



APRIL 2023



HIGHLIGHTS

NEW THIS MONTH:

Tuesdays at 12:00

Strength & Balance Chair Yoga w/ Stephanie

Wednesday 9:30-11:00 **Blood Pressure Checks** by Family First Health

Thursday 10:00-1:00 **Commodity Supplemental Food Box for Seniors with the Cheese Distribution** (Must come inside for your box)

Friday April 7th **Center is Closed.**

Wednesday April 12th 9:00-1:00 **Rent Rebates w/ Carol Hill Evans Office by Appointment Only** (Must Sign Up), 10:00 Grilled Cheese & Tomato Soup Sale (\$6.00)

Saturday April 15th **Cash Bingo** DOORS OPEN: 11:00 AM
BINGO STARTS: 12:30 PM, Refreshments Available for Purchase!
COST: Advance Tickets - \$15.00, Tickets at the Door - \$20.00
(Includes 6 Cards; Extra Strips \$3.00 or 2 for \$5.00)

Monday April 17th 10:00 **Bingo by Aetna** (Kiara) 12:00 **Stress Ball Craft & National Stress Awareness Day**

Thursday April 20th 10:00 **PennCares Witts Workout Program**

Friday April 21st 10:45-11:30 **Jeopardy! WRSC Vs. South Central**

Monday April 24th **May Newsletter & Calendar**

Monday April 24th through Friday April 28th is **National Karaoke Week.**

Mark your Calendars: Give Local York May 4th through May 5th

For \$25 you could sponsor our next newsletter! The donation amount is to help offset the cost of printing. You may sponsor the newsletter in dedication, honor, or in memory of anyone or any occasion that you wish. Contact staff for more information.



APRIL 2023



THE ROSE

White Rose Senior Center

27 South Broad Street

York PA. 17403

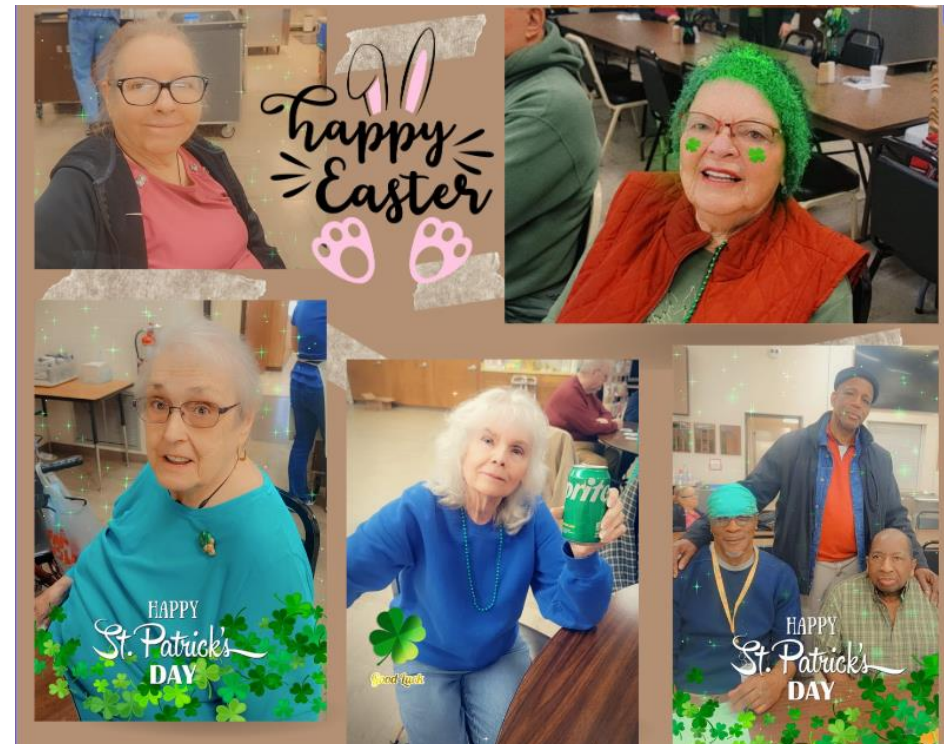
717-843-9704

MONDAY THROUGH FRIDAY

OFFICE HOURS: 8:00 A. M. – 4:00 P. M.

IN PERSON: 9:00 AM – 2:00 PM

www.whiteroseseniorcenter.org



This month's Newsletter is Sponsored in part by Bob Ross & Hazel Nelson



PROVIDED BY:
FAMILY FIRST HEALTH

WHERE: WHITE ROSE
SENIOR CENTER

FIRST WEDNESDAY OF
EVERY MONTH



FREE BLOOD PRESSURE CHECKS

WEDNESDAY
APRIL 5TH

9:30 AM - 11:30 AM



FIREFIGHTERS' ASSOCIATION OF YORK COUNTY

111TH ANNUAL CONVENTION PARADE

AUGUST 12TH, 2023 – 12:00 PM

HOSTED BY WEST MANCHESTER TOWNSHIP FIRE DEPARTMENT
PARADE – KID'S GAMES – FIREFIGHTER CHALLENGE – FOOD TRUCKS – AND MORE!

ENTERTAINMENT STARTING AT 3:00 PM
AT THE YORK EXPO CENTER BY: **THE AMISH OUTLAWS**

SEE OUR FACEBOOK PAGE FOR PARADE ROUTE AND EVENT TIMES



Take 10 minutes...

April

Worship & Praise

1st Isaiah 25:1

2nd Exodus 23:25

3rd Psalm 150:6

4th Acts 16:25

5th John 4:24

6th Psalm 103:1

7th 1 Chronicles 16:34

8th Psalm 63:1

9th Habakkuk 3:17-18

10th Psalm 71:8

11th 1 Chronicles 29:11

12th 2 Corinthians 1:3-4

13th 2 Samuel 7:22

14th Psalm 68:4-5

15th Romans 11:36

16th Psalm 42:11

17th Romans 14:11

18th Psalm 105:1

19th Psalm 143:6

20th 1 Samuel 2:2

21st Psalm 95:6

22nd Psalm 66:17

23rd Psalm 16:2

24th Daniel 4:37

25th Psalm 63:3-4

26th Ephesians 3:20-21

27th Revelation 5:13

28th Psalm 28:7

29th Psalm 116:1-2

30th Psalm 145:3

SENIOR FUN:

Hey Seniors! Do you want to meet some new friends? Socialize? Snack and play Bingo for fun? Join Lori & Kristi at the Shiloh Fire Department, located at 2190 Carlisle Road, YORK PA 17408 from 10:30 – Noon. If you want, bring a snack to share. There is no cost for this activity so mark your calendars and bring a friend!

**Tuesday April 11th
Tuesday May 9th
Tuesday June 6th
Tuesday July 11th
Tuesday August 15th
Tuesday September 12th**

In loving memory of my
dear friend...

Lydia Horner



If tears could build a stairway
and thoughts a memory lane
I'd walk right up to heaven
and bring you home again
No Farewell words were spoken
No time to say good-bye
You were gone before I knew it
And only God knows why.
My heart's still active in sadness
And secret tears still flow
What it meant to lose you
No one can ever know.
But now I know you want us
To mourn for you no more
To remember all the happy times
Life still has much in store.
Since you'll never be forgotten
I pledge to you today
A hallowed place within my heart
Is where you'll always stay.
God knows why, with chilling touch,
Death gathers those we love so much,
And what now seems so strange and dim,
Will all be clear, when we meet Him.
I Knew you for a Moment

With Love, Hazel

*A Huge Thank You to everyone who supported the Spring Bazaar
(& for all of the Knitting Club's hard work!)*

We raised: \$343.25!

*If you are interested in donating the following items for the Center:
Dish Soap, Paper Towels, Foam Max Toilet Bowl Cleaner, dish
sponges, disinfectant wipes*

*A warm welcome to our newest
members:*

Claudia Besecker
Georgeann Sprague
Mireya Heredia
Dawn Nelson
Theodore Besser
Carmen Alvarado
Roland Lowrie
Lisa West
Hattie Graham
Charles Graham
Roger Sprague
Chaulong Luang
Hung Luang
Nancy Weaver
Ronnie L. Brown
Anita Banks
Joyce Ilgenfritz
Morgan Ilgenfritz

White Rose Senior Center Staff

Lisa Krout Executive Director

Brendaliz Gonzalez Bilingual Program Coordinator

Jenna Wray Program Coordinator

Raquel Rivera Program Assistant

Elba Zambrano Food Service & Cleaning Specialist

Chotz Grove Customer Service

Cheri Bowersox Bookkeeper

Wits Workout Presented by:



Now Through August 2023

Dates & Time vary!

Thursday April 20th 9:30-10:30

Wits Workout is an interactive, engaging, brain health program for Older Adults. Drawing on brain health and aging research, University of Illinois Extension Educators designed this for professionals to facilitate these brain exercise classes. This interactive model serves a need in increasing socialization, reducing isolation, and promoting intellectual engagement in older adults, all of which complement current aging brain health research. Through its interactive dialog and experiential activities, this program will assist maintain or adopt long-term health-promoting behaviors through these ongoing brain exercise classes. Come join in the fun and you too can have better sleep, wonderful social connections, reduce your stress management and challenge yourself intellectually.

Zumba Gold®
with Heather Cintron



Mondays & Wednesdays

10:30 - 11:15

Strength & Balance
Chair Yoga

w/ Stephanie

NEW! Tuesdays

w/ Stephanie

12:00-1:00

Chair Yoga

w/ Stephanie

Fridays

12:00-1:00



KNITTING CLUB
EVERY WEDNESDAY
& THURSDAY

9:00-2:00



COMMUNITY OUTREACH

Barbara Goll is a Community Education Liaison and Nutritionist for Homeland at Home. Goll has spent most of her career in various levels of long-term care and community programming. Her passion is educating and helping people attain the best quality of life while aging in place.



Mark your Calendars!

Friday April 14th @ 10:00 The Pursuit of Happiness

What is happiness? What do consistently happy people know? How can we work towards increasing our happiness? We will explore the journey for this lifelong pursuit.

Friday June 9th @ 10:00 Nutrition for the Brain

Learn the best food sources for a healthy brain and reduce your risk for dementia and other chronic conditions with nutrition therapy.

Friday August 11th @ 10:00 Healthful Eating with Diabetes

Learn about what is happening in the body with diabetes and the keys to balancing blood glucose levels with healthy food choices.

Friday October 13th @ 10:00 Anti-Inflammatory Diet

What is an anti-inflammatory diet and how can it help relieve pain as you age?

Friday December 8th @ 10:00 SUGAR!

Americans eat too much sugar. Learn about this carbohydrate and how to reduce added sugars in your diet.



HOSPICE + PALLIATIVE + HOMEHEALTH + HOMECARE



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.

Senior Box Program
Commodity Supplemental Food Box
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.

White Rose Senior Center

Give Local York



Give Local York is a 24-Hour Fundraising Event that kicks off on Thursday May 4th at 9pm and runs through 9pm on Friday May 5th. Our Goal this year is \$20,000. Together, we can make a difference in the lives of our senior citizens and the York community as a whole.

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 110 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 2023 is \$20,000. 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 must be made ahead of May 5th or on that day! They can be hand delivered or mailed to WRSC by May 4th.

A FULL-DAY OF GIVING TO BENEFIT WRSC

**LINK IS ACTIVE:
MAY 4TH THROUGH MAY 5TH**

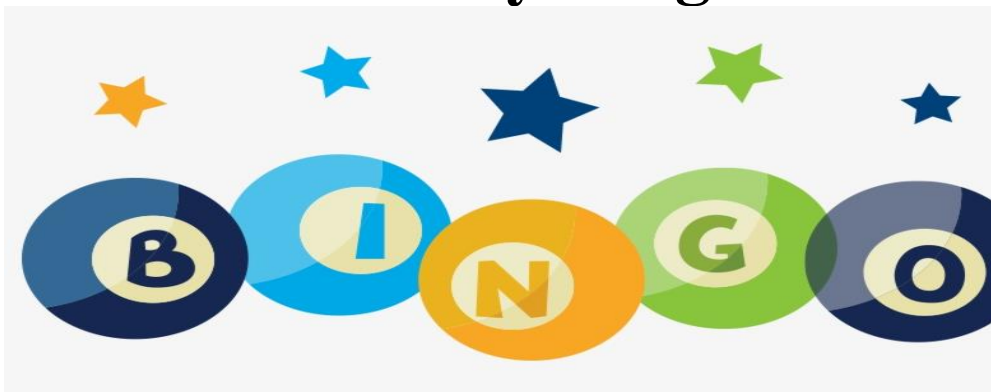
[HTTPS://WWW.GIVELOCALYORK.ORG/ORGANIZATIONS/WHITE-ROSE-SENIOR-CENTER](https://www.givelocalyork.org/organizations/white-rose-senior-center)



The fourth week of April is officially National Karaoke Week! There will be contests and events all across the globe to mark the occasion in bars, restaurants and clubs. But what better way to celebrate than with your friends at White Rose Senior Center!

Join us Monday April 24th through Friday April 28th 10:15 daily when we do our Karaoke Sing A Long! This only works with your participation! Come ready to jam out to your own solo, or with a group of friends!

Let's Play Bingo!



Monday April 3rd 10:00 Easter Bingo
(\$1.00)

Friday April 14th 10:00 The Pursuit
of Happiness Presentation & Bingo by
Barbara Goll (Homeland At Home)

Saturday April 15th 11:00 Cash Bingo
WRSC

Monday April 17th 10:00 Bingo by
Aetna (Kiara)



Angels on Call provides non-medical in-home care. We service thousands of clients throughout Western, Central, Eastern and Northeastern Pennsylvania. We would love to welcome you to the Angels on Call Family!

***Choose Your Caregiver!**

***Have a Family member become your
Caregiver!**



Angels on Call
Home Care With An Angel's Touch™

**ENHANCING LIFE.
EXCELLING CARE.**

COMPANION SERVICES GROCERY SHOPPING PERSONAL CARE

Call Today to Learn About Our Services!
(215) 886-2102 in Philadelphia
(888) 432-1070 in Central PA
More Information
www.angelsoncall.com

The flyer features three circular images: one showing two elderly people, one showing a caregiver with a client, and one showing a caregiver with a client. The background is a soft-focus image of a person.

CALL TODAY!! 717-857-5543

(Jacklyn Sanchez Community Liaison-York County)

Party Potluck World Party Day:



10:00 Monday April 3rd

Please bring in something to share. All items must be store bought and prepackaged and sealed. No homemade items, please. As much as we appreciate your willingness and wishes to prepare your own food, we recognize the importance of safe and proper food handling practices.

We love a good time — celebrate however you choose, just as long as you do your party your way. This day is about bringing, spreading, and embracing joy.

CASH BINGO

to Benefit White Rose Senior Center

Come Join Us For an Afternoon of

FUN AND GAMES!

PLACE: White Rose Senior Center

27 S. Broad St., York, PA 17403

WHEN: Saturday APRIL 15th

DOORS OPEN: 11:00 AM

BINGO STARTS: 12:30 PM

Refreshments Available for Purchase!

COST: Advance Tickets - \$15.00

Tickets at the Door - \$20.00

(Includes 6 Cards; Extra Strips \$3.00 or 2 for \$5.00)

CALL: 717-843-9704 for More Information

Limited Seating...Hurry and Get Your Tickets!

No Outside Food or Beverages will be permitted. Smoking and

Vaping is strictly prohibited indoors.

We reserve the right to ask you to leave in the event of misconduct.

**MARK YOUR CALENDARS for our NEXT
CASH BINGO!**

Saturday JULY 22nd

SATURDAY SEPTEMBER 16th



Remember, you must pre-register for your meal.

This is to ensure that we order enough meals. 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-2pm**, 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 (if you choose to eat inside). For those who are grabbing their meals and leaving, it is important that you are here between **11:30 and NOON** to ensure you receive your meal. After noon, we start distributing meals on a first come, first served basis.

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

Thank you for your cooperation!



Colonel James Smith Yorktown Chapter
Daughters of the American Revolution and
The 87th Regiment, Pennsylvania Volunteer Infantry,
Company C, Civil War re-enactors
invite you and your family to attend.

This event is **FREE** to the Public

Special program presented by Ernie Heffner

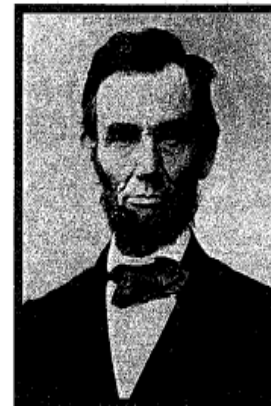
Thursday, April 13, 2023, from 7 to 8 p.m.

At Heffner Funeral Chapel & Crematory, 1551 Kenneth Road, York, PA

Doors open 6:30 p.m. for you to see the Lincoln replica coffin

The Assassination & Funeral of Abraham Lincoln

This account has all the essentials of a murder mystery.
The difference is that this story is absolutely true. Even if history is not your favorite subject, you won't want to miss this program about our 16th President.



The narrative begins 4 years before the assassination of President Lincoln in 1865 and ends in 1963 with the death of the last person to have looked upon the face of President Lincoln.

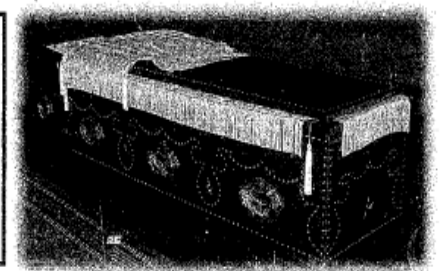
The President's first funeral was in Washington, D.C. and was followed by 11 subsequent ceremonies over a period of 20 days.

The 1654 mile funeral procession included a stop in York, PA.

36 years later, President Lincoln was finally laid to rest for the last time after having been moved 17 times since first being entombed in Springfield, Illinois.

See a replica of President Lincoln's coffin

In response to a request from an Illinois museum to build a replica of Lincoln's coffin for an exhibit, Batesville Casket Company of Indiana built 5 replica coffins. One is part of the permanent collection at the Abraham Lincoln Presidential Library and Museum in Springfield, Illinois. One is at Heffner's.



Program Provided by

Heffner Funeral Chapels & Crematory
York and Red Lion
Beaver Ulrich Funeral Home, Lewisberry



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

“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 Spring 2023 classes are as follows:

Class: Bingo and Lunch at Hoss’s Steak & Seahouse
White Rose Senior Center and Springettsbury Township will offer “Bingo” at Hoss’s Steak & Seahouse. Prizes will be given to all of the winners. Lunch will be served prior to Bingo. Come and join in the fun!
Date: April 5, 2023
Day: Wednesday
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: Lollipop Necklace
Make this "one of a kind" colorful and fun necklace using wooden beads, spools and wool felt balls. Mary Jane Miller will teach you how to make the "lollipops" with wool felt. String them all together to make a fabulous spring necklace.

Supplies: Scissors and White Craft Glue
Instructor: Mary Jane Miller
Date: April 11, 2023
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: 10 Participants



STARS Programs Continued

Class: Kitchen Cutting Board

Marti Leader will show you how to create a wonderful addition to your kitchen or for a gift. The wooden cutting board will be decorated with words and ribbons to be hung or placed on a stand for display. The saying is just perfect meal times!

Supplies: Instructor will provide all of the supplies. Bring scissors.

Instructor: Marti Leader
Date: April 18, 2023
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



STARS Program

Class: Button Flowers

Mary Jane will show you how to make these fun button flowers with wire, beads and your choice of buttons. Students can make 8-10 flowers then arrange them in salt shaker vases. You may bring your own collection of buttons or choose from my assortment. Each flower can use up to 3 buttons that vary in size. *(Sample buttons were made from collections that she found at Walmart.)*

Supplies: Wire Cutters and Needle Nose Pliers

Instructor: Mary Jane Miller
Date: May 9, 2023
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: 10 Participants



STARS Program

Class: Uncle Sam Spindle

Who wouldn't love this patriotic Uncle Sam made from a spindle to get you in the mood for the upcoming holidays! Marti Leader will show you how to paint and embellish him. Marti will bring all of the supplies to create this project for your holiday display.

Supplies: Scissors
Instructor: Marti Leader
Date: May 23, 2023
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

