

Monday

Tuesday

Wednesday

Thursday

Friday

August 2018

6 9:30 A Time of Togetherness with Bruce Shaub 10:00 Puffy Paint Root Beer Float 11:00 Zumba® Gold with Heather Cintron 12:00 Lunch 12:45 Make Your Own Root Beer Float Cost: \$1) (Celebrate National Root Beer Float Day!)	7 9:30 Paint Ceramics with Anita, Andowins Ceramics (Prices Range from \$2-\$7) 10:00-11:30 Seniors Eating Well Workshop w/ Tabatha Valenti, Penn State Cooperative Extension 10:30-12:00 Bingo at Shiloh Fire Hall at West Manchester Township (Van \$4.70/\$7.05 (65+ & 60-64 disabled) 10:00-10:45 Balance & Strength Training with Brian Mechler 10:00 Knitting Club 12:00 Lunch & August Birthday Party 12:45 Left, Center, Right! (Bring Your Dimes!)	1 9:30-3:00 Trip to Caledonia (Tix:\$3.50 >20 / \$5 for groups < 20/Van:\$13.30 Round Trip) 11:00 *NO* Zumba® Gold 12:00 Lunch & 20 Questions 12:45 Paint a Suncatcher (Cost: \$1.00) 2:00-4:00 STARS Program Quick As A Flash w/ Deb Bixler @ Commonwealth Fire Company (R-\$10/NR-\$15) (Van \$4.70/\$7.05 (65+ & 60-64 disabled)) 8 9:45-2:00 Steam into History in New Freedom (Van: \$11.30/ \$2 admission, (65+) Bring money for Lunch at Rail Trail Cafe and Shopping @ Brown's Orchard- Vouchers Accepted!) 10:00-10:30 Food Labels and Marketing Terms Presentation with Nutritionist Barbara Goll from Homeland at Home 11:00 Zumba® Gold with Heather 12:00 Lunch 12:45 Name That Tune of Summer	2 9:00-11:00 Commodity Supplemental Food Program for Seniors (Must be Registered) 10:30-12:00 Mobile Produce Market by Metta Barbour 10:00 August Puzzle Packet and Word Pics 12:00 Lunch 12:45 Celebrate National Ice Cream Sandwich Day *Only if you are logged in for lunch on CoPilot by noon*! 9 8:30 WRSC Board Meeting 10:00 10,000 Acts of Kindness Presentation by Unity Through Kindness 10:30 Lottery Ticket Bingo 12:00 Lunch 1:00-3:00 Fresh Express Produce (Must a White Rose Senior Center Member or Broad Park Manor Resident ONLY; Bring a Bag/ Cart! Volunteers Needed!)	3 10:00 Watermelon Fan Paper Plate Craft (Free!) 10:00 Bible Study with Andrea 10:00 Knitting Club 11:00 T'ai Chi with Brian Mechler 12:00 Lunch & CoPilot Incentive Watermelon Raffle 12:45 Paint a Watermelon Rock *Wear your Pink & Green* 5:00 Meet @ Cheddars for dinner- Self Pay.) 7:00: TAFE *Our Town* Performance @ The York Learning Center (Must Drive- Limited Seats, 10 tickets available.) 10 10:00 Bible Study with Andrea Adams 10:00 Knitting Club 10:30-1:00 Premier Designs Jewelry Style Workshop w/ Marianne Birk 11:00 T'ai Chi with Brian Mechler 12:00 Lunch 12:45 Flip Door Hanging Craft w/ Nicole (Cost \$1.00)
13 10:00 Ladder Ball Game 9:30 A Time of Togetherness with Bruce Shaub 11:00 Zumba® Gold with Heather Cintron 11:50-12:00 What A Waste Kickoff with Matthew Levine 12:00 Lunch 12:45 Candy Game! (Throw your dimes!)	14 9:00-11:30 Senior Farmers Market Nutrition Program & Vouchers distributed by YCAAA 10:00-10:45 Balance and Strength Training with Brian Mechler 10:00 Knitting Club 11:00 Dance Lessons w/ Nicole & Jenna 12:00 Lunch 12:45 Make Your Own Beach Bear Pudding Cup (Cost: \$0.50)	15 10:00 Home Care & Veteran's Benefits for You by Angel Rivera from Addus Homecare 11:00 Zumba® Gold with Heather 11:00-1:30 STARS Program Bingo and Lunch Aroma Buffet & Grill (Cost: \$5.00, Lunch: \$7.59 buffet, \$2.04 beverage; 15% gratuity/65+ & 60-64 disabled, Van \$4.70/\$7.05) 12:00 Lunch 12:45 Bingo with Carol Barnhart *TRIVIA is DUE!* 22 10:00 Tye Dye T-Shirt (Bring your own WHITE T-Shirt. Cost: \$1.00 per person---bring your grandkids! Don't forget your WHITE shirt!) 11:00 Zumba® Gold with Heather 12:00 Lunch 12:45 Baseball Game w/ Jenna and Nicole	16 9:00 Simplistic Artistry Thumbprint Pineapple Painting 10:00-12:00 Wiki Wiki Luau 10:30-12:00 Mobile Produce Market by Metta Barbour 11-11:30 Dance Performance by Kalayaan Ensemble 11:30-12:00 Learn How To Hula 12:00 Lunch 12:45 Piñata ***Wear Your Hawaiian Attire!*** 23 10:30 Summer Raffle 12:00 Lunch 1:00-3:00 Fresh Express Produce (Must be a White Rose Senior Center Member or Broad Park Manor Resident ONLY; Bring a Bag/ Cart! Volunteers Needed!)	17 10:00 Bible Study with Andrea Adams 10:00 Knitting Club 11:00 T'ai Chi with Brian Mechler 11:00 Blood Pressure checks w/ Mercedes Johnson from Senior Life 12:00 Lunch & York County Birthday Celebration 12:45 Foam Letter Game w/ Nicole 24 9:00 Flashback Friday to *1982* (Wear your favorite 80s clothing!) 10:00 Bible Study with Andrea Adams 10:00 Knitting Club 11:00 T'ai Chi with Brian Mechler 12:00 Lunch 12:30-2:45 *Movie* and Refreshments
20 9:30 A Time of Togetherness with Bruce Shaub 10:30 Minute To Win It Game! 11:00-11:45 Zumba® Gold with Heather Cintron 12:00 Lunch 12:45 Make an All Natural Bug Spray (Cost: \$1.00)	21 10:00-11:30 Seniors Eating Well Workshop with Tabatha Valenti, Penn State Cooperative Extension 10:00-10:45 Balance and Strength Training w/ Brian Mechler 10:00 Knitting Club 11:00-12:00 National Senior Citizen's Day Party w/ Cupcakes, Punch, Music, and prizes! 12:00 Lunch 12:45 Make A Lizard Keychain w/ Nicole (Cost \$1)	29 10:00 Summer Bag Game 11:00 Zumba® Gold with Heather Cintron 11:00 Summer Snack Sampler (Make and Take Snack Ideas. Cost: \$1.00) 12:00 Lunch 12:45 The Price is Right!	30 10:00 Taste Test w/ Nicole (Cost \$0.50) 10:30-12:00 Mobile Produce Market by Metta Barbour 12:00 Lunch 12:45 Make an Ankle Bracelet w/ Nicole	31 10:00 Knitting Club 10:00 Bible Study with Andrea Adams 11:00 T'ai Chi with Brian Mechler 12:00 Lunch & 20 Question Winner Revealed 12:45 Make Your Own Trail Mix to Celebrate National Trail Mix Day (Cost: \$0.25)
27 9:30 A Time of Togetherness with Bruce Shaub 9:30 September Newsletter & Trip Sign Up Day! 11:00-11:45 Zumba® Gold with Heather Cintron 12:45 Make Your Own Ice Cream	28 10:00 Knitting Club 10:00-11:30 Seniors Eating Well Workshop w/ Tabatha Valenti, Penn State Cooperative Extension 10:00-10:45 Balance and Strength Training with Brian Mechler 12:00 Lunch 12:45 Let's Make a Deal! 2:00-4:00 STARS Program Needlefelted Mary and Baby @ Springettsbury Township Farmhouse (R-\$10/NR-\$15) (Van \$4.70/\$7.05 (65+ & 60-64 disabled))			



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