

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



E.



2,3&11
4,5,8-10
6
Inserts
12

### DIRECTOR'S CORNER

## Happy New Year!

Can you believe we are greeting 2024 when it seems like 2023 was just starting? I'm wishing peace, health, and happiness for all of us.



Do you make resolutions this time of year? Perhaps I can encourage you to consider it as we move into 2024. Science and research has proven that staying socially active is key to healthy aging. Connecting with others in events and activities boosts the immune system, decreases anxiety, and enhances quality of life. Staying social can also decrease the risk of heart disease and cognitive decline.

We'd like to challenge you to try at least 4 activities this month. As well as continue to attend favorite programs, in either case, you'll reap the benefits of healthy socialization!

Here's to new adventures!

Be well, & until next time...

### - Carman

**PS** - Winter weather closings and delays may be found on ABC 27 and WGAL 8. Closings & delays can also be found on our Facebook page or you may call the center & listen for the message.

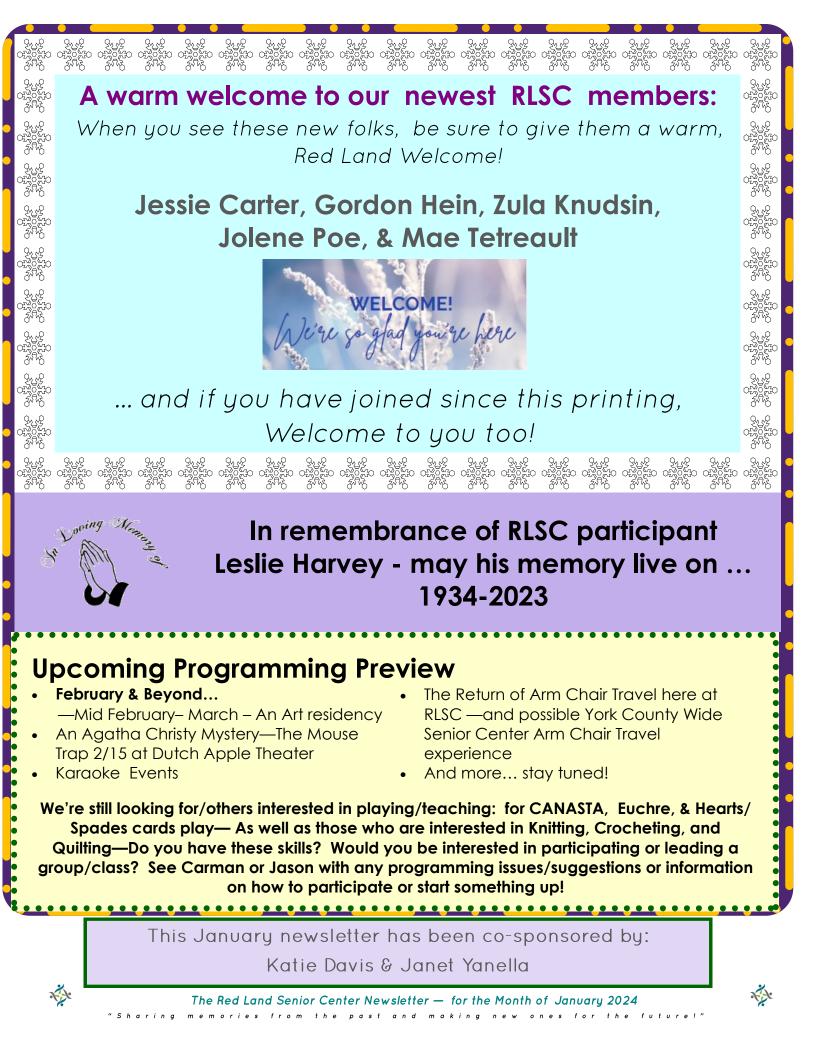
# Reminder, The Center shall be Closed January 1st and 15th for Holidays

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



#### JANUARY PROGRAM OFFERINGS PAGE 2

	Regularly Scheduled Activities
<u> 🐺 R</u>	tise & Shine Club & After Lunch Bunch — Join other members for friendly chats, coffee & a
	nack—such a great way to start your days or to spend an afternoon here at RLSC!
<u> 😅 Z</u>	umba Gold — Get movin' and groovin' with Lisa on Mondays at 10:00 AM! Classes are \$6
<b>–</b> e	each and are pay as you go.
Δ	<b>Aah Jongg</b> — Is presently on a "Winter-Hiatus" - Mah Jongg will resume after Tax Season!
<u>e P</u>	<u>inocnie</u> — come join the tun on <b>iuesadys</b> at 10:00 AM
_	Bridge — Play or learn the game on Mondays at 10:00 AM!
_	Prize Bingo — BINGO fun for everyone—Every Tuesday at 12:30 PM, bring \$2 or a prize to
<b>b</b> .	contribute to the fun
	<b>RLSC Choir Meetings</b> — RLSC Choir will be back soon—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
	<b><u>Bible Study</u></b> + — Pastor Denise will be in on 1/9 to share an uplifting message. Join in on
	the conversation <b>every second Tuesday</b> at 10:00 AM
P	<u>Fresh Express</u> —Free fresh and non perishable food will be available to those income eligible This month's food distribution will be on 1/16 at 9:30. Please register/cancel by 1/9
****	Low Impact Exercise—Classes are Wednesdays at 10:00 AM. These classes incorporate
X	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
	<u>Art with Betsy</u> —Art classes with Betsy will be held <b>Wednesday's (10-17-24th)</b> of January at
-	12:30 PM
90	Make & Take Crafts with Liv— Join Liv every other Wednesday all month long and try your
$\sim$	hand at creating make and take crafts. All welcome, materials provided (\$2)
<b>S</b>	<sup>a</sup> Haircuts with Rose—Rose will be back on Monday 1/8 at 12:30 PM—Please, sign up in Co-
	pilot, Appointment reservations are required—appts available first come/first serve
<b>(† * *</b>	Movie & Popcorn- 1/11 The Devil Wears Prada (2006) Directed by David Frankel,
_	Starring Meryl Streep, Anne Hathaway, Emily Blunt and Stanley Tucci. (For more
<b></b>	information see blurb description on page 5)
Q	Local History Event- Dominish Miller's Preserving the History of Newberrytown/Lewisberry
·	History Lovers Group presentation Your Backyard Geology Thursday, January 11 at 12:30
$\sim$	Ice Cream Social - Stop in for a sweet treat on 12/29 at 12:30. Floats are \$1 and sundaes
Y	are \$2—Bring your own banana for a banana split! Ice Cream Sandwiches will be on sale
	for \$1 on <b>Wednesdays</b>
	Other Fun— Pass the Pigs 1/2, Darts 1/5, Win Lose or Draw 1/12, Flickin' Chickens 1/22,
	Guessing Game with 1/23, Karaoke 1/25—Check calendar for more information!
215	Mark your Calendar now: 🚨
	Sightseeing Bus Trip to Washington, D.C.— THIS TRIP HAS A NEW DATE! In time for The
	Cherry Blossom Festival - April 10, 2024 — \$85/Per Person   Bring Spending money
	Farm Show Trip—Come check out all the exhibits, see the animals, and have a famous
	milkshake! January 8th—\$11/per person—transportation and bagged meal included
	Hollywood Casino Trip- Try your luck and have some fun in York's Hollywood Casino-
	Transportation and bagged meal upon return. Spending money advised. \$11/per person
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	The Red Land Senior Center Newsletter — for the Month of January 2024



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



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

Special thank yous go out to Karns, Marie Dunstan, Sue Hirshman, The Dodsons, Jim & Donna Nieman, Lillian Pusey, Lee & Kathy Wilson, Phil and Audrey Dodson, Joe Innerst, The Petrides, George and Janice Lance, American Legion Post 974, Ruth Bolger, Amazon, Lisa Lynch, Santa Blaine Ferree and Julianne Beard. Thank you also to Troop 284 for once again hosting a wonderful Christmas party!

### \*\*\*\*\*\*

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

## 🔻 🕈 WE TRULY 🔻 THANK YOU 🔫

## Local History Presentation 2024

Presented by Dominish Miller of Preserving the History of Newberrytown/Lewisberry History Lovers Group

from. . For minerals, garnet is found here although none of it is of gem quality.

#### "Your Backyard Geology"

Jeri Jones, of Jones Geological Services in Spring Grave, will present a program "Your Backyard Geology" at **12:30 p.m** on **Thursday, January 11, 2024**. His PowerPoint presentation will discuss the area's geology including the rocks, fossils and minerals in the area. Did you know that some of the first dinosaur foot tracks found in the Mid-Atlantic region were found in Midway? More dino tracks were discovered near Yocumtown. Find out how fern fossils found near York Haven tell us that northern York County was ance an "Everglades" in the geologic past. Find out what type of rock the famous York Haven Hydroelectric Plant foundation is composed of and where it came

The program will conclude leaving you in awe that area residents were very close to growing up in Morocco and not in Pennsylvania.



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



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

Thank you in advance for your generosity! ~ Post-It Notes ~Office Chairs (2) ~ 8x11 White and Colored Copier & 11x17 Ledger Paper ~ Snack Foods (cookies, chips, pretzels, popcorn, crackers, etc...)



**January Facts:** 

January was named after the Roman god Janus; the god of beginnings & transitions.

Zodiac signs: Capricorn & Aquarius Birthstone: Garnet Flower: Carnations





Our monthly newsletters are a vital WITH BIG DREAMS. part of our communication efforts, however, they do come at a cost to the center.

We are also currently seeking ASSISTANT TO sponsorships for our monthly newsletter to help defray the cost of printing, paper, mailing, etc. This MIRANDA PRIESTLY simply means you may make a do- (MERYL STREEP). nation towards this expense. It is \$60 for a co-sponsorship or \$120 for a full sponsorship. You may choose to sponsor in memory of a loved TO SURVIVE HER GRIM one, in honor of a birthday/ anniversary/event, or you may remain anonymous.

Please note that up to two **SCORCHED**. individuals/families per month may be co-sponsors.

If you should wish to make a simple donation of any amount to help offset the newsletter costs, we **STANLEY TUCCI AND** would be absolutely appreciative OTHERS and grateful for that too.

### THANK YOU AGAIN TO EVERYONE WHO SPONSORED IN 2023!



THIS MONTH'S FEATURED FILM: **STARS** ANNE HATHAWAY AS A

RECENT



COLLEGE GRADUATE center-wide UPON LANDING A JOB AT PRESTIGIOUS RUNWAY MAGAZINE. SHE FINDS HERSELF THE **DIABOLICAL EDITOR** ANDY (HATHAWAY) **QUESTIONS HER ABILITY** TOUR AS MIRANDA'S WHIPPING **GIRL WITHOUT GETTING** 

> STARRING: MERYL STREEP, ANNE HATHA-WAY, EMILY BLUNT,

DIRECTED BY: DAVID FRANKEL



ъў.	SENIOR CENTER		January		York County
I	Monday	Tuesday	Wednesday	Thursday	Friday
Sharing	ME WILL BE	2 Philly Cheeseburger w/ Provolone, Peppers, & Onions 1/2c Potato Salad Scandwich Poll	3 Balsamic Glazed Chicken w/ Tomatoes & Mozzarella Cheese 1/2c Penne Pasta	<ul> <li>Cabbage Casserole</li> <li>w/ 2oz Sauce</li> <li>1 / 20 Carrots</li> </ul>	Baked Pollock 1/2c Macaroni & Cheese 1/2c Spinach
The Red	NEW YEAR	Fresh Seasonal Fruit	1 Dinner Roll	1 White Bread Seasonal Fresh Fruit	1/2c Mandarin Oranges
Land Senior Center N	8 Swedish Meatballs (4) 1/2c Rice 1/2c Peas 1 Wheat Bread 1/2c Apple Crisp	Cheese Omelet w/ Ham, Peppers, Onions 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	Lemon Dijon Pork Loin 1/2c Buttered Pasta 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pineapple Tidbits	11 Baked Crab Cakes 1/2c Cheesy Potatoes 1/2c Peas 1 Dinner Roll 1/2c Cottage Cheese & Peaches	Mango BBQ Chicken Breast 1/2c Brown Rice 1/2c Carrots Wheat Bread Fresh Orange
Newsletter — for the	Martin Luther King Day! 15	Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	lc Chili loz Shredded Cheddar Cheese 1/2c Peas Cornbread Fresh Fruit	Creamy Chicken Salad Sandw Lettuce & Tomato 1c Cream of Broccoli Soup 2 Whole Wheat Bread 1/2c Cinnamon Applesauce	Pepper Steak w/ Onions & Peppers 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears
Month of January 2	22 Winter Beef Stew 1/2c Mixed Vegetables Combread 1/2c Sliced Apples	Chicken Cobb Salad (Diced Chicken, Egg, Bacon Bits, Cheddar, over 1c Mixed Greens 1/2c Diced Beets 1 Dinner Roll 1/2c Mixed Fruit	24 Sweet & Sour Meatballs 1/2c Rice 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit	1     25       Stuffed Pepper Casserole     1c Tossed Salad       1/2c Coin Carrots     1 White Bread       1/2c Pudding	<ul> <li>Honey Rosemary Chicken</li> <li>1/2c Buttered Noodles</li> <li>1/2c Green Beans</li> <li>1/2c Peaches</li> </ul>
024 he future!"	29 Burgundy Glazed Meatballs (4) 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pears	<b>30</b> Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Peas 1 White Bread Seasonal Fresh Fruit	<ul> <li>31</li> <li>Grilled Chicken Salad</li> <li>(2oz Chicken, 1oz Cheddar, over 1c Mixed Greens w/ Tomato)</li> <li>1c Vegetable Soup</li> <li>1 Dinner Roll</li> <li>1/2c Gelatin</li> </ul>	JANULAR *	Nutrition Scroup
چَې ا	***Please call the center at	***Please call the center at 717-938-4649 or go to www.community.copilot21.com to reserve your meal by 10:30 AM at least one business day in advance.*** *** Served daily: 8 ounces Milk and 1 tablespoon Margarine ~ All meals are subject to change ***	to www.community.copilot21.com to reserve your meal by 10:30 AM at least one business day in ac *** Served daily: 8 ounces Milk and 1 tablespoon Margarine ~ All meals are subject to change ***	<pre>b business day in advance.*** iect to change ***</pre>	

The Red Land Senior Center Newsletter — for the Month of January 2024 "Sharing memories from the past and making new ones for the future!"

Grab & Go Meals at Home are always a convenient alterative to coming in and eating in the center. Order these meals by 10:30 AM the day prior, and plan to pick up after 11:30AM Monday—Friday. Be sure to call and cancel if you are unable to pick up your meal(s) so not wasted. We are able to hold meals for 24 hours Questions? — We're here to help



# CORNER OF

Who helped Cinderella with her New Year's Resolutions? Her Janu-fairy Godmother.

## What do you say on the 1st of January?

Last year just seems like yesterday!

What's for breakfast on really cold January days? Snowflakes.

# If January threw a parade would February march?

No, but April may!

# What's a New Years resolution?

A to-do list for the first week of January

# What is at the end of January?

### What does the Easter Bunny say on New Year's Day? Hoppy New Year!





## Getting to Know You, in 2024

Social connections promote a boosted immune system response, less anxiety, enhanced overall wellness, and helps to prevent cognitive decline, – in 2024 let us all find time to start reaping those benefits by connecting with each other.

Here are some conversation starters to strike up a chat with while sharing a meal, with someone sitting next to you at an activity, or simply someone that you've never met.

Here are a few conversation starters that you can try using over the next month. Cheers to new friendships in 2024!

- What is the best thing that happened to you today?
- Tell me about your childhood pet.
- What was your favorite part of the school day as a child?
- How are you feeling today?
- What do you like to do for fun?
- When is the last time you really belly laughed?
- What is your favorite hobby?
- Who is your favorite singer and why?
- Who is your favorite actor or actress?
- What is a favorite book that you have read?
- Who was your best friend in elementary school?
- Who was your favorite teacher?
- A Do you have any new year resolutions?



The Red Land Senior Center Newsletter — for the Month of January 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

### Elvis was born January 8,

### 1935.

Elvis Aaron Presley was born in January in Tupelo Mississippi to his parents, Gladys and Vernon. Little did they know that their little baby would grow up to be one of the first major rock stars of his generation with 40 top ten songs and 18 number one hits in his

W()W/

### career!

### **RLSC Motivational Quote**

JANUARY, The first month of the year, A perfect time to start all over again, Changing energies and deserting old moods, New beginnings, new attitudes'' — Charmaine J Forde

### CAN YOU FILL-IN-THE-BLANK THESE SONG LYRICS?

It's up to you, \_\_\_\_\_ York, \_\_\_\_\_ York!

What's new, \_\_\_\_\_? Whoa, whoa, whoa.

I can see clearly now the \_\_\_\_\_ is gone.

It's a new dawn, it's a new day, it's a new

Start spreading the \_\_\_\_\_, I'm leaving today.

Should auld acquaintance be \_\_\_\_\_.

One minute to say goodbye before we say

I thought I'd ask you just the same, what are you

doing on \_\_\_\_\_

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

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At Red Land Senior Center



Tax season is just around the corner! Red Land Senior Center will once again be partnering with AARP to offer free, simple tax preparation on Fridays starting in February—Tax Season. **Available dates will be 2/3, 2/17,** 

**3/3, 3/17, 3/31, and 4/14.** This service is by appointment only; walk ins will not be accepted. If you and your spouse are filing jointly, only one appointment is necessary. Those filing separately will need two different appointments. You may call or register in person after January 9th to make your appointment on a first come, first served basis. (717)938.4649

Congratulations, to our January 2024 VOLUNTEER OF THE Volunteer of the month MONTH Darick Bare. He was nominated for his tireless efforts at helping keep the center organized, labeled and the kitchen well supported/running smoothly. This is RLSC's and the participants opportunity to give a sincere Thank you to Darick. We do appreciate all of your contributions, enthusiasm, commitment to volunteering and general support of RLSC. Darick, we think you're awesome!

If you have ideas or suggestions for other stellar RLSC volunteers to nominate/recognize, please let us know! Forms are available in the both RLSC offices, the website or a member of our RLSC staff. ARE YOU 60+?? WE WANT YOU AS A PARTICIPANT — THIS IS A SENIOR ACTIVITY / COMMUNITY CENTER! <u>NOT ADULT DAYCARE</u> COME CHECK OUT WHAT WE HAVE TO OFFER, STAY FOR A MEAL! ALWAYS NO COST TO JOIN <u>ALL</u> ARE WELCOME!



Don't forget - the center sells grocery gift cards to Giant and Karns Grocery throughout the year. They work as a gift 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 your

### There is always something positive to share about at Red Land Senior Center —

In the spirit of giving The Participants of RLSC

Cheer Cornel collected, and then donated over \$275.00 worth of pet supplies for the York County SPCA in the month of December. Thank you, to all who participated and donated in some way. Another exciting bit of information to share is that our meal participation continues to increase—(70+ people on average/per day) meaning we are able to serve more meals and reach more seniors with our program, and for that alone we are grateful. If you know an-

yone in York County aged 60+ or better, please do not forget to tell them about how AWESOME the Senior Centers are...

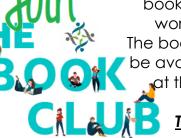




# Thriff Shop Open.



Don't miss our 1/2 Price Christmas Sale in the RLSC Christmas Shop <u>ONLY</u> the week of January 2nd-5th! Then be sure to come out again the week of January 16-19th (and during our Thrift Shop fashion show on 1/18) to find out how you can save up to 50% again!



This month the book club will be reading a work of Historical Fiction— The book (to be decided) will be available for pick-up here at the center after the 1st.

> The RLSC Book Club will meet on the last

**Tuesday** of the month, at 10:30 at the center in the large Bingo room.



### The RLSC JANUARY SUB SALE

Try something new, try something tasty! Try a Sub or Pretzel Roll Sandwich—Our next fundraiser will start on 1/2—Look for details on Facebook or come pick-up your order forms in person at the center on the resource table. Please see Staff for more information/any ?'s \*There was a .50 price increase\* JOIN OUR TEAM OF SUPERHEROES, VOLUNT EERS NEEDED



The Red Land Senior Center Newsletter — for the Month of January 2024 "haring memories from the past and making new ones for the future!"

January 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
l Center Closed For New Year	2 10 — Pass the Pigs Game 12:30— Prize Bingo	<b>3</b> 12:30— Ice Cream Sandwiches \$1	<b>4</b> 10 — Pottery Making 12:30— Mystery Food Craft	<b>5</b> 10 — Darts	6
Trip— 9:00 AM	<b>9</b> 10 — Bible Study 12:30— Glow- Painting	10 — Make & Take Crafts with Liv (\$2) 12:30— Ice Cream Sandwiches \$1 — Art Class with Betsy	11 10 — Movie: Devil Wears Prada (2006) 12:30— Local History Presentation	12 10 — Pottery Painting 11– Win, Lose, or Draw	13
15 MARTIN MA	<b>16</b> 9:30—Fresh Express Pickup	17 12:30— Ice Cream Sandwiches \$1 — Art Class with Betsy	18 Winter Wonderland 10 AM—1:30 PM	<b>19</b> 12:30 — Homemade Root Beer Making Demo with Jason	20
<b>22</b> 12:30— Flickin' Chickens Game	23 10 — Guessing Games with Jason 12:30— Ice Cream Social (\$2 Sundaes, \$1 Floats)	24 — Make & Take Crafts with Liv (\$2) 12:30— Ice Cream Sandwiches \$1 — Art Class with Betsy	25 10 — Karaoke 12:30— Chair Volleyball	26 Hollywood Casino Trip— 9:30 AM 10— New Card Players welcome to play Hearts	27
29 12:30— New Card Players welcome to play Spades PAGE II		31 11— Make & Take Crafts with Liv (\$2) 12:30— Ice Cream Sand- wiches \$1 — Art Class with Betsy Senior Center Newsle		Monday's 10– Zumba Gold \$6 & Bridge Group Meets Tuesday's 9 AM—Pinochle 12:30—Prize Bingo	Wednesday's 10- Low Impact Exercise Thursday's 9:30- Sewing Club Friday's 12:30 Wii Bowling Play

#### OUR CENTER IS CLOSED ON JANUARY 1st & 15th FOR THOSE HOLIDAYS



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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Tammy Samsel	1 -	APPYSIRTHDAY	Sarah Hooven	<b>14</b>
Judy Lex	2		Marshella Swavely	14
Rosemary Diggs	3		Mary Eckerle	17
Donald Lausch	3		Arthur Sterner	17
Myrtle Meyers	3	Happy Birthday to all of	Gerald Daneker	18
Leroy Miller	3		Thomas Burbrink	19
Pamela Sowers	4	January "Babies" and to	Phyllis Cline	19
Charles Yost	- 4		Robert Conley	19
Kathleen Eberwein	* 5	you, if your	James Halbrook	22
Richard Laskey	6		Alicia Leiter	22
Philip Colgan	7	Birthday is in January!	Helen Hughes	23
James Harle	7		Denise Knox	24
Eugene Rhoads	8		Elizabeth McDowell	24
Donna Kauffman	11	HAPPY -	Genevieve Pettinato	25
Sharon Madden 💛	11		Mabel Cockrell	27
Richard Sheibley	11	JANUARY 🗻	Dorothy Sterner	27
Diane Kreiger	12	BIRTHDAY 🚟	Diana Bower	29
Mary Muir	12	*	Dennis Epler	29
Rosemarie O'Connell	12	**/ <b>88</b> 8	Rebecca Hedden	~ 30
Kay Reichard 🛛 🍼	12		Janice Weber	30
Joseph Antonacci	13	- P	Phyllis Peiffer	31

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