



MYERSTOWN SENIOR COMMUNITY CENTER

59 N. Ramona Rd.
Myerstown, PA 17067
717-866-6786, © 717-675-9546
Myerstown.SeniorCenter@lebanoncountypa.gov

NEWSLETTER AUGUST 2024

Myerstown Senior Center is located at 59 N. Ramona Rd within the Myerstown Christian Fellowship Church and is open to all Lebanon County seniors 60 years of age and over.

We offer both on and off-site activities such as day trips, social events, exercise programs, consumer education, bingo and daily meals offered 5 days a week. Meal reservations need to be made by 11:00 AM on the previous business day. Suggested donation for meals is \$4.50. No membership fee to join us. We are open weekdays from 10:00 AM to 2:00 PM.

COMMUNITY PHONE NUMBERS

Lebanon County Area Agency on Aging:
717-273-9262

Social Security Office: 1-800-772-1213

PACE-PACENET: 1-800-225-7223

Rent Rebate Office: 1-888-728-2937

Medicare: 1-800-633-4227

Anti-Fraud Hotline: 1-855-303-9470



BUS TRIP INFORMATION

- **Bird-in-Hand “Half Stitched” Musical Comedy Show & Smorgasbord**
Wednesday 8/21, Depart: 9:30 AM
- **Dutch Apple “Jersey Boys” Show & Lunch**
Thursday, 9/12, \$101 by 8/9
- **Penn’s Peak “Tribute to Dolly & Kenny” Show & Lunch**

Wednesday, 10/2, \$91 by 8/2

- **American Music Theatre “Joy to the World” & Family Style Lunch@ King’s**
Wednesday, 12/4, \$92 by 10/28

SPECIAL PROGRAM INFORMATION

- **Advisory/Planning Meeting**
Thursday, 8/1 @ 1:00 PM
- **Happy August Luncheon @ Cedar Grill***
Wednesday, 8/7 @ 12:00 PM
- **Mini Golf & Dinner @ Wetlands***
Thursday, 8/8 @ 4:00 PM
- **Pinochle***
2nd Friday @ 10:00. \$1 to play & shared lunch prepared by players
- **Soup & Sandwich Special Meal***
Thursday, 8/15 @ 12:00 (Dine-in or Take-out) Order by 8/8
Menu: Ham Sandwich, Coleslaw, Chili, Cheesy Cauliflower, Bumbleberry Pie, Milk
- **Mini Golf & Dinner @ Kauffman’s***
Thursday, 8/22 @ 4:00 PM
- **Scrapbooking with Diane or bringing your own craft project.**
Wednesday, 8/28 @ 10:30 AM
- **Annual Summer Indoor Picnic***
Thursday, 8/29. 10:00-2:00pm. (Sign up by 8/22)

Upcoming Events

- 9/4 - September Luncheon @ Brickerville*
- 9/12 – Bus Trip to Dutch Apple*
- 9/23 – Open House

*Program w/cost & reservation required

**All information subject to change.



A Healthy Eating Routine

Good nutrition is key to staying healthy, active, and independent as you get older. And it is never too late to make healthy changes. Follow these tips to build a healthy eating routine that works for you.

Choose a mix of healthy foods

There are lots of healthy choices in each food group! Choose a variety of foods you enjoy including:

Whole fruits – like apples, berries, oranges, mangos, and bananas

Veggies – like broccoli, sweet potatoes, beets, okra, spinach, peppers, black beans, edamame, and jicama

Whole grains – like brown rice, millet, oatmeal, bulgur, whole-wheat bread, and pasta

Protein foods – like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu

Low-fat or fat-free dairy – like yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt

Oils – like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts

*Depending on your culture and tastes, you might choose different foods than the ones listed here and that's okay. Stay healthy!

