

Volunteer Newsletter

Volume 3, Issue 2



UPCOMING EVENTS

Loyalsock Center for Healthy Aging Grand Opening

Grand Opening & Ribbon Cutting Event

Thursday March 12 | 11:00 AM

Loyalsock Center for Healthy Aging
1607 Four Mile Drive, Williamsport

STEP Office of Aging Volunteer Banquets

Friday April 17 | 1:00 PM

RiverWalk Center
423 E. Central Ave, S. Wmspt.

Friday April 24 | 1:00 PM

Clinton County Community Center
124 E. Walnut St., Lock Haven

Friday May 1 | 1:00 PM

Loyalsock Center
1609 Four Mile Drive, Williamsport



Loyalsock

Center for Healthy Aging

GRAND OPENING

Please join STEP and Loyalsock Township
as we celebrate the grand opening of the
Loyalsock Center for Healthy Aging
at the Loyalsock Township
Community Recreation Center

Thursday, March 12, 2020 | 11:00 AM
1607 Four Mile Drive, Williamsport

Ceremonial ribbon cutting, activity stations,
and guest speakers will be featured
during this open house event.

"Hello Everyone! My name is Becky MacIntyre and I am the new Mill Hall / Volunteer Coordinator. I'm so excited to be here and be part of this amazing team!



I started at STEP several months ago as a Meals on Wheels volunteer. I loved it so much, I became a permanent fixture. I have visited many of the centers already and have met the GREATEST people! I love the Bingo, Tai Chi and Square Dancing. I participated in a Zumba Gold class at the Clinton County Community Center and couldn't believe how much fun it was! I can't wait to see the rest of the centers, experience their activities, and meet all the great team members and amazing volunteers!"

**DON'T
FORGET!**

**When you show up to
VOLUNTEER...**

Please check in with the center coordinator. Feel free to ask any questions before you go on your route, lead an activity, or help at the center. When you are finished please sign out in the volunteer notebook, recording your time. Although you may not think recording your time is important to you it is to us,



YOU make a difference.



For more information on STEP and Centers for Healthy Aging, please visit www.facebook.com/STEPOfficeOfAging



Spring Has Sprung

Spring Equinox is March 20th! Spring Equinox is the official first day of the spring season and occurs when the sun passes the equator moving from the southern to the northern hemisphere. The North Pole begins to lean towards the sun again, and day and night have approximately the same length. In a nutshell, this means the weather is warming up and everything is turning green. Shed your winter coat and get started on this list of fun ways to enjoy the spring season:

Fun Spring Activities Checklist:

1. Plant Something green
2. Have a picnic in the park
3. Find the first crocuses and snowdrops
4. Take a hike
5. Play softball
6. Ride a bike
7. Play a round of golf
8. Walk the dog
9. See the cherry blossoms
10. Sit outside at a cafe

Enjoy the outside!