



Commissioners  
Dean Horst, John T. Flannery, & Robert G. Ziobrowski

FRANKLIN COUNTY AREA AGENCY ON AGING

# the golden years gazette

WINTER EDITION

2026

## Fall Fest 2025

On October 3, the Franklin County Area Agency on Aging and its senior activity centers hosted their annual Fall Fest at the Mont Alto Fairgrounds. Approximately 200 seniors enjoyed the event, which included crafts, singalongs, a snack bar, photo booth, bingo, door prizes, vaccinations, information tables and more! This year's sponsors were:

- The Nutrition Group
- Blue Cross Blue Shield

- Texas Roadhouse
- Martin's Famous Potato Rolls and Bread
- Angels on Call
- AmeriHealth Caritas
- Albright LIFE Franklin
- PA Health & Wellness
- Quincy Hardware
- Providence Place Senior Living
- Heritage Retirement Community



This is the quarterly newsletter of the Franklin County Area Agency on Aging. It is published in the interest of the communities in Franklin County for the express purpose of providing information. Opinions expressed herein by the contributing editors are not necessarily those of The Golden Years Gazette or its staff and publisher. If you have questions or comments, about the newsletter please contact The Franklin County Area Agency on Aging at:

**(717) 263-2153**

## Franklin County Area Agency on Aging Advisory Council

There will be an Advisory Council meeting held on January 27, 2026 and April 28, 2026 at 9:00am located at

**Franklin County Area Agency on Aging,  
600 Norland Ave. Suite 11,  
Chambersburg, PA 17201**

Meetings are open to the public.

If you plan on attending the Advisory Council, please RSVP one week before the meeting to: Lois Steichen, Advisory Council President @ 336-283-1643 or you can email her at: [loissteichen@comcast.net](mailto:loissteichen@comcast.net).

## Inside This Issue of Your Newsletter

• Pennsylvania Caregiver Support Program	2
• Grove Family Library Book Bingo & Bake Sale	2
• Coffee & Caregivers	2
• Franklin County Services	2
• Helpful Websites	2
• Franklin County Area Support Groups	2
• CSAC Halloween	3
• Agency on Aging's Offered Services	3
• Clip & Save	3
• Senior Center Locations	3
• Are You Looking for Something New in 2025?	4
• Greencastle Senior Center is Moving and Grooving	4
• Housing Assistance	4
• Loamer Closet	4
• SCCAP Food Pantries & Contact Information	4
• Senior Center Activity Schedule	5
• LIHEAP	5
• 988 Suicide & Crisis Lifeline	6
• Franklin County Area on Aging Presents Second Saturdays	6
• What is Winter Sowing?	6
• Upper Strasburg Senior Center Pumpkin Painting	6
• Senior Center Paint Class	6
• Become a Volunteer Ombudsman	6
• Elderday Newsletter	6
• Drivers Wanted	6
• Mont Alto Senior Center, Come Sit & Get Fit!	7
• Medication Disposal Locations Franklin/Fulton County, PA	7
• January Menu	7
• Upcoming Events and Programs at Grove Family Library	7
• PA Medi and Medicare Information	8
• Trivia	8
• Mount Alto Senior Center	8
• Grove Family Library Second Thursday Afternoon Movie	8

## PENNSYLVANIA CAREGIVER SUPPORT PROGRAM

The Pennsylvania Caregiver Support Program offers resources and assistance to those managing care for a care-dependent older adult as well as grandparents and older relatives caring for children. The program works to ease the stress of caregiving by focusing on caregiver well-being. The Caregiver Support Program provides reimbursement for caregiving expenses, such as respite, personal care and caregiving supplies and services. Caregiving education, training, and support are also offered. Eligibility is determined by the caregiver's age and the household income of the care receiver. The Caregiver Support Program is administered locally by the Franklin County Area Agency on Aging. For more information, please call (717) 263-2153.

Franklin County Area Agency on Aging, in partnership with Second Saturdays at the Greencastle Senior Activity Center, presents

# Coffee & Caregivers

Serving Up Smiles, Socialization And Support For Family Caregivers In Franklin County

Enjoy a relaxed setting where you can meet other caregivers, ask questions and share stories. This informal monthly gathering offers a supportive environment for family members who are caring for loved ones to take a break and connect over a cup of coffee.

**Every Second Saturday**  
10 am – 11 am  
**Greencastle Senior Activity Center**

Please RSVP to Erica Kershner at (717) 263-2153, ext. 23046, or [ekershner@franklincountypa.gov](mailto:ekershner@franklincountypa.gov)

Caregivers are invited to stay for lunch. Please RSVP for lunch at least two days in advance. Donations are appreciated.



## Helpful Websites

### Department of Aging:

Resources to all Aging assistance, senior centers, meals, PACE, Caregiver Support, reporting elder abuse, adult day centers, and all of the latest news [www.aging.pa.gov](http://www.aging.pa.gov)

### Birth Certificate/Death Certificate:

<https://www.health.pa.gov/topics/certificates/pages/vital%20Records.aspx>

### Income Tax/Rent Rebate:

<https://www.revenue.pa.gov/Pages/default.aspx>

### Medicare:

Find drug plans, doctors & clinicians, hospitals, home health services, nursing homes, hospice care, inpatient rehabilitation facilities, long-term care hospitals, dialysis facilities

<https://www.medicare.gov/>

### Personal Care Homes:

This website lists County Assistance programs.

[www.dhs.state.pa.us](http://www.dhs.state.pa.us)

On the left select "Programs and Services". On the next page on the left select "Providers & Licensing". On the next page scroll down in the middle to "Personal Care Homes & Assisted Living Residences". On the next page in the middle select "Looking for information about an existing PCH or ALR". Enter in County: FRANKLIN, Enter in Service Code: PERSONAL CARE HOMES, then hit submit search and a report will populate below with all PCH homes in Franklin County.

### Public Utility Commission:

<https://www.puc.pa.gov/>

### Publications and other materials:

Victims' Services

<https://www.pa.gov/agencies/pcv.html>

Click on Available Services

PA Commission on Crime & Delinquency

717-705-0888/Toll Free 1-800-692-7292 extension 3227

Crime Victims Compensation Program /Victim Compensation Assistance Program

<https://www.pa.gov/agencies/pcv.html>

Click on Victims Compensation Assistance Program

1-800-233-2339 or 717-783-5153

## Grove Family Library Book Bingo & Bake Sale



Friday, January 16th from 6:00pm - 8:00pm  
(Snow Date: January 23rd)



Play bingo, win books and enjoy the Bake Sale! Donations for bingo cards are gratefully accepted. There is a limit of two bingo cards per person. Bring the whole family! Open to the public.

Grove Family Library  
101 Ragged Edge Road South  
Chambersburg, PA 17202  
Abby Freeman, Youth Services Coordinator  
717-264-9663, ext. 1204, [afreeman@fclspa.org](mailto:afreeman@fclspa.org)



CIVIC AND SOCIAL LITERACY



## Mission

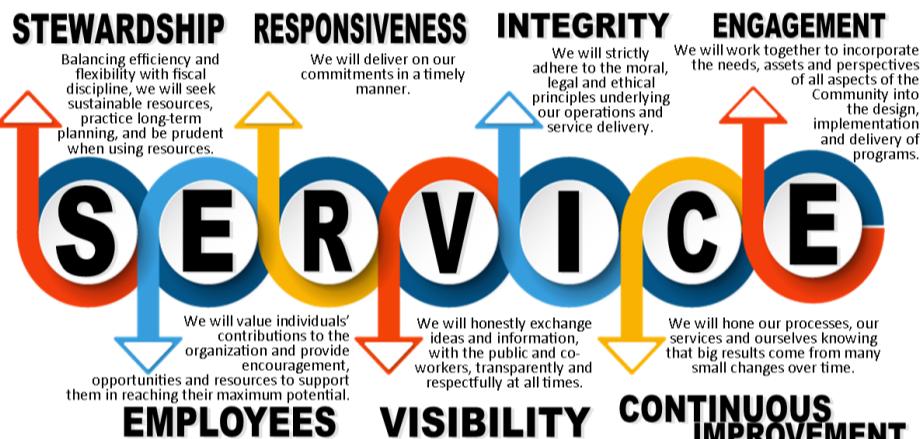
To enrich social, economic, and environmental vitality, Franklin County will provide services which are responsive to the health, safety, and general welfare needs of County residents. The County government is dedicated to providing these services through the efficient and effective use of the County's available resources in an honest, open, and caring manner.



## Vision

A community moving forward collaboratively to improve the lives of all residents while still honoring our heritage.

## Values



## Franklin County Area Support Groups

### Alcoholism/Addiction:

Alcoholics Anonymous 1-800-296-9289

Narcotics Anonymous 1-800-445-3889

### Alzheimer's:

Magnolias 717-264-6000 (Melissa Buksa) Group is held the last Tuesday of every month (excluding December) from 3pm. – approximately 5pm.

Providence Place 717-709-0668

Quincy Village 717-749-2300

Village of Loyal Run 717-352-2721

Alzheimer's 24/7 Help Line 800-272-3900

### Bariatric:

WellSpan online - [wellspan.org](http://wellspan.org), select "events" and sign up for Bariatric "virtual" groups.

### Bereavement:

Drew's Hope Grief Center 717-532-8922

Beyond Grief Support Group 717-267-2442 (Carolyn Campbell) 2nd & 4th Monday of the month from 6pm. to 7pm. Group is held at "The Hennessey House" on South 7th Street across from the Chambersburg Hospital.

Grief: Various local churches; <https://www.griefshare.org/countries/us/states/pa/cities/chambersburg>

### Breast Cancer:

Contact Amy Flagle, Day group meets at 11a.m. 2nd Thursday of the month, evening group meets at 6:30p.m. 3rd Thursday of the month @ 243 North Seventh Street "The Hennessey House" Chambersburg, PA 17201. Zoom call information is available.

You can reach Amy via email at [aflagle@wellspan.org](mailto:aflagle@wellspan.org)

### GYN Cancer:

Contact Maureen McHugh via email at [mchughm27@yahoo.com](mailto:mchughm27@yahoo.com) or Maegen Hess at [mhess321@gmail.com](mailto:mhess321@gmail.com). This group meets at 6p.m. 3rd Thursday of the month through March and changes to 6:30 in April. @ 243 North Seventh Street "The Hennessey House" Chambersburg, PA 17201

### Caregiver Support Group:

Elder Day 717-709-4510 (Katie Ackerman) 3rd Wednesday of the month at 2pm

### Franklin County Mental Health Association:

717-264-4301

### Healthy Communities Partnership:

Freedom from Smoking 717-264-1470

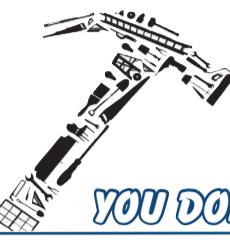
### LYME Disease Support Group:

Calvary Baptist Church,  
1165 Crottestown Rd, Chambersburg, PA 17201  
Meetings: 1st Tuesday of the month from 6-8p.m.

Located in the Shopping Center between Walmart & Lowes on Rt. 30 E.



**ReStore**



**DONATE YOUR STUFF**

**FREE PICK-UP**

• Furniture • Appliances • Kitchen Cabinets • Lighting  
• Tools • Building Materials • Home Decor • Paint

**YOU DON'T HAVE TO LIFT A HAMMER TO HELP!**

*All sales directly support the pursuit of Habitat's mission.  
Recycle reusable items to keep them out of landfills.  
Donations are tax deductible*

1662 Lincoln Way East | Chambersburg, PA 17202 | 717-491-1156

## CSAC Halloween

The holiday season is off to a spooktacular start at the Chambersburg Senior Center! Our Halloween party brought out the festive spirit in everyone—with plenty of treats (and maybe a few tricks) to go around.

Costumes were a big hit! Some of our seniors came dressed to impress, while others found the perfect outfit from our generous costume donations. From witches to whimsical characters, the creativity was on full display.

Guests enjoyed a spooky touch-and-feel game, posed for fun photos in our themed photo area, and snacked on delicious treats throughout the day. And for those who saved room—lunch was a tasty highlight!

Thanks to everyone who helped make this event a hauntingly good time. We're ready for a joyful holiday season ahead!



## HOLIDAYS

The Franklin County Area Agency on Aging will be closed for the following upcoming holidays. The Senior Centers will be closed as well.

**January 1, 2026 - New Year's Day**

**January 19, 2026 - Martin Luther King Day**



The PA Department of Aging created PA MEDI to help seniors understand their health insurance options. PA MEDI counselors are state certified volunteers. They can answer your questions about: Medicare, Medicare Supplemental Insurance, Medicare Advantage Plans and Prescription drug plans.

Phone **717-263-2153** or email [pamedi@franklincountypa.gov](mailto:pamedi@franklincountypa.gov) to set up an appointment to meet with a PAMEDI volunteer counselor.

Franklin County Area Agency on Aging  
600 Norland Ave., Ste. 11, Chambersburg, PA 17201

### **PLEASE NOTE:**

The Franklin County Area Agency on Aging office hours are:  
Monday through Friday 8:30AM – 4:30PM  
*During this time we do ask that you call to make an appointment before coming to the office at 717-263-2153.*

# DENTURES



**\$50 OFF**

**Any New Denture Purchase.**

Must be presented at time of consultation.



**0% FINANCING AVAILABLE**

**REPAIRS IN 30 MINUTES • RELINES • PARTIALS • DENTURES**

## Agency on Aging's Services Offered to You

Below is a list of some of the important services offered by the Franklin County Area Agency on Aging:

- Senior Activity Centers
- Information and Referral
- Person Centered Counseling (PCC)
- Pennsylvania Medicare Education and Decision Insight (PA MEDI)
- Options Program
- Assessment
- Home Delivered Meals (HDMs)
- Caregiver Support Program (CSP)
- CSP For Grandparents & Older Relatives
- Protective Services
- Loaner Closet
- Transportation Pass
- Ombudsman
- Volunteer Opportunities

If you are in need of our services or if you know someone who could benefit from them, please give us a call at **717-263-2153** or **800-642-6990**. We are here for you!

## SENIOR CENTER LOCATIONS

### SENIOR CENTER DIRECTOR:

**VICTORIA BALLANTINE**  
600 Norland Avenue, Suite 11,  
Chambersburg, PA 17201  
717-263-2153

**CHAMBERSBURG SENIOR ACTIVITY CENTER**  
600 Norland Avenue, Suite 11,  
Chambersburg, PA 17201  
717-264-8191

Manager: Miranda Henry

**GREENCASTLE SENIOR ACTIVITY CENTER**  
10615 Antrim Church Road,  
Greencastle, PA 17225  
717-597-2020

Manager: Beth Jones

**MONT ALTO SENIOR ACTIVITY CENTER**  
Mont Alto Fire Hall  
517 South Main Street,  
Mont Alto, PA 17237  
717-749-7294

Manager: Danielle Henry

**PATH VALLEY SENIOR ACTIVITY CENTER**  
Val-Med Building  
20344 School Road, PO Box 84,  
Dry Run, PA 17220  
717-349-7227

Open Mondays, Tuesdays, Thursdays,

& Fridays 8-4 (Closed Wednesdays)

Manager: Tonya Zeigler

### ST. THOMAS SENIOR CENTER

6444 Lincoln Way West,  
St. Thomas, PA 17252  
717-369-2520

Open Tuesdays through Fridays  
8:00-4:00 (Closed Mondays)  
Manager: Mandy Cook

### TUSCARORA SENIOR ACTIVITY CENTER

11300 Fort Loudon Road,  
Mercersburg, PA 17236  
717-328-4744  
Manager: Elaine Rotz

### UPPER STRASBURG SENIOR ACTIVITY CENTER

9843 Community Road,  
Upper Strasburg, PA 17265  
717-530-1186  
Manager: Krystle Etter

### WAYNESBORO SENIOR ACTIVITY CENTER

11359 Anthony Highway,  
Waynesboro, PA 17268  
717-762-2758  
Manager: Tonja Nicola

### Floater Coordinator

Holly Putt - Home Center CSAC

### Food Service Workers

Teresa Donahue - Greencastle  
Vacant - Waynesboro  
Yvonne Wallech - Tuscarora

## Are you looking for something new in 2026?

Why not use your acquired skills to make a difference in your community? Franklin County Area Agency on Aging is always looking for volunteers willing to give their input for our Advisory Council.

The primary focus of the Advisory Council is to promote and foster the Franklin County Area Agency on Aging and its programs within the community and to assist and advocate for any unmet needs of the aging.

If this sounds like something you would like to be involved in, please contact Lois Steichen at 336-285-1643 or email to [loissteichen@comcast.net](mailto:loissteichen@comcast.net).

## HOMELESS? AT RISK OF HOMELESSNESS? LOOKING FOR HOUSING HELP?

Not sure where to turn because you are homeless or at risk of homelessness due to eviction? Contact your local Franklin County Community Connections and Housing Navigation Coordinator. The coordinator assists households to get connected with the appropriate housing resources based on the need. These resources will aid you from being evicted, continuing to be homeless or to just better understand the resources of your community.

### Franklin County Community Connections Access Center

550 Loudon Street, Chambersburg

Phone (717) 261-3893

Hours: Monday - Friday, 9:00 AM to 4:00 PM

A Way HOME  
Housing & Operational Model for Everyone  
in Franklin / Fulton Counties



## SEARCHING FOR NEW HOUSING?

The following places provide rentals in the Franklin County area and may be able to accommodate your housing needs.

### PUBLIC HOUSING \ SECTION 8 HOUSING CHOICE VOUCHERS

Franklin County Housing Authority [www.fcha.net](http://www.fcha.net) (717) 263-4200

### PROPERTY MANAGEMENT / RENTAL COMPANIES

Antietam Realty, Inc.	<a href="http://www.antietamrealtyinc.com">www.antietamrealtyinc.com</a>	(717) 765-8011
1360 Rentals	<a href="http://www.i360rentals.com">www.i360rentals.com</a>	(717) 264-1990
JA/LEX Real Estate	<a href="http://www.jalexhomes.com">www.jalexhomes.com</a>	(717) 477-8230
SPG Capital	<a href="http://www.spg-realestate.com">www.spg-realestate.com</a>	(717) 778-5002

### ADDITIONAL HOUSING SEARCH RESOURCES

<a href="http://www.trulia.com">www.trulia.com</a>	<a href="http://www.pahousingsearch.com">www.pahousingsearch.com</a>	<a href="http://www.zillow.com">www.zillow.com</a>
<a href="http://www.apartments.com">www.apartments.com</a>	<a href="http://www.hotpads.com">www.hotpads.com</a>	<a href="http://www.zumper.com">www.zumper.com</a>

## SCCAP Food Pantries & Contact Information



### CHAMBERSBURG FOOD PANTRY

South Central Community Action Programs, Inc.  
533 S Main Street  
Chambersburg, PA 17201

**HOURS**  
MON - WED - THURS  
9-12pm, 1-3pm

### OTHER AREAS SERVED:

Chambersburg and surrounding areas

### FAYETTEVILLE FOOD PANTRY

St. Paul Lutheran Church  
44 E Main Street  
Fayetteville, PA 17222

**HOURS**  
2nd & 3rd THURS, 12-2pm

### OTHER AREAS SERVED:

Mont Alto \* South Mountain \* Brownsville \* Pond Bank \* Duffield

### GREENCASTLE-ANTRIM FOOD PANTRY

Greencastle Presbyterian Church  
57 W. Baltimore Street  
Greencastle, PA 17225

### HOURS

1st THURS, 6:30-8pm  
2nd & 3rd WED, 9-12 pm

### OTHER AREAS SERVED:

State Line \* Sylvan \* Welsh Run \* Upton \* Kaiserville \* Zullinger \* Claylick  
Shady Grove \* Polktown \* Kauffmans Station \* East Grindstone Hill \* Scotland  
Marion \* Edenville \* Greenvillage \* Fox Hill \* New Franklin \* Altenwald

### LURGAN FOOD PANTRY

Lurgan United Brethren Church  
7900 Roxbury Road,  
Shippensburg, PA

### HOURS

2nd & 3rd TUES, 1-3 pm

### OTHER AREAS SERVED:

Lower Horse Valley \* Culbertson \* Doylesburg \* Spring Run  
Upper Strasburg \* Pleasant Hall \* South Shippensburg \* Newburg \* Roxbury  
Amberson \* Pinola \* Concord \* Dry Run \* Lurgan \* Willow Hill \* Orrstown

### ST. THOMAS FOOD PANTRY

St. Thomas United Methodist Church  
360 St. Thomas-Edenville Road  
St. Thomas, PA 17252

### HOURS

SAT 9-11AM  
1st WED, 6-8pm

### OTHER AREAS SERVED:

St. Thomas, Mercersburg and Path Valley areas

### WAYNESBORO FOOD PANTRY

Waynesboro Community & Human Services  
123 Walnut Street  
Waynesboro, PA 17268

### HOURS

MON - TUE - FRI  
9am-12pm & 1pm-3:30pm  
Wednesday 9am-12pm  
Thursday 1:00pm-6:00pm

### OTHER AREAS SERVED:

Quincy \* Five Forks \* Blue Ridge Summit \* Wayne Heights \* Rouzerville

## Greencastle Senior Center is Moving and Grooving

Greencastle Senior Center offers 8 different exercise classes. The classes are leveled at beginner, low impact, moderate and advanced. All the classes can be done either sitting or standing. They cover a wide variety of exercise to strengthen your body, improve your overall health and keep you moving. The exercises were developed with you in mind. Stop by and check it out.

**Strong Seniors- Beginning level on Monday and Wednesday 10:00am**

**Energize – Low impact- Monday at 10:45am**

**Vitality Cardio Boxing- Moderate level on Monday at 12:45pm**

**Walk Fit- Advanced level on Tuesday and Friday at 10:15am**

**Chair Yoga- Low Impact on Thursday at 9:30am**

**Tai Chi- Low Impact on Thursday at 1:00pm**

**Simply Seated- Moderate level on Tuesday & Friday at 9:30am**

## WINTER LOANER CLOSET ITEMS

The Franklin County Area Agency on Aging maintains a loaner closet for our consumers. Residents from our county donate items they no longer need. This month we have the following items available:

### Equipment:

- Bedside Toilet (9), Toilet Seat Riser (6)
- Wheelchair (4)
- Paraplegic Transport Chair (1)
- Walkers (Large Amount)
- Medical Walker w/ Arm Support (2),
- Tennis Balls for Walkers, Rollator (7)
- Floor Elliptical
- Canes (8), Footed Canes (13), Cane with Seat Support (1)
- Bed Rails (4)
- Shower Bench (3)
- Knee Scooter (3)
- Transfer Board (3), Swivel Board (1)

### Incontinence Supplies (continued):

- Contoured Bed Pan (1)

### Miscellaneous:

- ReadyBath Conditioning Shampoo Caps (Large Amount)
- Rinse Free Bath Sponge (2)
- Wound Supplies (Bandages, Pouches, Cleanser)
- Pre-Pasted Toothbrushes
- Grabber Reach Tool (4)
- Help Alarm (1)
- Rosie Reminder Clock with Large Font (1)
- Leg Lifts (2)
- Back Brace (1)
- Leg Boot (1)
- Heel Protector (2)
- Hearing Aid Batteries
- Hearing Aid Cleaning Wipes
- Blood Pressure Monitor Machines (2)
- Blood Pressure Cuff (2)
- Neck Collar Brace (2)

### Incontinence Supplies:

- SM/MD: Briefs (7), SM/MD: Men's Pull Ups (7)
- Medium: Briefs Side Tabs (3), Pull Ups (4)
- Large Pull Ups (3)
- 2XL Briefs (2)
- 4XL: Briefs (Large Amount)
- Bed Pads

If you are interested in picking any of these items up, please contact our office at 717-263-2153 to reserve your items prior to coming to the office. This will be a first come first served basis, so please don't hesitate!

*Note: Consumers must be Franklin County residents and over the age of 60 to loan out equipment.*

## The harder you look, the better we look.



Family Owned and Operated Since 1973.

Discover unbeatable prices on stylish, high-quality furniture.

## FREE DELIVERY!

See store for details



WHITE GLOVE DELIVERY & SETUP



FURNITURE REPAIRS



EXTENDED WARRANTIES



COMPETITIVE PRICES

### CHAMBERSBURG

4231 Philadelphia Ave  
Chambersburg, PA 17202

Website:  
[www.colonyhousefurniture.us](http://www.colonyhousefurniture.us)

717-263-2443

### GETTYSBURG

1630 Biglerville Rd  
Gettysburg, PA 17325

717-334-6745


**HEALTHY LIVING AT THE SENIOR CENTER**


## Blood Pressure Monitoring

Chambersburg	St. Thomas	Greencastle	Mont Alto	Path Valley	Tuscarora	Upper Strasburg	Waynesboro
2 <sup>nd</sup> Tuesday of each month @ 11:00 AM	Self Monitor (Machine provided)	1 <sup>st</sup> Thursday of each month 11 AM - 12 PM	4 <sup>th</sup> Friday of each month 10:30 AM - 12 PM	Self Monitor (Machine provided)	Self Monitor (Machine provided)	Self Monitor (Machine provided)	3 <sup>rd</sup> Thurs. of each month 10 AM - 12 PM w/ Community Nurse

## Services & Equipment

Chambersburg	St. Thomas	Greencastle	Mont Alto	Path Valley	Tuscarora	Upper Strasburg	Waynesboro
<ul style="list-style-type: none"> <li>Computer availability with access to internet</li> <li>Assistance with Aging services and paperwork</li> <li>Lending Library</li> </ul>	<ul style="list-style-type: none"> <li>Computer availability with access to internet</li> <li>Assistance with Aging services and paperwork</li> <li>Lending Library</li> <li>Bookmobile</li> </ul>	<ul style="list-style-type: none"> <li>Computer availability with access to internet &amp; printing</li> <li>Assistance with Aging services and paperwork</li> <li>Lending Library</li> <li>Magnifying reading machine</li> <li>Bookmobile</li> </ul>	<ul style="list-style-type: none"> <li>Computer availability with access to internet</li> <li>Assistance with Aging services and paperwork</li> <li>Lending Library</li> <li>Magnifying reading machine</li> </ul>	<ul style="list-style-type: none"> <li>Computer availability</li> <li>Assistance with Aging services and paperwork</li> <li>Lending Library</li> <li>Magnifying reading machine</li> <li>Bookmobile</li> </ul>	<ul style="list-style-type: none"> <li>Computer availability with access to internet and printing</li> <li>Assistance with Aging services and paperwork</li> <li>Lending Library</li> <li>Magnifying reading machine</li> <li>Bookmobile</li> </ul>	<ul style="list-style-type: none"> <li>Computer availability with access to internet</li> <li>Assistance with Aging services and paperwork</li> <li>Lending Library</li> <li>Bookmobile</li> </ul>	<ul style="list-style-type: none"> <li>Computer availability with access to internet</li> <li>Assistance with Aging services and paperwork</li> <li>Lending Library</li> <li>Bookmobile</li> </ul>

## Exercise and Fitness

	Group Exercises	Wii Games for Fitness & Fun	Exercise Equipment
<b>Chambersburg</b>	Monday / Wednesday / Friday @ 9 AM	Monday - Friday 8 AM - 4:00 PM	Pool Table, Treadmill & Exercise Bikes Monday - Friday 8:00 AM - 4:00 PM
<b>St. Thomas</b>	Group Exercise Classes Led by Video Tuesdays @ 10:00 AM	Tuesday - Friday 8 AM - 4 PM	Nu-Step Machine Exercise Bike & Weights Tuesdays - Friday 8 AM - 4 PM
<b>Greencastle</b>	See Page 4 of the Gazette, Greencastle Senior Center is Moving and Grooving	Monday - Friday 8 AM - 4 PM	Treadmill & Other Exercise Equipment Monday - Friday 8 AM - 4 PM
<b>Mont Alto</b>	<b>Sit &amp; Get Fit:</b> Thursday 11:00AM <b>Chair Yoga:</b> Monday 11:00 AM <b>DVD's (to use your own):</b> Tuesday & Friday @ 1:30 PM - 3:00 PM	Monday - Friday 8 AM - 4 PM	<b>Treadmill</b> Monday - Friday 8 AM - 4 PM
<b>Path Valley</b>	<b>No Exercise Classes at this time</b>	Monday / Tuesday / Thursday / Friday 8 AM - 4 PM Closed Wednesday	<b>Treadmill</b> Monday / Tuesday / Thursday / Friday 8 AM - 4 PM Closed Wednesday
<b>Tuscarora</b>	Strong Seniors Group Exercises Tuesday & Thursday @ 11 AM	Monday - Friday 8 AM - 4 PM	Treadmill, Elliptical, & Exercise Bikes, Weights, Exercise Videos, Yoga Mats Monday - Friday 8 AM - 4 PM
<b>Upper Strasburg</b>	Exercise Class Monday @ 11 AM Exercise Videos (use your own)	Monday - Friday 8 AM - 4 PM	<b>Elliptical &amp; Exercise Bikes</b> Monday - Friday 8 AM - 4 PM
<b>Waynesboro</b>	Chair Yoga (DVD) Wednesday 1:30 PM Strong Seniors Class (DVD) Friday 1:30 PM	Monday - Friday 8 AM - 4 PM	<b>Treadmill, Elliptical, Exercise Bike &amp; Weights</b> Monday - Friday 8 AM - 4 PM

## Department of Human Services (DHS) 2025/26 Low Income Home Energy Assistance Program (LIHEAP) Season

### Important Facts for you to help your customers

The LIHEAP Client Helpline 866-857-7095 is for customers to ask for an application or check on it.

- This season opens **Monday, November 3, 2025**, and will continue through **Friday, April 10, 2026**.
- Customers who received a LIHEAP grant last season will receive a 2025/26 LIHEAP application or COMPASS postcard in the mail before the start of the new season. These documents have a COMPASS registration number that allows only these customers to apply online before the start of the season.
- Customers who didn't receive LIHEAP last season may request an application on or after November 3 by:
  - Applying on-line at [www.compass.state.pa.us](http://www.compass.state.pa.us) (on or after November 3, 2025),
  - Contacting their local County Assistance Office (CAO) by phone or in person, or
  - Calling the LIHEAP Client Helpline at 1-866-857-7095.

### LIHEAP Cash Grants:

- A household receives only **one regular LIHEAP Cash** grant per heating season.

**NOTE:** The \$100 supplement that some LIHEAP customers received in August or September 2025 was issued with last season's funds and doesn't affect eligibility for LIHEAP during the 2025/26 season.

- 2025/26 Cash grants range from \$200 minimum to \$1,000 maximum based on region, the household's annual income, heating type and the number of people living in the home.

### LIHEAP Crisis Grants:

- 2025/26 Crisis grants range from \$25 up to a season-maximum of \$1000.
- All requests for a Crisis grant must be made **by the customer to a CAO**.
- Eligibility is based on the existence of a heating emergency where the household is without heat or is **within 15 days** of being without heat caused by lack of fuel or utility termination.
- Customers who are on automatic delivery may receive help with LIHEAP Crisis if they contact their CAO to express a need for help with LIHEAP Crisis before an automated delivery resolves their emergency.
- NEW:** A customer's fuel credits must be applied/expended before LIHEAP Crisis can be authorized. An exception is if the funds can be used for repairs/service by the vendor.
- Crisis grants are authorized based on the amount needed to resolve a specific emergency such as preventing termination of a utility service or the quantity of fuel needed to fill the tank **one time**.
- The maximum Crisis \$ available to the customer will be provided by the CAO at the time of the pledge.

- A vendor must apply LIHEAP Cash grant credits received prior to the LIHEAP Crisis pledge date toward a LIHEAP Crisis claim. (The Cash grant date is listed on vouchers as the Treasury Pay Date.)

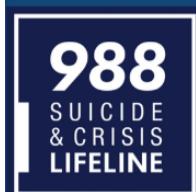
- A customer who applied for a LIHEAP Cash grant does not need to submit a separate application for a Crisis grant **unless** the customer moved to another address or a new person moved into their household.
- A customer may be eligible to receive several Crisis authorizations during the season if they encounter a heating emergency multiple times. The combined total may not exceed the season maximum of \$1000.

### IMPORTANT:

- LIHEAP customers must request help from LIHEAP Crisis funds from a CAO and then a CAO representative must contact a vendor to authorize LIHEAP Crisis every time a request is made.
- LIHEAP Crisis will not pay for a delivery that was not authorized by the CAO or if the heating emergency is resolved before a CAO representative contacts the vendor to authorize a Crisis payment.

**NOTE:** Weatherization could include repair of broken heating equipment. Customers should contact their CAO.

**The LIHEAP Helpline for Customers is  
1-866-857-7095**



24/7 free and confidential support  
CALL OR TEXT: 988  
CHAT: 988LIFELINE.ORG

Franklin County Area Agency on Aging

Franklin County Area on Aging Presents:  
**Second Saturdays**  
Second Saturday Each Month  
10am-2pm  
Greencastle Senior Activity Center  
10615 Antrim Church Road, Greencastle  
Join Us For  
Guest speakers, special presentations, catered lunches,  
health & wellness workshops, fellowship, and more!  
Open to all Franklin County residents age 60 and older!  
(717) 597-2020 | franklincountypa.gov

DAYSET MEMORIALS  
"in loving memory"

Headstones, Gravestones, Monuments, and  
Memorials, Customized and Set, Foundations,  
Death Date Engraving  
Contact Us Today  
12635 Flying Duck Lane, Clear Spring, MD  
301-800-1264 • daysetmem@gmail.com

## What is Winter Sowing?

Carol Kagan, Master Gardener

Winter sowing is a seed-starting method where seeds are planted in a protected container and left outside during winter. The container remains outdoors until the seedlings emerge in the spring. The benefits are that once you plant them and put them outside your work is done. When the seedlings are ready you don't need to harden the plants off and can transplant them into the garden. You can plant perennials, annuals, and herbs.

Ideal for those with limited indoor seed starting space and no special lighting or equipment is required for germination. More Information at Penn State: Starting Seeds in Winter <https://extension.psu.edu/starting-seeds-in-winter>

Here's an opportunity to learn more and make a mini greenhouse with the Franklin County Master Gardeners.

Get in the Mood for Spring with Winter Sowing \$15.00

Sat, February 7, 2026 10 am - Noon

Ag Heritage Building Lower level, 185 Franklin Farm Ln., Chambersburg

Register at <https://extension.psu.edu/get-in-the-mood-for-spring-with-winter-sowing>. To register without creating an online account call customer service at 877-345-0691. Deadline to register: Jan. 26

Learn the advantages of winter sowing and how to start seeds in mini greenhouses. Create a simple, do-it-yourself mini greenhouse using a milk jug and plant seeds that will thrive through the winter. As spring warmth returns, your seedlings will be ready for transplanting into the garden. All materials are provided.

## Upper Strasburg Senior Center Pumpkin Painting

Upper Strasburg Senior Center participants did a pumpkin painting activity this month. They were very creative with their ideas and really enjoyed themselves!



## ELDERDAY ADULT DAY SERVICES

NOW OPEN 5 DAYS A WEEK!

Monday - Friday  
8AM - 4PM  
1427 Philadelphia Ave  
Chambersburg, PA

- Safe and Secure Environment
- Group and Leisure Activities
- Daily Exercise and Nutritious Lunch
- Caregiver Support
- And Much More!



### Caregiver Support at ElderDay

Open to all, these gatherings are a great opportunity to share experiences, gain helpful resources, and connect with others on a similar journey. Call 717.709.4510 to register!

3rd Wednesday of the month at 2PM  
Chambers Pointe Conference Room.

January 21, February 18, March 18, April 15

Open enrollment and financial assistance are available to qualifying individuals in both Franklin and Cumberland Counties. ElderDay Adult Day Services is funded in part by Menno Haven, the Cumberland and Franklin County Area Agency on Aging, and is licensed by the PA Department of Aging. Additional funding is provided by WellSpan Health and the Summit Endowment.



ENROLL TODAY

717.709.4510  
[mennohaven.org/elderday](http://mennohaven.org/elderday)



717-349-2820 | [www.agettlakjer.com](http://www.agettlakjer.com) | phil@agettlakjer.com

## Agett-Lakjer Funeral Home & Crematory Inc.

16715 Path Valley Road, P.O. Box 179, Spring Run, PA 19446

On-Site Crematory • Reasonable Pricing

Directors Philip R. Lakjer, supervisor & Andrew B. Lakjer



### SENIOR CENTER PAINT CLASS

Whether you are a beginner or advanced painter, you can join in the fun! Elaine Foreman provides painting classes across our 8 senior centers in Franklin County. Each paint class is instructed by Elaine who helps participants paint the same painting but with individual variations. There is a minimal cost to seniors for the class, all supplies are provided and each participant leaves with their own painting. If you or someone you know is interested in joining an upcoming paint class, call your local center to inquire when the next class will be held.



### Advocate • Educate • Empower

Do you have a drive to advocate for individuals unable to advocate for themselves? Do you have a passion for working with those in long-term care facilities?

#### Become a volunteer ombudsman!

An ombudsman is a trained individual who helps protect the rights of older Pennsylvanians living in long-term care facilities.



"Advocate for those who can't, support those who can and ensure all long-term care consumers live with dignity and respect."

Join our team! Become a volunteer

#### Ombudsman

For details, call (717) 261-0631 or email [tsday@franklincountypa.gov](mailto:tsday@franklincountypa.gov).

### Drivers Wanted!

Please help our Franklin County Senior Centers deliver hot, nutritious meals to homebound seniors!! Our mission is to provide a fulfilling lunch to seniors who do not have access to a hot meal every day but...

#### WE NEED YOUR HELP!

We have deliveries 5 days a week that we need help with. Will you help ensure seniors in your community have at least one hot meal a day?

Call one of these local senior centers to learn more!

Chambersburg Senior Center  
(717) 264-8191

Mont Alto Senior Center  
(717) 749-7294

Path Valley Senior Center  
(717) 349-7227

Tuscarora Senior Center  
(717) 328-4744

Greencastle Senior Center  
(717) 597-2020

Waynesboro Senior Center  
(717) 762-2758

St Thomas Senior Center  
(717) 369-2520

Upper Strasburg Senior Center  
(717) 530-1186

Please apply on the Franklin County Aging Website:  
[https://franklincountypa.gov/index.php?section=aging\\_volunteer](https://franklincountypa.gov/index.php?section=aging_volunteer)

Thank you!

## Mont Alto Senior Center, Come Sit & Get Fit!

Submitted by: Danielle Henry

Volunteer, Cindi Miller leads this 30 minute fun, full-body work out. It helps build muscle, improves bone density and develops balance. It gives you energy and works your brain! You work at your own level and pace. These work outs can be done virtually if you are not able to come into the center. Call the center to hear more about Sit & Get Fit @ 717-749-7294!

Regular movement is one of the best ways for older adults to remain strong and mobile. Low-impact activities—such as walking, gentle stretching, or leisurely cycling—encourage better circulation and keep muscles from weakening. Even short sessions of 15 to 20 minutes can yield benefits when completed several days a week.

## Medication Disposal Locations Franklin/Fulton County, PA

<b>Chambersburg Police Dept.</b> 116 S. 2nd Street Chambersburg, PA	<b>CVS</b> 406 E. Main Street Waynesboro, PA
<b>Greencastle Police Dept.</b> 60 N. Washington Street Greencastle, PA	<b>Franklin County Coroner Office</b> 679 Franklin Farm Lane Chambersburg, PA
<b>Mercersburg Police Dept.</b> 113 S. Main Street Mercersburg, PA	<b>Keystone Pharmacy</b> 830 5th Ave #101 Chambersburg, PA
<b>Pennsylvania State Police</b> 3800 Black Gap Road Chambersburg, PA	<b>Rite Aid</b> 300 S. Fayette Street Shippensburg, PA
<b>Washington Township Police Dept.</b> 13013 Welty Road Waynesboro, PA	<b>Walmart Pharmacy</b> 1730 Lincoln Way E. Chambersburg, PA
<b>Waynesboro Police Dept.</b> 57 E. Main Street Waynesboro, PA	<b>WellSpan Chambersburg Hospital Emergency Dept.</b> 112 N. 7th St. Chambersburg, PA 17201



Scan QR Code  
to Learn More About  
Medication Disposal



Scan QR Code  
to Learn More About  
Franklin/Fulton Drug and Alcohol



## HOLIDAY CLOSURES:

- Wed. & Thurs., Dec. 24 & 25, for Christmas
- Mon., Jan. 19, for Martin Luther King Jr. Day
- Wed., Dec., for New Year's Eve
- Mon., Feb. 16, for Presidents' Day
- Thurs. Jan. 1, for New Year's Day

## Upcoming Events and Programs at Grove Family Library

### Our current hours are:

Mondays: 9am-5pm | Tuesdays: 12-8 pm | Wednesdays: 9am-1pm | Thursdays: 9am-8pm | Fridays: 9am-1pm | Saturdays: 9am-3pm



**Service Projects - We sincerely appreciate your help and generosity with our Service Projects throughout the year!**

**Service Project - United Way Winter Warmth Drive - Now through January 16.** The library is a collection site for this wonderful program. They are collecting Healthy Food and Winter Gear. United Way partners with many local organizations that will benefit from this drive. Your support will help families in our community stay warm and well-fed this winter. Monetary gifts are also welcome. For more details, come to the library or see <https://www.uwfcpa.org/givewarmth>.

**Friends of Grove Family Library are preparing Sweetheart Silent Auction Gift Baskets in time for Valentine's Day.** The auction will take place from January 20 through February 7. The delightful gift baskets are: Ice Cream Lovers, Cup of Joe, Tea for Two, Just Add Lime (Moscow Mule), and Rest and Relaxation. Look for more information in the new year. **Second Leaf:** These gently used Books, DVDs, CDs, & Audiobooks are for sale by donation, & the profits benefit the library. Upcoming genres are: December - Christmas, Science Fiction, & Miscellaneous; January - Fiction & Crafts & Hobbies; February - Gardening & Cookbooks; & March - Sports & Religion. Thank you for purchasing a Second Leaf item & supporting your library.

**Blind Date with a Book** program returns for the month of February. Not sure what you are in the mood for? Take a chance and bring home a mystery date. Books with a variety of themes are wrapped to hide their identity. You choose a book and unwrap it when you get home. You also have a chance to win a small prize.

**The Art Gallery** in December featured photography by Jayne Shord. Watercolor & collage by Vickie Negley will be displayed in January. February's Gallery will celebrate Black History Month with remarkable photographs from the book *That They Lived*. In March the Gallery will feature works by Jan Barrasso.

**Thursday, Jan. 8, 2 - 3 pm: First Thursday Program - Beyond the Pages: Insights from a Local Author.** (Taking place on the second Thursday.) Dr. Raymond E. Janifer will talk about his inspiring memoir, *Chestnut Hollow Blues*. He will also discuss contemporary American society and the importance of cultural diversity. Dr. Janifer is Professor Emeritus of English and the Ethnic Studies Program at Shippensburg University. Light refreshments offered.

**Thursday, Jan. 15, 2 - 4 pm: Second Thursday Afternoon Movie: "Freakier Friday."** (Taking place on the third Thursday.) Twenty-two years after Tess and Anna endured an identity crisis, Anna now has a daughter and a soon-to-be stepdaughter. As they navigate the challenges that come when two families merge, Tess and Anna discover that lightning might strike twice. The switch is back. Enjoy this delightfully funny and heartwarming film. Stars Jamie Lee Curtis and Lindsay Lohan. Rated PG. Light refreshments offered.

**Friday, Jan. 16, 6 - 8 pm (Snow date is Jan. 23):**

**Book Bingo and Bake Sale.** Play Bingo, win books, and enjoy the Bake Sale. Donations for bingo cards are gratefully accepted. There is a limit of two bingo cards per person. Bring the whole family!

**Tuesday, Jan. 27 is International Holocaust Remembrance Day.** We will have books displayed throughout the week relating to the Holocaust, which are available to borrow.

**Tuesday, Jan. 27, 6 - 7:45 pm: Terrific Tuesday Theater: "Elio."** Elio, a space fanatic with an active imagination, finds himself on a cosmic misadventure where he must form new bonds with alien lifeforms, navigate a crisis of intergalactic proportions, and somehow discover who he is truly meant to be. *An ordinary kid. An extraordinary universe. One chance to belong.* Stars Yonas Kibreab, Zoe Saldana, and Remy Edgerly. Rated PG. Light refreshments offered.

**Wednesday, Jan. 28 is International LEGO Day.** LEGOS and large blocks will be in our Community Room for children and adults to create unique designs and projects. Come have fun!

**Thursday, Jan. 29 is Puzzle Day.** Stop at the library and exercise your brain by working with puzzles. Crossword and word puzzles will be available to do in the library or to take home. We always have a Puzzle Table with a jigsaw puzzle. Today we will set up additional puzzle tables.

**Feb. 6 is Grove Family Library's 20th Anniversary.** We are celebrating the week of Feb. 2. Enjoy some tasty treats throughout the week. See the special display featuring photos and articles about the history of Grove Family Library. Be a part of our history and add to our Time Capsule. Complete a card telling us what you like about the library. The Time Capsule will be opened at the 40th Anniversary Celebration. We sincerely thank you for your patronage during the past and future years. We love having you drop in for books, programs, computer use, help, or whatever you need. You are always welcome at your library.

**Thursday, Feb. 5, 2 - 3 pm: First Thursday Program: Healthy Hearts 101 - What Everyone Should Know.** Learn signs and symptoms of heart conditions, ways to minimize risk factors, and the importance of taking prescribed medication. Get a better understanding of cardiovascular conditions. Love your heart during American Heart Month. Presented by Kelli Ellerman, LPN, Jessica & Friends Community Mobile Nurse. Light refreshments offered. **1:45 pm: Blood Pressure checks will be done prior to the start of the program.**

**Friday and Saturday, Feb. 6 and 7: National Send a Card to a Friend Day.** Make a card or choose a store-bought card. Then take it home and send it to a friend! All supplies (paper, punches, stamping stuff, store-bought cards, and envelopes) will be provided.

**Thursday, Feb. 12, 2 - 4 pm: Second Thursday Afternoon Movie - "Downton Abbey: The Grand Finale."** When Mary finds herself in a public scandal and the family faces financial trouble, the household grapples with the threat of social disgrace. The Crawleys must embrace change with the next generation leading Downton Abbey into the future.

Step back into the world of grandeur and timeless tradition. Stars Marilyn Cutts, Dominic West, and Lorna Nick Brown. Rated PG. Light refreshments offered.

**Saturday, Feb. 14 is International Book Giving Day.** Check out an item at the library today and choose a free Second Leaf book. It's our gift to you.

**Feb. 13 - 16 is the Great Backyard Bird Count.** Count the birds in your backyard to support a national effort. All the details, how to do it, where to report your count, and frequently asked questions, are on the bulletin board in the library. For additional information: <https://www.birdcount.org>.

**Tuesday, Feb. 17 is Random Acts of Kindness Day.** To spread some positivity, we will offer a piece of candy to you in hopes that it inspires you to spread some love and kindness to others.

**Saturday, February 21, from 10 am - 2 pm: Author Fair.** Join us to discover diverse genres, meet talented local authors, and learn about the writing process. You will have the opportunity to purchase books and have them signed. Celebrate community literature!

**Tuesday, Feb. 24, 6 - 7:45 pm: Terrific Tuesday Theater - "Gabby's Dollhouse."** Gabby and Grandma Gigi's road trip takes an unexpected turn when Gabby's prized dollhouse ends up with an eccentric cat lady. Gabby goes on an adventure to reunite the Gabby Cats and retrieve her dollhouse before it's too late. Join us for this adorable film! Stars Laila Lockhart Kraner, Kristen Wig, and Gloria Estefan. Rated G. Light refreshments offered.

**Thursday, Mar. 5, 2 - 3 pm: First Thursday Program - The Garden Year: From Sprouts to Snowflakes.** Learn helpful, science-based information at this presentation. Presented by Carol Kagan, Penn State Master Gardener. Light refreshments offered.

**Thursday, Mar. 12 is National Plant a Flower Day.** Receive some flower seeds at the library today, while supplies last.

**Mondays, Mar. 9, 16, 23, and 30, 10 am - noon: Bookmaking Program.** Make a traditionally bound book. Students will design their own cover. There will be a fee for this program. This is a four week class. If interested, sign up in the library or via email to [crinehart@fclspa.org](mailto:crinehart@fclspa.org)

**Thursday, Mar. 12, 2 - 3:30 pm: Second Thursday Afternoon Movie - "The Naked Gun."** Following in his father's footsteps, a detective works to solve a murder case and save his police department from closure. Serious laughs and ridiculous action. Stars Liam Neeson, and Pamela Anderson. Rated PG-13. Light refreshments offered.

**Tuesday, Mar. 24, 6 - 7:45 pm: Terrific Tuesday Theater - "The Bad Guys."** The Bad Guys are struggling to find trust and acceptance in their newly minted lives as Good Guys, when they are pulled out of retirement and forced to do "one last job". They are back and as bad as ever! Stars Sam Rockwell, Marc Maron, and Awkwafina. Rated PG.

**Tuesday, Mar. 31 is National Crayon Day.** Come in anytime today to relax and enjoy coloring and cocoa. Use crayons, colored pencils, and cheerful coloring pages to creatively express yourself, and

drink some cocoa.

**Saturday, Mar. 28, from 9 am - 1 pm: Craft Supplies Swap and Sale.** Find craft items for a great price, swap craft goods from the free table, or rent a table for a donation and sell your unused craft supplies. Proceeds from table sales benefit Grove Family Library. Call the library or email [crinehart@fclspa.org](mailto:crinehart@fclspa.org) to reserve a table. You may also drop items for the free table on the day of the sale. This is NOT a sale of finished craft items.

### Repeating Programs:

**Tuesday, Feb. 3, and Mar. 3, 1 - 3 pm: Yarn Adventures.** Come join us on the first Tuesday of each month and work on your latest creation - crochet, knitting, cross-stitch, embroidery, etc. All are welcome! Attendees can meet other enthusiasts in the area and learn from one another. This is a great place to share ideas and learn new stitching skills! Open to pre-teens, teens & adults.

**Tuesdays, Jan. 13, Feb. 10, and Mar. 10, 2 - 3 pm: Adult Book Club.** Join us for Book Club meetings, held on the second Tuesday of each month. It is a place to talk, read, and have fun sharing reading experiences. Upcoming selections: January - *The Wild Muir* by Lee Stetson, February - *The Memory Collectors* by Dete Meserve, and March - *A Calamity of Souls* by David Baldacci.

**Mondays, Jan. 26, Feb. 23, and Mar. 16, 1 - 3 pm: Pickin' Party at the Library.** Bring an instrument and join the fun, or just come to hear the bluegrass, old-time, Celtic, Cajun, and fiddle tunes. All skill levels are welcome. Light refreshments are offered.

**Thursdays, Jan. 15, Feb. 19, and Mar. 19, 11 am - noon: Arts & Crafts for Adults with Disabilities.** Join us for a welcoming arts and crafts program in a relaxed and supportive environment. Participants can explore their creativity and connect with others. There will be a different activity for each class. No prior experience is needed. All materials will be provided. Caregivers are encouraged to attend. Class size is limited. Please sign up at the library. Come and Create!

**Thursdays, Jan. 22, Feb. 26, and Mar. 26, 6 - 8 pm: Quill and Ink Society.** Gather with fellow writers for an opportunity to network, share, and learn from one another. Writers of all backgrounds are welcome to attend - published, unpublished, poetry, fiction, or non-fiction. Come connect with other like-minded hive members as we talk all things writing! Laura Zimmerman will lead the discussion. She published her first book in 2019 and currently has 6 books in print.

**Mondays, Feb. 9 and Mar. 9, 1 - 3 pm: Bracelets for Boxes.** Create beautiful beaded bracelets for Operation Christmas Child shoeboxes. All supplies are provided, and no experience is needed. Enjoy the fellowship of others as you make bracelets.

Stop at the library, or look on our website or Facebook page to find out about other events and programs at our library.

<https://www.fclspa.org/locations/grove-family-library/> <https://www.facebook.com/GroveFamilyLibrary>

## JANUARY MENU

Franklin

<b>FRI 2</b>	3oz Grilled Chicken Parmesan, 1oz Shredded Cheese, 1/2c Rotini w/ <span style="color: red;">NEW</span> Sauce, 1c Tossed Salad w/ Tomato, 1c Garlic Breadstick, 1/2c Applesauce
<b>MON 5</b>	3oz Pot Roast w/ 2oz Gravy, 1/2c Mashed Potatoes, 1/2c Coin Carrots, 1c Italian Bread, Fresh Fruit
<b>TUES 6</b>	Grilled Chicken Salad, (2oz Grilled Chicken, 1oz Cheese), 1c Lettuce, 2oz Tomato, 1c Broccoli Soup, Breadstick, 1/2c Fruited Gelatin
<b>WED 7</b>	Stadium Hot Dog w/ 1oz Chili, 1/2c Roasted Sweet Potatoes, 1/2c Peas, 1 Hot Dog Roll, 1/2c Pineapple & Mandarin Oranges
<b>THURS 8</b>	3oz Open Faced Turkey Sandwich w/ 2oz Gravy, 1/2c Whipped Potatoes w/ Chives, 1/2c Corn, White Bread, Fresh Fruit
<b>FRI 9</b>	French Dip Sandwich w/ 2oz Au Jus, 2oz Beef, 1oz Mozzarella Cheese, <span style="color: red;">NEW</span> 1/2c Garlic Potatoes, 1/2c Green Beans, 1/2c Mandarin Oranges, Hoagie Bun
<b>MON 12</b>	1c Winter Beef Stew, 1/2c Green Beans, 1 Cornbread, 1/2c Apple Crisp
<b>TUES 13</b>	Fish Sandwich w/ Tartar Sauce, 1/2c Coleslaw, 1/2c Lemon Pepper Broccoli, 1/2c Diced Peaches, Hamburger Bun
<b>WED 14</b>	3oz Roast Beef w/ 2oz Gravy, 1/2c Mashed Potatoes, 1/2c Carrots, Whole Wheat Bread, Fresh Fruit
<b>THURS 15</b>	Turkey w/ Provolone (2oz Turkey, 1slice Provolone), Lettuce & Tomato, 1c Corn Chowder, Fresh Fruit, Hamburger Bun <span style="color: red;">NEW</span>
<b>FRI 16</b>	Swedish Meatballs (4), 1/2c Buttered Pasta, 1/2c Green Peas, 1 Breadstick, 1/2c Fruited Gelatin
<b>MON 19</b>	Chicken Paprikash w/ Creamy Tomato Sauce, 1/2c White Rice, 1/2c Roasted Brussels Sprouts, Whole Wheat Bread, Apple Cake
<b>TUES 20</b>	Chicken Taco Salad, 3oz Chicken, .5 oz Cheddar Cheese, Salad Mix, Salsa, Ranch, 1/2c corn, 1/2c Yellow Rice, 1/2c Pineapple
<b>WED 21</b>	3oz Meatloaf with 2oz Gravy, Baked Potato, 1/2c Carrots, Whole Wheat Bread, Fresh Fruit
<b>THURS 22</b>	Cheese Omelet, 1 Sausage Patty, 1/2c Breakfast Potatoes, 1 English Muffin w/ Jelly, 4oz Orange Juice
<b>FRI 23</b>	Smokey BBQ Bacon Burger, Cheddar Cheese, BBQ, Bacon, 1c Cauliflower Soup w/ Crackers, Sandwich Roll, Fresh Fruit
<b>MON 26</b>	4oz Sloppy Joe, 1/2c Country Greens, 1/2c Sweet Potato Bites, Hamburger Bun, Oatmeal Cream Pie
<b>TUES 27</b>	Roasted Honey Garlic Pork Loin, 1/2c Steamed Broccoli, 1/2c White Rice, 1/2c Fruited Gelatin, Dinner Roll <span style="color: red;">NEW</span>
<b>WED 28</b>	3oz Kielbasa with 1

## EXTRA HELP

**Extra Help** can help lower your prescription premium, deductible, and co-pays.

- If you are **single** and have a total monthly income less than \$1,903 per month; and less than \$17,220 in resources
- If you are **married** and have a total monthly income of less than \$2,575 per month; and less than \$34,360 in resources

### Medicare Savings Programs

**Medicare Savings Programs** can help you with the payment of your Part B premium and possibly with the payment of your Medicare Part A and Part B cost-sharing.

- If you are **single** and have a total monthly income of less than \$1,714 per month; and less than \$9,430 in resources
- If you are **married** and have a total monthly income of less than \$2,320 per month; and less than \$14,130 in resources

## DO YOU HAVE MEDICARE?

Do you want to know if you are eligible to save some money?

The **PA MEDI Program** wants to make sure you and your loved ones who have Medicare know about the **Extra Help** and the **Medicare Savings Programs**.

**Call Today!**

**PA MEDI 717-263-2153**

This project was supported, in part by grant number 14AAPAMSHI from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

## Mount Alto Senior Center

Mont Alto Seniors enjoy off-site activities on a regular basis, including bowling the 3rd Friday of each month at Sunshine Lanes in Waynesboro. Recently, a few participants ventured out for miniature golf at Cluggy's; enjoying the fall weather and friendly competition.



### Retiring Soon? New to Medicare? Just want a refresher?

**Medicare 101 Presentation for Franklin County Residents Only**  
**4th Tuesday of each month at 6:00PM**

Upcoming dates: January 27th, February 24th, and March 24th

Join a state certified PA MEDI counselor to learn about:

Eligibility • Major areas of Medicare coverage • Your possible out of pocket costs • Your coverage options: Medicare policies, Medicare Advantage Plans, and Prescription Drug plans • When and how to enroll

To register, contact PA MEDI at 717-263-2153 or email [pamedi@franklincountypa.gov](mailto:pamedi@franklincountypa.gov)



Offered by the Franklin County Area Agency on Aging:  
600 Norland Avenue, Suite 11,  
Chambersburg, PA 17201

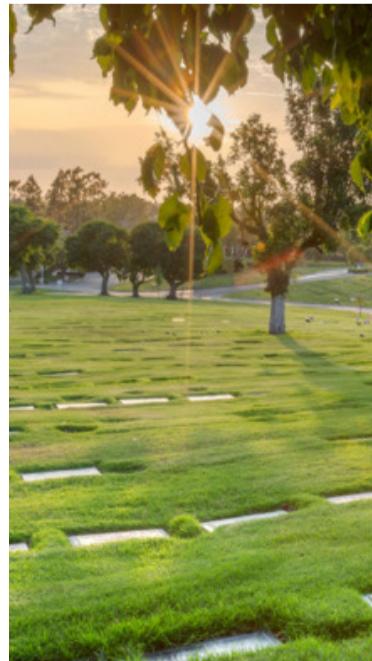
Planning ahead is simple. The benefits are immense.

When you plan ahead, you can make your final wishes known and provide your loved ones with true peace of mind.

**PARKLAWNS**  
MEMORIAL GARDENS & MAUSOLEUM  
CHAMBERSBURG  
717-263-9125

Every Detail Remembered™ | Dignity<sup>MEMORIAL</sup>

Parklawns Memorial Gardens & Mausoleum, Sherry Blumanstock, Supervisor



## ALL PA MEDI SERVICES ARE FREE AND CONFIDENTIAL. WE CAN ALSO ASSIST YOU WITH:

- Medicare Prescription Drug Plans (Part D)
- Medicare Advantage Plans
- Medicare Supplemental Insurance (Medigap)
- Medicare Appeals
- Application Assistance

Are you a retired professional interested in a rewarding but challenging volunteer role helping others? PA MEDI is currently looking for volunteers.

## TRIVIA

Squirrels bury up to 3,000 nuts in the fall to prepare for winter.

In colonial times, what were apples called?  
Winter bananas or a melt-in-the-mouths

Who were the first group of people in history to use scarecrows?  
The Egyptians

How many pies can a bushel of apples make?  
Approximately 21 pies

Is pumpkin a fruit or a vegetable?  
Fruit

### Grove Family Library Second Thursday Afternoon Movie (on the third Thursday of the month)



Twenty-two years after Tess and Anna endured an identity crisis, Anna now has a daughter and a soon-to-be stepdaughter. As they navigate the challenges that come when two families merge, Tess and Anna discover that lightning might strike twice.

The switch is back!

Enjoy this delightfully funny and heartwarming film.  
Light refreshments offered. Free and open to the public.



Grove Family Library  
101 Ragged Edge Road South  
Chambersburg, PA 17202  
(717) 264-9663



CIVIC AND SOCIAL LITERACY

Planning ahead is simple. The benefits are immense.

When you plan ahead, you can make your final wishes known and provide your loved ones with true peace of mind.

**PARKLAWNS**  
MEMORIAL GARDENS & MAUSOLEUM  
CHAMBERSBURG  
717-263-9125

Every Detail Remembered™ | Dignity<sup>MEMORIAL</sup>

Parklawns Memorial Gardens & Mausoleum, Sherry Blumanstock, Supervisor

## Tower at Falling Spring

Convenient Living in the Heart of Historic Chambersburg!

Affordable Senior Living Apartments for 62+

Income Limits Apply

200 N. Main St.,  
Chambersburg, PA 17201

Call for More Information 717-263-0119 TTY: 711

A Homes for America Community

Tower at Falling Spring does not discriminate on the basis of disability status in the admission or access to, or treatment or employment in, its federally assisted programs and activities. The person named below has been designated to coordinate compliance with the nondiscrimination requirements contained in the Department of Housing and Urban Development's regulations implementing Section 504 (24 CFR, part 8 dated June 2, 1988). Contact: 504 Coordinator, 180 Admiral Cochrane Drive, Suite 200, Annapolis MD 21401 Telephone Voice: 443-716-0490 Telephone TTY: 1-800-735-2258.

