

Mechanicsburg Place Newsletter

November & December 2024

Upcoming Closures

- Nov. 6 - Camp Eder Senior Day
- Nov. 11 - Veteran's Day
- Nov. 14 - Thanksgiving Meal - Drive-thru Only
- Nov. 22 - Special Event (see calendar) - NO Drive-thru Meal
- Nov. 28 & 29 - Thanksgiving & Black Friday
- Dec. 19 - Christmas Meal - Drive-thru Only
- Dec. 20 - Pizza Party - NO Drive-thru Meal
- Dec. 23-25 - Christmas Break
- Dec. 30 - New Year's Meal - Drive-thru Only
- Dec. 31 - New Year's Eve Potluck - NO Drive-thru Meal
- Jan. 1, 2025 - New Year's Day

Upcoming Events/Information

Nutritional Cooking Class: Wednesday, Nov. 13

Melissa from Sadler Health will be demonstrating how to prepare a nutritional meal of spaghetti. You must register to attend this event. There will be a limit of 30 members. First come, first served.

Story Time with Mary:

Tuesday, Nov. 12 | 12:00 noon "The Hard Work of Love"

With the help of 10 musical selections, we will traverse the journey from infatuation to mature and sustaining loving relationships.

Tuesday, Dec. 10 | 12:00 noon "Outsmarting Pain"

Older adults deal with many aches and pains that become long-term or chronic. Learn how to minimize the intensity of pain and stay one step ahead of it.

CCOA Medicare Enrollment Assistance:

Thursday, Nov. 21 | 9:30 - 11:30 am

Robin from CCOA will be here for two hours to help anyone with questions about Medicare enrollment. Please be sure to register for a time to meet with her.

Thanksgiving Meal: Friday, Nov. 22

Rachel and I, along with some help from volunteers, will prepare a holiday meal for members. The Quarter Notes Music group will be here to share their musical entertainment for the day. You must register for this event by Friday, Nov. 15, to attend.

Master Gardeners: Wednesday, Dec. 11 | 12:00 Noon

We will make centerpiece arrangements for our holiday table. Master Gardeners will supply the greenery, but please bring along any extra items that you may want to add to your piece. You must register for this event by Wednesday, Nov. 27.

Pizza Party: Friday, Dec. 20 | 12:00 Noon \$8/pp

The Christmas gathering this year will be a pizza party. Pizza will be ordered from Sal's Pizza. You must register to attend and sign up to bring a drink, side dish, or dessert to share by Friday, Dec. 13. Bring a \$5 wrapped gift to play in our elephant exchange. Join us for a day of fun, laughter, and lots of food.

New Year's Eve Potluck: Tuesday, Dec. 31 | All Day

Come on out and celebrate an early New Year's Eve celebration. We will have a potluck lunch at 11:00 am, followed by the wrench dropping at 12:00 noon. Register by Wednesday, Dec. 18, with a dish to share.

Malpezzi Funeral Home *Helping families through life changing events*

Michael J. Malpezzi, Owner, FD
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Presentations - Be sure to register for these events

Tuesday, Nov. 26 | 12:00 Noon - Coping with Holiday Depression & Stress

Holidays can be rough and lonely at times. Jessica will be discussing the signs and symptoms and how to cope/get through the holidays if you're dealing with holiday depression or stress

Tuesday, Dec. 3 | 12:00 noon - Facts about Strokes

Strokes can be scary, but there are many ways to prevent them from happening. Jessica will be explaining many scenarios to prevent and recover from a stroke.

Crafts with Sharon:

Tuesday, Nov. 12 | 12:00 noon | Straw Hat Painting

We will be painting straw hats to look like scarecrows or snowmen to hang for decorations.

Tuesday, Dec. 17 | 12:00 noon | Glass Ornament Painting

Learn how to paint glass ornaments to hang on your Christmas tree.

Crafts with Marianne:

Monday, Nov. 25 | 12:00 noon - Brick Snowmen

Marianne will be demonstrating how to paint a brick to look like a snowman.

Monday, Dec. 2 | 12:00 noon | Making Ornaments

We will be filling glass ornaments with material and yarn, plus making ornaments with pipe cleaners.

Craft with Linda:

Monday, Dec. 9 | 12:00 noon | Button Tags

Linda will be demonstrating how to make Christmas gift tags with buttons.

Weather Reports/Closures

As the winter weather is quickly drawing near, we'd like to remind everyone that unexpected closures of the center due to inclement weather could happen. In the event of a closure, it will be posted on the local news stations as "Cumberland County Senior Centers," and we will also be sure to send out an automated call to all members.

Upcoming Trips

Camp Eder Senior Day | [Register by Oct. 16](#)

Wednesday, Nov. 6 | 8:00 am - 2:30 pm | Cost: \$20/pp

Join us for a day of fun, food, and activities in the wilderness. Entertainment is Chris Ivey's juggling routine. We may stop by Hollabaugh Farm Market in Biglerville on the way back to the center, so bring some extra money along if you wish to purchase anything,

No trips will be planned until after the winter season!

Mechanicsburg Place Senior Center Facebook Group & Webpage

Type the following URL directly into your browser:

[Facebook.com/groups/mechanicsburgplace](https://www.facebook.com/groups/mechanicsburgplace)

Download the monthly newsletter, event calendar, and menu at MessiahLifeways.org/MechanicsburgPlace

Lunch Orders and Activity Sign Ups

Please contact the office by 10:00 am the preceding day (Friday for Monday orders) to order your lunch for the next day. CCOA pays \$5.36 for every meal served at Cumberland County Senior Centers. **We ask that everyone contributes a \$3 donation per meal they eat inside or to-go.** This is not mandatory, but it helps give back to the county that helps keep the senior centers running. **Each day that you enter the building, be sure to stop at the computer to scan in and register in for the day.** This helps CCOA and the center to know how many are in attendance each day.

Please also remember to sign up ahead of time (monthly or weekly) for Tai Chi, presentations, crafts, and bingo. This helps instructors and guest bingo callers prepare for the size of the group they will be hosting.

Suggested Membership Fee

While the \$25 annual membership fee is not required, we ask that everyone please consider making an effort to help keep the Mechanicsburg Place Senior Center running. As a member who donates the annual \$25 fee, you will also be able to receive discounts on certain trips and receive the bi-monthly newsletter. We thank you for your consideration!