



Downtowners Auction

Funds raised through the annual auction support the mission of Lancaster Downtowners to **engage in meaningful opportunities that build a multi-dimensional support network to stay informed, involved, and independent in our community.**

The auction will go live on **Wednesday, September 13th** on www.biddingowl.com. Make sure you and your friends are ready to bid by creating an account on the Bidding Owl website; this will be a unique login and is not connected to your Downtowners website login! When you create your bidding account, you can even choose to receive a text or email when you've been outbid.

Share with your friends, family, and neighbors -- be sure to check each individual item for delivery options, as most items cannot be shipped.

Many of the auction items were created by the talented individuals that make up Lancaster Downtowners, and many other items were donated by or purchased in support of our favorite Lancaster businesses!

The auction will close on Wednesday, September 27th at 11:55pm.

Thank you to our auction volunteers for their outstanding efforts!

Kerri Johanning, Sharon Stephan, Mary Cae Williams, Janet Townsend, Erika Flood, Suzy Hoover, Diana Branski, Ezetta Walter, Susan Leinberger, Kim van Donk, Trish Rimo, Nancy Norton, Renee King, Janice Stork, Jim Zink, Valerie Evans, Eleanor Wheeler and our Board of Directors

The Downtowners Auction is the only place to bid on one of Mayor Janice Stork's famous Coconut Cakes!

UPCOMING EVENTS

- 8/17 - Purchasing & Upgrading Devices
 - 8/18 - Happy Hour
 - 8/22 - BIC Independent Writing Session
 - 8/23 - Landis Place On King Open House
 - 8/24 - Downtowners Gardners
 - 8/24 - Supper Club
 - 8/29 - City Police Mounted Stables
 - 9/4 - Morning Walks
 - 9/6 - Bus Trip
 - 9/6 - Bocce at Buchanan
 - 9/6 - Trivia at Southern Market
 - 9/9 - New Member Reception
 - 9/9 - Community Meal Program
- Go to our [Event Calendar](#) for details and to register.

Resource Committee Corner

News to Note

Member-recommended articles from a variety of sources.

Consumer Report Scam Protection Guide

By **Janet Siroto** for Consumer Reports, this extensive article helps you identify risky texts, emails, calls and website while outlining what to do if you mistakenly responded to a scammer.

[Find a copy of the article in the Document Library on our website in the Miscellaneous folder.](#)

Just One Call

Just One Call volunteer coordination can be activated by calling 717-584-1248 or by making a request on our website. Login to your account at www.lancasterdowntowners.org and click the **Member Resources** menu and select **Just One Call**. There you will see a button labeled **My Service Requests**. Answer the required questions and your request will be sent directly to our capable coordinators.

PA Property Tax and Rent Rebate Update

"Thousands more older and disabled Pennsylvanians will qualify for help from a landmark state property tax rebate program, after Democratic Gov. Josh Shapiro signed a major expansion into law..." writes **Charlotte Keith of PA Spotlight** about the passage of HB1100.

[Learn more](#)

Senior Nutrition and Cooking For One (or Two)!

September 14th @ 7pm
via Zoom

Join us in a Zoom discussion about how nutrition needs change as we age, how to manage leftovers or excess ingredients, food safety, and general ideas of how to make meal preparation more enjoyable, particularly when cooking for one person. Downtowner submitted tips and tricks will be an important part of the discussion.



[REGISTER HERE](#)



LEFT: Executive Director for Lancaster Downtowners Melissa Ressler and State Advocacy Director for PA AARP Teresa Osborne speak in support of HB1100 to the House Finance Committee on May 22, 2023.

DIRECTORY UPDATES

Your reviews and feedback help keep our Resource Directory up to date and relevant! If you have a resource to recommend, [use the online form here](#) or send an email to director@lancasterdowntowners.org and our Resource Committee will update the directory.

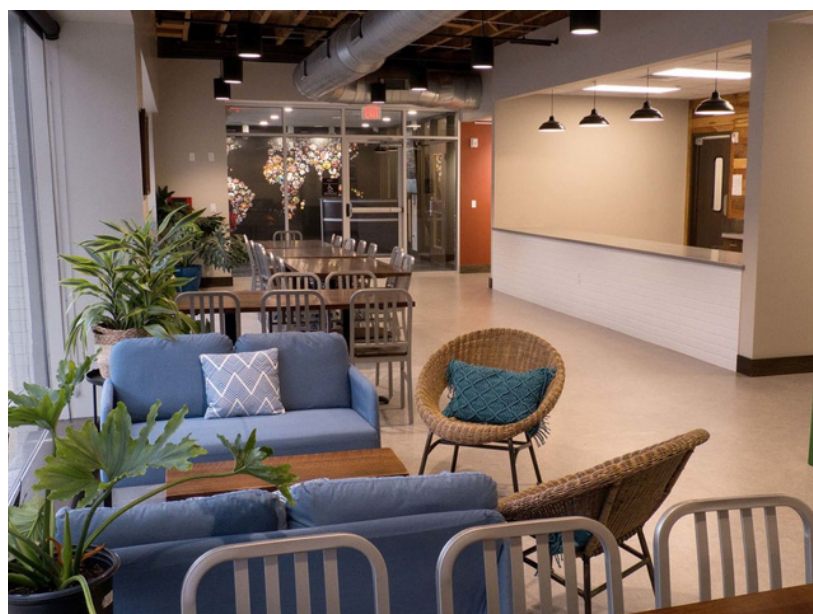
Annual Meeting

Save the date and join fellow Downtowners on Wednesday, **September 27, 2023** from **5:30pm-8pm** at **Hub450** for our Annual Meeting. Catch up with longtime friends and make new connections as we enjoy a beautiful charcuterie table by **Graze**, custom Downtowner mocktails from Lancaster Bartending, and get an in-person look at featured auction items.

The Lancaster Downtowners Board and Executive Director will introduce incoming board members and board leadership transitions, provide an update on activities over the past year, and set the stage for our village as we (already!) look to 2024.

We look forward to exploring both the **State of the Village** and opportunities related to the Commonwealth of Pennsylvania's process for establishing a **Master Plan for Older Adults**.

*Bring your best smile! We'll be taking photos for your Downtowners website profile!



ABOVE: HUB450 - location of the 2023 Annual Meeting

[Register for the Annual Meeting](#)

Welcome to Downtowners' Newest Members

Stock Weinstock, Sherill Ross, Karen Schory and Timothy Lynch

Happy Birthday to these Downtowners in September!

Michael D, Carmen N, Mary Alice R, Mimi S, Sea M, Deborah G, Trish R, Ellan Mumma, Linford G, Philip B, Ken K, Marty B, Steven G, Eva C, Susan H, Ron A, Pat C, Jarol B, Ana B-G, Barbara B, Paula J, and Gerald R.

BELOW: Downtowners at the 2022 Annual Meeting at Clipper Stadium.



Community Partners

LANCASTER REC PRESENTS

THE FIRST ANNUAL COMMUNITY VOLUNTEER FAIR

Join us to learn more about community nonprofit organizations and their volunteer opportunities.

SEPTEMBER

7

11 A.M.
- 2 P.M.

LANCASTER PUBLIC
LIBRARY

Ewell Plaza
151 N. Queen Street
Lancaster, PA

This event is brought to you by:

LancasterREC
Get Active. Live Healthy.

LANCASTER
PUBLIC LIBRARY



Age-Friendly
LANCASTER CITY

Tai Chi for Arthritis

Tai Chi for Arthritis is a FREE 8-week program offered by Lancaster County Office of Aging that promotes exercise and injury/disease prevention. The program is designed to improve movement, balance, strength, flexibility, and relaxation. In addition, the program has also been shown to decrease pain and falls. Classes meet once a week for 60 minutes and include warm-up/cool-down exercises, core movements, advanced extension movements, and breathing instruction. Intended for adults with or without arthritis, rheumatic disease, or related musculoskeletal conditions, and is appropriate for people with mild, moderate, and severe joint and back pain.

Contact Ellen Weekes, Office of Aging Health & Wellness Coordinator, by phone (717-299-7924) or email (weekese@lanastercountypa.gov) to register.

Continuing Care At Home: In-Person Seminar

September 13 @ 4:00 pm
Landis Place on King, 239 W
King Street, Lancaster, PA 17603

Registration is required and can be completed by contacting me at 717-381-3599 or

FriendsLifeCare.org/Landis/

Tai Chi Class location and schedule:
Maple Grove Community Building – 1420
Columbia Ave, Lancaster
Level 1/Beginner's – Tuesdays, 10/3/23 –
12/19/23, 1:00 PM – 2:00 PM

Level 1/Beginner's – Thursdays, 10/5/23 –
12/14/23, 2:30 PM – 3:30 PM

Level 2/Advanced – Thursdays, 10/5/23 –
12/14/23, 1:00 PM – 2:00 PM



**WALK
TO
END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

JOIN US FOR OUR UPCOMING EVENT!

2023 WALK TO END ALZHEIMER'S LANCASTER, PA



When: Saturday, September 23, 2023

Registration at 9 a.m. | Ceremony at 10 a.m.

Where: Overlook Park,
601 Granite Run Drive Lancaster, PA 17601

No registration fee, Donations optional & welcomed,
Thank You for being a part of Our Community!

We hope you can walk with us!
Join by scanning to join Our Walk Team

act.alz.org/goto/Westendyoga

Downtowners Around Town

Barbie Movie

It's not a surprise the Downtowners did their part to help the Barbie Movie break box office records.

[This article from communications consultants Dania Zagalli and Emma Stafford](#), of London based agency ACNE, "touches on the impact [Barbie's] had over the past 60 years and the current issue of ageism within our culture."

Looking to consider how internalized ageism might be impacting you? **Emily Laber-Warren's** article for the Washington Post titled, "[Negative thoughts about aging can be harmful. Here's how to reduce them](#)" does just that.



Pictured above from left to right are Ruth, Angie, Judy M, Judy ZH, Dena and Nancy.

Tabling at Central Market

On Friday August 11th a crew of Downtowners took shifts meeting neighbors and welcoming visitors at our pop-up info table in Penn Square near Central Market. It was a great opportunity for people to come across our organization for the first, second, or tenth time.

There is a marketing maxim known as **The Rule of 7**; someone must encounter your brand or message at least seven times before they take action (to purchase, or in our case - join!)

Our ambassadors provide the most memorable and personable encounter possible - a friendly face and warm conversation. Tabling is a great way to support the mission of Lancaster Downtowners without a regular commitment on your calendar! Let the office know you'd enjoy spreading the word about our organization in this way by emailing Ro at admin@lanasterdowntowners.org.

Pictured below from left to right are Downtowners Bridget, Mary, and Melissa with a potential new member.



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Smart Life Via Willow Valley In-Person Information Session

September 13th; 2pm-3pm

This is an In-Person Information Session about Continuing Care at Home for Lancaster Residents, held at:

Eden Resorts and Suites
222 Eden Road
Lancaster, PA 17602

[Register Here to attend.](#)

Homestead Village- August 24, 2023

Marketing Seminar - Financial
Planning for a Fruitful Future

Presented by Rogers and Associates
9:45 registration, 10am Program
The Bachman Center at Homestead Village
633 Community Way, Lancaster PA 17602

Even if you have your financial plan in place, you can always learn new strategies, tips, and insights through maximizing your through retirement. Homestead Village Staff will also be there to answer any questions.