



5000 Commons Drive

Harrisburg, PA 17112

717-657-1547

friendshipseniorcenter@gmail.com

#### Board of Directors

Manager: Joanne Grant

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2nd Assistant Manager: Denise Kochert

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Assistant Treasurer: Barb Mihalic

Advisor: Phil Grant



# 2025

#### Safety First!!

If you are ill, please stay home! Let's keep each other healthy and happy.

Please use caution when entering the center. The entry door does not always work correctly.

#### **October General Meeting - 2026 Medicare Changes on October 15 at 10:30 AM**

Jay from Go Comprehensive will be doing a presentation on the 2026 Medicare changes. This is a very important topic for all of our members. We have limited seating for the program and the luncheon that will follow the meeting. **Sign up is required.** Please sign up at the front desk. See ad on **page 15**.

	<b>Information? We have tons of it this month!</b>	
	<b>See page 2 for the table of contents to find ALL the details.</b>	

#### **Important congregate meal update - Please see page 4**

**Knitters and Crocheters and grants oh my!** See page 10 to see what the group has been up to this year.

**Active Aging Week?** See page 11 to see what it is all about including a vendor fair on October 8 from 9 AM to 1 PM.

**Worried about managing your chronic disease?** See page 12

**Vickie's Angel walk details** on page 13. Join us here at the YMCA for the walk on October 11th.

**On page 14 you can find information on the Veolia customer assistance program.** They will be at the vendor fair (active aging week) on October 8th to answer any questions you may have.

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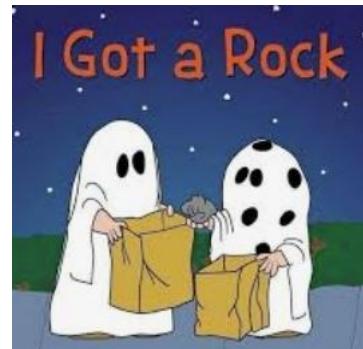
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## **Fridge Update**

Please do **NOT** keep items in the fridge past Thursday afternoon. Space is needed in the fridge for the congregate meals that take place on Mondays. Items left in the fridge will be thrown away so please help us prevent waste. Thank you for your continued help in keeping the fridge cleared out!

## **Housekeeping Items**

**Chairs:** We are finding stained and soiled chairs. If you have an accident, please let a board member know. All information will be kept confidential. Please help keep our environment healthy and sanitary.

**Coffee pot:** Please use the PLUG when unplugging the coffee pot. Pulling on the cord, rather than the plug, will eventually result in breaking the cord and exposing live wires. Please unplug on **Fridays** only or when the center is closed for an extended period of time (e.g. Thanksgiving, Christmas, etc.).

**Food/Snacks:** There are no objections to groups bringing snacks. Please take them home with you if they are not fully consumed. The kitchen space is shared by many groups and our meal sponsors. Accumulating snacks on our counters can draw ants. Thank you all for your help in keeping the kitchen tidy.

## **YMCA Membership**

If your health insurance provides a benefit for fitness center memberships (e.g. Silver Sneakers, Renew, etc.), you can get a membership to the "Y" at no cost to you. By scanning your "Y" card, the "Y" receives a payment for a certain number of visits per week/month. You would scan your "Y" card along with your My Senior Center card each time you visit.

## **My Senior Center Scan Card**

Please use your scan card each time you visit as this provides vital statistics to the State and to the Department of Aging. Please tell someone at the front desk if you do not have a card or if the one you have is not working.

## **September General Meeting Recap**

The dietician from Weis Market did a presentation on the Mediterranean diet. She prepared a kale blueberry salad which was made available to the members to sample. A meal provided by the FCS followed the meeting.

## **Lower Paxton Township Events**

Saturday, October 4th — Saturday Garden Chat, Lamplight Park, 10 AM—11 AM

Saturday, October 4th — Fall Festival, George Park, 11 AM — 3 PM

## Important Congregate Meal Update

First, we would like to thank everyone for your patience and cooperation as we work through our processes for the congregate meals. We are learning and tweaking our process every week!

As a grant funded program, we are expected to provide certain data to the PA Department of Aging (e.g. number of meals ordered, number picked up, etc.).

We ask for your help by doing the following:

- **ALL meals must be picked up by the end of the day on Tuesday. Per Department of Aging guidelines, meals must be discarded after 24 hours.**
- Please stop at the front desk **first** to log in before picking up your meal:
  - ⇒ Member of the senior center? Scan your card and sign in WITHOUT selecting any options (e.g. bridge, social, etc.) and then click “finish”.
  - ⇒ Not a member of the center? Enter your phone number and first name and then click “finish”.
  - ⇒ Picking up for a friend or other family member? Enter their phone number and first name and then click “finish”.
- If you signed up for a meal and find that you are UNABLE to pick up a meal, please call the office and let us know.

### Nutrition presentation by the Department of Aging on October 20 at 10:00

**AM**

Pat Dodd is a nutritionist with the Department of Aging. She will be here on October 20 at 10:00 AM to give a presentation on apples (An apple a day). Come and get some nutrition knowledge before picking up your congregate meal.



## **Congregate Meals Signup Information**

These meals are federally funded and provided **free** to citizens of Dauphin County who are **60 years of age and older**. Donations are requested to offset the federally funded monies. The meals will be available on **Mondays** from 11 AM to 12 noon. Meals may be eaten on site or take home. Menu will be posted a month in advance.

Meals not picked up by noon will be placed into the fridge. While we ask that people do not take a meal not intended for them, we cannot guarantee that will not happen. Every effort should be made to pick up your meal by noon on Monday.

**Eligibility form MUST be filled out once per year.** Please visit the Friendship Senior Center (M-F 8:30—noon) to fill out the form.

For each week that you want a meal, you **must** sign up **by Thursday** for the following Monday.

**Signup by:**

- Stop at the front desk between 8:30 AM and Noon (Monday through Friday)
- Call the office at (717) 657-1547

Please indicate if you will be consuming your meal on-site or taking it home. This helps us plan the appropriate number of tables and chairs.

## October Congregate Meals Menu & Signup

	6	Cheese Omelet 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Orange Juice	09/29/25 - sign up sheet avail or call 717-657-1547  10/03/25 - DEADLINE to sign up  10/06/25 - Served 11 AM to noon
	13	4oz Sloppy Joe  1/2c Country Greens 1/2c Sweet Potato Bites Hamburger Bun Oatmeal Cream Pie Margarine	10/06/25 - sign up sheet avail or call 717-657-1547  10/09/25 - DEADLINE to sign up  10/13/25 - Served 11 AM to noon
	20	General Tso's Chicken  1/2c White Rice 1/2c Oriental Blend Vegetables 1/2c Mandarin Oranges Cookie	10/13/25 - sign up sheet avail or call 717-657-1547  10/16/25 - DEADLINE to sign up  10/20/25 - Served 11 AM to noon
	27	3oz BBQ Ribette  1/2c Ranch Cubed Potatoes 1/2c Green Beans Hamburger Bun Pineapple & Mandarin Oranges	10/20/25 - sign up sheet avail or call 717-657-1547  10/23/25 - DEADLINE to sign up  10/27/25 - Served 11 AM to noon

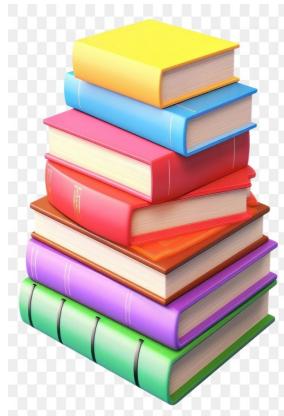


## Sunshine

### Book Club

Next meeting: October 15 at 9:45 AM. The book will be *Exiles* by Christina Baker Kline.

Want to get a leg up for the November selection? Check out *Limitations* by Scott Turow.



## 2025 Craft Show Dates & Times

Saturday, September 13 - 9 AM to 1 PM

Friday, October 3 - 9:30 AM to 1:30 PM

Friday, October 31 - 9:30 AM to 1:30 PM

Thursday, November 6 - 9:30 AM to 1:30 PM

Friday, November 21 - 9:30 AM to 1:30 PM

Thursday, December 4 - 9:30 AM to 1:30 PM

Friday, December 19 - 9:30 to 1:30 PM



### Friendship Senior Center Knitters & Crocheters

Thursdays and Fridays from 9:30 AM to 1:30 PM.



Come to socialize, learn new skills and to make items for charity. New members of all skill levels are invited to join our group. We will teach you if you would like to learn.

Donations of yarn and craft supplies are always welcome.

Please stop in for information or to purchase our items (for a suggested donation). All proceeds are used to purchase supplies in order to make items for charity. Items made include Afghans (various sized), baby items, kitchen items, scrubbies, aprons, hats/scarves, and more.

In December of each year, we donate our creations to various charities. Craft shows and sales dates will be posted when we return in the fall for the community yard sale.

**Cindy Robinson, Coordinator 717-657-1547**



# October 2025

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

			1	2	3	4
5	6 Cong Meal 11-12	7	8	9	10	11
12	13 Cong Meal 11-12	14	15 Gen Mtg 10:30	16	17	18
19	20 Cong Meal 11-12	21	22	23	24	25
26	27 Cong Meal 11-12	28	29	30	31 Happy Halloween	

Monday

8:30-Noon Office Open  
9:00-10:00 Light Aerobics  
10:30-11:30 & 11:45-12:45 Enhance\*\*  
10:00 Bridge  
11:00-12:00 Congregate Meal  
12:45-1:45 Zumba Gold

Tuesday

8:30-Noon Office Open  
8:00-Noon Cards / Board games  
9:30-11:30 Art  
11:15-12:15 Tai Chi  
12:30-2:00 Cash Bingo

Wednesday

8:30-Noon Office Open  
9:00-10:00 Silver Sneakers\*\*  
10:15-11:15  
10:30-11:30 & 11:45-12:45 Enhance\*\*  
(12:30) 1:00 Bingo Club

Thursday

8:30-12 Noon Office Open  
9:00-12:00 Cards / Board Games  
10:00-12:30 Scrabble / Mah Jong  
11:15-12:15 Tai Chi  
9:30-1:30 Group Knit/Crochet

Friday

8:30—Noon Office Open  
9:00-10:00 light Aerobics  
9:30-1:30 Group Knit/Crochet  
10:30-11:30 & 11:45-12:45 Enhance\*\*  
12:00-2:00 Dominos & Pinochle  
2:15-3:15 Zumba Gold \*\*

\*\* - YMCA or Department of Aging DO NOT follow the senior center closing (see next page)

## **YMCA and Department of Aging Classes Cancellation Information**

The following classes **DO NOT** follow any Friendship Senior Center closings:

- Enhance
- Healthy Steps in Motion
- Silver Sneakers
- Zumba Gold

If these classes are cancelled it will be on the YMCA website or Facebook page. You can also call the front desk at the YMCA (717-935-9622) to check if those classes mentioned or ANY YMCA

## **Department of Aging Classes**

The Enhance and Healthy Steps in Motion classes are grant funded by the Department of Aging. Pre-registration is required for each session.

For Information regarding Friendship YMCA classes, contact:

**Linda Kerstetter**  
**Wellness/Healthy Living Director**  
**Friendship Branch**

HARRISBURG AREA YMCA  
FRIENDSHIP BRANCH  
5000 Commons Dr., Harrisburg, Pa. 17112  
(P)717-935-9622 ext. 60113  
(E)[linda.kerstetter@ymcaharrisburg.org](mailto:linda.kerstetter@ymcaharrisburg.org)  
(W) [www.ymcaharrisburg.org](http://www.ymcaharrisburg.org)  
(O) [Facebook](#) | [Twitter](#)

**The Y: We're for youth development, healthy living and social responsibility**

## Knitters and Crocheters and grants oh my!

Earlier in the year, the knitters and crocheters group was awarded a \$500 grant from the American Gold Star Mothers Central PA chapter. The charter for the grant was for the group to create lap robes and afghans for military hospice patients.

With the grant money, yarn was obtained in the colors of the various branches of the military:

- ⇒ Marines
- ⇒ Coast Guard
- ⇒ Air Force
- ⇒ Army
- ⇒ Navy
- ⇒ Space Force



Twenty 40"X40" lap robes and twenty 40"X60" afghans were made by the knitters and crocheters group. 10 lap robes and 10 afghans were donated to each of the following organizations:

- ⇒ Homeland Hospice of Harrisburg, PA
- ⇒ BAYADA Hospice of Harrisburg, PA

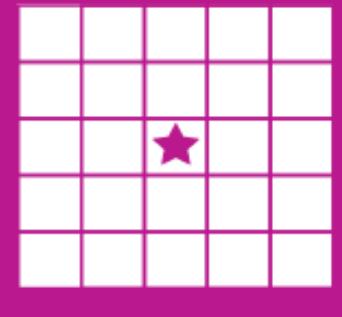


Veolia Water will be at the vendor fair to discuss their customer assistance program. See page 14 for further information.

# REDEFINING active

ACTIVE AGING WEEK 2025 • OCT 6-10

## BINGO



PLAY ACTIVITY BINGO THROUGHOUT THE WEEK AND WIN PRIZES!

**HOW IT WORKS:** Get as many Bingo cards as you want. Mark the activities you complete and get vertical, horizontal, or diagonal lines. Trade filled Bingo cards for entries to our swag bag raffle at the end of the week! Blackout cards are available for ONE organization-wide prize!

Join us on **WEDNESDAY, OCT 8** from **9AM-1PM** for a vendor fair including Oak Street Health, Madden PT, Humana, HACC, Bitner Family Funeral Homes, Rabbit Transit, OSS Health, and more!

### AGING IS A GOOD THING!

-  Greater emotional stability
-  Increased optimism and reduced worry
-  Accumulated wisdom
-  Increased empathy and social skills
-  Stronger relationships



FRIENDSHIP  
BRANCH YMCA

5000 Commons Drive  
Harrisburg, PA 17112

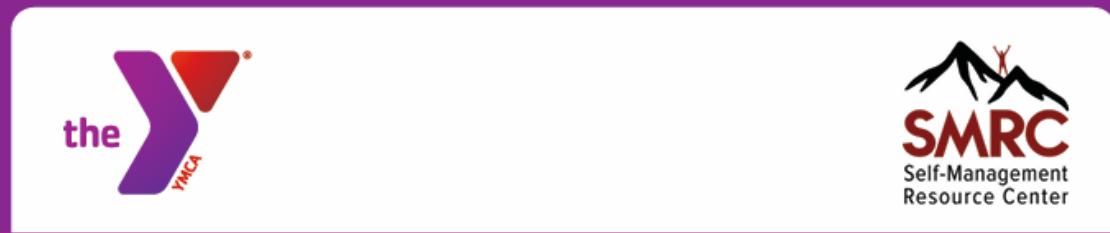


## **Chronic Disease Self-Management Program**

Tuesday October 14 through November 25

9 AM to 11:30 AM

Held in the YMCA multipurpose room; See details in flyer below



**Chronic Disease Self-Management Program**

Chronic Disease Self-Management is intended for adults and older adults with one or more chronic condition. Funded in part by Pennsylvania Department of Aging.

**Are you or a loved one suffering from a chronic disease?**  
Come and meet others in our supportive group setting to increase:

 <b>Well-Being</b> Physical and psychological	 <b>Confidence</b> Socially, physically, and mentally
 <b>Motivation</b> Manage challenges associated with your chronic disease	 <b>Knowledge</b> About chronic conditions and how they can be managed

**What is a chronic disease?** Chronic diseases are long-lasting conditions that may require ongoing medical attention or limit activities of daily living, or both. Examples of chronic diseases include diabetes, cancer, heart disease, stroke, and arthritis.

Programs are held throughout the year in person and virtually at our YMCA branches in Harrisburg, Camp Hill, and Elizabethville. To sign up, please contact the Healthy Living Team by phone or email:  
**(717) 232-2027 | [Healthy.Living@ymcaharrisburg.org](mailto:Healthy.Living@ymcaharrisburg.org)**

Harrisburg Area YMCA Center for Healthy Living • [ymcaharrisburg.org/gethealthy](http://ymcaharrisburg.org/gethealthy)

If you register for the walk, make sure you select the Friendship YMCA location.

**REGISTER AT [www.vickiesangelfoundation.org](http://www.vickiesangelfoundation.org)**



*23rd Annual*

# **Vickie's**



# **angel walk**

**SATURDAY,  
OCTOBER 11  
2025**

New Cumberland Borough Park • 517 Front Street  
Dauphin County • Friendship YMCA • Lower Paxton Twp.  
8:00 am: **REGISTRATION** • 8:45 am: **PROGRAM**  
9:30 am: **WALK BEGINS, RAIN OR SHINE**

**100% OF THE WALK PROCEEDS GO DIRECTLY TO  
LOCAL FAMILIES FIGHTING CANCER.**

**CAN'T JOIN US OCT. 11TH? WALK WHERE YOU ARE, WHEN YOU CAN!**

Veolia Water will be at the Active Aging vendor fair on October 8th (9 AM to 1 PM) to discuss their customer assistance program.



## Veolia's Customer Assistance Programs

*Hard times happen. We are here to help.*

Veolia offers a Monthly Discount Program to those in need. You must apply to the program to see if you qualify. See chart below for more information.

### Qualifying

Qualifying is based on your number of household occupants and gross monthly income. Additionally, if you qualify, you are eligible to receive a conservation kit to assist in your efforts to conserve water and reduce your monthly water usage.

### Grant Program

Veolia also offers a Grant Program that customers are eligible for once a year. Grant offerings include up to \$300 towards a water bill and up to \$300 towards a wastewater bill.

### Arrearage Forgiveness

Upon program enrollment in the Monthly Discount Program, the customer's past due balance will be frozen. A \$25 credit will be applied toward the outstanding past due balance for each timely payment made to the current bill.

### Leak Repair Program

This program is available to customers who are in threat of termination or a termination has occurred. Veolia offers assistance with leaks through a contractor assessing leaky faucets, toilets and exposed pipes. The contractor can also assess the direct line from the curb box to the home, and the meter. This program is available for one leak per year, not to exceed \$1,500 worth of work.

**Please bring proof of income for all adults (18+) & ID's for everyone in the household including children (Driver's License, Birth Cert., Social Security card, passport, etc.)**

**Scan the QR Code for More Info**

### For more information

**Visit:** [mywater.veolia.us/pennsylvania/support-center](http://mywater.veolia.us/pennsylvania/support-center)

**Call:** 888-942-8080

*Para obtener más información y ver si califica para recibir asistencia, llame al 1-888-942-8080.*

### Customer Assistance Program Income Guidelines

Family Size	Monthly Income	Annual Income
1	\$2,608	\$31,300
2	\$3,525	\$42,300
3	\$4,442	\$53,300
4	\$5,358	\$64,300
5	\$6,275	\$75,300
6	\$7,192	\$86,300
7	\$8,108	\$97,300
8	\$9,025	\$108,300
For each additional person, add:	\$917	\$11,000



Space is limited and sign up is REQUIRED. Please sign up at the front desk at the Friendship Senior Center.

# FREE EDUCATIONAL Medicare Workshop



with Retirement Benefits Specialist, Jay Bhagat



**Wed. 10.15.25 | 10:30**

Friendship Senior Center

**WHAT  
WE  
WILL  
COVER**

- > What changes are happening to Medicare?
- > Is my current Medicare plan right for me?
- > How can I avoid enrollment scams?
- > What if I cannot afford my plan or my co-pays?
- > How can a no-cost benefit check-up save you money?



Solving  
the puzzle  
of retirement.

**717-547-5353**

[GoComprehensive.com](http://GoComprehensive.com)

2601 North Front Street • Suite 208  
Harrisburg, PA 17110



Friendship Senior Center  
5000 Commons Drive  
Harrisburg, PA 17112  
(717) 657-1547  
[friendshipseniorcenter@gmail.com](mailto:friendshipseniorcenter@gmail.com)

The idea for a senior center began over 20 years ago with a dream of Frank Cousart and the formation of the Harrisburg East Senior Action Committee. With the cooperation of Dauphin County Department of Aging, Lower Paxton Township Supervisors and the citizens of the township, the dream became reality. Members of several senior groups formed the original members of the Friendship Senior Center.

The Friendship Senior Center is located in the East Annex (senior center) of the current Friendship YMCA. The senior center is compliant with the Pennsylvania Department of Aging guidelines and standards and as a 501 (c) 3 organization. We are a Dauphin County Senior Center but, our membership is not limited to residents of Dauphin County.

The purpose of the center is for the education and enlightenment of persons age 55 and over. The variety of our activities and programs are designed to assist seniors to improve socially, physically and mentally. We offer aerobics, Tai-Chi, Scrabble, Bingo, Art and language classes and various card playing groups. We have a group of knitters and crocheters that make and donate items to various charities. We have a congenial and cooperative relationship with the YMCA which has allowed enhancement of activities.

Our center is open Monday-Friday, 8:30 AM until 3:00 PM. We are an **all-volunteer** organization, with officers elected by the general membership to serve two-year terms. We welcome and encourage the help of volunteers in the running and maintaining the operations of the center. We are financially supported by yearly (currently \$20.00) memberships and donations.

You can find additional history of our center at the Senior Center desk in the 'White Book'

You can find our information on the Lower Paxton Township web site and issues of our newsletters.

We are a FRIENDLY and ACTIVE place that welcomes all seniors!

#### THANK YOU TO OUR DONORS AND SUPPORTERS

Friends and Memorials	Friendship YMCA	Go Comprehensive (Jay Bhagat)
Lower Paxton Township	Ecumenical Communities	Anonymous Donors
Senior Transitions	LHM Physical Therapy	VIVA Senior Living
Beltone	The Manor at Oakridge	Oak Street Health