JUNE 2022

HIGHLIGHTS

Thursday June 2nd 10:00-1:00 Commodity Supplemental Food Box for Seniors with the

Cheese Distribution & Puzzle Packet (Must come inside)

Friday June 3 2:00 ZOOM: Virtual Memory Lock

Wednesday June 8 10:00 Table Event & Game w/ Highmark (Diana Escalante)

Every Thursday 10:00-12:30 York Fresh Food Farms Mobile Market (Credit/Debit/Cash/SNAP/EBT)

Every Friday 9:15 Wii Bowling

Tuesday June 14 9:45 Bingo w/ Homeland at Home (Barbara Goll) Flag Day Spirit Day Wear your Red White & Blue to Celebrate

Thursday June 16th 11:30 **Lunch** (Father's Day Special)

Friday June 17th 10:00 **Bingo w/ Aetna** (Sindy)

12:00 Floats with Fathers Father's Day Celebration (Must Sign Up. Men Only.)

2:00 ZOOM: Who Wants to Be A Millionaire?

Monday June 20th 10:00 Juneteenth Celebration

Tuesday June 21st 10:00-11:00 How to Help Your Loved on Living with Dementia **Presentation by Country Meadows**

Wednesday June 22nd 10:00 Table Event & Game w/ Highmark (Diana Escalante)

Tuesday June 28th 10:00-11:00 Hospice: Myths and Facts Presentation by Karen Stauffer,

COUNTRY MEADOWS

Community Educator from Hospice & Community Care

12:00 Summer Snack Sampler (\$3.00/3 Snacks/Must Sign Up)

Secret Pal If you are a part of this program, please do not forget your secret pal!!!





27 South Broad Street York PA. 17403 717-843-9704

MONDAY - FRIDAY 8:00 AM - 4:00 PM

www.whiteroseseniorcenter.org





















10:00-12:30 Every Thursday
York Fresh Food Farms Mobile
Market



Day 1 : Acts 1:1-11
Day 2 : Acts 1:12-26

Day 3 : Acts 2:1-13

Day 4 : Acts 2:14-47

Day 5 : Acts 3:1-10

Day 6 : Acts 3:11-26

Day 7 : Acts 4:1-12

Day 8 : Acts 4:13-31

Day 9 : Acts 4:32-36

Day 10 : Acts 5:1-16

Day 11 : Acts 5:17-32

Day 12 : Acts 5:33-42

Day 13 : Acts 6:1-15

Day 14 : Acts 7:1-53

Day 15 : Acts 7:54-8:3

Day 16 : Acts 8:4-24

Day 17 : Acts 8:25-40

Day 18 : Acts 9:1-19

Day 19 : Acts 9:19-31

Day 20 : Acts 9:32-42

Day 21 : Acts 10:1-23

Day 22: Acts 10:23-33

Day 23: Acts 10:34-48

Day 24: Acts 11:1-18

Day 25 Acts 11:19-30

Day 26 Acts 12:1-19

Day 27 Acts 12:20-25

Day 28 Acts 13:1-42

Day 29 Acts 13:43-52

Day 30 Acts 14:1-28

DO YOU HAVE CONCERNS about falling?



Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- · anyone who has fallen in the
- anyone who has restricted activities because of falling

Space is

limited

The class is held twice a week for 4 weeks. The program is FREE for those 60+ yrs old!

Location: Spry Church

50 School St. York, PA 17402

Dates: July 13 - August 8, 2022

Mondays & Wednesdays

Time: 1:00PM—3:00PM

To register: Call Faye by July 6th at 717-852-4902 ext. 1044

A Matter of Balance Lay Leader Model
Recognized for Involvation and Quality in Healthcare and Aging, 2006, American Society on Aging,
A Matter of Balance Lay Leader Model was developed by a graft from the Administration on Aging (#004M2780).

We Warmly Welcome our Newest Members:

Kenneth Jones



Tonya "Inayan" Wilson Maria Rosario Faye Miller Ana Cadiz **Edward Draugelis** Janet Lehr Karen Bortner Marge Zito

Reuben Gomez







Lisa Krout Executive Director Brendaliz Gonzalez Bilingual Program Coordinator Jenna Wray Program Coordinator

Raquel Rivera Assistant Program Coordinator Elba Zambrano Food Service & Cleaning Specialist

Chotz Grove Customer Service Cheri Bowersox Bookkeeper

People Over 60* Should Be Dead

According to today's regulations and bureaucrats, those of us who were kids in the 40s, 50s, and 60s probably shouldn't have survived. Our baby cribs were covered with bright colored lead-based paint. We had no childproof lids on medicine bottles, doors or cabinets, and when we rode our bikes, we had no helmets. Not to mention the risks we took hitchhiking.

As children, we would ride in cars with no seatbelts or airbags. Riding in the back of a pickup truck on a warm day was always a special treat. We drank water from garden hoses and not from a bottle. We ate cupcakes, bread and butter, and drank soda pop with sugar in it, but we were never overweight because we were always outside playing. We shared one soft drink with four friends, from one bottle and no one actually died from this. We would spend hours building our go-carts our of scraps and then rode down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem.

We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day. No cell phones. We did not have Play Stations, Nintendo 64, X-Boxes, 99 Channels on cable, videotape movies, personal computers or internet chat rooms. We had friends! We went outside and found them. We would play dodge ball and sometimes the ball would really hurt. We fell out of trees, got cut and broke bones and teeth but there were no lawsuits from these accidents. They were accidents. We had fights and punched each other and got black and blue and learned to get over it.

We made up games with sticks and tennis balls and ate worms and although we were told it would happen, we did no put out very many eyes, nor did the worms live inside us forever. We rode bikes or walked to a friend's house and knocked on the door or rand the bell and just walked in, called their name, and talked with them. Little League had tryouts and not everybody made the team. Those who didn't had to learn to deal with disappointment. Some students weren't as smart as others, so they failed a grade and were held back. Tests were not adjusted for any reason. Our actions were our own. Consequences were expected. The idea of a parent bailing us out if we broke a law was unheard of. They actually sided with the law!

This generation has produced some of the best risk-takes and problem solvers and inventers ever. The past 50 years have been an explosion of innovation and new ideas. We have freedom, failure, success, and responsibility and we learned how to deal with it all.

And you're one of them. Congratulations! You had the luck to grow up as kids, before lawyers and government regulated our lives, for our own good. Kinda makes you want to run through the house with scissors, huh? Or cross your eyes to see if they'd stay that way.

Street Sweeping

The First Tuesday and First Thursday

of each month is Street Sweeping.



There is NO Parking on the far side of Broad Street (First Tuesday) from 7:15am-11:45am. and NO Parking the close side of Broad Street (First Thursday)from 12:45pm-3:15pm.

You will be ticketed!!!

ARE YOU SICK????

"You know who you are. You wake up feeling lousy. You are clammy and have a sore throat and a horrible cough. You may have a stomachache or feel nauseous. So you sip some tea or ginger ale and head to the Center. You don't like the other options. You would miss out on something that seems important at the time, or you may disappoint your friends. You are pushing through the day even though if you stopped to think about it for a moment, you would admit that you should be home and in bed."

If this sounds like you, <u>please stay home!</u> We would much rather you stay home and get healthy than come to the Center and share your germs. When in doubt, please stay out, and try again after 24 hours (of being symptom free!) We reserve the right to ask you to leave for the safety of others in our community if we feel that you are ill or under the weather. Other centers are practicing this approach. ***This includes if you TEST POSITIVE FOR COVID. Please follow the CDC Guidelines. We appreciate your cooperation as it allows us to remain open.***

Floats with Fathers Father's Day Celebration



Friday June 17th @ 12:00 pm (Must Sign Up. Men Only.)

GOD TOOK THE STRENGTH OF A MOUNTAIN. THE MAIESTY OF A TREE. THE WARMTH OF A SUMMER SUN. THE CALM OF A QUIET SEA. THE GENEROUS SOUL OF NATURE. THE COMFORTING ARM OF NIGHT. THE WISDOM OF THE AGES. THE POWER OF THE EAGLES FLIGHT. THE JOY OF A MORNING IN SPRING, THE FAITH OF A MUSTARD SEED. THE PATIENCE OF ETERNITY. THE DEPTH OF A FAMILY NEED. THEN GOD COMBINED THESE QUALITIES, AND THEN THERE WAS NOTHING MORE TO ADD HE KNEW HIS MASTERPIECE WAS COMPLETE. AND SO, HE CALLED IT—DAD.



German Handtuch

A FIBER FRENZY

Nancy Walker & Jef Savage present a program of three practical fibre arts projects..... You can sign up for all three or attend those you are interested in. These projects are designed for both men & women, as history shows both genders were involved in ALL historical fibre arts processes.

Navajo Tapestry Weaving: 4 days

9:00am-10:30am, Weds, May 25 - June 15, 2022

Native American Culture and History has been and is being revitalized by First Peoples. This project will illustrate four contrasting nations, their traditional cultures, art forms & social adaptations.

Ojibwe Decorative Beading: 4 days

9:00am-10:30am, Weds, June 22 - July 13, 2022

The Ojibwe (sometimes called Chippewa) have a rich tradition of using glass seed beads to decorate their clothing and other personal items. It is undergoing a revival amongst native peoples and expanding worldwide & has a rich history and opportunity for creative expression.



Ojibwe Decorative Beading

<u>Colonial Pennsylvania Deutsch Handtuch</u> (handtowel) Embroidery: 5 days

9:00am-10:30am, Weds, July 20 - Aug 17, 2022

This was a typical art form for German settlers and took the form of a long decorative towel that was created as a decor panel which was hung on the door of the parlour. They were mainly produced by young, unmarried women in anticipation of marriage, which enabled them to learn embroidery stitches to reproduce folk art motifs of the Pennsylvania Germans.

This project will be approximately 15"W x 22"L.



Navajo Weaving

Personal initiative and creative self-expression are emphasized in this program. For each fibre art project participants will design, create, construct their project, and be introduced to the history, cultural context, traditions, practices, & applications of these fibre arts. Materials & tools provided for each project.

Zumba Gold®

with Heather Cintron

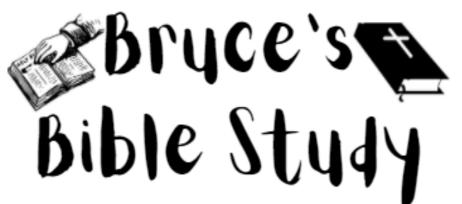


Mondays & Wednesdays

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.



Every Monday

9:30-10:30

Join Bro. Bruce Shaub



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.



PLEASE MAKE SURE IF YOU ARE PICKING UP YOUR MEALS AT THE FRONT

DOOR that you are parking on the correct side of the road (facing the correct direction) to avoid a ticket or causing an accident!

Additionally, pickup time is from 11:30-12:30. After that, your lunch is not guaranteed, and you must come inside for your meal.

Those who are eating inside should be seated and ready for lunch prior to 11:30, as we do NOT hold lunches.

It is your responsibility to Pre-Register for your own meals.

While we are "Serving" lunch between 11:00 and 11:30 in the kitchen, we ask that you do not request coffee or hot water during this time, as it interrupts serving.

We appreciate your cooperation.



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.

2022 SENIOR FARMERS MARKET NUTRITION VOUCHERS



<u>Friday, July 15</u> (9:00 - 11:30 am) WHITE ROSE SENIOR CENTER 27 South Broad Street, York

Eligible seniors can receive FREE vouchers (\$24) for purchase of fresh fruit and vegetables grown in Pennsylvania. Redeemable at participating PA Farmers Markets.

Vouchers will be distributed IN-PERSON and by mail this year.

A completed application is required to receive the vouchers (In-Person or by mail)

- * APPLICATIONS CAN BE PICKED UP at the following locations:
 - York County Agency on Aging office, 100 West Market St, York PA 17401;
 - Any participating York County Senior Center

OR

- * Download the application from the YCAAA website, <u>www.ycaaa.org</u>
 OR
- * Phone or email: 717-771-9610; aging@yorkcountypa.gov for mailing.

Bring completed application to a scheduled In-Person location (see back of page for schedule)

OR

Mail or drop off by September 15, 2022 to:

York County Area Agency on Aging, 100 West Market St., York PA 17401

ELIGIBILITY:

- Must be 60 years of age by December 31, 2022.
- Must be a York County resident
- 2022 Gross Annual Income must be no more than: \$25,142 (\$2,095/ month) for individual \$33,874 (\$2.823/ month) for 2 person household

EACH ELIGIBLE PERSON MAY RECEIVE ONE SET OF VOUCHERS PER YEAR

Seniors who are living in a nursing home, personal care home, or other residential facilities where meals are provided are ineligible to receive vouchers.

Blood Pressure Checks Provided by:



HEALTH

The 1st Wednesday of each month starting on 06/01.

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

©American Heart Association

heart.org/bplevels

Trip to Shady Maple Thursday June 16th





9:30 Departure from Center

Please arrive to Center by 9:15 in order to be boarded prior to 9:30 departure.

Van Cost for Rabbit Transit is \$13.50 Round Trip Money Due by Tuesday June 14th. Minimum of 6 Paying Clients needed to ensure Trip. (Must be 65+ to be eligible for Rabbit Transit)

10:30 Arrival to Shady Maple/Eat/Shop

Meal Cost: Self Pay Upon Arrival. \$16.99 (w/ 10% off for senior discount)

Total Cost for Trip w/ Meal Approximately \$30.00!

12:30 Departure from Shady Maple to Return to Center

We can hold your lunch for you that day (Father's Day Special) and you can enjoy for Dinner.

Summer Snack Sampler

Tuesday June 28th @ 12:00

Cost: \$3.00. Includes all 3 Snacks Must Sign Up and Pay by Monday June 27th

Summer Sea Scene





Summer Sail Boats



Sea Turtles



Property Tax/Rent Rebate Program

Tuesday June 7th 9:00-1:00 Rent Rebate Assistance by Carol HillEvan's Office (Appointment Required)

The rebate program benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older. The income limit is \$35,000 a year for homeowners and \$15,000 annually for renters, and half of Social Security income is excluded. Spouses, personal representatives or estates may also file rebate claims on behalf of claimants who lived at least one day in 2021 and meet all other eligibility criteria.

The maximum standard rebate is \$650, but supplemental rebates for qualifying homeowners can boost rebates to \$975.

The Property Tax/Rent Rebate Program is one of five programs supported by the Pennsylvania Lottery. Since the program's 1971 inception, older and disabled adults have received more than \$7.1 billion in property tax and rent relief. The rebate program also receives funding from slots gaming.

Homeowners receive:

Income	Maximum Rebate
\$0 to \$8,000	\$650
\$8,001 to \$15,000	\$500
\$15,001 to \$18,000	\$300
\$18,001 to \$35,000	\$250

Renters receive:

Income	Maximum Rebate
\$0 to \$8,000	\$650
\$8,001 to \$15,000	\$500

Free Assistance

Property Tax/Rent Rebate application assistance is available at no cost from State Representative Carol Hill-Evan's Office.



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

"Senior Time Activities for Residents of Springettsbury"

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 Summer 2022 classes are as follows:



STARS Program Class: Chicken Basket

Linda Stinnett. AKA "Gourdy2shoes", will show you how to make this adorable and functional chicken basket. You will be supplied a pre-cut gourd basket that we will paint with either a patriotic theme or natural (of your choosing). This basket can be used in multiple was so do not limit your imagination deciding on your painting theme! You will be supplied with a pre-cut wattle to attach and then the painting fun begins.

Supplies: All supplies provided by instructor.

Instructor: Linda Stinnette Date: June 29, 2022 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: Needlefelted Melchior - Part 1

The second King of the Three Kings Series will be Melchoir. In this class we will needlefelt the body to prepare him for the next session on July 19th. Mary Jane Miller will teach you how to make his body using wool roving and specials needles for felting. These Kings are to add to our Needlefelted Nativity Set we have been doing for the past couple years. It is not too late to join in the fun and create a gorgeous Nativity Scene. Needlefelting experience is helpful. Supplies: Scissors, a Car Wash Sponge to needle on (Wal-Mart or the Dollar Store have them)

Instructor: Mary Jane Miller

Date: July 12, 2022 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: Needlefelted Melchoir – Part 2 Part two of this series will involve dressing the King in his elaborate robes and add facial features. We will use wool roving and special felting needles. All needles, wool, and special embellishments will be supplied by the instructor. Needlefelting experience is helpful. Supplies: Scissors, a Car Wash Sponge to needle on (Wal-Mart or the Dollar Store have them)

Instructor: Mary Jane Miller

Date: July 19, 2022 Day: Tuesday Time: 2:00 – 4:00pm

Location: White Rose Senior Center

27 S. Broad St., York, PA 17403Cost: R-\$10 NR-\$15 Payable to Springettsbury Township Prior To Class

Maximum for Class: 8 Participants



STARS Program Class: Gift Box Making

Judy Enders will show you a modern twist to a vintage cardboard box. We will construct a box from poster board and cover it with pretty wallpaper! The box will be approximately 4 inches high and 6 inches wide,

perfect for a very special gift!

Supplies: Scissors, scotch tape, ruler, and mod podge

Instructor: Judy Enders Date: July 27, 2022 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 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 17, 2022 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 <u>prior to the class for bingo</u>. (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!

STARS Program Class: Paisley Chicken Gourds

This must be the year for cute Chicken Gourds!!! Marti Leader will show us how to create a decorative addition to your kitchen or to add a conversational piece to anywhere in your home! She will bring a special gourd for each person and show you how to paint a creative paisley design with bright colors.

Supplies: Marti will supply everything.

Instructor: Marti Leader Date: August 23, 2022 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



