News

July 2024



As we age, it's important to stay active. Many seniors enjoy swimming because it is easy on the joints. Swimming also keeps your heart healthy, lowers blood pressure, improves circulation and boosts brain function. If you're entering your golden years and are looking to try swimming or you have a pool that caters to seniors, it's important to follow these six tips.

Swim together. Implement the buddy system when swimming. It's always good to swim in pairs so that if something happens, you're not alone. If you spend your days with a caregiver, encourage them to take a dip with you. Cramps, dizziness and inhaling water — these are all things that could happen while you swim. At least if you're swimming with a friend, they can help you make your way to shore or out of the

pool if anything goes wrong.

Know your limits. If you're tired you should stop. You don't have to push yourself to do 40 laps in one afternoon. You're not training for the Olympics. If you just want to float around and relax that's okay too. Know your limits and take it easy when you swim. If you find yourself out of breath or fatigued, get out of the water and rest.

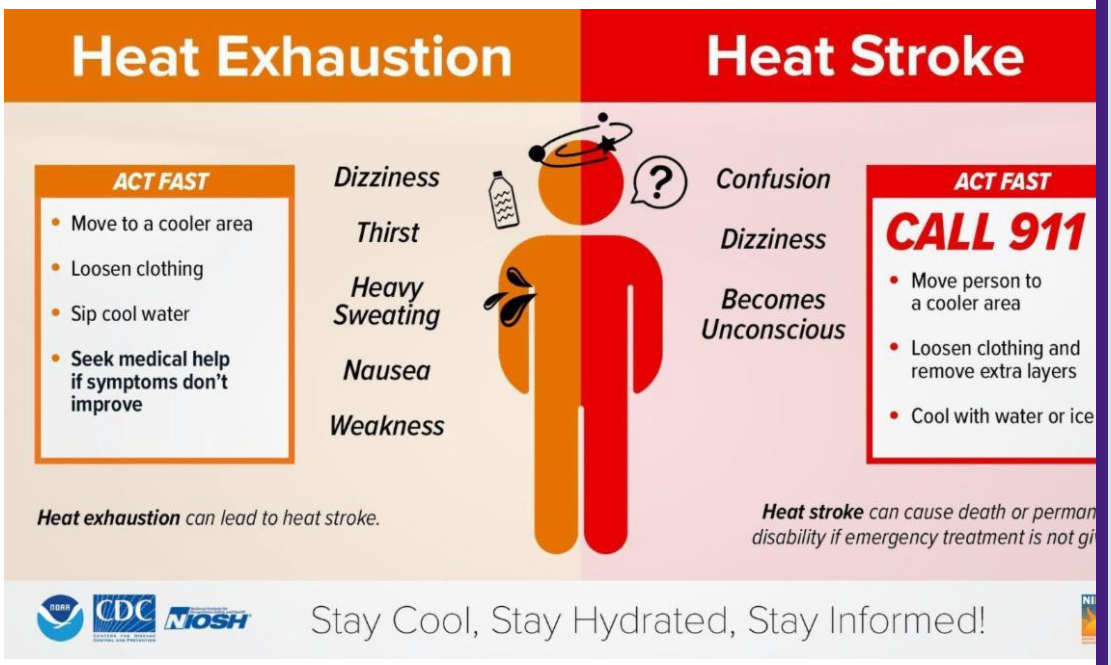
Stay (medically) alert. If you are someone who wears a medical alert pendant, make sure you have a waterproof one you can wear in the pool. You can also give a spare pendant to the person you're swimming with just in case.

It's okay to keep your shoes on. Some seniors find wearing shoes in the pool helps them gain their footing. Some pool bottoms can be slippery or so rough in texture that it's painful on the soles of the feet. You can get water shoes to help you gain some traction and avoid pain.

Take your time getting in and out. Take it slow when getting in and out of the pool. If you have the stamina and energy to do a swan dive off the high-dive then by all means do, but if you're like the rest of us, you probably want to take your time when getting in and out of the water. You don't want to slip or lose your footing and hurt yourself.

Clean up before and after you swim. Before you swim, make sure there's nothing lying around that can cause you to trip. Floatation devices, pool noodles and kickboards are all great toys to keep around, but make sure you put them away when you're done. You should also get someone to help you maintain your pool or hire a company to do it for you.

Even if you're in your golden years, doesn't mean you can't go for a dip. Just remember to stay safe.


Heat Exhaustion
Heat Stroke
ACT FAST
Move to a cooler area
Loosen clothing
Sip cool water
Seek medical help if symptoms don't improve
Dizziness
Thirst
Heavy Sweating
Nausea
Weakness
Confusion
Dizziness
Becomes Unconscious
ACT FAST
CALL 911
Move person to a cooler area
Loosen clothing and remove extra layers
Cool with water or ice
Heat exhaustion can lead to heat stroke.
Heat stroke can cause death or perman
disability if emergency treatment is not gi
CDC
NIOSH
Stay Cool, Stay Hydrated, Stay Informed!



When you can't keep cool at home, here are the places you can go.

YORK COUNTY COOLING CENTERS

Please note that Senior Centers are open for ages 60+ only and may have extended hours. Other centers are open to all ages.

YORK CITY

CRISPUS ATTUCKS ASSOCIATION
605 South Duke Street, York
Monday - Friday, 9 am - 3 pm
(717) 848-3610

SEPTEMBER HOUSE SENIOR CENTER
1251 West King Street, York

Monday - Friday, 8 am - 4 pm
(717) 848-4417

WHITE ROSE SENIOR CENTER INC.
27 South Broad Street, York
Monday - Friday, 8 am - 4 pm
(717) 843-9704

YORKTOWN SENIOR CENTER INC.
509 Pacific Avenue, York
Monday - Friday, 7:30 am - 2:30 pm
(717) 854-0693

LIFEPATH CHRISTIAN MINISTRIES
367 West Market Street, York
7 days a week, 11:30 am - 1:30 pm

FRIENDS & NEIGHBORS OF PENNSYLVANIA
The Beacon Resource Center at Union Lutheran Church
408 West Market Street, York
Monday, Tuesday, Thursday & Friday, 12:30 pm to 3:00 pm
Street outreach teams will increase distribution
of water, sunscreen, and cooling towels (as supply allows).

HANOVER AREA

NEW HOPE MINISTRIES - Hanover
135 Baltimore Street, Hanover
Monday – Friday, 9 am – 4 pm
(717) 698-3365

VALLEY FORGE RESTORATION MINISTRIES
Center Square (next to Vinny's), Hanover
2 - 4 pm
(223) 291-1208

HANOVER AREA COUNCIL OF CHURCHES
136 Carlisle Street, Hanover
11:30 am – 4 pm
(717) 633-6353

DOVER AREA

HERITAGE SENIOR CENTER, INC.
3700-4 Davidsburg Road, Dover
Monday - Friday, 8:30 am - 1:30 pm
(717) 292-7471

NEW HOPE MINISTRIES - Dover
62 N. Main Street, Dover
Monday – Friday, 9 am – 4 pm
(717) 292-3441

DILLSBURG AREA

Call Tim H. at Dillsburg EMA
(717) 712-6681

DILLSBURG SENIOR ACTIVITY CENTER
1 N. Second Street, Dillsburg
Monday – Friday, 8 am – 2 pm
(717) 432-2216

NEW HOPE MINISTRIES
99 W. Church Street, Dillsburg
Monday – Friday, 9 am – 4 pm
(717) 432-3053

OTHER AREAS IN YORK COUNTY

DELTA AREA SENIOR CENTER
5 Pendyrus Street, Suite 1, Delta
Monday - Friday, 7 am - 2 pm
(717) 456-5753

GOLDEN CONNECTIONS COMMUNITY CENTER
20-C Gotham Place, Red Lion
Monday - Friday, 8:30 am - 2:30 pm
(717) 244-7229

NEW HOPE MINISTRIES – REDLAND
539 Old York Road, New Cumberland

Monday – Friday, 9 am – 4 pm
(717) 915-6763

NORTHEASTERN SENIOR COMMUNITY CENTER
131 Center Street, Mt. Wolf
Monday - Friday, 8 am - 2 pm
(717) 266-1400

RED LAND SENIOR CENTER, INC.
736 Wyndamere Road, Lewisberry
Monday - Friday, 8:30 am - 3 pm
(717) 938-4649

SOUTH CENTRAL YORK COUNTY SENIOR CENTER, INC.
150 East Main Street, New Freedom
Hours: Monday - Friday, 8:15 am - 2:15 pm
(717) 235-6060

STEWARTSTOWN SENIOR CENTER INC.
26 South Main Street, Stewartstown
Hours: Monday - Friday, 8:30 am - 3 pm
(717) 993-3488

SUSQUEHANNA AREA SENIOR CENTER INC.
2427 Craley Road, Wrightsville
Hours: Monday - Friday, 8 am - Noon
(717) 244-0340

WINDY HILL ON THE CAMPUS INC.
1472 Roth’s Church Rd, Ste 103, Spring Grove
Hours: Monday - Friday, 8:30 am - 2:30 pm
(717) 225-0733



Admission Hours:

Monday - Thursday
1 - 10 pm

Friday - Sunday
11 am - 10 pm

Regular Admission Prices:

Adults (18+) **$10**
Kids (6 - 17) **$5**
Age 5 and under **FREE**

Parking:

Parking **$10**

Advance Admission Tickets

On sale at Weis Markets, Rutters & Saubel's Markets for $5 per person
or purchased online for $6 at the link below:
https://www.etix.com/ticket/p/76206993/reduced-pri...

Advance Combo Package

A combo promotional package for $25. Each package includes 1 admission pass and 1 ride wristband pass. Passes are only

valid Monday, July 22nd thru Thursday July 25th. There are limited quantities
available. https://www.etix.com/ticket/k/22017619/combo-ticke...

Advance Sale Tickets & Advance Combo Package are available until Thursday July 18th!

Promo Days

Friday, July 19
$1 admission, $1 rides

Monday, July 22
Free admission for seniors

Tuesday, July 23
$2 admission, $2 rides



Summer Health & Wellness Classes

Our FREE Health & Wellness classes will help you increase stamina, decrease falls, reduce pain, improve balance, manage cancer issues, and create new friendships. Classes are filling quickly, so sign up today!

***See Our Schedule*.**

The York County Area Agency on Aging
will be closed in celebration of

Independence Day
Thursday, July 4th



Fun Things To Do for Older Adults in York County

This list is shared every Thursday via our FaceBook page.
Follow us for more fun!

July 3

Music, Games, Food, & Fireworks
Park event is all day, Fireworks at Dusk
Dover Community Park

Fireworks – Red Lion
9 pm
Fairmount Park

July 4

Fireworks – Hanover
9:30 pm
Behind Lowes on N. Wilson Avenue

Fireworks – Jacobus
8:30 pm
Jacobus Community Park

Fireworks – Spring Grove
9 pm
Providence Community Church

Fireworks – Wrightsville
9:30 pm
South Front Street

Fireworks – York City
9 pm
WellSpan Park Stadium

July 5

Fireworks – New Freedom
10:30 pm
Carnival Grounds

July 13

Snacktown Street Fair
10 am – 4 pm
Downtown Hanover

Discovery Day Weekend
Saturday & Sunday
Special interactive activities
Ma & Pa Railroad Heritage Village
1258 Muddy Creek Forks Road, Airville
Info: www.maandparailroad.com

July 15

Candy Bar Quiz
Identify candy bars by just looking at the shape
Penn State York Main Classroom Building
Free & open to the public.

July 17

Carnival & Fireworks – Jefferson
10 pm
Carnival Grounds

July 20

Red, White, & Blue Picnic Train
Patriotic music sing-a-long
Departs 11 am & 1 pm
Stewartstown Railroad Company
21 W. Pennsylvania Avenue, Stewartstown
Seniors 65+: $13; Adults: $14

July 6

Vehicle Benefit Show
9 am – 2 pm
East Prospect Ball Field
2 Meisenhelder Road, East Prospect
Benefits York County Veterans Office
Information: epcarshow123@gmail.com

Aloha Shirt Picnic Special
Wear your aloha shirt; Free lei, Ugliest Aloha shirt contest,
Departs 11 am & 1 pm
Stewartstown Railroad Company
21 W. Pennsylvania Avenue, Stewartstown
Seniors 65+: $13; Adults: $14
www.stewartstownrailroadco.com

July 9

Film: Jaws
TBA
York-Adams Film Club
Dolphin & Anchor Brew Pub
13 Center Square, Hanover

July 11

Games Night
5:30 - 7 pm
Penn State York Main Classroom Building
Free & open to the public.

www.stewartstownrailroadco.com

Civil War Day
Re-enactor Encampment, Music, Games, 10 am
Penn Park
100 W. College Avenue, York
Sponsored by York County History Museum

July 21

Civil War Encampment
Ma & Pa Railroad Heritage Village
1258 Muddy Creek Forks Road, Airville
Info: www.maandparailroad.com

July 26

Film: Wonka
8 pm
York Township Recreation
York Township Park

July 28

York County Community Band Festival
Music, food trucks, craft vendors, York history
2 – 5 pm
Zion Lutheran Church
2215 Brandywine Lane, York
Open to public, Free Admission

This list is a courtesy of and not an endorsement by the York County Area Agency on Aging.

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In This Issue: Aging Our Way, PA's 10 Year Plan for Older Adults; Senior Farmers Market Nutrition Program; Pedestrian Safety; Wills vs. Trusts; Volunteer Appreciation; Older American's Month; Online Socializing Safety; Elder Law Update; Fraud Prevention; and more...

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About York County Area Agency on Aging

The primary focus of the York County Area Agency on Aging is to provide education, advocacy and coordination of community-based services to empower older adults to maximize their independence and quality of life.

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