

JANUARY 2023

HIGHLIGHTS

Join us for multiple dates this month to kick off our Winter Olympics!
See Newsletter!

Monday January 2nd **Center is Closed. New Year's Day Observed.**

Wednesdays in January! 12:30 Music Therapy Program w/ Studio 117

Wednesday January 4th 9:30-11:00 Blood Pressure Checks by Family First

Thursday January 5th 9:00-11:00 York Fresh Food Farms Presents INDOOR Winter Produce Markets, 10:00-1:00 Commodity Supplemental Food Box for Seniors with the Cheese Distribution (Must come inside for your box)

Friday January 6th 10:00 Three Kings Day Potluck (Please Bring a Dish to Share. All items must be store bought/pre-packaged)

Tuesday January 10th 10:00 Battle of the Centers Windy Hill vs. White Rose Jeopardy!

Wednesday January 11th 10:00 Winter Raffle (2/\$1.00)

Friday January 13th 10:00 Historical Bingo w/ Aetna (Kiara)

Monday January 16th Center is Closed. Martin Luther King Day.

Tuesday January 17th 10:00 Bingo!, 12:30 Pay Off Bingo (\$5.00. Extra Strips are \$2.00 ea.)

Friday January 20th **Hamburger Soup Sale** (\$2.00)

Tuesday January 24th 10:45-11:30 Battle of the Centers South Central vs. White Rose Jeopardy!

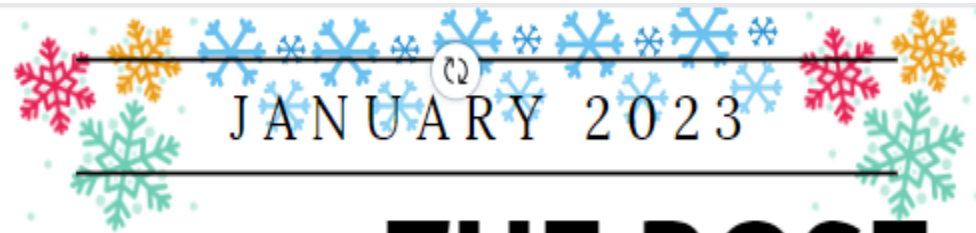
Wednesday January 25th **February Newsletter & Calendar**

January 26th is **National Spouse Day**. We are asking that you Honor Your Spouse (Present or In Loving Memory). For \$5.00, you can provide a small snippet and Photo, to which we will Stream all month long on our outside Billboard and also indoors on the main screen (to run through Valentine's Day. February 1st through February 17th).

Friday January 27th 1:00 Winter Sugar Scrub (\$1.00)

Monday January 30th 12:00 Bingo! (\$1.00)

Tuesday January 31st 9:30 Hot Chocolate Bar (\$1.00) *Celebrate National Hot Chocolate Day.*



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



GOODBYE, 2022

Hello, 2023

May this new year bring you hope and happiness.

FRAUD ALERT

Offers to Increase Your Social Security Benefits

That unexpected offer from the Social Security Administration (SSA) to activate a benefit increase is from a criminal and not the real SSA. **Do not share personal or financial information. Do not click on links or respond. Report suspected scams to oig.ssa.gov/report.**

Criminals continue to impersonate SSA and other government agencies in an attempt to obtain personal information, money, or download malware onto phones. Recent reports indicate that criminals are trying to trick people into sharing personal and financial information over the phone or through deceptive text and email messages that lure recipients to a fake Social Security website.

Criminals falsely advise recipients to apply to receive Social Security benefits or extra money, such as a cost-of-living adjustment (COLA), or to set up an online account. The message may also provide fake contact information for SSA.

HOW A GOVERNMENT IMPOSTER SCAM WORKS

Recognizing the signs of a scam can help you avoid falling victim to one. These scams primarily use telephone to contact you, but scammers may also use email, text message, social media, or U.S. mail.

Scammers pretend to be from an agency or organization you know to gain your trust.

Scammers say there is a problem or a prize.

Scammers pressure you to act immediately. Scammers tell you to pay in a specific way.

TIPS TO PROTECT YOURSELF

1. Do not take immediate action. If you receive a communication that causes a strong emotional response, take a deep breath. Hang up or ignore the message. Talk to someone you trust.

2. Do not transfer your money! Do not buy that gift card! Never pay someone who insists that you pay with a gift card, prepaid debit card, Internet currency or cryptocurrency, wire transfer, money transfer, or by mailing cash. Scammers use these forms of payment because they are hard to trace.

3. Be skeptical. Do not believe scammers who “transfer” your call to a government official or law enforcement officer, or who feed you a number as proof. Scammers can create fake numbers and identities. Do not trust your caller ID.

4. Be cautious of any contact claiming to be from a government agency or law enforcement, telling you about a problem you don’t recognize or an unsolicited offer. Do not provide your personal information, even if the caller has some of your information.

5. Do not click on links or attachments. Block unwanted calls and text messages.

A huge thank you to everyone who sponsored our Christmas Box Raffle.

We raised: \$747.00.

Capital TriState Electric, WRSC Board of Directors, Aetna, Highmark, Brian White & Cindy Utz, Homeland Hospice, an Anonymous Friend of WRSC , & Lisa & Joel Krout

A warm welcome to our newest

members:

Angel Ocasio-Aguirre

Valerie Tsakiris

Jon Marc Tuxford

Kathy Nelson



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

GREAT NEWS... >>



York County Area Agency on Aging pays for persons 65 and older to ride Rabbittransit on the Paratransit van as long as they attend the Center and eat lunch at the Center. (These rides are limited to and from Center only. Trips are excluded.) We have to arrange these rides for you. Pick up and drop off times vary, and you must cancel your trip in advance (At least an hour prior to pick up time). Rabbit has a 30-minute window, however when the driver pulls up to the house they wait 5 minutes, and 5 minutes only. You must be ready and waiting for them. Please see Staff if you need Transportation arranged, to and from Center. Please see Jenna, Brenda, or Raquel to coordinate your rides to and from Center.



Tuesday January 10th

10:00 **Battle of the Centers Windy Hill vs. White Rose Jeopardy!**



Tuesday January 24th

10:45-11:30 **Battle of the Centers South Central vs. White Rose Jeopardy!**



**We will be going head to head with both Centers this Month!
Please join us!**

WRSC WINTER OLYMPICS



- Tuesday 1/3 **Snowball Baseball**
- Friday 1/6 **Trash Can Basketball**
- Monday 1/9 **Chair Volleyball**
- Thursday 1/12 **Air Hockey**
- Thursday 1/19 **Air Hockey**
- Friday 1/20 **Go For the Gold Golf**
- Monday 1/23 **Word Unscramble**
- Friday 1/27 **Football Relay**
- Tuesday 1/31 **Minute to Win It**

West Manchester Township

ST. PATRICK'S DAY BINGO FOR ADULTS



- WHEN: Thursday, March 16, 2023
- TIME: 1:00 PM – 3:00 PM (Doors open at 12:30 PM)
- WHERE: Shiloh Fire Co. – 2190 Carlisle Road, York, PA 17408
- COST: \$5.00 per person. Money will be collected at the door the day of the event.

CALL TO REGISTER – 717-792-3505 BY MARCH 3, 2023.

Do not park in emergency designated areas. Please bring a dabber with you, we will have a limited supply available.

Gift Card Bingo is Back

DATE: Sunday, March 26th, 2023

WHERE: Shiloh Fire Company, 2190 Carlisle Rd, York

TIME: Doors open at 10:00 AM - Bingo starts at Noon

COST: \$20 advance tickets - \$25 at the door (if not sold out)

TICKETS CAN BE PURCHASED AFTER JANUARY 10, 2023 AT THE:
West Manchester Township Office, 380 E. Berlin Road,

QUESTIONS...Call 717-792-3505



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Parks & Recreation

SECRET PAL REVEAL PARTY
& PICK A NEW PAL:

TOP SECRET

THIS YEAR, MANY OPTED INTO OUR
SECRET PAL CLUB.

2022 SECRET PALS WILL BE REVEALED
DURING THE REVEAL PARTY ON THURSDAY
JANUARY 19TH 2023 @ 12:15. IT'S IMPORTANT
YOU KEEP IT A SECRET UNTIL THEN! FOR THE
REVEAL, YOU ARE REQUIRED TO BRING IN A
\$5.00 GIFT OR MONEY.

FOR THOSE WHO WANT TO PICK A NEW PAL
OR BECOME A PART OF THE SECRET PAL
PROGRAM FOR 2023, PLEASE MAKE SURE YOU
ATTEND ON THURSDAY JANUARY 19TH.



Three Kings Day Celebration

In partnership with multiple community agencies, the York County
Hispanic Coalition will be offering toys celebrating
Three Kings Day.

Saturday, January 14, 2023

10 am - 1:00 pm

William Penn High School- Door #15

(if inclement weather, the date is to be determined)

Toys will be given out courtesy of Toys for Tots!

UNTIL SUPPLIES LAST.



Coming in January...
In order to serve you better
The York County Area Agency on Aging
is moving to
2401 Pleasant Valley Road
York, PA 17402

Our programs & services
remain the same.

You may still contact us at
717-771-9610
aging@yorkcountypa.gov

RIDDLE OF THE MONTH:



I am rich but I cannot be poor,
I can be dark and I can be white, I can
be hot or I can be cold, but one thing is
for sure having too much of me can be
a little jittery. What am I?

Sickness Policy:

Please be mindful when feeling under the weather.
Regardless of vaccination status, staff, volunteers, and
participants who have symptoms of illness (new cough,
sore throat, congestion, vomiting, fever, diarrhea) should
stay home until symptoms have resolved for *at least 24*
hours. Practicing frequent handwashing and proper
respiratory etiquette and is recommended. If you are not
feeling 100 percent yourself, please stay out until you are feeling
better.

(Wash your hands after touching your mouth or blowing your nose,
cover your mouth when coughing)



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.

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!

Wits Workout Presented by:



January through August 2023

10:00 – 11:00

Thursday January 19th 10:00-11:00

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.

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.

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





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.

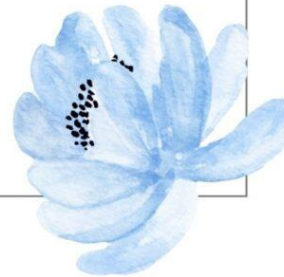
After noon, we start distributing meals on a first come, first served basis.

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

Thank you for your cooperation!

New Beginnings

January



- Day 1: Genesis 1:1-2
- Day 2: Jeremiah 29:11
- Day 3: Job 8:7
- Day 4: Lamentations 3:22-23
- Day 5: Psalm 30:5
- Day 6: Psalm 40:3
- Day 7: Isaiah 43:18-19
- Day 8: Isaiah 40:31
- Day 9: Isaiah 58:12
- Day 10: Ecclesiastes 3:1
- Day 11: Ecclesiastes 3:11
- Day 12: Isaiah 65:17
- Day 13: Ezekiel 11:19
- Day 14: Jeremiah 31:31
- Day 15: Matthew 26:27-28
- Day 16: Hebrews 12:1-2
- Day 17: 1 Peter 1:3
- Day 18: 2 Corinthians 5:17
- Day 19: Galatians 6:14-15
- Day 20: Colossians 3:8-9
- Day 21: Colossians 3:10-11
- Day 22: Romans 6:4
- Day 23: 2 Peter 3:10-11
- Day 24: 2 Peter 3:12-13
- Day 25: Philippians 3:13-14
- Day 26: Ephesians 4:21-22
- Day 27: Ephesians 4:23-24
- Day 28: Romans 12:2
- Day 29: Revelations 21:1-2
- Day 30: Revelations 21:3-4
- Day 31: Revelations 21:5



Kingdom Bloggers

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:

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 roving. 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

