



MYERSTOWN SENIOR COMMUNITY CENTER



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



NEWSLETTER APRIL 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



SPECIAL PROGRAM INFORMATION

- **Walk to Wellness Program & Picnic Lunch @ Fairlane Park***
Wednesday, 4/3 @ 12:00 PM.
RSVP by 3/27. In case of inclement weather, meet @ the LV Mall.

Picnic menu: chicken salad sandwich, macaroni salad, 3-bean salad, juice, cookie, milk

- **Property Tax/Rent Rebate Online Application**
Monday 4/1 & 8. 10:00-2:00PM (sign up required)
- **Happy April Luncheon @ Isaac's***
Wednesday, 4/10 @ 12:00 PM. RSVP by 4/3
- **Volunteer Appreciation Banquet @ Maple St. Center**
Wednesday, 3/27. By invitation only.
- **Soup & Sandwich Special Meal***
Thursday, 4/18 @ 12:00 PM
Menu: Chicken Tortellini Soup, Loaded Potato Soup, Ham Sandwich, Cole Slaw, Chocolate Peanut butter Pie, Milk
- **Intergenerational Games with the Empower Kindergarten Students & Cookie Social**
Tuesday, 4/30 @ 10:30 AM. RSVP by 4/23

Upcoming Events

5/8 – Happy May Luncheon @ Mick's*
5/14 – Mother's Day Tea Party

5/23 – Myerstown Senior Center 50th Anniversary Celebration @ Hebron's*
(See the flyer for details)

*Program w/cost & registration required.
**All schedule subject to change.

eating better on a budget



10 tips to help you stretch your food dollars

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which "stretch" expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

2 get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.



3 compare and contrast

Locate the "Unit Price" on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4 buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5 buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

7 easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



8 cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 get your creative juices flowing

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

10 eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for "2 for 1" deals. Stick to water instead of ordering other beverages, which add to the bill.

MYERSTOWN SENIOR COMMUNITY CENTER 2024 BUS TRIPS

- **WEDNESDAY, MARCH 20TH – MURDER MYSTERY @ MT. HOPE**
CARPOOL TRIP. \$56 INCLUDES MEAL, SHOW, TAX & GRATUITY
PAYABLE TO “SWEET & SASSY SENIORS” BY FEBRUARY 21ST
MEET AT VENUE @ 12:30PM
- **WEDNESDAY, AUGUST 21ST – BIRD-IN-HAND “HALF STITCHED” SHOW & SMORGASBORD**
\$99 PAYABLE TO “MYERSTOWN SENIOR CENTER”. CUTOFF DATE:7/12
DEPART: 10:00 AM, RETURN:5:00 PM
- **THURSDAY, SEPTEMBER 12TH – DUTCH APPLE “JERSEY BOYS” SHOW & LUNCH**
\$101 PAYABLE TO “MYERSTOWN SENIOR CENTER”. CUTOFF DATE:8/9
DEPART: 10:00 AM, RETURN: 5:00 PM
- **WEDNESDAY, OCTOBER 2ND – PENN’S PEAK “TRIBUTE TO DOLLY & KENNY” SHOW & LUNCH**
\$91 PAYABLE TO “MYERSTOWN SENIOR CENTER”. CUTOFF DATE:8/2
DEPART: 9:30 AM, RETURN: 5:00 PM
- **WEDNESDAY, DECEMBER 4TH – AMERICAN MUSIC THEATRE “JOY TO THE WORLD” SHOW & FAMILY STYLE LUCH @ KING’S AMISH FARMHOUSE**
\$92 PAYABLE TO “MYERSTOWN SENIOR CENTER”. CUTOFF DATE:10/28
DEPART: 8:30 AM, RETURN: 4:30 PM

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*Myerstown
Senior Community Center*

*Invites you to our
Celebration of the
50th Anniversary*

*Thursday, May 23rd, 2024
Hebron Banquet Hall*

*Door Open at 11:00 AM
Introduction of Honored Guests at 11:30 AM
Buffet Dinner by Hebron at 12:00 PM
Musical Entertainment by Chris Poje at 1:00 PM
Volunteer Recognition at 2:00 PM
Award of Door Prizes*

*Cost: \$10, RSVP by Friday, May 3rd, 2024
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