

APRIL 2022

HIGHLIGHTS

Staff Sponsored Easter Raffle Ticket Sale

(Running now through April 8th @11:00. Tickets are \$1.00 each, 6/\$5.00, or 17/\$10). Winners to be announced April 8th at Noon!)



Zumba Gold® Every Monday & Wednesday

10:30-11:15 w/ Heather Cintron

Bruce's Bible Study Every Monday @ 9:30

Monday April 4th 9:00 GRAND OPENING Red Carpet Rope Drop

Tuesday April 5th 9:30-11:00 Welcome Back Party w/ Light Refreshments!

(Wear your Red Carpet Attire)

Thursday April 7th 9:00-11:30, 12:00-1:00 Commodity Supplemental Food Box for Seniors with the Cheese Distribution & Puzzle Packet (Must come inside the building for Box)

Tuesday April 12th 11:30 Lunch EASTER Special Meal

Thursday April 14th & Thursday April 28th 10:00 Fresh Express (Must be a White Rose Senior Center Member &/or a Broad Park Manor Resident. Bring a Cart/Bags. Must be able to carry your own items from inside. Tables will be called in RANDOM order)

Friday April 15th Good Friday (Center is Closed)

Sunday April 17th Have A Blessed Easter.

Thursday April 21st 9:30 Hot Dog Sale (Cost:\$1.00)

Friday April 22nd 10:00 Grocery Bingo (Cost: \$3.00)

Tuesday April 26th 9:45 Bingo w/ Barbara Goll Homeland at Home



Find a Mistake? It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in the newsletter and calendar to meet this need. Have Fun!!! (This policy was adopted from West Manchester Township (Lori Trimmer, Parks & Recreation Director)

APRIL 2022

THE ROSE

White Rose Senior Center

27 South Broad Street

York PA. 17403

717-843-9704

MONDAY – FRIDAY 8:00 AM – 4:00 PM

www.whiteroseseniorcenter.org



Some Bunnies Missed You



ARE YOU SICK????

“You know who you are. You wake up feeling lousy. You are clammy and have a sore throat and a horrible cough. You may have a stomachache or feel nauseous. So you sip some tea or ginger ale and head to the Center. You don't like the other options. You would miss out on something that seems important at the time, or you may disappoint your friends. You are pushing through the day even though if you stopped to think about it for a moment, you would admit that you should be home and in bed.”



If this sounds like you, **please stay home!**

We would much rather you stay home and get healthy than come to the Center and share your germs. When in doubt, please stay out, and try again after 24 hours (of being symptom free!)

We reserve the right to ask you to leave for the safety of others in our community if we feel that you are ill or under the weather. Other centers are practicing this approach.

Signing Up for Activities

Each month we plan activities and crafts that we have to purchase supplies for and we ask that you sign up ahead of time so we have the correct amount of items needed. It costs the Center money and staff time to prepare for the activities so when you don't come we are losing money. We realize that people get sick or have appointments but if you know ahead of time that you won't be able to attend, please cross your name off of the list. Others will sign up for the class but are not really planning to participate, so be mindful of that too! We thank you very much in advance for your understanding and consideration!

Also, please be ON TIME for the activities you sign-up for! Once we announce we are starting the activity and you aren't sure if you signed-up just come up and ask!

If you are interested in donating anything, we are interested in the following items: Lysol Toilet Bowl Cleaner, Lysol Floor Cleaner, Bleach, Dish Detergent, Sanitizer, Lysol Wipes, Hand Soap, Air Freshener, Paper Towels, Soda Cans for the Soda Machine (Coke, Diet Coke, Dr. Pepper, Sprite, Iced Tea)

We Warmly Welcome our Newest Members:



Robert Wagner

Angel Garcia

Judy Enders

John Enders

Kim Feldman

James Christian



Staff Personal Cell Phone Numbers

During COVID and while navigating through unfamiliar territory, some Staff Members provided their Personal Cell Phone numbers as a quick means of communication to better assist you (due to being away from our desk phones for an extended amount of time). As such, we are asking that if you must contact us, you do so on the business line at **717-843-9704**, and not our personal cell phone numbers (as we will no longer be responding on personal phones).

Staff extensions are as follows: (You do not need to listen to the entire recording before selecting the proper extension):

#1 Lisa Krout

#2 Brendaliz Gonzalez

#4 Jenna Wray

#5 Chotz Grove



Please note, if we do not answer we are likely not at our desks (not ignoring your call!) Please leave us a detailed message (including your Name & Number) and we will try and return your call as soon as possible.

Please respect our personal space. Offices are OFF limits- unless invited inside, by appointment only.

The Kitchen is for STAFF and AUTHORIZED PERSONNEL ONLY. No one is permitted inside the Kitchen for any reason. No personal items can be stored inside the refrigerator.

Brendaliz Gonzalez will be available for Spanish Case Management based on her availability, *by appointment only*.

GREAT NEWS...WE ARE OPENING UP THE BUILDING FOR LIMITED HOURS BEGINNING APRIL 4, 2022!!!



Our hours to begin with, at least through April 2022, will be 9:00 AM – 1:00 PM. The doors will not open until then and at 1:00 we will lock the doors to do cleaning and preparation for the activities for the next day.

We will be open Monday through Friday, unless there is a holiday or some reason we must change the schedule.

Lunches will be served at 11:30 AM. The lunches may be eaten inside of the building or “take out” will still be available if you feel more comfortable doing that. A staff member will distribute the “take out” meals out the front doors. We will call table numbers and you will come and get your meal if you plan to eat inside of the building. We want EVERYONE to feel comfortable with whatever you choose to do!

Masks will be optional. There will be no bullying people about their beliefs and/or comfort level. We are all friends here and the staff expects good behavior. This is a place to have fun and meet up with your friends!

Talking about friends, we have gained several new members during the past two years of the pandemic. All of these people have never entered the building and perhaps have not met all of you so we will be offering some “ice breaker” activities for everyone to get to know each other. Please introduce yourselves and make everyone feel welcome.

Jenna, Brenda, Chotz, Elba and I are happy to have you all back at White Rose Senior Center!!!

GIVE LOCAL YORK

“GIVE AND GET EVEN MORE”



On May 6, 2022, White Rose Senior Center will be participating in an online fundraiser called Give Local York. This is the 5th year for the event and White Rose Senior Centers fourth year of participating. Many of you gave a donation to White Rose Senior Center and we thank you very much for it. The monies that we raise go to help with every aspect of running the Center where we generally have 100 people for congregate lunches, to buying supplies for activities, to paying for the rent, insurance, paper products, and to delivering home delivered meals. Last year we raised over \$12,000. The goal for White Rose Senior Center for 2022 is \$15,000. Every little bit helps to reach our goal! You may send a check in whatever amount you feel comfortable with and mail it to:

Attn: Lisa Krout
White Rose Senior Center

27 S. Broad Street, York, PA 17403

Cash or checks accepted. Please write for “Give Local York” in the memo section of your check. These can be made ahead of May 6th or on that day! They can be hand delivered or mailed to WRSC by May 6th.

featuring DJ Chris Wagman
May 6th 10:30-11:30

Many more activities to take place.



Copilot is back! WRSC uses copilot as a recording system to track attendance, case management and activities.

Everyone can request a swipe card for a \$5.00 replacement fee, (all NEW members are eligible for a card at no cost) or we can train you to navigate the system without one by utilizing our Touch Screen Computer. It is extremely important that each member learns to use this recording system every day to track your daily activities here at the center (even if you are just stopping by to say hi, you will need to put that in copilot). The main reason we use CoPilot is for meal ordering purposes. We don't know you're coming unless you tell us! Pre-Registering for your meal 2 business days in advance helps take away the guess work. Think of it as a Dinner Reservation. By signing up on CoPilot (Pre Registering for your meal), you are committing to showing up for your Lunch. York County Area Agency on Aging is our primary funder and copilot is a more efficient way to show our funders how many people we support on a daily basis. Therefore, it is important that every member tracks their attendance and activities every day! Thank you! While we are just getting back in the building, we will train you and keep it as simple as possible!

Please make sure you are only pre-registering for meals you plan to show up for.

Senior Box Program

Commodity Supplemental Food Box

Federal Poverty Income Guidelines

Form 402004 – Effective 2/10/22

2022-2023 Income Guidelines; Elderly 130%



| Household Size | Annual | Monthly | Weekly |
|---|----------|---------|---------|
| 1 | \$17,667 | \$1,473 | \$340 |
| 2 | \$23,803 | \$1,984 | \$458 |
| 3 | \$29,939 | \$2,495 | \$576 |
| 4 | \$36,075 | \$3,007 | \$694 |
| 5 | \$42,211 | \$3,518 | \$812 |
| 6 | \$48,347 | \$4,029 | \$930 |
| 7 | \$54,483 | \$4,541 | \$1,048 |
| 8 | \$60,619 | \$5,052 | \$1,166 |
| For each add'l household member, add... | \$6,136 | \$512 | \$118 |

Do You Qualify?

- MUST BE 60 OR OLDER AND LIVING IN YORK COUNTY
- MONTHLY INCOME REQUIREMENTS
- MUST HAVE VALID ID

THE SENIOR FOOD BOX PROGRAM PROVIDES SENIORS WITH A FREE BOX OF FOOD EVERY MONTH TO HELP STRETCH THEIR INCOMES AND IMPROVE THEIR NUTRITIONAL HEALTH. BOXES TYPICALLY INCLUDE MILK, JUICE, CANNED MEAT, POULTRY, OR FISH, OATS, READY-TO-EAT CEREAL, RICE, PASTA, DRY BEANS, PEANUT BUTTER, AND CANNED FRUITS AND VEGETABLES.

Please remember,

the *FIRST TUESDAY* and *FIRST THURSDAY*

of each month is **Street Sweeping**

There is **NO** Parking on the far side of Broad Street

(First Tuesday) from 7:15am-11:45am

and **NO** PARKING on the close side of Broad Street

(First Thursday) from 12:45pm-3:15pm.

You will be ticketed by the City!



*Secret Pal Reminder: This is such a fun project but **PLEASE** don't forget to send your Secret Pal a card on the Holidays and their Special Days. They are counting on YOU to Treat Them Right!*

Please **DO NOT** tell other people who you have or tell **others who have them.** (This includes TALKING amongst one another about it!)

This spoils a lot of the fun for everyone. Remember, it is a **SECRET** until January 2023 at the Reveal Party!



Attention Center Members!



This announcement is in regards to bed bugs and to remind everyone that if you feel as though you may have them, **YOU MUST CONTACT AN EXTERMINATOR.** We also ask that you do not come to the center until you know they have been exterminated (this could take a couple of weeks)! **If you live in Broad Park Manor,** (one of the towers on King St) you can contact Maintenance (717-843-6309) & Penn Pest will come to your home with no cost to you! **First they will come to check your home, then schedule a date to treat your home and finally they will come in for a follow up to make sure the treatment worked!** Please keep this in mind so we can protect our members & our staff. Bed bugs are not biased pests. You can contract them from **ANY WHERE.** Such as yard sales, movie theaters, someone else's home and again they are not biased, **it can happen to anyone.** Thank you for your cooperation!



Fresh Express will continue to be distributed at approximately 10:00am. (time subject to change based on delivery time from Central PA Food Bank). We will no longer be loading up your vehicles. You are expected to come inside with your cart/bags/boxes to go through the line (just like we were doing pre-Covid) and have your products handed off to you. You will not go through the line until your table is called up to retrieve your products.

Please note, JUST BECAUSE YOU ARRIVE FIRST does NOT mean you will be **served first**. Tables will be called in a **Random Order**. We are serving approximately 80 individuals, while supplies last. You will not go through the FOOD line until your table is called.

Please remember, we do not provide bags or boxes. Please treat Staff, Volunteers, and other Members with respect. *It is our pleasure to serve you.*

*****We have volunteers already lined up so we will ask you if we need help!*****



Lunch will be served inside by takeout containers. You are welcome to eat inside the building, or take your meal to go. If you are able, we prefer you walk inside to pick up your lunch (but respect if you are unable/or don't feel comfortable doing so). Lunch will be served Monday through Friday, at approximately 11:30. It is your responsibility to Pre-Register for your own meals (**We will train you on Co-Pilot and ask that you pre-register at least two business days in advance**). Lunches cannot be held for the following day due to limited refrigerator space. With our *limited* operating hours of 9am-1pm, we are hopeful you will join us inside! Lunch will be served at 11:30 promptly following our Meal Time prayer (please know that this is subject to change based on delivery times from Nutrition Group- our food provider. If you are pre-registered for your lunch, please be here on time. We will call you to retrieve your lunch by the table you are seated at.

***** Menu is always subject to change based on Nutrition Group*****

It is the responsibility of each individual to maintain a clean table area. This includes cleaning your table each day after meal time. Work as a team! We appreciate your cooperation. A Cleaning station will be available with paper towels and cleaning supplies. Hand sanitizer will be made available for everyone to sanitize their hands prior to touching the computer monitor/CoPilot Sign in.

As an effort to keep tables CLEAN and CLEAR, the only items that will be permitted to remain on the table at ALL times is your salt and pepper shakers, and your table number. NO OTHER ITEMS WILL BE ALLOWED.

Thank you for your cooperation!

AUDITIONS

TAFE (Theatre Arts For Everyone) announces AUDITIONS for
Senior Manor Mystery

The York County Community Foundation's Hahn Home Fund for Embracing Aging has funded York County's first, and currently only, live touring program for and by area Seniors. This original show will be ready to tour this fall – all it needs is YOU! Can you hear the applause calling?

You've never acted before? No problem, we can teach you everything you need to know! All you must have is daytime availability. This is a great way to meet new people, give back to your community, and try something new!

Date: Tuesday April 12th or Wednesday April 13th 1:00 PM

Location: St. Mark's Lutheran Church*
700 East Market Street/York, PA 17403
*Drive to the back of Church, park in the lot and enter via the double glass doors.

Questions: 717-884-8233 or info@tafepa.org

Zumba Gold®

with Heather Cintron



Mondays & Wednesdays

10:30 - 11:15

Appropriate footwear must
be worn for your own safety!

CLASS STARTS AT 10:30. PLEASE ARRIVE BY
10:20 TO AVOID ANY DISRUPTIONS.




Welcome Back Party

Light Refreshments

Tuesday April 5th
9:30-11

(Wear your Red Carpet Attire)



Bruce's Bible Study

Every Monday

9:30-10:30

Join Bro. Bruce Shaub



Grocery Bingo

FRIDAY APRIL 22ND

@ 10:00 AM

COST: \$3.00

(YOU CAN ONLY WIN
ONE TIME)

Bingo

Sponsored by
Homeland at Home

TUESDAY APRIL 26TH

FREE!

STARTS AT 9:45

PLEASE ARRIVE EARLY
ENOUGH TO RETRIEVE YOUR
CARD AND BE SEATED FOR
BINGO.



There are no assigned seats. Seating is on a first come basis. You cannot save seats. It's very rude to turn members away by telling them there's no space to sit at your table. Please make everyone feel welcome.

Please be advised: It is in the best interest of our Members and our Staff to thoroughly conduct ourselves in a civilized manner and maintain the Center's behavior policies while on premises. Your character as well as the behavior you exhibit is a direct reflection of White Rose Senior Center. Please treat one another with respect and dignity. Harassment, bullying, and discrimination will NOT be tolerated.

Rabbit Transit will not be available due to limited hours at this time.

Toast will *not* be served. Please eat breakfast before coming in. We will provide water, coffee, and tea. Please do not bring in toast/jelly to share.

It is the responsibility of each individual to maintain a clean table/area at all times. This includes cleaning your table each day after meal time. Trash is to be disposed of in proper waste cans. Work as a team! We appreciate your cooperation. A Cleaning station will be available with paper towels and cleaning supplies. Hand sanitizer will be made available for everyone to sanitize their hands prior to touching the computer monitor/CoPilot Sign in.

*In order to be a member, you must be 60 years of age or older, a York County Resident, **and** able to maintain bodily functions. Staff is NOT allowed to assist with toileting needs.*

Nourish the Soul

DAILY READING PLAN

Reading Scripture and meditating in your quiet time is a way to hear God's Voice. The Scriptures listed below are a starting point to help you build a healthy and happy life, while nourishing your soul.

| | |
|--------|---------------------|
| Day 1 | Matthew 11:26-30 |
| Day 2 | 1 Corinthians 10:31 |
| Day 3 | James 4:8 |
| Day 4 | 2 Thessalonians 3:3 |
| Day 5 | Romans 15:13 |
| Day 6 | Philippians 4:6-7 |
| Day 7 | Romans 12:12 |
| Day 8 | Colossians 3:2 |
| Day 9 | Luke 5:16 |
| Day 10 | Mark 1:35 |
| Day 11 | Hebrews 4:10-11 |
| Day 12 | Mark 6:31 |
| Day 13 | 1 Peter 5:7-9 |
| Day 14 | Psalm 139:14-16 |
| Day 15 | Nehemiah 8:10 |
| Day 16 | Ecclesiastes 9:7 |
| Day 17 | Proverbs 10:28 |
| Day 18 | Psalm 94:19 |
| Day 19 | James 1:2-3 |
| Day 20 | Isaiah 12:6 |
| Day 21 | Psalm 27:4 |
| Day 22 | Isaiah 40:28-31 |

Psalm 139:14

I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

| | |
|--------|-----------------------|
| Day 23 | 1 Corinthians 6:19-20 |
| Day 24 | Philippians 4:8 |
| Day 25 | Psalm 23 |
| Day 26 | Colossians 3:15 |
| Day 27 | Galatians 6:10 |
| Day 28 | Psalms 16:11 |
| Day 29 | 3 John 1:2 |
| Day 30 | Ephesians 4:32 |

Note to Self
"Find what makes your heart sing and create your own music."
-Mac Anderson



*Mitzi Neely
peacefullyimperfect.net*

CHECK OUT THE S.T.A.R.S. PROGRAMS

“Senior Time Activities for Residents of Springettsbury”

Springettsbury Township and White Rose Senior Center are proud to bring you a variety of classes to adults 50 and over.

“S.T.A.R.S.” stands for “Senior Time Activities for Residents of Springettsbury”, although any person, 50 and over, are welcome to attend. The Winter 2022 classes are as follows:

S.T.A.R.S.

Senior Time Activities for Residents of Springettsbury
For Active Adults 50 and Over

Class: Needlefelted Wise Men or Three Kings – Part 2

This year, Mary Jane Miller will be teaching the “The Wise Men” or “Three Kings” to be added to your Nativity Set. The first in the series will be Baltazar. This will be a 2-part class. In the first class you will learn how to make his body. The second class you will learn how to dress him in his elaborate robe and headdress. All wool, needles, and special embellishments will be supplied by the instructor. Needle felting experience is helpful.

Supplies: Scissors, a Car Wash Sponge to needle on (Wal-Mart or the Dollar Store have them)

Instructor: Mary Jane Miller

Date: April 5, 2022

Day: Tuesday

Time: 2:00 – 4:00pm

Location: White Rose Senior Center

Cost: R-\$10 NR-\$15

Payable to Springettsbury Township Prior To Class

Maximum for Class: 8 Participants



Class: Bingo and Lunch at Hoss’s Steak & Seahouse

White Rose Senior Center and Springettsbury Township offer “Bingo” at Hoss’s Steak & Seahouse. Holiday prizes will be given to all of the winners.

Lunch will be served prior to Bingo. Come and join in the fun!

Date: April 19, 2022

Day: Tuesday

Time: 11:00 – 1:30pm

Location: Hoss’s Steak & Seahouse –

3604 E. Market St, York, PA 17402

Cost: \$5.00 payable to Springettsbury Township prior to the class for bingo.

(No Resident / Non-Resident Differentiation); Lunch is on your own.

(Approximately \$11.00-\$13.00 for your meal and beverage)

You must eat there in order to play bingo!



Class “Scatter Kindness” Picture Frame Using Reverse Canvas as the Technique

Marti Leader will show us how to make this great project using canvas, an 8x10 inch wooden frame, and vinyl words and design using her Cricut. Reverse Canvas is a technique used to transform an inexpensive white stretched canvas into something gorgeous and rustic. This will be the saying that we place in the frame...and how appropriate it is during these times we live in!

Supplies: Marti will supply everything.

Instructor: Marti Leader

Date: May 19, 2022

Day: Thursday

Time: 2:00 – 4:00pm

Location: White Rose Senior Center

27 S. Broad St., York, PA 17403

Cost: R-\$10 NR-\$15

Payable to Springettsbury Township Prior to Class

Maximum for Class: 8 Participants



STARS Program

Class: Tree Sun Catcher Class

Judy Enders will show you how to make this inspirational Tree Sun Catcher that depicts the beauty of nature with the sun reflecting off of the beads! She will provide the wire and beads that will be attached to an 8-inch wooden embroidery hoop. White Rose Senior Center will provide the hoops. This project will look lovely hanging in your window. Spring is a time of regrowth!

Supplies: Scissors

Instructor: Judy Enders

Date: May 24, 2022

Day: Tuesday

Time: 2:00 – 4:00pm

Location: White Rose Senior Center

27 S. Broad St., York, PA 17403

Cost: R-\$10 NR-\$15 Payable to Springettsbury

Township Prior to Class

Maximum for Class: 8 participants



For additional questions, contact Lisa Krout at White Rose Senior Center (717-843-9704) or Brandy Shope at Springettsbury Township (717-757-3521).