

DECEMBER 2022

HIGHLIGHTS

Monday 12/5- Friday 12/16 **Christmas Box Raffle Sale** (\$1.00 ea., 6/\$5.00, or 17/\$10.00). Winners will be announced at 12:30 PM on 12/16.

Thursday 10:00 12/1 **Commodity Supplemental Food Boxes**

Tuesday 10:00 12/6 **On the Factory Whistle** ft. *York Whistleblower Don Ryan*

Thursday 8:00 12/8 **Breakfast Club Christmas Mingle**

(*Self Pay. Self Drive. Location: Lyndon Diner. Must Sign Up!*)

Friday 10:00 12/9 **Holiday Bingo by Homeland at Home**

Tuesday 10:30 **Equine Singers Performance**

Wednesday 9:00 12/14 **Po-Ke-No** (Bring your Pennies)

Thursday 10:00 12/15 **Christmas Jolly Potluck** (Please Sign Up)

Friday 12/16 10:00 **Wheel of Fortune** by *Kiara* (Sponsored by Aetna)

Monday 12/19 10:00 **Broad Street Christmas Bingo**, 12:00 **Pay Off Bingo** (Cost: \$5.00, \$2.00 for Extra Strips)

Tuesday 12/20 10:00-11:30 **Christmas Pictures with Santa & Find the Guest Game**, 12:30 **Store Bought Cookie Exchange** (Must Sign Up)

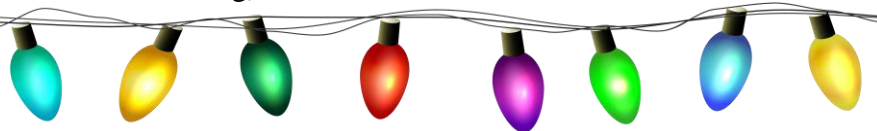
Wednesday 12/21 10:00 **Christmas Brunch** (Must Sign Up), 12:00 **Broad Street Bunch Performance**

Thursday 12/22 10:00 **Miracle on Broad Street Christmas Party** ft. *DJ Chris Wagman* (*Music & Light Refreshments will be served*)

Friday 10:00 12/23 **Grinchy Christmas Party w/ Light Refreshments & Saran Wrap Ball Game & Minute to Win It Games**

Monday 12/26 **Center is Closed.**

Friday 10:00 12/30 **New Year's Potluck** (Please Sign Up) & Music, Games, and Dancing



DECEMBER 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



Warmest greetings of this festive season and best wishes for Happiness in the New Year!

May the Spirit of Christmas infuse your life and that of your family members with hope, positivity, and joy. Merry Christmas from Lisa, Elba, Chotz, Jenna, Brendaliz, and Raquel.

Inclement Weather Policy

IN CASE OF INCLEMENT WEATHER, THE CENTER MAY BE CLOSED. IF WE ARE CLOSED, WE WILL HAVE IT AIRED ON WGAL8 TV (CHANNEL 3 FOR MOST PEOPLE) OR ABC27 SNOW WATCH (CHANNEL 6 FOR MOST PEOPLE) BY 7:00 AM. WE WILL ALSO POST IT TO OUR FACEBOOK PAGE. IF WE ARE OPEN, PLEASE USE YOUR OWN DISCRETION AS TO WHETHER YOU WANT TO COME TO THE CENTER OR NOT. WE APPRECIATE WHEN YOU ARE HERE; HOWEVER, YOUR SAFETY IS OUR NUMBER ONE CONCERN.

SECRET PAL:

THIS IS THE FINAL MONTH TO SHOW YOUR SECRET PAL THAT YOU CARE. PLEASE REMEMBER TO SEND A CARD FOR CHRISTMAS! 2022 SECRET PALS WILL BE REVEALED DURING THE REVEAL PARTY JANUARY 2023. IT'S IMPORTANT YOU KEEP IT A SECRET UNTIL THEN!

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 back 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. & Broad St.) you can contact Maintenance (717-843-6309) & Penn Pest will come to your home with no cost to you!** 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!

A huge thank you to everyone who sponsored the Knitting Bazaar & most importantly our Knitting Club. Your time and efforts are very much appreciated and do not go unnoticed! We raised \$375.25!

A warm welcome to our newest members:

Linda Shellenberger

Steven Simpson

Elizabeth Boyle

Lester Ramer

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



WHITE ROSE SENIOR CENTER

FRESH EXPRESS

There will NOT be Fresh Express on December 8th & December 22nd

DISTRIBUTION DATES:

- JANUARY 12
 - JANUARY 26
- 



YOU ARE INVITED TO:

MIRACLE ON BROAD STREET

Thursday

DEC | 22 | 10 am

HOSTED BY:
WHITE ROSE SENIOR CENTER

MUSIC BY DJ CHRIS WAGMAN
LIGHT REFRESHMENTS
WILL BE SERVED.





WHITE ROSE SENIOR CENTER

SANTA CLAUS IS COMING TO TOWN!

A Holiday Meet and Greet
with Santa Claus Himself!

TUESDAY DECEMBER 20TH
FROM 10:00 AM
TO 11:30 AM

PLEASE JOIN US FOR A
PHOTO OPPORTUNITY.

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.

KNITTING CLUB
EVERY WEDNESDAY
& THURSDAY



9:00-2:00



Chair Yoga

w/ Stephanie
Fridays

12:00-1:00



The Broad Street Bunch



Calling all singers! Brendaliz will be leading the “Bunch”!

Are you interested in singing along to some Christmas songs and being part of a performance? Please join us for the following practice dates:

Friday 1:00 12/2

Wednesday 1:00 12/6

Monday 1:00 12/12

Wednesday 1:00 12/13

Friday 1:00 12/16

Tuesday 1:00 12/20

PERFORMANCE

Wednesday 12:00 12/21

On The Factory Whistle

with Don Ryan

Tuesday December 6th @ 10:00 am



World's Loudest Music without Amplification from a non-musical Instrument.
1955-Present

1. Learn how a whistle works.
2. Understand the three basic types of whistles.
3. Watch how I play music on a variable pitch whistle.
4. Learn how I got into the Guinness Book of World Records.

Equine Singers



Join us on Tuesday December 13th @ 10:30 here at WRSC as they bring us some holiday cheer!

All are located in Equine Meadows, Betty Folger (Pianist and Director) and Ruth Luckenbaugh (MC for the group) will be leading the group with dancing and singing!

We have two separate Pot Lucks planned for December! Please sign up to bring something if you plan to partake in any of the food. All food must be store bought and pre-packaged (for the safety of all members). If you plan to buy something that needs cut/prepared, please coordinate with Staff as we are more than happy to assist.

Christmas Pot Luck
Thursday December 15th



New Year's Potluck
Friday December 30th



Happy New Year!

Spirit Days!

Monday 12/5: Snowman Day (Wear White!)

Tuesday 12/6: Ugly Christmas Sweater
Wednesday 12/7: Reindeer
(Wear your Reindeer Antlers or Brown)

Friday 12/9: Elf Day (Dress Like An Elf)
Tuesday 12/13: MistleTOE Mania
(Wear your Christmas Socks)

Monday 12/19: Christmas Pajamas
Tuesday 12/20: Wear Your Christmas Attire
(Pictures with Santa!)

Wednesday 12/21: Wear your Christmas Attire
Thursday 12/22: Wear your FORMAL Christmas Attire

(Miracle on Broad Street Christmas Party)

Friday 12/23: Grinch Attire
(Wear your Green!)

Friday 12/30: New Year's Attire
Formal/Dressy/Sparkly/Flashy Attire!)

Paparazzi Jewelry Sale by
Milagros Torres
10:00 -11:30 on
Thursday December 1st



25% of all sales to benefit WRSC



Music Therapy Program

Wednesdays in December & January!

Tess Becket & Lee King (Studio 117) & Pauline Jarvie (York Music Therapy) who are jointly doing some amazing work right now in PA around music therapy advocacy. This team is teaching an artist residency experience that would also help aid in a statewide initiative to get music therapy recognized/covered by health insurance carriers. The Studio 117/York Music Therapy team is at the forefront of this effort & just by participating in this free residency you would be helping them gather the research they need to take their work further.

12/7, 12/14, 12/21, and 12/28



Christmas Box Raffle at White Rose Senior Center

27 S. Broad St., York, PA 17403
843-9704

**Come and Buy Raffle Tickets for Fabulous Gifts!
Ten (10) Packages Will Be Available to Select From!**

Raffles Are:
1 for \$1.00
6 for \$5.00
An Arms Length (17 tickets) for \$10.00



Place Your Raffle Ticket(s) in the small box in front of the
Wrapped Package anytime from
December 5th through December 16th (8:00-4:00).



On December 16, 2022, at 12:30, we will draw the
winners of each box!



All of the boxes have a prize valued from
\$50.00 to \$100!



This is open to the public...tell your friends and family!

These will make great gift items too!

Senior Box Program

Commodity Supplemental Food Box

Senior Food Box Program
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

*CSFP agencies must implement the adjusted income guidelines for elderly applicants immediately upon receipt.

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. 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!

Wits Workout Presented by:



Coming Soon... January through August 2023

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.



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|-------------------------------|-------------------------------|
| Day 1: James 1:17 | Day 17: Psalm 68:9-11 |
| Day 2: Luke 11:9-13 | Day 18: Psalm 68:19-21 |
| Day 3: John 4:7-10 | Day 19: Matthew 5:23-24 |
| Day 4: John 4:11-15 | Day 20: 1 Corinthians 16:1-3 |
| Day 5: 1 Samuel 1:17 | Day 21: Hebrews 11:24 |
| Day 6: Romans 5:15-16 | Day 22: 1 Timothy 6:6-8 |
| Day 7: Romans 6:23 | Day 23: 1 Timothy 6:17-19 |
| Day 8: Psalm 76:11 | Day 24: 1 Corinthians 6:19-20 |
| Day 9: 2 Corinthians 9:6-9 | Day 25: Jeremiah 33:6 |
| Day 10: 2 Corinthians 9:10-15 | Day 26: 1 Peter 1:18-19 |
| Day 11: Ephesians 2:4-7 | Day 27: Hebrews 9:15 |
| Day 12: Ephesians 2:8-10 | Day 28: Matthew 5:11-12 |
| Day 13: Ecclesiastes 5:19 | Day 29: Matthew 6:38 |
| Day 14: John 3:16 | Day 30: 1 Timothy 3:15-16 |
| Day 15: Revelation 2:10 | Day 31: Romans 5:8-11 |
| Day 16: Psalm 68:3-6 | |

*Commit to spending 10 minutes every day to meditate and reflect on God's Word.
Write down what you have gleaned from each day's scripture.*

The Ruffled Mango

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 2023 classes are as follows: **(Can sign up beginning December 8th!)**

Class: Gnome Gourd with Linda

For our next gourd craft event with Linda Stinnette, aka "Gourdy2shoes", we will be making gourd Gnomes! You can design them in winter garb or traditional Gnome dress. Get creative and make your Gnome your way! We will paint the clothing colors and any creative clothing designs on the gourd. We will be constructing the hat from felt and the beard will be cut from furry fabric pieces and all will be attached with hot glue. Wood ball will be attached for the nose. Come join us for the fun!

Supplies: All supplies provided by instructor.

Instructor: Linda Stinnette

Date: January 18, 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



Class: Valentine Gnome Painted on Slate

Marti Leader will show you how to paint this adorable gnome on slate to decorate your home or give to someone special for Valentine's Day! No painting experience is needed, Simple shading techniques will be shown. It's so cute!

Supplies: Instructor will provide supplies.

Instructor: Marti Leader

Date: January 24, 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



Class: Needlefelted Camel – Part 1

In this first class of a two-part class, Mary Jane Miller will teach you how to make the wire armature for the camel. We will also add the first layer of wool. This will be the last project in the Nativity Series. Some needlefelting experience is needed.

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

Instructor: Mary Jane Miller

Date: January 31, 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



Class: Needlefelted Camel – Part 2

In this second class, students will add the finishing coat of wool roving to the camel, also facial features and create the fancy saddle to complete this stately animal used for transportation through the desert. Some needlefelting experience is needed.

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

Instructor: Mary Jane Miller

Date: February 7, 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

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: February 15, 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: Mason Jar Tissue Holder

Marti Leader has a great winter project for the cold season! This mason jar is wrapped with twine and with the use of her circuit, Marti will create the "Bless You" wording. How fun will this be sitting on your counter or desk!

Supplies: Scissors

Instructor: Marti Leader

Date: February 21, 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