



ElderDay

OLDER ADULT DAY SERVICES

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717.709.4510

JULY HIGHLIGHTS

August 14, 21, 28 Exercise w/ Carrie

August 3: Watermelon Day - Wear red, pink or green.

August 4: Men's Program w/ Chaplain

August 5: King of the Jungle Day:

Wear animal print

Member Council Meeting

August 10 - 14: BEACH WEEK!

August 10: Wear a Hawaiian Shirt
Marimba w/ Marlin

August 11: Shark Day

August 12: Health Talk with Kim

August 14: Family Boardwalk
Extravaganza - Wear a beach shirt

August 19: Flamingo Day - Wear Pink

August 21: Sons and Daughters Day -
Bring photos to share

August 24: The Burning of Chbg

August 26: Therapy dog visit

Devotions with Chaplain

August 27: Random Acts of Kindness

August 28: 50's Day - Wear 50's inspired

SERVICES FOR YOUR CONVENIENCE

- Hair Salon
- Podiatry
- Therapies
- Flu Vaccine

For more
information
on these
services
please call:
717-709-4510

AUGUST BIRTHDAYS

8/1 Eric R.
8/8 Bill R.
8/19 Ann B.
8/19 Bill B.
8/20 Bertha T.



HOLIDAY CLOSURES

AUGUST - NONE
SEPTEMBER 7 - LABOR DAY

ELDERDAY NEWS

Older Adult Day Center

AUGUST 2026

Exciting news: We are now accepting new members!

Looking for a safe, engaging, and affordable day program for your loved one?

Our doors are open Monday through Friday from 8:00 AM to 4:00 PM, providing a vibrant environment that enhances the lives of local seniors.

We offer a diverse daily schedule packed with stimulating activities to keep our members active and connected, including:

- **Physical wellness:** Guided exercise tailored for all mobility levels.
- **Creative expression:** Fun arts, crafts, and uplifting music sessions.
- **Social engagement:** Friendly group games, live entertainment, and educational programs.
- **Festive celebrations:** Special seasonal events and holiday activities year-round.

We proudly serve families across Franklin County and Cumberland County, providing caregivers with much-needed daily respite and peace of mind. Space is limited—reach out today to schedule a tour and see our Center in action!



**40 YEARS OF KEEPING
FAMILIES TOGETHER**



At ElderDay, your loved one isn't just a participant—they're family. We offer a vibrant, secure community where we nourish the mind, body, and spirit through social activities and genuine connection. While your loved one enjoys days filled with friendship and purpose, you can take a well-deserved breath for yourself. This essential respite for family caregivers provides the support needed to help your loved one continue residing comfortably at home. Our dedicated team of nurses and care specialists provides expert health monitoring and personalized care, giving you total peace of mind.



1427 Philadelphia Avenue
Chambersburg, PA



mennohaven.org/elderday



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BOARDWALK EXTRAVAGANZA



Dust off your sunglasses and get ready for some summer fun! We are excited for our upcoming family event, and you won't want to miss it.

Boardwalk Extravaganza

When: Friday, August 14, 2026

Time: 11:00 AM – 2:30 PM

Food: A delicious picnic lunch with a special dessert

Each ElderDay member is welcome to have one guest join them.

Space is limited, so reservations are strictly required.

Please RSVP no later than Friday, August 7, 2026

to 717-709-4510 option: 2

We're kicking off with a Family Informational Session, followed by a Picnic lunch and topping off the event with Boardwalk Games & Goodies. Clear your calendar and get ready to join in on the fun.

WISH LIST - PROGRAM SUPPLIES

Elmer Glue Stick

Bingo Prizes: Small hand lotions
Chapstick/lip balm
Seasonal Trinkets



THE PLEDGE OF ALLEGIANCE

Watch ElderDay recite the Pledge of Allegiance on TV ABC 27 at 11:58 AM, Monday, July 27 prior to the noon news.

Watch anytime after July at www.ABC27.com. Choose Community tab, then The Pledge of Allegiance.



OUT AND ABOUT



Boosting memory,
strengthening
muscles,
staying socially
engaged, and
enjoying the
moment.

A NOTE OF THANKS

A special shout out to Gabby Snider, of Paintings with Purpose. Her mission is to bring happiness and light to others, and she did just that at ElderDay. Her beautiful red, white and blue patriotic flowers help to brighten our summer. Stop by and take a look!

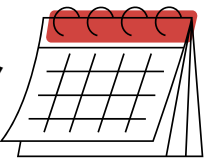
For information on Paintings with Purpose:
gcider90@gmail.com



CAREGIVER'S CORNER

FRIENDLY REMINDER
REGARDING ABSENCES

To help us provide the best experience possible for your loved one, please remember to give us advanced notice whenever you know your member will be absent from the center. We rely on an accurate headcount to order our lunches and schedule our staff. When you give us an early heads-up, it ensures we don't over-order food and that we have the perfect amount of team members on hand to support everyone. Thank you so much for your partnership, understanding, and help in keeping ElderDay running smoothly!



SENIOR REACH PROGRAM

Senior Reach is a free program in Franklin County providing reassurance as a service for seniors (60+) who may find comfort in having a Peer Specialist contact them on a regular basis. Participants may talk about anything of interest or concern to them. Senior Reach is designed to provide connection with others to Reduce stress, social isolation, loneliness and combat depression.



717-264-4301

CAREGIVER SUPPORT GROUP
MEETING



Registration is strongly encouraged,
call 717-709-4510

Wednesday, August 19 at 2 PM
Wednesday, September 15 at 2PM
Chambers Pointe Conference Room

PA CAREKIT - CAREGIVING RESOURCES
TAILORED TO YOUR SPECIFIC NEEDS

One day, you're simply helping out. The next, you're just holding everything together. **PA CareKit** is a collection of tools, information, and support to help you learn more, plan ahead, or catch your breath. It's here to support your role, your time, and your needs – because caregiving rarely comes with instructions.

<https://www.pa.gov/agencies/aging/pa-carekit>
or
Pick up the PA CareKit at ElderDay

ElderDay at Menno Haven ~ August 2026

Mon	Tue	Wed	Thu	Fri
3 WATERMELON DAY WEAR RED, PINK OR GREEN 9:15 What's New? 10:00 Watermelon Craft 11:00 Junk Drawer Detective 11:30 Paper Plate Exercise 1:15 Watermelon Tasting/Seed Contest & Men's Group w/ Chaplain Kevin 3:00 UNOI	4 9:15 Welcome! 10:00 Walking Club 11:00 Devotions with Dee 11:30 Exercise 1:15 Shoebox Project 3:00 Puzzles	5 KING OF THE JUNGLE DAY WEAR ANIMAL PRINT 9:15 Morning Wake-up 10:00 Manicures/ Table Activities/Lion Craft 11:00 Pool Noodle Exercise 11:30 Member Council 1:15 BINGO!!! 3:00 Water Painting	6 9:15 Morning Welcome 10:00 Boom Whackers 10:30 Short Stories 11:00 Chair Yoga 1:15 BULLZ Bucket 3:00 Courtyard Fun	7 9:15 Social Sip 10:00 Balloon Games 10:30 Ribbon Punch Ball 11:15 Exercise 1:15 Water Balloons 3:00 Card Games
10 BEACH WEEK WEAR A HAWAIIAN SHIRT 9:15 Morning Wake-up 10:00 Sand Art, Beach Fun 11:00 Beach Boys Ex. 11:30 Trivia 1:15 Marimba w/ Marilyn 3:00 Ladder Golf	11 SHARK DAY 9:15 Social Sip 10:00 Shark Craft 11:00 Exercise 11:30 Shark Science 1:15 Ladies Summer Tea with Chaplain Lori 3:00 Cup Stacking	12 LIGHTHOUSE DAY 9:15 Morning Wake-up 10:00 Health Talk w/ Kim 10:30 Plink-O 11:15 Cape May Exercise 1:15 Beach Blanket BINGO 3:00 Virtual Lighthouse Tour	13 9:15 Morning Welcome 10:00 Seashell Craft 10:30 Short Stories 11:00 Chair Yoga 1:15 Bull Bucket 3:00 Courtyard Fun	14 FAMILY FUN EVENT/PICNIC WEAR BEACH SHIRT 9:15 What's New? 10:00 Exercise with Carrie 11:00 BOARDWALK EXTRAVAGANZA 3:00 Puzzles
17 9:15 Morning Welcome 10:00 Key Stone State 11:00 Whole Brain Health 11:30 Rummage Detective 1:15 Antiques - Challenge 3:00 Ball Activity	18 9:15 What's New? 10:00 Devotions with Dee 10:45 Beachball Launch 11:15 Frisbee Golf 1:15 Chair yoga 3:00 Card Games	19 FLAMINGO WEAR PINK 9:15 Morning Wake-up 10:00 Flamingo Facts 10:30 Flamingo Craft/Games 11:15 Exercise 1:15 BINGO!!!! 3:00 IN2L Games	20 9:15 Morning Welcome 10:00 Boom Whackers 10:30 Balloon Games 11:00 Chair Yoga 1:15 BULLZ Bucket 3:00 Courtyard Fun	21 SONS & DAUGHTERS BRING PHOTOS TO SHARE 9:15 Morning Wake-up 10:00 Parent/Child Match-up 11:15 Exercise with Carrie 1:15 Corn Hole 3:00 Washer board Game
24 9:15 What's New? 10:00 The Burning of Chbg w/ Sherry C. 11:00 Exercise 1:15 Bocce/Balloon 3:00 Match Games	25 9:15 Social Sip 10:00 Ice Cream Making 11:00 Boxing Exercise 11:30 Trivia 1:15 Make Your Own Sundae 3:00 Checkers	26 9:15 Morning Wake-up 10:00 Therapy Dog Visit 10:30 Axe Throwing 11:00 Exercise 11:15 Chaplain Devotion 1:15 BINGO! 3:00 Bouncy Ball	27 RANDOM ACTS OF KINDNESS 9:15 Morning Welcome 10:00 Rock Painting & Table Activities 11:00 Chair Yoga 1:15 BULLZ Bucket 3:00 Courtyard Fun	28 50's DAY – 50's ATTIRE 9:15 What's New? 10:00 "Rocking BINGO!! 10:30 Ladder golf 11:15 Exercise with Carrie 1:15 Boat Regatta 3:00 Parachute
31 9:15 What's New? 10:00 Bowling 11:00 Stretch Band Exercise 11:30 Trivia 1:15 Bocce/Balloon & Parachute 3:00 Match Games			Daily Routine: 8:00 AM Social & Individual Pursuits 8:45 AM Morning Snack 9:15 AM – 12:00 PM Exercise, Group Programming & Individual Pursuits	Daily Routine: 12:15 PM - 1:15 PM: Lunch & Relaxation 1:15 PM – 4:00 PM Group Programming & Individual Pursuits Impromptu Tram Rides Calendar is Subject to Change

ElderDay

AUGUST 2026 Menu

Menno Haven

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/3/2026	8/4/2026	8/5/2026	8/6/2026	8/7/2026
Peaches Veal Parmesan Spaghetti w/ Marinara Peas w/ Pearl Onions Apple Cinnamon Cookie	Pepperislaw Beef Tips White Rice Broccoli Angel Food Cake	Bacon Ranch Potato Salad BBQ Chicken Thigh Mashed Sweet Potatoes Corn Orange Jell-o w/ Oranges	Cranberry Sauce Turkey w/Gravy & Stuffing Mashed Potatoes Green Bean w/Bacon & Onions Pumpkin Pie	Watermelon Wedge Battered Cod Steak Fries Sweet & Sour Coleslaw Carrot Cake w/Cream Cheese Icing
8/10/2026	8/11/2026	8/12/2026	8/13/2026	8/14/2026
Diced Peas Meatballs Spaghetti w/ Marinara Broccoli & Garlin Bread Chocolate Chip Cookie	Applesauce Swiss Steak w/ Gravy Parsley Potatoes Corn Ice Cream Cookie Sandwich	Mandarin Oranges Hamloaf w/ Pineapple Glaze Mashed Sweet Potatoes Green Beans Orange Pineapple Muffin	Cantaloupe Boneless Pork Chop w/Rosemary Gravy Basmati Rice Sliced Carrots Peach Crisp	Creamy Cucumber & Dill Salad Hamburgers Baked Beans Potato Chips Peanut Butter Pie
8/17/2026	8/18/2026	8/19/2026	8/20/2026	8/21/2026
Orange Cocktail Jell-o Salad Pork Tenderloin w/ Apples Roasted Red Potatoes Green Beans Lemon Bar	Pineapple Tidbits Herb Roasted Chicken Thigh Jasmine Rice Peas Chocolate Chip Cookie	Applesauce Pork & Sauerkraut Green Beans Mashed Potatoes Lime Jell-o Cake	Cantaloupe Stuffed Peppers Mashed Potatoes Cauliflower Blueberry Crisp	Red & Green Grapes Chicken Pot Pie Zucchini Banana Cake w/ Cream Cheese Icing
8/24/2026	8/25/2026	8/26/2026	8/27/2026	8/28/2026
Cheese & Sweet bologna Crab Stuffed Flounder White Rice Peas Ice Cream Sandwich	Pickled Beets & Onions Shepherd's Pie Buttered Corn Cheesecake w/ Topping	Pears Hot Dog & Bun Macaroni and Cheese Stewed Tomatoes Apple Crisp	Spinach Salad Meatloaf w/ Gravy Scalloped Potatoes Brussel Sprouts Humming Bird Cake	7 Layer Salad Pork Stir Fry Lo Mein Noodles Stir Fry Vegetables Strawberry Shortbread Cookie
8/31/2026				
Peaches Veal Parmesan Spaghetti w/ Marinara Peas w/ Pearl Onions Apple Cinnamon Cookie				