



HIGHLIGHTS

Tuesday August 1st through Thursday August 17th R&K Sub Sale

***Payment due Thursday 8/17. Delivery on Tuesday 8/29**

Wednesday August 2nd 10:00 Bingo hosted by *McCallister Myers & Associates*

Thursday August 3rd 10:00-1:00 Commodity Supplemental Food Box for Seniors with the Cheese Distribution (Must come inside for your box)

Friday August 4th 10:00 Bingo by *Elite Home Health Care*

Monday August 7th 10:00 Bingo by *Highmark w/ Billie*

Tuesday August 8th 10:00 Birthday Celebration Sponsored by *Aetna*

Wednesday August 9th 9:30-1:30 Living Histories Interviewing w/ René Harris, 10:00 Bingo w/ PA Health & Wellness, 12:30 Pyramid Paper Weight Resin Art Class Part 1 w/ Brian (8 Max) (This is a class that is divided into two days. Please ensure you can attend both class sessions prior to signing up)

Friday August 11th 10:00 Healthful Eating w/ Diabetes & Bingo by *Homeland at Home*

Tuesday August 15th 10:30 -12 Summertime Sounds Summer Series w/ *Chris Wagman*

Wednesday August 16th 10:00 Pay Off Bingo (Cost: \$5.00/ Extra Strips are \$2.00)

Thursday August 17th 10:00-11:00 Penn Cares Wits Workout Program (Final Class!)

Tuesday August 22nd 8:30 Lake Tobias Trip (Rabbit Transit: \$13.50. Money due when signing up. Ticket: \$17.00. You will buy your Tour ticket when you arrive)

Wednesday August 23rd 10:00 Field Day!!!

Friday August 25th 11:30 September Newsletter & Calendar

Tuesday August 29th 11:30 R&K Sub Delivery

Wednesday August 30th 10:00 Beach Day (Wear your Beach Attire)

Thursday August 31st 10:45 Virtual Jeopardy WRSC Vs. SSSC

Thank you to everyone who supported our July Cash Bingo! We raised \$2,500.00. Huge thank you to our Volunteers & Sponsors! 😊



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



Let's Play Bingo!!! Thank you to everyone who supported our Cash Bingo Event on July 22nd! We raised \$2,500.00! Join us on October 28th for the next one!

Summer Produce Spotlight



FRUITS & VEGETABLES

The Dietary Guidelines for Americans recommend that adults aged 60+ consume 2 servings of fruit and 3 servings of vegetables per day (1).

A diet rich in fruits and vegetables provides the body with key vitamins and minerals that are important in disease prevention. Fruits and vegetables are also rich in fiber which help our gut health (2)!

SMART TIPS

There are lots of great ways to purchase fruits and vegetables. Fresh, frozen, canned, or even dried! When shopping for fruits and vegetables, choose what best fits your lifestyle.

Choose a rainbow of fruits and vegetables. All different colors have different nutrients with important benefits for our bodies!

STRAWBERRIES

In season May-late June (2)

Look for berries that are bright red in color

Don't worry about rinsing your berries until you are ready to eat them. Just place them in the refrigerator to keep them fresh!

Use in salads, drinks, baked goods, dressings, jams, jellies, or enjoy by themselves!

STRAWBERRY KALE QUINOA SALAD

- 1 cup red quinoa
- 1 cup strawberries
- 1 (5 oz) pkg Nature's Promise® Organic Baby Kale or leafy greens of your choice
- ½ cup crumbled feta cheese

Mix all ingredients together. Pair with the dressing of your choice. A great option for this salad is a strawberry vinaigrette (3)!

Friendship in the Bible August

Take 10 minutes each day to read that day's Bible verse and the surrounding passages. Write it in your journal and pray over it. Ask God to reveal to you what He wants to show you through His Word.

1st Proverbs 13:20

2nd Luke 6:31

3rd Proverbs 17:17

4th Philippians 2:3

5th Colossians 3:13

6th Galatians 6:2

7th Proverbs 18:24

8th 1 Samuel 18:4

9th Proverbs 16:28

10th James 4:11

11th 1 Corinthians 15:33

12th Psalm 37:3

13th 2 King 2:2

14th Job 2:11

15th Proverbs 18:24

16th Proverbs 19:20

17th Proverbs 24:5

18th Proverbs 22:24-25

19th Ecclesiastes 4:9-12

20th Colossians 3:12-14

21st Proverbs 27:5-6

22nd John 15:12-15

23rd Proverbs 17:9

24th Proverbs 27:17

25th Proverbs 12:26

26th Job 16:20-21

27th James 4:4

28th Proverbs 27:9

29th Philippians 1:3-5

30th Romans 12:10-11

31st 1 Thessalonians 5:11

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. If you want, bring a snack to share. There is no cost for this activity so mark your calendars and bring a friend! Bring a Bingo

Dabber!



Tuesday August 15th



Brian White
Margarita Guzman
Rafael Ruiz
Felix Cruz
Jane Ellen Knaub
Willie "Will" Dickson
Alfred Oden
Stephen Abel
Andrew Vervan

Pedro Caban Perez
Daniel McMillan
Thomas Maugham
Roderick Hevner
Lester Benner III
Paulette Perry
Donald Altland
Deborah Eck
Irma Cruz



BLOOD PRESSURE CHECKS

Every 1st Wednesday of the Month!

WEDNESDAY AUGUST 2ND
9:30 AM - 11:00 AM

PROVIDED BY FAMILY FIRST HEALTH
AT WHITE ROSE SENIOR CENTER

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*

World Senior Citizen's Day

Seniors Lead the Way!

Monday August 21st

Do you have a talent or a hobby to share? We are starting to plan for September's Senior Showcase: Show What You Know! Maybe it's a game that isn't commonly played. Maybe there is a simple craft you would like to show/share.



National Senior Citizens Day

R&K Sub Sale



Orders to take place from August 1st through August 17th

August 17th Money/Orders Due

August 29th Sub Delivery

(Pickup During Lunch Distribution)

Pretzel Sandwiches: \$6.00 Subs: \$7.00

*****Prices have increased*****



Subs:

Italian

Ham

Turkey

Roast Beef

American

Pretzel Sandwiches:

Italian

Ham & Cheese

Ham & Swiss

Turkey & Cheese

Roast Beef & Cheese

Sweet Lebanon Bologna & Cheese

Chicken Salad

Egg Salad

Tuna Salad

"R&K Subs uses only authentic Italian breads from local Italian bakeries such as ATV Bakery in Reading, and Seven Brothers in Camp Hill. Our meats, cheeses and produce come fresh from top-rated local vendors. R&K Subs stands behind all of our products, guaranteeing freshness and outstanding taste in every bite."

Wits Workout Presented by:



**Thursday August 17th 2023
Final Class: Celebrate with a
Certificate & Cupcakes!**

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.



Wednesday August 23rd @ 10:00
Turtle Race
Chair Volleyball
Baseball

Staff Members will compete with their teams to see who takes the Victory across all three challenges! Sign up today!

Trip to Lake Tobias Escorted by Brendaliz
Tuesday August 22nd

8:30 am Departure from WRSC.

Rabbit Transit Cost (You must be 65+): \$13.50

Approximate 10:00 am Arrival Time to Lake Tobias

2:00 Departure from Lake Tobias to return by to Center tentatively by 3:15 pm.

Lake Tobias Explorer Ticket — \$17/Person

Combined Rate for Walk-About and Safari Tickets- Plan to pay upon arrival! You will pay for RABBIT Transit up front.

Please make sure you are physically able to walk. Payment is DUE at the time of Trip Sign Up. Refunds will ONLY be issued if the Trip is Cancelled.

Minimum for Trip: 8 May 16



Fresh Express will continue to be distributed at approximately 10:00am. (time subject to change based on delivery time from Central PA Food Bank). You are expected to come inside with your cart/bags/boxes to go through the line 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.

Tables will be called in a **Random Order**. We are serving approximately 120 individuals, while supplies last. **You will not go through the food line until your table is called, by the table you are seated at.** Please remember, we do not provide bags or boxes. Please treat Staff, Volunteers, and other Members with respect.

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.



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. Lunch will be served Monday through Friday, **at approximately 11:30** (please know that this is subject to change based on delivery times from Nutrition Group- our food provider). 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 **in person 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. 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 **AT 11:30** to ensure you receive your meal. After **11:35** 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!

White Rose Senior Center
27 South Broad Street
York PA 17403

WURSC Gift Card & CASH
B I N G O

**Saturday
October 28**

**Doors Open @ 11:00
Bingo Starts @ 12:15**

Tickets: \$15 in Advance
\$20 at the door

Tickets include 6 Cards. Extra Strips \$3.00 each or 2 for \$5.00. Refreshments available for purchase. No outside food or drinks permitted. Alcohol & Smoking is prohibited.
50/50 Raffle. Door Prizes.

For More Information, please call: 717-843-9704



Wednesday August 9th
and Wednesday August 30th
9:30 am – 1:30

Join Living Histories (with René Harris) at your senior center for meaningful video interviews. No need to be camera shy! Share your life experiences, favorite memories, and wisdom in a relaxed and conversational setting, preserving your cherished moments. Choose between a digital or DVD copy for your family to keep! Sign up now to be a part of this special experience!



Aging UNBOUND

In **September** we are celebrating Older American's Month.

All month long we will be hosting a series of celebrations... opportunities to explore diverse Aging Experiences and how communities can combat stereotypes. You will learn how we all benefit when Older Adults remain engaged, independent, and included. Embrace the opportunity to change. Invite creativity and purpose into your life by trying new activities to bring more growth, joy, and energy. Explore the rewards of growing older. Stay engaged. Form relationships.

Proposed Ideas:

Moyer's One Man Orchestra | Let's All Sing|
GAMES by |Matt Cleveland|
Boomwhackers | Music & Movement Class|
Show What You Know Senior Showcase



SUMMERTIME SOUNDS

FEATURING
DJ CHRIS WAGMAN

AUGUST 15TH
SEPTEMBER 12

10:30 -12 NOON
Rain or Shine!

Are you at risk of having your
water shut off?



**Low-Income Household
Water Assistance Program**

Strength & Balance Chair Yoga

NEW! w/ Stephanie
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



Zumba Gold®

RESUMES in SEPTEMBER



2023 MOBILE MARKET SCHEDULE

*Affordable farm fresh
produce grown and
harvested in the City of York*



*Earn a \$2 Food Buck
coupon for every
\$2 you spend using
your access card*

WE ACCEPT:

- SNAP/EBT
- WIC & Senior Farmers Market Checks
- WellSpan Market Bucks Vouchers
- Cash, debit/credit cards

- MON:** WIC • 130 W. Market St • 11:00am - 2:00pm
- MON:** Wellington Homes • 714 E King St. • 12:00pm - 2:00pm
- MON:** Parkway • Corner of Willis & Parkway • 3:30pm - 5:30pm
- TUES:** Parkway • Corner of Willis & Parkway • 12:00pm - 2:00pm
- TUES:** Lee's Food Market • 564 N. Pershing Ave. • 3:30pm - 5:30pm
- WED:** Carriage Works • 50 S. Highland Ave. • 12:00pm - 2:00pm
- WED:** Springdale • Near 915 Arlington Rd. • 3:30pm - 5:30pm
- WED:** J & J Food Mart • 250 W Maple St. • 3:30pm - 5:30pm
- THU:** White Rose Senior Ctr • 28 S. Broad St. • 12:00pm - 2:00pm
- THU:** Hannah Penn • 415 Boundary Ave. • 3:00pm - 5:00pm
- FRI:** York Towne House • 200 N. Duke St. • 12:00pm - 2:00pm
- FRI:** Rabbitransit Station • 213 W. King St. • 3:30pm - 5:30pm
- FRI:** YMCA • 90 N. Newberry St. • 3:30pm - 5:30pm
- SAT:** Parkway • Corner of Willis & Parkway • 10:00am - 2:00pm



717.515.4799 • yorkfreshproduce@gmail.com • 150 Willis Rd.
yorkfreshfoodfarms.org • @YorkFreshFoodFarms

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 Summer 2023 classes are as follows:

STARS Program Class: Needlefelted Simeon Shephard – Part 2

Mary Jane Miller will teach you how to needlefelt this cute shepherd holding his lamb. Using a special barbed needle and roving we will make the body in the first class. In the second class we will dress him in his shepherd clothing along with making his staff and lamb. Some needle felting experience is helpful.

Supplies: Car Wash Sponge

Instructor: Mary Jane Miller

Date: August 1, 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: Decorative Wine Bottles with Twine

Let's see how creative we can be! Judy Enders will show us how to recycle glass bottles (wine, olive, whiskey) to make a decorative item for your home. Judy will provide all of the supplies and accessories!

Supplies: Tacky Glue and Scissors

Instructor: Judy Enders

Date: August 8, 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



S.T.A.R.S. PROGRAMS CONTINUED

STARS Program Class: Decorative Gourd Bowl

Linda Stinnette will show you how to make this creative decorative gourd bowl during this workshop. Using your own personal design made of twine, you will create a textured effect on the bowl which will then be embossed with foil and add color if desired. Edges will be finished with woven grass roping that will be hot glued on. All supplies will be provided. Bring your ideas and creativity for this unique workshop!

Supplies: Scissors

Instructor: Linda Stinnette

Date: August 23, 2023

Day: Wednesday

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: 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: August 30, 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!



How to Registration For the STARS Programs?

1. Go online to www.springettsbury.com and find the STARS programs.
2. Go to the Springettsbury Township Building and pay in person with this form or one you find online that you printed off, or that is in the Springettsbury Township Bulletin. (Currently they are located at 3501 N. Sherman St. Ext., York, PA 17402 – Wastewater Treatment Plant)
3. Or, mail the form below into Springettsbury Township.

To register for the classes, complete and detach the Registration Form below. Make your check payable to “Springettsbury Township Recreation”. There is a \$10.00 registration fee for each class (except Bingo which is \$5.00) and if you are not a resident of Springettsbury Township there is an additional \$5.00 towards the class with the exception being for Bingo. **The money is due prior to the class or program!** Please mark the class or classes you are signing up for in the memo section of your check.

Mail your Registration Form and Check (if applicable) to:

Springettsbury Township

1501 Mt. Zion Rd.

York, PA 17402

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