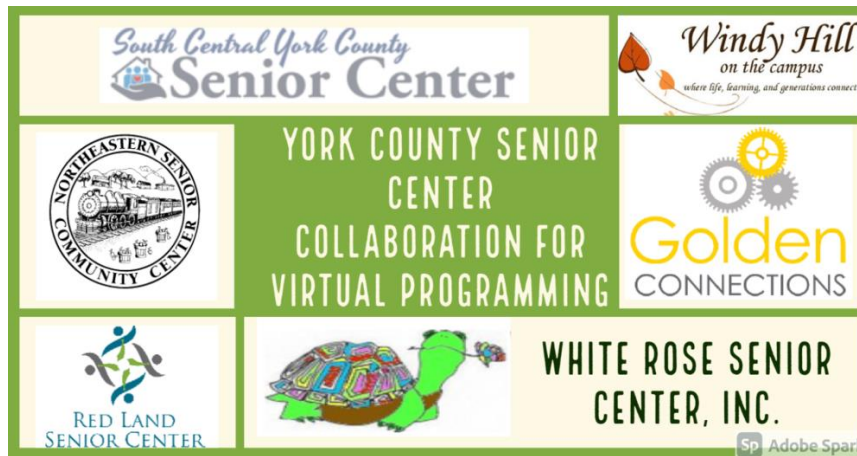


## December 2022 York County Senior Center Virtual Programs – vol.23



### Check Out the **DECEMBER VIRTUAL PROGRAMS** Being Offered by York County Senior Centers...

### So More People Can Stay Connected!!!

Jenna Wray, from White Rose Senior Center, and Jenna Ericson from Windy Hill on the Campus are coordinating the links for this Pilot Project from the York County Senior Centers who would like to participate. Many Centers in York County are doing Zoom, Facebook Live, and other platforms and we have decided to collaborate together to offer more programs and possibilities for our Older Adults in York County who maybe homebound or possibly isolated.


Each Center who wants to participate email Lisa with their programs for the upcoming month. She compiles a brochure of activities and then sends it out to each Center to distribute to their members. Jenna uploads all of the activities from each Center to a landing page on Windy Hill's website ([Virtual Programs at Other Centers - Windy Hill On The Campus](#)). You can also find the information on the York County Area Agency on Aging's website and Facebook page as well as many York County Senior Center's sites.

We have noticed more attendees to the activities and like all good things, it takes time to grow! Please share this with any older adult you may know. We envision this project continuing even after the pandemic ends. We desire to connect to every 60-year-old in York County!

#### **What do You Need to Participate in the Virtual Programs?**

1. Either a computer, a tablet or a smart phone.
2. Internet connection.

If you do not have a device (computer or a tablet), **TECH OWL offers FREE devices for loan.** Call 717-737-3477 or 1-800-998-4827 for additional information.

 **Borrow  
an iPad,  
a computer,  
gadgets and more**

If you or someone you know:

- lives in Pennsylvania and
- is a senior citizen, or
- has a disability

**TechOWL can help you try out new equipment for free.**



Your local TechOWL specialist will:

- Work with you to select the right device.
- Load the software and apps that you need and want.
- Support and teach you throughout the process.

All devices can be borrowed for 4 weeks with an option for longer.

**Don't miss out on important visits with  
your doctors, grandchildren and friends, especially during this time.**

More information about the Assistive Technology Lending Library program  
can be found on the TechOWL website:

More information about the Assistive Technology Lending  
Library program can be found on the TechOWL website:

<https://techowlpa.org/library/>

OR CONTACT: Tel 800-204-7428 (voice) Email



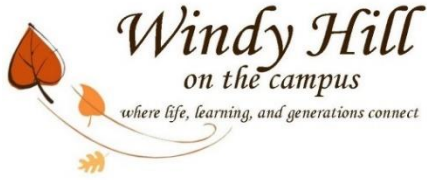
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			11:30 20 Questions Trivia Handout (email <a href="mailto:jenna@whiteroseseniorcenter.org">jenna@whiteroseseniorcenter.org</a> )	
5	6	7	8	9
11:30 Christmas Tree Decorating Contest (Handout) (email <a href="mailto:jenna@whiteroseseniorcenter.com">jenna@whiteroseseniorcenter.com</a> . Return by December 12 <sup>th</sup> to be included in Voting!)				
12	13	14	15	16
Christmas Tree Handout Due 				Christmas Tree Handout Winners Announced
19	20	21	22	23
				11:30 January Newsletter
26	27	28	29	30
Christmas Day ( <i>observed</i> ) Center is Closed			11:30 20 Questions Winner Announced	

**December 5<sup>th</sup> Christmas Tree Decorating Contest** (Handout) (email [jenna@whiteroseseniorcenter.com](mailto:jenna@whiteroseseniorcenter.com). Return by December 12<sup>th</sup> to be included in Voting!)

**December 23<sup>rd</sup> January Newsletter/Calendars**  
 ([www.whiteroseseniorcenter.org](http://www.whiteroseseniorcenter.org))



**White Rose Senior Center, Inc.**  
 27 S. BROAD ST. • YORK, PA. 17403  
 717-843-9704



Executive Director: Tammy Miller

1472 Roth's Church Road,  
Spring Grove, PA 17362  
717-225-0733

Normal business hours:  
Monday – Friday: 8:30 am – 2:30

[windyhillonthecampus.org](http://windyhillonthecampus.org)

Facebook: [facebook.com/windyhillotc](https://facebook.com/windyhillotc)

## December Virtual Programs

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9 am – Zoom <a href="#">T'ai Chi Chih</a> Meeting ID: 814 3316 9989 Passcode: 1472	9 am – Zoom <a href="#">Silver Sneakers Classic</a>  Meeting ID: 821 3661 1618 Passcode: 1472	11 am – Facebook Live <a href="#">Chair Exercise</a>  <a href="https://Facebook.com/windyhillotc">Facebook.com/windyhillotc</a>	9 am – Zoom <a href="#">Silver Sneakers Classic</a>  Meeting ID: 821 3661 1618 Passcode: 1472	
11 am – Facebook <a href="#">Chair Exercise</a>  <a href="https://Facebook.com/windyhillotc">Facebook.com/windyhillotc</a>			12:30 pm – Zoom <a href="#">Hatha Yoga</a> Meeting ID: 827 1847 4772 Passcode: 1472	



## Windy Hill on the Campus's Regularly-occurring Program Descriptions

	<p><b><u>Silver Sneakers Classic</u></b> (<i>Tues &amp; Thurs at 9 am</i>)  Instructor: Tracy Schuman  -45-60-minute low-intensity workout designed to increase muscle strength, range of motion and improve activities for daily living. A chair is used for seated exercises and standing support. Exercises can be modified depending on fitness levels.</p>
<p><b><u>T'ai Chi Chih</u></b> (<i>Mondays at 9 am</i>)  Instructor: Jack Weaver  -One hour of mindfulness moving meditation with soft, flowing and easy-to-learn movements/poses. Benefits include: peace of mind, improved health, and experiencing joy.</p>	<p><b><u>Hatha Yoga</u></b> (<i>Thursdays – 12:30 pm</i>)  Instructor: Lori Houck-Ruffner  -Hatha Yoga introduces basic yoga poses sequenced in a gentle stream of movements, focusing on: stretching, breathing practices, proper body alignment, and relaxation techniques.</p>
<p><b><u>Chair Exercise</u></b> (<i>Mondays &amp; Wednesdays at 11am</i>)  Instructor: Risa Anderson (Windy Hill staff member)  -30-minutes of low-impact exercise focusing on moving all the joints in your body to help ease pain and build stability and improve balance. You will need a sturdy chair (preferably without arms), hand weights, and a Pilates ring or throw pillow for resistance.</p>	