



The Big Spring Senior Center
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BIG SPRING NEWS

Cathy Graver
Executive Director

March/April 2024

Rausa Roscinski
Center Assistant

Match (March) Madness is back, offering \$150,000 through the Partnership for Better Health, Josiah W. and Bessie H. Kline Foundation, WellSpan Health, M&T Bank, and Penn State Health and Highmark.

How can you help?

The Big Spring Senior Center has again been offered the chance to participate in this annual March campaign. Last year we raised \$9,887.28 for Big Spring Senior Center programs. This year our goal is to raise monies to support a 20-week Creative Aging Art Class and a weekly Senior Wellness Exercise Program. The Partnership for Better Health will pass 100 percent of your charitable contributions directly on to the Big Spring Senior Center. The Partnership for Better Health will receive no revenue from the Match Campaign.

Donations must be made by check payable to The Partnership for Better Health, noting “Big Spring Senior Center” in the memo line of the check.

Checks dated in March should be mailed to Partnership for Better Health, 274 Wilson St., Carlisle, PA 17013, and postmarked March 30 at the latest.

Donations by cash must be given to the Big Spring Senior Center no later than Monday, March 25. A receipt will be given for your donation.

Donate using this link: <http://fbh.fyi/Match24> or scan the QR code on the right.



Call Big Spring Senior Center at 717-776-4478, check our website, www.bigspringseniorcenter.weebly.com, or our Facebook page for upcoming events and trips. We want your suggestions on what you want to do and where you want to visit.

Fund-raising

December 2023		January 2024	
Food Sales	\$ 59.50	Food Sales	\$ 104.00
Membership	200.00	Membership	325.00
Art Time	20.00	Art Time	22.00
Cards	36.75	Crafts	20.00
Crafts	3.00	Cards	.35
Big Spring United Lutheran Church Fall Festival	191.63	TOTAL	\$471.35
Newville Class of 1950	212.96		
Quilt Raffle	87.00		
Christmas Luncheon	80.00		
Community Chest	900.00		
TOTAL	\$1,790.84		

Beach Trip

Who is interested?

Cost of trip — estimated — \$350
to \$450 for members

Two-nights stay and transportation

Need to know interest by March 20 in order to
make accommodations for September



Inclement Weather Policy

If the weather is bad, please listen to a major television or radio station for closing information. Our closure will be noted either under “Cumberland County” listing or in a category called “Seniors,” which is frequently at the end, after York County. The message will state that the Cumberland County Senior Centers are closed. Otherwise, we will maintain a normal schedule. If there is no announcement made that day, but you choose not to come, please call the Senior Center to cancel your lunch.

PRIME-TIME HEALTH OFFERINGS

BIG SPRING SENIOR CENTER OFFERS

THE FOLLOWING EXERCISE CLASSES

Zumba Gold: Mondays at 9 a.m. at First United Presbyterian Church, 111 W. Big Spring Ave., Newville. Cost is \$3 per class for those 60-plus, and \$5 per class for those 50-59. Zumba Gold is a low-intensity version of the Latin dance-inspired fitness class aimed at a more mature audience. Research at Minot State University in North Dakota has indicated that Zumba not only has an effect on physical fitness, but also on cognitive (mental) function. Just walk in. Instructed by Linda Asper.

T'ai Chi for Arthritis for Fall Prevention: Tuesdays at 10 a.m. at First United Presbyterian Church, 111 W. Big Spring Ave., Newville. T'ai Chi can help you with balance. The cost is \$3; please bring exact change. To register, call 717-776-4478. Instructed by Juli McGreevy.

Movement with Mindfulness (evolved from Yoga): Wednesdays at 8:30 a.m. at First United Presbyterian Church, 111 W. Big Spring Ave., Newville. This class focuses on building strength and improving balance, which relaxes the mind and deepens one's ability to surrender to its continuous flow. The class includes chair work and standing exercises, followed by mat work on the floor, and a bonus meditation for those desiring full relaxation to complete the workout. The cost for a 10-week program is \$55 for members of Big Spring Senior Center, and \$65 for non-members. Registration and payment are due before beginning a class. Call 717-776-4478 to register. Classes can be pro-rated. Instructed by Melissa Brehm of the YMCA.

Senior Wellness Exercise Program: Thursdays at 9 a.m. at First United Presbyterian Church, 111 W. Big Spring Ave., Newville. This program concentrates on strength, balance, coordination, endurance, and flexibility. Keeping to basics, exercise will take place sitting and standing to music centered on the oldies of the '50s and '60s. Per class charge is \$3 for seniors 60 and better, and \$5 for those 50-59. Instructed by Cathy Graver.

Free Income Tax Preparation by AARP Tax Aid: For a cash donation, AARP volunteers will be here to help prepare senior citizens' income taxes. Tax preparation will be held at Big Spring Senior Center, 91 Doubling Gap Rd., Newville, every Friday from February 2 to April 12 (with the exception of March 29). Appointments must be made and are held *only* on Fridays. The Senior Center handles the scheduling. Don't wait to make your appointment, because spaces are filling up. Appointments for only rent or property tax rebates are to be made with Cathy Graver – not AARP.

Save the Date — details posted at Big Spring Senior Center

May 1: Shenandoah Apple Blossom Festival (see Cathy for details)

May 24: Cumberland County Senior Centers' Lunch / Dance at Newville Fairgrounds

June 11: Hershey Gardens and Butterflies / Lunch at Hotel Hershey

June 14 and 15: Fountain Festival

Special Programs

Bible Study: Every Wednesday in March and April at 1 p.m. Pastor Don Snyder of Doubling Gap Church of God will present the study “The 7 I Am statements of Jesus from John’s Gospel.” Walk-ins are welcome.

Watercolor Painting Opportunity: Mondays at 1:30 p.m. at Big Spring Senior Center. Do you have an interest in water coloring? It takes space, inspiration, and motivation. We can help. Join our friendly group of painters with our instructor, Kathleen Schungel, a retired art teacher of Cumberland Valley School District and a Big Spring resident. The cost is \$1 per week to Big Spring Senior Center, and \$5 per week to the instructor. Class size is limited. Call 717-776-4478 to reserve your seat. **In addition, Adult Coloring meets at the same time. Cost is \$1.**

Crafts: Tuesdays at 9 a.m. at Big Spring Senior Center. We could use your help, hands, and ideas. Come and make seasonal and everyday crafts, as well as new friends.

Jewelry-Making Class: 1 p.m. Tuesdays, March 12, 26, April 9 and 23. Kathleen Schungel, who studied jewelry fabrication in college, will teach the techniques to create a variety of jewelry items. Cost for the class is \$5.

Tea, Talk, and Treats: Wednesdays at 9:30 a.m. There is nothing like chatting with friends over a cup of hot tea. We encourage that with a variety of conversation starters.

Blood Pressure Check: Judy Heberlig, a retired nurse, volunteers her time **Wednesday, March 27 and April 24, from 12:15 to 1 p.m.** to help you keep track of this important health indicator.

Games at the Center: Lots of opportunities to play cards and games can be found at Big Spring Senior Center. **Thursdays at 9:30 a.m. and 1 p.m.,** we play 500 with a dedicated group of card players, and are always looking for new players. Also, come play board games with Bob Ballard, our leader. Don’t ever consider playing games frivolous; studies show that it stimulates your brain, which helps counter the aging process. Check the inserted calendar for game night dates.

Quarterly Nutrition Program Presented by Barbara Goll of Homeland at Home: Thursday, March 14, at 11:45 a.m. The topic for the day is Electrolytes: What are electrolytes and how do they keep our body in balance? What can happen when electrolytes are out of balance and what can we do to prevent this imbalance?

Central PA Hearing Aid Solutions (CPHAS): Wednesday, April 24th from 10 a.m.—11 a.m. Contact Nate at CPHAS to schedule your complementary hearing-aid cleaning services and tests. 717-458-5711 or nate@centralpahearing.com

Sight and Sound Theaters Present

“Daniel”

Newville Church of the Brethren has invited Big Spring Senior Center to accompany them to see “Daniel,” Tuesday, September 10. Cost is \$137 payable to Randy Pletcher, due in full by August 10. Lunch is included at the Bird-In-Hand Restaurant. The bus is a deluxe coach. Sign up with Randy directly by calling 717-776-5505, and he will give you more details.

From the fiery furnace to the infamous den of lions, “Daniel” is a spectacular theatrical experience for the whole family. Witness one of the Bible’s most hope filled stories as it comes to life in this brand-new original stage production from Sight and Sound Theaters.

Opportunities for Great Food and Fun

Grab-and-Go and Congregate Meals

The Monday through Friday meal is a very important service provided by your Senior Center and the Office of Aging and Community Services. Meals must be ordered by noon one business day in advance. So if you call on the morning of your scheduled meal to cancel due to a non-medical issue, or you do not come for your meal, you are responsible for the full purchase of your ordered meal, which is \$5.36. Failure to contact us that you are not coming results in a meal that can not be served, and puts the Staff in a dilemma trying to find someone to eat the ordered meal. Please review your order with Staff the week before to confirm that your order is recorded for the following week.

Good Eats and Fellowship

The Lunch Bunch will be going to Fiddler’s Bar and Grill, 1 Mayapple Dr., Carlisle, **Thursday, March 21,** and to Bonanza, 1635 Lincoln Way E., Chambersburg, **Thursday, April 18.** The carpool leaves Big Spring Senior Center at 11 a.m. both days. Lunch is at 11:30 a.m.

Saint Patrick’s Day Soup Cook Off: Monday, March 18, at 11:30 a.m. Wear something green and sign up. Those who are **able** are to bring a soup of their choice to share. Those who are **unable to** bring a soup, your cost will be \$5 toward the expenses incurred by the Senior Center (corn bread, desert, drink, and paper products). Sign up no later than noon Friday, March 15.

Doubling Gap (Camp Yolijwa) Day at the Mountain: Friday, April 26, 9 a.m. to 2 p.m. Cost is \$20 for members and \$23 for non-members, which covers breakfast and a delicious chicken BBQ meal. The theme is HOB0 Day — dress like a hobo and enjoy games and activities centered around the theme. Also bring your own games. Enjoy walking and porch sitting in this beautiful mountain venue. Sign up at the Senior Center no later than Thursday, April 18. Entertainment provided by DJ Mr. Bill.

ALL ABOARD WITH THE BIG SPRING SENIOR CENTER

Carlisle Theatre Productions: Rumors by Neil Simon: Thursday, March 21, at 7:30 p.m. \$29.50 per person (tickets will be purchased as we receive sign ups). We will carpool from the Senior Center, and may stop to eat prior to event, T.B.A.

Murder at Mount Hope 2024: A 1960’s Spy Convention! Manheim, Pa., Wednesday, April 17, Leave Big Spring Senior Center at 11 a.m. Return to Senior Center at 6 p.m. Cost: \$90 member / \$100 non-member of the Big Spring Senior Center (15 tickets have been purchased, so please sign up as soon as possible — optional gluten-free meal). This will be an extremely fun trip. Cost includes transportation, meal, and murder mystery program. Your mission, should you chose to accept it: solve a murder. Foul play is afoot at the Mount Hope Mansion where secret agents from across the world are gathering for their annual convention, but when one of your own ends up dead, someone might just be a double agent! You’re going to need to keep your wits about you and use every gadget in the vault to get to the bottom of it. Rendezvous at the Mount Hope Estate with the rest of your team.










Camp Eder Senior Day Camp, Fairfield, Pa., Wednesday, April 10. This delightful day begins when we board the van at 8 a.m. for our last days of winter and first days of spring through Cumberland and Adams Counties to Camp Eder. Upon arrival, we are welcomed by the Camp Eder Staff for breakfast, after which there is a morning activity. At noon, we partake of a delicious home-style lunch made by the Staff. The afternoon includes another wonderful activity. This trip is all inclusive (except for a stop at an orchard stand, if the group so choses). Cost is \$27 per member and \$32 for non-member. Sign up and pay no later than noon April 3rd.



MARCH

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 AARP Income tax preparation by appointment 11:30 a.m. Grab-and-Go Lunch	2
3	4 9 a.m. Creative Aging Art 9 a.m. Zumba Gold 11:30 a.m. Grab-and-Go Lunch 1:30 p.m. Watercolor Class 1:30 p.m. Adult Coloring	5 9 a.m. Crafts 10 a.m. T'ai Chi for Arthritis for Fall Prevention 11:30 a.m. Sit-Down Lunch	6 8:30 a.m. Movement with Mindfulness 9:30 a.m. Tea, Talk, and Treats 11:30 a.m. Grab-and-Go Lunch 1 p.m. Bible Study	7 9 a.m. Senior Wellness Exercise Program 9:30 a.m. Cards: "500" 11:30 a.m. Sit-Down Lunch 1 p.m. Games with Bob	8 AARP Income tax preparation by appointment 11:30 a.m. Grab-and-Go Lunch	9
10 	11 9 a.m. Creative Aging Art 9 a.m. Zumba Gold 11:30 a.m. Grab-and-Go Lunch 1:30 p.m. Watercolor Class 1:30 p.m. Adult Coloring	12 9 a.m. Crafts 10 a.m. T'ai Chi for Arthritis for Fall Prevention 11:30 a.m. Sit-Down Lunch 1 p.m. Jewelry-Making Class	13 8:30 a.m. Movement with Mindfulness 9:30 a.m. Tea, Talk, and Treats 11:30 a.m. Grab-and-Go Lunch 1 p.m. Bible Study	14 9 a.m. Senior Wellness Exercise Program 9:30 a.m. Cards: "500" 11:30 a.m. Sit-Down Lunch 11:45 a.m. Nutrition by Homeland at Home 1 p.m. Games with Bob	15 AARP Income tax preparation by appointment 11:30 a.m. Grab-and-Go Lunch	16 
17 	18 9 a.m. Creative Aging Art 9 a.m. Zumba Gold 11:30 a.m. St. Patrick's Soup Cookoff No grab-and-Go Lunch 1:30p.m. Watercolor Class 1:30 p.m. Adult Coloring 6:30 p.m. Game Night	19 9 a.m. Crafts 10 a.m. T'ai Chi for Arthritis for Fall Prevention 11:30 a.m. Sit-Down Lunch 6:30 p.m. Board of Directors' Meeting 	20 8:30 a.m. Movement with Mindfulness 9:30 a.m. Tea, Talk, and Treats 11:30 a.m. Grab-and-Go Lunch 1 p.m. Trip Committee 1 p.m. Bible Study 2:30 p.m. Advisory Council	21 9 a.m. Senior Wellness Exercise Program 9:30 a.m. Cards: "500" 11:30 a.m. Lunch Bunch to Fiddler's Bar and Grill 11:30 a.m. Sit-Down Lunch 1 p.m. Games with Bob 7 p.m. To the Carlisle Theater to see "Rumors" Carpool and supper T.B.A.	22 AARP Income tax preparation by appointment 11:30 a.m. Grab-and-Go Lunch	23
24  	25 9 a.m. Creative Aging Art 9 a.m. Zumba Gold 11:30 a.m. Grab-and-Go Lunch 1:30 p.m. Watercolor Class 1:30 p.m. Adult Coloring	26 9 a.m. Crafts 10 a.m. T'ai Chi for Arthritis for Fall Prevention 11:30 a.m. Sit-Down Lunch 1 p.m. Jewelry-Making Class	27 8:30 a.m. Movement with Mindfulness 9:30 a.m. Tea, Talk, and Treats 10:30 a.m. HUD Home Repair Program 11:30 a.m. Grab-and-Go Lunch 12:15 p.m. Blood Pressure Check 1 p.m. Bible Study	28 9 a.m. Senior Wellness Exercise Program 9:30 a.m. Cards: "500" 11:30 a.m. Sit-Down Lunch 1 p.m. Games with Bob	29 Closed for Good Friday 8:30 a.m. Breakfast at the Newville Diner 	30 



April



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 9 a.m. Creative Aging Art 9 a.m. Zumba Gold 11:30 a.m. Grab-and-Go Lunch 1:30 p.m. Adult Coloring 1:30 p.m. Watercolor Class	2 9 a.m. Crafts 9:30 a.m. Walk with Ease 10 a.m. T'ai Chi for Arthritis for Fall Prevention 11:30 a.m. Sit-Down Lunch	3 8:30 a.m. Movement with Mindfulness 9:30 a.m. Tea, Talk and Treats 11:30 a.m. Grab-and-Go Lunch 1 p.m. Bible Study 1 p.m. Bike Club 1 p.m. A Close Look at Nutrition Labels by Central PA Food Bank	4 9 a.m. Senior Wellness Exercise Program 9:30 a.m. Cards: "500" 11:30 a.m. Sit-Down Lunch 1 p.m. Games with Bob	5 AARP Income tax preparation by appointment 9:30 a.m. Walk with Ease 11:30 a.m. Grab-and-Go Lunch	6 	
7	8 9 a.m. Creative Aging Art 9 a.m. Zumba Gold 11:30 a.m. Grab-and-Go Lunch 1:30 p.m. Adult Coloring 1:30 p.m. Watercolor Class	9 9 a.m. Crafts 9:30 a.m. Walk with Ease 10 a.m. T'ai Chi for Arthritis for Fall Prevention 11:30 a.m. Sit-Down Lunch 1 p.m. Jewelry-Making Class	10 8 a.m. Van Trip to Camp Eder 8:30 a.m. Movement with Mindfulness 9:30 a.m. Tea, Talk, and Treats 11:30 a.m. Grab-and-Go Lunch 1 p.m. Bible Study 1 p.m. Bike Club	11 9 a.m. Senior Wellness Exercise Program 9:30 a.m. Cards: "500" 11:30 a.m. Sit-Down Lunch 1 p.m. Games with Bob	12 AARP Income tax preparation by appointment 9:30 a.m. Walk with Ease 11:30 a.m. Grab-and-Go Lunch	13	
14 	15 9 a.m. Creative Aging Art 9 a.m. Zumba Gold 11:30 a.m. Grab-and-Go Lunch 1:30 p.m. Adult Coloring 1:30 p.m. Watercolor Class	16 9 a.m. Crafts 9:30 a.m. Walk with Ease 10 a.m. T'ai Chi for Arthritis for Fall Prevention 11:30 a.m. Sit-Down Lunch 1 p.m. Focus on Fats by Central PA Food Bank 6:30 p.m. Board Meeting	17 PA Renaissance Fair <i>Murder Mystery and Meal</i> 8:30 a.m. Movement with Mindfulness 9:30 a.m. Tea, Talk, and Treats 11:30 a.m. Grab and Go Lunch 1 p.m. Bible Study 1 p.m. Bike Club	18 9 a.m. Senior Wellness Exercise Program 9:30 a.m. Cards: "500" 11 a.m. Lunch Bunch to Bonanza in Chambersburg 11:30 a.m. Sit-Down Lunch 1 p.m. Games with Bob	19 9:30 a.m. Walk with Ease 11:30 a.m. Grab-and-Go Lunch	20	
21	22 9 a.m. Creative Aging Art 9 a.m. Zumba Gold 11:30 a.m. Grab-and-Go Lunch 1:30 p.m. Adult Coloring 1:30 p.m. Watercolor Class 6:30 p.m. Game Night	23 9 a.m. Crafts 9:30 a.m. Walk with Ease 10 a.m. T'ai Chi for Arthritis for Fall Prevention 11:30 a.m. Sit-Down Lunch 1 p.m. Too Sweet-the Low-down on Added Sugars with the Central PA Food Bank 1 p.m. Jewelry-Making Class 6:30 p.m. Board of Directors' Meeting	24 8:30 a.m. Movement with Mindfulness 9:30 a.m. Tea, Talk, and Treats 10—11 a.m. Central PA Hearing by Appointment 11:30 a.m. Grab-and-Go Lunch 12:15 p.m. Blood Pressure Check 1 p.m. Bible Study 1 p.m. Bike Club 1 p.m. Spotlight on Sodium by the Central PA Food Bank	25 9 a.m. Senior Wellness Exercise Program 9:30 a.m. Cards: "500" 11:30 a.m. Sit-Down Lunch 1 p.m. Games with Bob	26 All Day — Day at the Mountain 9:30 a.m. Walk with Ease 	27	
28 	29 9 a.m. Creative Aging Art 9 a.m. Zumba Gold 11:30 a.m. Grab-and-Go Lunch 1:30 p.m. Adult Coloring 1:30 p.m. Watercolor Class	30 9 a.m. Crafts 9:30 a.m. Walk with Ease 10 a.m. T'ai Chi for Arthritis for Fall Prevention 11:30 a.m. Sit-Down Lunch	