover new interests, stay physically and mentally active, and enjoy being part of a community. Whether you're attending an exercise class, participating in an activity, learning something new, or simply sharing a laugh with friends, **your presence and participation are what keep our center thriving.**

There's also something very important I want everyone to understand. **One of the primary ways our center receives funding from the York County Area Agency on Aging is through the meals we serve.** Every meal enjoyed at the center helps generate funding that supports our daily operations. When you stay for lunch, you're doing more than sharing a meal with friends—**you're helping support the future of YOUR senior center.**

With operating expenses continuing to rise, every meal truly makes a difference. I encourage everyone to participate in activities, stay for lunch whenever possible, and invite a friend or neighbor to join us. You might be surprised how much a simple invitation can brighten someone's day!

As we celebrate Thanksgiving, please know how grateful I am for each of you. Our center wouldn't be what it is without our members, volunteers, and the friendships that make every day special.

Remember, this is YOUR senior center. Your presence gives it life, your participation gives it purpose, and sharing a meal helps give it a future.

Wishing you and your families a wonderful Thanksgiving filled with love, laughter, and plenty of reasons to be thankful!

Warm Regards,

Erin

MOMENTOUS OCCASIONS

HAPPY BIRTHDAY

Catie Hanssen	Nov. 11
Elaine Momberger	Nov. 14
Michele Reinhardt	Nov. 21
Ilene Goodson	Nov. 22
Barbara Marslett	Nov. 22
Richard Fager	Nov. 23
Dave Amberman	Nov. 28
Connie Bowers	Nov. 28
Patricia Ruff	Nov. 29
Dina Bull	Nov. 29
Shirley Jones	Nov. 30
Lavina Wolfe	Nov. 30
Carol Wright	Nov. 30

GET WELL WISHES

Richard Fagar

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

HAPPY ANNIVERSARY

Sandy & Richard Fager November 15th

VETERAN'S DAY

CELEBRATION LUNCHEON

NOVEMBER 10, 2026

STEWARTSTOWN SENIOR CENTER

26 S. MAIN ST, STEWARTSTOWN PA 17363

10:30 AM

NEW SONG

CHORAL PRESENTATION

11:45 AM

LUNCHEON

TO ATTEND THIS EVENT PLEASE CONTACT THE STEWARTSTOWN SENIOR CENTER (717) 993-3488 BY NOVEMBER 2, 2026 OR EMAIL STEWSENIOR@YAHOO.COM

Men's Mental Health

NAMI
National Alliance on Mental Illness

There is often a strong focus on men's physical health — fitness, annual checkups, and heart health — but mental well-being is equally as important because mental health is health!

Just as the body needs care and attention, so does emotional and mental well-being. Yet, there is a silent crisis in men's mental health — one that too often goes unnoticed or unspoken. Men are nearly four times more likely to die by suicide than women*, underscoring the urgent need to break this silence and seek support.

In 2024, among U.S. men* age 18 and older:

- **20%** experienced a mental illness
- **4.7%** experienced a serious mental illness
- **5.5%** had serious thoughts of suicide in the past year
- **21.3%** experienced a substance use disorder
- **42.1%** with a mental illness received treatment in the past year

*Data from SAMHSA and CDC, and reflects individuals assigned male sex at birth.

These numbers serve as a powerful reminder: no one struggling with mental health is alone. Talking about mental health is not a sign of weakness.

Small steps to care for mental health can lead to significant change. Let's build a culture where men feel safe speaking up and reaching out. As a community, we can break the stigma, support one another, and ensure no one struggles in silence.

How Can You Help?



Start a conversation

A simple conversation can spark transformation. Whether a father, brother, uncle, friend, or colleague, check in with the men in your life.



Share resources

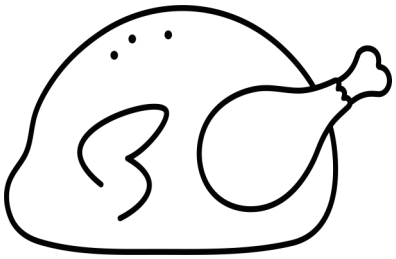
Help normalize seeking help by sharing information about mental health support services, hotlines, and local organizations. Let others know support is available — and that it works.



Create safe spaces

Encourage environments — at home, work, school, the barbershop, gym, church, or in the community — where men feel comfortable opening up without judgment. Sometimes, just knowing it's OK to talk makes all the difference.

Visit **NAMI.org/mensmentalhealth** to learn how you or someone you know can recognize the signs, find support, and take the first steps toward mental wellness.



THANKSGIVING

Word Search

D P L J Y P U H N A U L E L L U Z J J
C E L E B R A T E T E W G U S F J F M
S O K H O G B N X V T J F P N E E A W
N O V E M B E R P J V K Y P P Y A M S
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AUTUMN
CELEBRATE
CORNUCOPIA
CRANBERRY
DESSERT
DINNER
FAMILY
FEAST
FRIENDS
GATHERING
GRAVY
HARVEST
INDIANS
MAIZE
MAYFLOWER
NOVEMBER
PECAN PIE
PILGRIMS
PLYMOUTH
PUMPKIN PIE
STUFFING
THANKFUL
TURKEY
YAMS

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NOVEMBER 2026

MON	TUE	WED	THU	FRI
2 10:00 BINGO 12:30 MEXICAN TRAIN DOMINOES	**3** 10:00 LIGHT HOUSE PHYSICAL THERAPY	**4** 10:00 SKY JO	**5** 10:00 ART CLASS	**6** 10:00 PAPER & ESSENTIALS BINGO
9 10:00 BINGO 12:15 BOOK CLUB 12:30 MEXICAN TRAIN DOMINOES	**10** 10:00 NEW SONG PERFORMING FOLLOWED BY OUR VETERAN'S DAY LUNCHEON	**11** WE ARE CLOSED FOR VETERAN'S DAY	**12** 9:00-11:30 STEPH WOLF MEDICARE REVIEW 10:00 ART CLASS 12:15 NEEDLE FELTING	**13** 10:00 PAPER & ESSENTIALS BINGO
16 10:00 BINGO 12:30 MEXICAN TRAIN DOMINOES	**17** 9:00-11:30 STEPH WOLF MEDICARE REVIEW 10:00 BACK IN THE DAY TRIVIA GAME 12:15 HAIRCUTS 12:30 MAHJONG	**18** 10:00 GINNIE KITE "BRAIN GAMES" 12:30 500 CARDS	**19** 7:00-9:00 COMMUNITY BREAKFAST 10:00 ART CLASS 10:00 ADELYNN WOOD SINGS 12:15 NEEDLE FELTING 12:30 FUND RAISING COMMITTEE	**20** 10:00 CRAFT
23 10:00 BINGO 12:15 BOOK CLUB 12:30 MEXICAN TRAIN DOMINOES	**24** 10:00 DJ DAVE MICELLI 12:30 MAHJONG	**25** 10:00 ARM CHAIR TRAVELER	**26** WE ARE CLOSED FOR THANKSGIVING	**27** WE ARE CLOSED FOR THANKSGIVING ***9:00 TRIP TO DUTCH APPLE**
30 10:00 BINGO 12:30 MEXICAN TRAIN DOMINOES				

ACTIVITIES & EVENTS MAY BE SUBJECT TO CHANGE WITHOUT NOTICE

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
Potato Crusted Fish (3.6oz) Potatoes w/Peppers & Onions (1/2c) Lima Beans (1/2c) WG Dinner Roll Milk/Margarine	Meatball Hoagie (3) Seasoned Sweet Corn (1/2c) Orange Juice (1/2c) WG Hot Dog Bun Milk	Chopped Steak in Gravy (2oz) Buttered Noodles (1/2c) Steamed Carrots (1/2c) Fresh Orange Milk	Turkey Chef Salad Coleslaw (1/2c) Fresh Banana Dressing Packet WG Dinner Roll Milk/Margarine	Chili Con Carne (1/2c) w/Cheese (1oz) Brown Rice (1/2c) Mandarin Oranges (1/2c) Cornbread Milk
9	**10**	**11**	**12**	**13**
Ham Steak (3oz) w/BBQ Glaze Lima Beans (1/2c) Applesauce (1/2c) WG Hamburger Bun Milk/Margarine	BAGGED LUNCH Italian (Ham, Salami, Provolone) Sandwich White Bread, Lettuce & Tomato Coleslaw, Pasta Salad, Fresh Fruit & Milk	**WE ARE CLOSED FOR VETERAN'S DAY**	Pot Roast (3oz) w/Gravy (2oz) Mashed Potatoes (1/2c) Steamed Carrots (1/2c) Diced Peaches (1/2c) Vanilla Pudding (1/2c) WG Dinner Roll Milk/Margarine	Sausage, Egg, & Cheese English Muffin Homestyle Roasted Potatoes (1/2c) Sunrise Orange Juice WG English Muffin Milk/Ketchup
16	**17**	**18**	**19**	**20**
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) Mandarin Oranges (1/2c) WG Hamburger Bun Milk	Veggie Lasagna Roll-Up in Cream Sauce Peperonata w/Tomatoes (1/2c) Diced Pears (1/2c) Breadstick Milk	Roast Turkey (3oz) w/Gravy (2oz) Stuffing (2oz) Whipped Potatoes w/Chives (1/2c) Steamed Corn (1/2c) Cherry Pie (Individual) WG Dinner Roll Milk/Margarine	Krabby Cake Cheesey Rice (1/2c) Sweet Potato Casserole (1/2c) Diced Beets (1/2c) Milk
23	**24**	**25**	**26**	**27**
Crispy Chicken Cutlet Garlic Parsley Potatoes (1/2c) Roasted Cabbage w/Bacon (1/2c) Milk/Margarine	Crispy Fish Sandwich Creamy Tomato Soup Steamed Peas (1/2c) Applesauce (1/2c) WG Hamburger Bun Milk	Swedish Meatballs (4) in Cream Sauce Buttered Pasta (1/2c) Seasoned Green Beans (1/2c) Fresh Orange Milk	HAPPY THANKSGIVING WE ARE CLOSED FOR THANKSGIVING	**WE ARE CLOSED FOR THANKSGIVING**
30				
Roast Beef (3oz) w/Gravy (2oz) Mashed Potatoes (1/2c) Steamed Mixed Veggies (1/2c) WG Dinner Roll Milk/Margarine				

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