

Our Team: **Executive Director:** Carman Banzaca Food Service Manager: Nancy Jones Program Coordinator **Jason Querry Receptionists:** Sue Hirshman & Wavelene Lamp Volunteer **Opportunities** Available: ~Receptionist (M, Th, & F) ~Lunch Hour Help (Substitutes) ~Social Media Admin ~Cleaning Help

> ~Painters/ ~Handypersons

Center & Thrift Shop Hours: 8:30 AM– 3:00 PM, Monday-Friday Tel: (717)938.4649 Fax: (717)938.2399



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# **RLSC NEWSLETTER**

# MAY 2024

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## DIRECTOR'S CORNER

Greetings— Welcome to May!

As we embrace the beauty and warmer weather of this wonderful month, let's not forget to remember there's so much to celebrate and enjoy. From the bright rays of the

May sun to the colorful blossoms all around, May truly enchants us with its splendor.

This month, we have a number of exciting goings on to keep to of mind. On May 2nd-3rd be sure to remember your favorite Senior Center for Give Local York 2024's 24 hour period of giving.

Let's also be sure to honor the incredible women in our lives on Mother's Day. Whether it's your mom, grandmother, aunt, or another maternal figure, take the time to show them love and appreciation for all they do and have done. A heartfelt gesture or a simple "thank you" can brighten their day and make them feel cherished.

So let's make the most of this marvelous month, filled with love, laughter, and endless possibilities. Here's to a May filled with memorable moments and delightful discoveries!



Be well, & until next time...



- Carman



1974 - 2024

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## **MAY'S PROGRAM OFFERINGS**



#### **Regularly Scheduled Activities**

- <u>Rise & Shine Club & After Lunch Bunch</u> Join other members for friendly chats, coffee & a snack—such a great way to start your days or to spend an afternoon here at RLSC!
- Zumba Gold Get movin' and groovin' with Lisa on Mondays at 10:00 AM! Classes are \$6 acch and are pay as you go.
- Mah Jongg— Mah Jongg is back! Fridays at 12:30 PM—For new and experienced players
- Pinochle— come join the fun on Tuesdays at 9:00 AM
- Bridge Play or learn the game of Bridge on Mondays at 10:00 AM!
- Prize Bingo BINGO fun for everyone—Every Tuesday at 12:30 PM, bring \$2 or a prize to contribute to the fun
- <u>RLSC Musical Offerings</u>— RLSC Choir is on hiatus, Pam will be soon offering a chimes—see Jason for more information!
- Wii Bowling— Can you knock down the competition? Fridays at 12:30 PM no ball or shoes necessary! Players of EVERY ability/skill level encouraged to try
- Bible Study (+)—Pastor Denise will be in on to share an uplifting message. Join in on the conversation every second Tuesday (5/14) at 10:00 AM

Fresh Express—Free fresh and non perishable food will be available to those income eligible. This month's distribution will be on 5/21 at 9:30. Please register/cancel by 5/14 March's make up date will be 5/21 starting at 10 AM.

- **<u>Low Impact Exercise</u>**—Classes are **Wednesdays** at 10:00 AM. These classes incorporate chairs and are intended to promote strength and stability.
- Sewing Club Our Sewing club will meet Thursdays at 9:30 AM. Stop in for a lesson, or even for help/guidance with your own sewing projects
- Make & Take Crafts with Liv— Join Liv 2nd and 4th Tuesdays all month long and try your hand at creating make and take crafts. All welcome, materials provided (\$2) 5/7 & 5/21
  Haircuts & Nails with Rose—Rose will be back on Monday 5/6 at 11 AM—Please, sign up in Co-pilot, Appointment reservations are required—appts available first come/first serve
- Movie & Popcorn— "Movie Mondays" each Monday we will show a movie at 10 AM check out inside for titles/details. 2nd & 3rd Mondays in May at 10 AM—large Bingo room Ice Cream Social Stop in for a sweet treat on 5/10 at 12:30. Floats are \$1 and sundaes
  are \$2—Bring your own banana for a banana split! Ice Cream Sandwiches will be on sale
- for \$1 on **Wednesdays**—Classic and Neapolitan Varieties.
- Book Club—Book club meets every month on the last Tuesday (5/28) 10 AM Discuss / review the selection. All are welcome, copies of the book may be available to borrow.
- <u>Live Music</u> Come listen to Kiel Holland play and enjoy the performance on 5/14

#### Additional Events New Things & Fun:

<u>"Axe Throwing"</u> Try your luck at hitting the target an indoor version of axe throwing. 5/16 <u>Pass the Pigs</u> — Roll your luck combo 5/2, <u>Yahtzee</u> — 5/8 <u>"Darts"</u> — 5/1 <u>Horseshoes</u> — 5/9 <u>Jeopardy with Jason</u>— Test your knowledge! 5/10

Tap Class with Janet— Let Janet show you how it is done! Tap dancing at its finest! Thursdays <u>Chair Volleyball</u> Take a seat and let's have a ball—Beach Volleyball is back! 5/17 <u>Music Therapy with</u> Taylor—Notes of Healing Music Therapy session will return on 5/3 at 2PM <u>Anniversary & Birthday Celebration</u>—If you have a birthday or anniversary in May come celebrate with us! A Cake & snacks will be served. Sure to be a great time—5/14 before the noon meal. <u>Mother's Day Celebration Tea</u>— 5/15 at 1 PM, RSVP required to attend





## A warm welcome to our newest RLSC members:

When you see these new folks, be sure to give them a warm,

Red Land Welcome!

Daniel Bair, Sherry Bare, Harold Bare, Mary Kay & Darvin Burnside, Roberta Downs, Lois Eberts & Michael Eberts, Josephine Fetrow, Sandra Flinchbaugh, Martha & Rodrigo Gutierrez, Janet & Terry Hair, Lynn Harbold, Karen Niedig, Tammy Klunk, Tonya Kope, Debbie Kreps, Joyce Myers, Frank Rovito, Sandra Steward, & Lawrence Walsh



... and if you have joined since this

printing. Welcome to you!

ARE YOU 60+?? WE WANT YOU AS A RLSC PARTICIPANT - THIS IS A SENIOR ACTIVITY / COMMUNITY CENTER! NOT ADULT DAYCARE COME CHECK OUT OUR PROGRAMS HAVE TO OFFER, STAY FOR A MEAL! ALWAYS, NO COST TO JOIN --> ALL ARE WELCOME! <---\*\*WE'RE MORE THAN ADULT/PARENT "BABYSITTING"\*



## **Upcoming Programming Preview-**

### This Month and Beyond...

- York Revolution Baseball Game
- Shopping Trips to Lititz & Gettysburg
  Outlet Shops, Tanger Outlets
- Sight & Sound Performance
- Wolf Sanctuary
- York State Fair
- Hershey Gardens
- Lake Tobias

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- Amish Village
- Country Kettle Village
- Whitaker Center
- American Music Theater & More...
- Markets at Shrewsbury and more

— Do you have a suggestion for somewhere we could look into taking a trip? We are always open to hearing what you think! See Carman or Jason

We're still looking for others interested creating programming opportunities... Something you did in your pre-retirement life that you would be willing to share with our participants? We'd love to hear about it, and help you demonstrate something you're good at! ? Would you be interested in leading a group or class? See Carman or Jason with any programming suggestions or information on how to participate or start something up!

This May newsletter has been co-sponsored by: A Friend of the Senior Center. We're looking for a 2nd Co-Sponsor yet for May and also beyond! See us with questions!



## Again, our recognition and appreciation to the following in the month of April:

Lillian Pusey, Leroy Miller, Bob Conley, Shirley Wilt, Lucy & Bill Hart, Ruth Bolger, Lee Wilson & Kathy Jo Wilson, William R Haines, Warren & Kay Reichard, Karen & Glenn Rudy, Audrey & Phillip Dodson, Donald Dodson, Codie Culley, Baile Motorcoach, The Cheaney Family, Karns Grocery, Lillie Cable, Ken Rimondi, Lori Crissman, Anne Haugh, Ruth Apple, Tom Adams, Terri Gross, Sue Hirshman, Wavelene Lamp, Gwen Rush, Dee Stewart, Donna, Nieman, Lucy Hart, Charlotte Harpster, Marie Dunstan, Rich Laskey, Katie Davis, Eric Stauffer, Claire Kilbourne, Bob Gasswint, Lois Musto, Dave Brinton, John Staz, John Minito, Gayle Moser, Cindy Whetsone, Michele Stauffer, Darick Bare, Patty McCool, Janell Winebrenner, Jeff Smith, Darvin Burnside, Ron Shoemaker, Jim Atticks, Beth Hovenstine, Ed Kaproki, Emily Boyer, Darla Taylor, Jess Smith, Jack Negley, Beth Ann Mohn, Anne Stoner, Janet Yanella, Lucy & Bill Hart, James Nieman, Thomas & Leanne Holtorf-Adams, Conewago Township, Fairview Township, The Wilsons, Ruth Bolger, John Smith, Kathryn Cheaney, Kathleen Boyle, Lori Crissman, Debra Beissel, & Darick Bare

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And of course to those of you who continue to contribute Anonymously, or those who we may have inadvertently missed your name... we couldn't do it without your support!

🕨 WE TRULY 🗤 THANK YOU 🔫

FRIDAY MAY 3rd -RLSC'S GIVE LOCAL YORK CELEBRATION DAY ITINERARY

10 am – Opening Ceremony

10:30 am – Flip Side



11am – RLSC Rockettes Performance

12 pm – Lunch

12:30 pm Penn State Nutritional Links Food Demo



2pm- Music Therapy with Taylor

3 pm – RLSC Rockettes Performance



## Your RLSC Board of Directors 2023-2024

**President:** 

**Bob Gasswint** 

Vice President:

Marie Dunstan

Secretary:

Lois Musto

Treasurer:

**Katie Davis** 

Members at Large:

**Eric Stauffer** 

**Dave Brinton** 

John Staz

**Claire Kilbourne** 

John Minito

**Shirley Wilt** 

3:15 pm – Door Prize Drawings & Updates

The Red Land Senior Center Newsletter — for the Month of May 2024 g memories from the past and making new ones for the future





Any donation, whether it is monetary or purchasing an item on our wish list is truly appreciated! If you bring in any food item(s), please check SENIOR CENTER expiration dates and are in sealed/unopened packages.

Thank you in advance for your generosity!

~ URGENTLY NEEDED: 8x11 White & Colored Copier Paper

~ AA & AAA Batteries ~ 11x17 Ledger Paper ~ Snack Foods (cookies, chips, pretzels, crackers, etc...)



THIS MONTH'S FEATURED FILMS:

#### A MAN CALLED OTTO (2022)

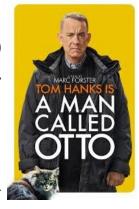
THREE COMPANY WORKERS WHO HATE THEIR JOBS DECIDE TO REBEL

AGAINST THEIR GREEDY BOSS. DIRECTED BY: MIKE JUDGE

CAST - RON LIVINGSTON; JENNIFER ANISTON; DAVID HERMAN;

WHEN A LIVELY YOUNG FAMILY MOVES IN NEXT DOOR, GRUMPY WIDOWER OTTO ANDERSON MEETS HIS MATCH IN A QUICK-WITTED, PREGNANT WOMAN NAMED MARISOL, LEADING TO AN UNLIKELY FRIENDSHIP THAT TURNS HIS WORLD UPSIDE DOWN. DIRECTOR: MARC FORSTER - CAST - TOM HANKS; MARIANA TREVIÑO; RACHEL; JOHN HIGGINS; TONY BINGHAM

OFFICE SPACE (1999) - COMEDY





Back by popular demand—RLSC will again be hosting a yard sale. On Saturday, June 8, 2024.

#### DONATIONS WILL BE NEEDED!

In addition to selling spots, we will have concession items and a bake sale. See Jason about reserving space

#### Want to help?

We are looking for donations of baked goods and packaged concession items. All donations should be dropped off at the center during regular business hours by June 7th. See Jason or Carman with any questions. Thank you in advance for your support!



AJAY NAIDU · SAMIR; AND DIEDRICH BADER.

#### Give Local York - May 2nd & 3rd

*Give Local York* is a 24-hour online giving spree, presented by Giant and the White Rose

Leadership Institute, to benefit hundreds of York County non-profits, including Red Land Senior Center on 5/2 and 5/3. The goal is simple: inspire York Countians to come together, show pride in their community, and contribute to support the life-changing work of local nonprofits. Simply go online to www.givelocalyork.org and type 'Red Land Senior Center' in to the site's search bar. You will then be able to make a secure, online donation. Donations can only be made through this website starting at 9:00 PM on 5/2 through 9:00 PM on 5/3 or donations may be accepted in person at the center or by mail prior to 5/2. Please make sure to write Give Local York in the memo line of your check so it may be counted towards credit for matching funds and county wide stretch pool funds. No amount given is too small, we appreciate your generosity!

The 2024 goal is to raise: \$18,000 for Red Land Senior Center





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## 2024 SENIORS FARMERS MARKET NUTRITION PROGRAM

Eligible seniors can receive \$50 worth of vouchers to buy fresh fruit and vegetables at participating farmers markets throughout PA. The Seniors Farmers Market Nutrition program (SFMNP) is a federally funded program in the United States that provides low-income seniors with coupons that can be exchanged for eligible foods at farmers' markets, roadside stands, and community supported agricultural programs.



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Join Red Land Senior Center on Tuesday, June 25th 9:00 AM-11:30 AM to receive your voucher!

ID verifying York County residency and 60 years of age IS REQUIRED



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## Join Us for Nutritious Noon Meals and More at the Red Land Senior Center!

At the Red Land Senior Center we believe in nourishing both bodies and community spirit. That's why we're proud to offer our Monday-Friday Noon Meal Program, providing a delicious and nutritious meal at no charge to all registered participants aged 60 or better.

#### How to Join:

Joining our program at Red Land Senior Center is easy and open to anyone in York County who is 60 +, and it's *completely free*. Simply visit the center to complete some paperwork and reserve your meals. We also provide free transportation to and from the center, ensuring that everyone can access our services without any barriers.

#### **Convenient Options:**

For those who prefer to dine at home, we offer convenient "Grab & Go" Meals. Simply <u>place your order by 10:30 AM the day prior</u>, and pick up your meal after 11:30 AM from Monday to Friday. If your plans change, please remember to call and cancel your order to avoid waste. We can hold your meal for up to 24 hours, ensuring flexibility for our participants.

Getting Home Delivered meals may also be an option for homebound older adults who qualify. Physical, Mental or emotional disabilities can sometimes make meal preparations difficult. Call 717.771.9610 or email: aging@yorkcountypa.gov for information.

#### Get in Touch:

Have any questions or need assistance? We're here to help! Reach out to us anytime, and our friendly staff will be happy to assist you. Join us at the Senior Center for nourishing meals, companionship, and a welcoming community.



An investi-gator.

dressina!

Why did the tomato turn red?

Because it saw the salad

What do you get when you cross a snowman and a

Why couldn't the bicycle

How do you organize a space

vampire? Frostbite.

stand up by itself?

party? You planet.

up everything.

a hole in one.

other wall?

What do you call fake

spaghetti? An impasta.

Why don't scientists trust

atoms? Because they make

Why did the golfer bring two

What did one wall say to the

"I'll meet you at the corner."

pairs of pants? In case he got

It was two-tired.



We look forward to seeing you soon!

The Red Land Senior Center Newsletter — for the Month of May 2024

ng memories from the past and making new ones for the futur

# SPACE/SPONSORSHIPS NOW AVAILABLE

BECOME A SPONSOR — SPACE AVAILABLE IN OUR NEWSLETTERS & WEEKLY E-BLASTS! With readership of over 1000+ and growing monthly! Let us help you grow your business—while you support RLSC & area seniors — Contact one of our staff today— (717)938.4649 for information

### May 6, 1954:

## Roger Bannister Breaks the

### Four-Minute Mile

British athlete Roger Bannister made history by running the first mile in under four minutes, finishing in 3:59.4 in Oxford, England. This event marked a groundbreaking moment in athletics, symbolizing the breaking of perceived limitations.



## **RLSC Motivational Quote**

The only thing we have to fear is fear itself. – Franklin D. Roosevelt —

#### Special Days in May

4<sup>th</sup> Space Day/Derby Day 5<sup>th</sup> Cinco de Mayo 11<sup>th</sup> Migratory Bird Day 12<sup>th</sup> Mother's Day 12<sup>th</sup> Skilled Nursing Week 20<sup>th</sup> World Bee Day 21<sup>st</sup> Cannes Film Festival 22<sup>nd</sup> Biological Diversity Day 23<sup>rd</sup> World Turtle Day 24<sup>th</sup> Scavenger Hunt Day 27<sup>th</sup> Memorial Day

#### **RIDDLE ME THIS???**

Q: What has branches, but no fruit, trunk, or leaves?

Q: What thrives when you feed it but dies when you water it?

Q: What do you buy to eat but never consume?

The Red Land Senior Center Newsletter — for the Month of May 2024



K. J.

#### PAGE 9

### Looking To Be More **Involved at RLSC?**

Do you have a heart for seniors? Are you interested in being actively involved with the center? Are you willing to assist in improving the facilities for our seniors? If so, the Board of Directors invites you to contact us and explore how we may partner to provide opportunities for seniors to thrive in our community. We encourage you to contact Bob Gasswint, **RLSC Board President** at 717-793-1939, or **RLSC Executive Director** Carman Banzaca.

#### Congratulations, to our May 2024

OF THE Volunteer of the month, MONTH Sue Hirshman, Ms. Sue was nominated for her dedication? to all things Senior Center. You may find her serving in one of her many roles-Thrift Shop volunteer, Receptionist Extraordinaire, Kitchen Help, or Chicken BBQ Volunteer—she does it with her entire heart and we are grateful for her positive attitude and contagious smile. All you do continues to assist us in helping grow the RLSC Community! A very big Thank you, Sue, we think you're SPECTACULAR!!!

If you have ideas or suggestions for other stellar RLSC volunteers to nominate/ site or a member of our RLSC staff.



VOLUNTEER



Don't foraet - the center sells grocery gift cards to Giant and Karns Grocery throughout the year. They work as a aift or simply purchase one to use for your regular grocery shopping. 5% of all cards sold are donated to the senior center, so it's a winwin! Stop in today to get yours!



## In April, Red Land **Senior Center Celebrated 50 Years!**

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## 974 - 2024

And shall now be looking

forward to celebrating the next 50+ years! We would like to issue a heartfelt thanks to all who have had a hand in helping us get here.

Particularly the volunteers who support us day in recognize, please let us know! Forms are and day out. You make such a difference and we available in the both RLSC offices, the web- so very much appreciate your time and energy.





## May Trivia

The Month of May: May is named for the Roman goddess Maia, who oversaw the growth of plants.

May Day v Mayday: May 1, in many countries as a traditional springtime festival or a day honoring workers vs "may day" was created as a distress call based off French pronunciation of "m'aider" ("help me"),

Zodiac signs: Taurus & Gemini Birthstone: Emerald Flower: Lily of the Valley

Y.Y.

The RLSC Book Club will meet on the last Tuesday of the month at **10 AM** Red Land Senior Center in the large Bingo room **This month's Book title: The Secret Life of Sunflowers**, MARTAMOLINE By: Marta Molnar



story of Johanna Bonger, Vincent van Gogh's sister-in-law. An engrossing, impeccably researched tale connecting passionate,

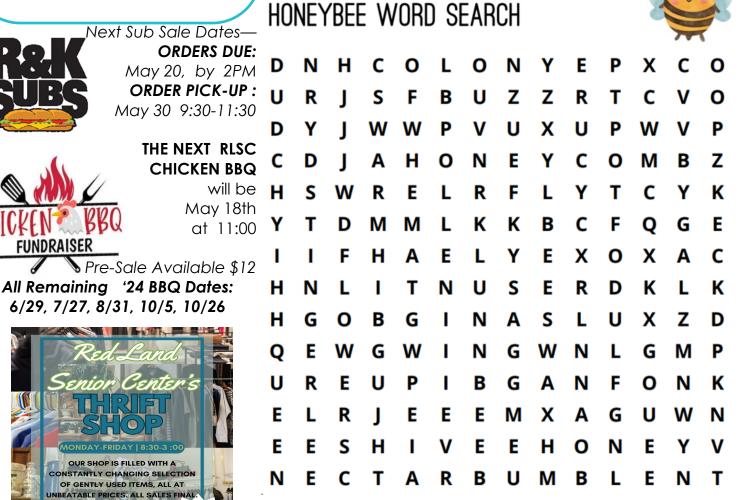
A gripping, inspiring novel based on the true

creative women across time.

CHECK OUT RLSC's LENDING LIBRARY







**WORD BANK:** Honey Bee Hive Honeycomb Wing Yellow Queen Bumble Buzz Fly Nectar Beeswax Swarm Flowers Insect Stinger Colony Manuka Pollen Worker





## **EVENT CALENDAR—MAY 2024**



Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sunday
REPEATING WEEKLY ACTIVITIES: M-F 9AM Rummikub T-F 8:30 Rise & Shine Club M-Th@1 After Lunch Bunch	Monday's 10– Zumba Gold \$6 & Bridge Tuesday's 9 AM—Pinochle 12:30—Prize Bingo Wednesday's 10– Low Impact Exercise	1 10 — Darts 12:30— Crossword Fun with Jason & Ice Cream Sandwiches \$1	2 10 — Pass the Pig 10:30 — Memory Game with Ja- son 12:30—Tap— Red Land Rock- ettes	3 RLSC's Give Local	4/5 Happy Kentucky Derby Day & Space Day
<b>6</b> 11:00— Nails and Haircuts with Rose (Appts Need- ed, sign up in Co-Pilot), 12:30—Walking Club	7 11 — Make & Take Crafts with Liv (\$2)	8 10—Yahtzee 12:30—Cornhole & Ice Cream Sandwiches \$1	9 10:00 — Horse- shoes at the Pits 12:30— Local History Presentation: & Tap—Red Land Rockettes	10 10:30— Jeopardy Game with Jason 12:30— Ice Cream Social	11/12 💼
13 10 — Movie Monday: Office Space (1999) 12:30— Walking Club	14 10 — Bible Study 10:30—Live Music Keil Holland 11— May Birthday & Anniversary Recognition Party!	15 10—Guessing Game 12:30— Ice Cream Sandwiches \$1 1— Mothers Tea Party 50 % Off Thrift Sho	16 9:30—York Rev's Trip 10 — Axe Throwing	17 9—BBQ Prep 10— Chair Volleyball 12:30—	18/19 Saturday
20 10 — Movie Monday: A man called Otto(2022 12:30— Walking Club	21 (3) 9:30—Fresh Express Pickup 12:30—Make and Take Crafts with Liv (\$2)	22    12:30—    Hangman with    Jason &    Ice Cream    Sandwiches \$1	23 10 — Board Games with Jason 12:30— Tap with Red Land Rockettes	24 10:30— Name that Tune 12:30 Sno-Cones \$1	25/26
27 * HAPPY * MEMORIAL DAY WE ARE CLOSED	28 10 — Flickin' Chickens	29 10:00— Arm Chair Travel: England 12:30—Card Games & Ice Cream Sandwiches \$1	30 9 — Shopping trip to Lititz 12:30— Popsicles \$1	<b>31</b> 10:30 — Food Craft	REPEATING ACTIVITIES Thursday's 9:30– Sewing Club Friday's 11:00 & 12:30 — Wii Bowling
"Sha	The Red Lar	d Senior Center New		th of May 2024	ure!"

## RLSC IS CLOSED ON MAY 27 IN OBSERVANCE OF MEMORIAL DAY -



Senior Center

736 Wyndamere Road Lewisberry, PA 17339

Phone: (717)938.4649 Fax: (717)938.2399 Email: Director@RedLandSeniorCenter.org Website: www.RedLandSeniorCenter.org

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Linda Daneker Timothy Wakefield Rosemary Myers Barbara Forgas Joyce Harrison Robert Keyton Sherry Niehenke Jason Querry (Staff) Janice Panty Michael Haugh Beatrice Kohler Bonnie Loncharich Cynthia Mangiamele	1 2 3 3 3 3 3 4 5 5 5 5	CELEBRAT MAA BIRTHDAYS Linda Dalton	Y	Larry Shatto John Walters Debra Groff Patricia McCool Sally Smith Mary Guldner Cynthia Kerstetter George Justus David Stewart Kathy Wilson Richard List Sarah Seiger Bonnie O'Neil	21 21 22 23 24 25 25 26 26 26 26 26 27 27 29
Darla Taylor	5	Patricia Gabig	15	Kathleen Marley	30
Grover "Jack" Negley Deborah Colestock Steven Winner David Gilson	7 8 8 12	David Norris Ann Graff John Barth Thomas Apple	15 16 17 18	Jim Vasold And to you if your Birthday	31
Clifford Weber Shirley Yeatts Sandra Harrison	12 12 12 13	Rosalie Hutchinson Sterling March Thomas Parke	19 19 20	is	in May

Please let us know if our list of birthdays is incorrect/in need of updating. We thank you!