

HIGHLIGHTS

Thursday March 10:00-1:00 **Commodity Supplemental Food Box for Seniors with the Cheese Distribution** (Must come inside for your box), **Puzzle Packets**

Monday March 4th 10:00 **Food Art by All American Health Care w/ Erik**

Wednesday March 6th 9:30-11:00 **Blood Pressure Checks by Family First**

Thursday March 14th 10:00 **Fresh Express**

Thursday March 28th 10:00 **Fresh Express**

Friday March 29th **Good Friday Center is Closed.**

Millek's Sub Sale from Friday March 1st through Monday March 18th Delivery on Wednesday March 27th

IF YOU WOULD LIKE TO DONATE TOWARDS OUR CASH & GIFT CARD BINGO THE FOLLOWING DONATIONS ARE APPRECIATED:

\$25 Gift Cards (Ex: Grocery Stores, Restaurants, Amazon, Stores), Store Bought Desserts to be brought in on 4/12/24. (2) Cases of Water & Door Prizes

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

*March winds and April showers
bring forth May flowers."*

(English Proverb)



Zumba Gold®

with Heather Cintron



Every Wednesday
10:30-11:15

Yarn Crafters



EVERY WEDNESDAY
& THURSDAY
9:00-2:00

Strength & Balance Chair Yoga

w/ Stephanie

NEW!

Tuesdays

w/ Stephanie

12:00-1:00

Chair Yoga

w/ Stephanie

Fridays

12:00-1:00



Bible Study with
Ken Gilbert

EVERY FIRST AND
THIRD WEDNESDAY
9:30-10:30

WELCOME

Gary Joseph

Sylvestre Adames

Frances Faubion

Rudolph Auchsun

Howard Tendler

Lourdes Serrano

Judith Ford

Ana Cruz

Benita Morrison

Antonetta Mosca



White Rose Senior Center Staff

Lisa Krout Executive Director

Jenna Wray Program Coordinator

Brendaliz Gonzalez Bilingual Program Coordinator

Raquel Rivera Program Assistant

Elba Zambrano Food Service & Cleaning Specialist

Chotz Grove Customer Service

Cheri Bowersox Bookkeeper



Fresh Express will continue to be distributed at approximately 10:00 am. 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 180 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.***

Thursday March

You are required to follow the rules. If you do not wish to follow the rules, you will be asked to leave.

**2023-2024 WINTER
MOBILE PRODUCE MARKET**

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

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

EVERY THURSDAY
12-2 pm
White Rose Senior Center
27 S. Broad St.

EVERY FRIDAY
11-1 pm
YMCA
90 N Newberry St.

EVERY SATURDAY
12-2 pm
Parkway
Corner of Willis & Parkway

WE ACCEPT:

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



 Volunteer with York Fresh Food Farms for the 2024 growing and farmer's market season!
Volunteers have the opportunity to get involved in the farm and/or farmer's market operations. Call or email to apply.

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



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 at the door (TO GO), it is important that you are here on time to ensure you receive your meal. **Please note**, we will do our best to serve you in the order you come to the door. After **11:45** 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!

As a reminder, lunches are paid by YCAA and the cost is \$3.75 (For York County Seniors 60+). Funding is based on meals served! Donations are always welcome!



WHAT IS DAYLIGHT SAVING TIME?

Daylight Saving Time (DST) is the practice of moving the clocks forward 1 hour from Standard Time during the spring and summer months, and changing them back again in the fall. The general idea is that this allows us all to make better use of natural daylight. However, DST has many detractors—and rightfully so.

Is It Daylight “Saving” or “Savings” Time?

The correct term is “**Daylight Saving Time**” and not “Daylight Savings Time” (with an extra “s”), though many of us are guilty of saying it the wrong way. The technical explanation is that the word “saving” is singular because it acts as part of an adjective rather than a verb.

Why Did Daylight Saving Time Start?

Benjamin Franklin’s “An Economical Project,” written in 1784, is the earliest known proposal to “save” daylight. It was whimsical in tone, advocating laws to compel citizens to rise at the crack of dawn to save the expense of candlelight:

“Every morning, as soon as the Sun rises, let all the bells in every church be set ringing; and if that is not sufficient, let cannon be fired in every street to wake the sluggards effectually ... Oblige a man to rise at four in the morning, and it is probable that he will go willingly to bed at eight in the evening.”

Farmers Did Not Favor DST

Many Americans wrongly point to farmers as the driving force behind Daylight Saving Time. In fact, farmers were its strongest opponents and, as a group, stubbornly resisted the change from the beginning.

When World War I ended, the farmers and working-class people who had held their tongues began to speak out. They demanded an end to Daylight Saving Time, claiming that it benefited only office workers and the leisure class. The controversy put a spotlight on the growing gap between rural and urban dwellers. As a writer for the *Literary Digest* put it, “The farmer objects to doing his early chores in the dark merely so that his city brother, who is sound asleep at the time, may enjoy a daylight motor ride at eight in the evening.”

Daylight Saving Time Today

The current daylight saving period was established with the Energy Policy Act of 2005, which went into effect in 2007.

Today, most Americans spring forward (turn clocks ahead and lose an hour) on the second Sunday in March (at 2:00 A.M.) and fall back (turn clocks back and gain an hour) on the first Sunday in November (at 2:00 A.M.).

Senior of the Month:

ALL ABOUT ME



HELLO

My name is RUTH

I am from YORK

Nickname RUTH

Zodiac Capricorn

FUN FACTS

- * Love to teach knitting/crocheting
- * Love to sing
- * Love to Garden
- * Love to read
- * Love to swim

FAVORITE COLORS

- * BLUE
- * YELLOW
- * PURPLE

FAVORITE FOODS

- *Grilled Zucchini
- *Beef BBQ
- *Chocolate Cake with Peanut Butter Icing

FAVORITE QUOTE

- "Yes you can!"
- "Stay Positive"
- "Believe in yourself."

FOOD ART DEMO by ALL AMERICAN HEALTH
featuring ERIK SHAFFER Monday March @
10:00 am



Individuals who eat their lunch inside will be selected at random to be Senior of the Month. This grants the person selected FIRST for everything, starting at the beginning of the month and run through the end. You will also be highlighted in our newsletter for the following month. A new person will be selected monthly.



SENIOR FOOD BOX PROGRAM

Hunger Free York

York County Food Bank

The Senior Box Program is a federal initiative designed to improve the health and nutrition of income eligible seniors. Seniors receive a box of free food each month, which helps stretch their limited income.

Every month, the Senior Food Box Program provides over 2,000 seniors with a free box of food 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.

Do You Qualify?

Must be 60 or older and living in York County

Monthly Income Requirements

- Household of 1: \$1,580

- Household of 2: \$2,137

*Must have valid ID

If you do not receive your box for (3) months, York County Food Bank will remove you from the list!

iBelieve.com 31-Day Scripture Writing Challenge

MARCH

God speaks to us through His Word, so take some time each day this month to write down the following Scripture. If you have time, you might want to also write a prayer that the Scripture leads you to pray, or your reflections as you write.

- | | | | |
|-----------------------------------|-----------------|-----------------------------------|-----------------|
| <input type="checkbox"/> March 1 | Isaiah 43:25-26 | <input type="checkbox"/> March 17 | Luke 23:44-47 |
| <input type="checkbox"/> March 2 | Matt. 20:17-19 | <input type="checkbox"/> March 18 | Matt. 26:28 |
| <input type="checkbox"/> March 3 | Acts 3:19 | <input type="checkbox"/> March 19 | Psalms 22:14-16 |
| <input type="checkbox"/> March 4 | Mark 8:31 | <input type="checkbox"/> March 20 | Galatians 3:13 |
| <input type="checkbox"/> March 5 | Isaiah 1:18 | <input type="checkbox"/> March 21 | Col. 1:13-14 |
| <input type="checkbox"/> March 6 | John 12:23-25 | <input type="checkbox"/> March 22 | 1 Peter 2:24 |
| <input type="checkbox"/> March 7 | Ephesians 1:7 | <input type="checkbox"/> March 23 | Mark 14:46-47 |
| <input type="checkbox"/> March 8 | Matt. 27:33-37 | <input type="checkbox"/> March 24 | Matt. 27:65-66 |
| <input type="checkbox"/> March 9 | Hebrews 10:17 | <input type="checkbox"/> March 25 | Isaiah 53:9 |
| <input type="checkbox"/> March 10 | Mark 15:29-32 | <input type="checkbox"/> March 26 | Mark 15:5-7 |
| <input type="checkbox"/> March 11 | Daniel 9:9 | <input type="checkbox"/> March 27 | Psalms 16:10 |
| <input type="checkbox"/> March 12 | Luke 23:27-31 | <input type="checkbox"/> March 28 | Mark 16:5-7 |
| <input type="checkbox"/> March 13 | Micah 7:18-19 | <input type="checkbox"/> March 29 | Romans 6:8-9 |
| <input type="checkbox"/> March 14 | John 19:5-6 | <input type="checkbox"/> March 30 | 1 Cor. 15:3-8 |
| <input type="checkbox"/> March 15 | Isaiah 53:3 | <input type="checkbox"/> March 31 | 2 Cor. 5:17 |
| <input type="checkbox"/> March 16 | John 12:37-38 | | |

Come back next month for a new Scripture writing challenge!



Dairy Queen Snow Sculpture Contest

DEADLINE FOR REGISTRATION: APRIL 5

WHO: All Township Residents both Young and Old, Big and Tall, Short and Small

WHEN: Anytime it snows

WHERE: In your own backyard

COST: Free

Simply create your own snow sculpture and take a photo of it with the creators in the picture too! You may send your photo to the West Manchester Township Parks and Recreation Department, 380 East Berlin Road, York, PA 17408. You may also e-mail your photo to: ltimmer@wmtwp.com

Please include the name(s), address(es), and phone number(s) of all the creators. The snow sculptures will be judged by the WMT Recreation Advisory Committee at the April 17th meeting. Sorry, we will not return pictures. Winners will be awarded a special treat.

St Patrick's Day Bingo For Adults

THURSDAY, MARCH 14 | 1:00-3:00 PM
SHILOH FIRE COMPANY | 2190 CARLISLE RD, YORK



\$8
PER PERSON

CALL TO REGISTER 717-792-3505 BY MARCH 8.
Do not park in emergency designated areas.
Please bring a dabber with you,
we will have a limited number available.

DOORS OPEN AT 12:30 PM



Parks & Recreation

Gift Card-Cash Bingo is Back

DATE: Sunday, March 24th, 2024

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 2, 2024 AT THE:
West Manchester Township Office, 380 E. Berlin Road,

QUESTIONS...Call 717-792-3505



Senior Fun

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Hey Seniors! Do you want to meet some new friends? Socialize? Snack and play bingo for fun? Join Lori and Kristi at the Shiloh Fire Department located at 2190 Carlisle Road, York, PA 17408, from 10:30- Noon. If you want, bring a snack to share. There is no cost for this activity so mark your calendars and bring a friend.

TUESDAY, JANUARY 9

TUESDAY, FEBRUARY 13

TUESDAY, APRIL 9

Shiloh Fire Company

WHITE ROSE SENIOR CENTER
27 S. BROAD ST. YORK PA 17403

CASH & GIFT CARD

Bingo

**SATURDAY
APRIL
13**

Extra Strips: \$3

50/50 Raffle
SMALL GAMES OF
CHANCE

**\$20 TICKETS
REFRESHMENTS AVAILABLE
FOR PURCHASE
(NO OUTSIDE FOOD OR DRINKS)
DOORS OPEN @11:00,
BINGO STARTS @12:00.**

Lisa Krout: 717-843-9704

- 1 Kiet Bui
Susan Eyler
Gordon Ilgenfritz
Marakay Rogers
- 2 Rhodenie Santiago
Elisabeth Torres
- 3 George Senft
- 4 Robert Mosley
Richard Bruggeman
- 5 William Daniels
Carol Muhlhauser
- 6 Debra Chrismer
- 7 Jacqueline Dillard
- 8 Maria Hodnett
- 9 James Markel
Franklin Debeukelaer

- 10 Marsha Diehl-Poff
Shirley Holthaus
Barbara Moore
John Russell

- 12 Carmen Alicea
Gary LaTulippe
Ivette Montano
Gregorina Vargas

- 14 Mary Wright
Spencer Williams

- 15 Ana Cadiz
Wilfredo Colon

- 16 Ruth Luckenbaugh

- 18 Robert Amorosino

- 19 Christina Sexton

- 20 Edward Draugelis
Phillip Gallagher
Charlotte Grove

- 24 Yolanda Adinolfi
Phylaine Holler
Pauline Smith
Mercedes Maria

- 25 Maria DeJesus

- 26 Pat Kehr
Eileen Wood

- 28 Antonida erhousova

- 29 Alicia Soto-Rivera

- 30 Thomas Eisensmith
Elaine Sharff
Rigoberto Ziscay-
Perez

- 31 Santia Ocasio



! Attention Rabbit Transit Riders! Starting April 15, wagon-style carts will not be allowed on fixed route and shared ride buses.

Passengers may board with as many packages or bags as they can carry in one boarding trip and hold them on their lap. Small personal shopping carts are permitted on board!



WAGON-STYLE CARTS ARE NOT PERMITTED ON BOARD



AARP Provides Free Tax Preparation (NOT AT WHITE ROSE SENIOR CENTER THIS YEAR)

AARP Tax-Aide volunteers will be available to assist you in completing your income tax returns at sites throughout York County. Appointments for the 2024 the Federal Tax Filing Season are available now!

Please see the list below for locations to pick up paper copies of our Tax Packets prior to your appointment. Paper copies of our Tax Packets can be picked up after January 29th on days the sites are open from 8:30 am to 1:30 pm or other days and times as indicated:

Aldersgate Church - Mon-Thurs & Sat (except Sat, 2/24 and 3/23) from 9 am - 2 pm

Dover Area Community Library - Mondays 12-7, Tue/Thurs 10-1, Wed 10-8, Fri/Sat 10-1

Grace Church Shrewsbury - Mon-Thurs 9 am - 2 pm at the office entrance and also at Stewartstown Senior Center - Mon-Thurs 9 am - 3 pm, Fri 9 am - 1 pm

Hanover Church of the Brethren - Mondays ONLY (beginning January 22, 2024)

Living Word Community Church – Mondays to Thursdays, 8:30 am - 8 pm at Door #7 (Main Entrance) and Door #8; closed on Fridays and January 21, 2024

Messiah Church of York - Tuesdays ONLY - 8:30 am - 2:00 pm

Northeastern Senior Center (131 Center St. Mt. Wolf, PA 17347) - Mondays to Fridays, 9:00 am - 2:00 pm

Red Land Senior Center - Mondays to Fridays, 9:00 am - 3:00 pm

St Matthew Lutheran Church – Mondays to Fridays, 8:00 am - 4:00 pm (beginning January 22, 2024)

Susquehanna Senior Center - 8:00 am - 2:00 pm, Monday - Friday (beginning January 15, 2024)

Union Fire Company 1 - Only these Fridays: Feb 2, 16; Mar 1, 15, 29, Apr 12

Windy Hill on the Campus Senior Center - Thursdays ONLY

York Alliance Church - Wednesdays ONLY (beginning January 31, 2024)



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 Spring 2024 classes are as follows:

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: March 19, 2024 Day: Tuesday 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!

STARS Program Class: Springy Froggy Gourd

In this workshop, Linda Stinnette, will show you how to create this cute spring froggy! His gourd body will be affixed to a pedestal base. You will attach the eyes and then you will be ready to paint. Lastly you will be constructing his springy legs from wire and attaching his pre-carved gourd feet, and then paint those. To complete your spring frog, you will affix the legs to the body, Come with your imagination. Let’s spring into a new season of gourd fun!

Supplies: All other supplies provided by the instructor

Instructor: Linda Stinnette

Date: April 3, 2024 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: Pressed Flower Lantern

Judy Enders will show you how to make this beautiful project. With a bit of mod podge and dried flowers, we will make an adorable votive candle holder. Judy will provide flowers, twine, and containers!

Supplies: Scissors and glue/mod podge. All other supplies will be provided by the instructor.

Instructor: Judy Enders

Date: April 9, 2024 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: Fabric Flowers

Audrey Glickson will teach you how to make lovely fabric flowers that can be worn on a shirt, a hat, a purse as an accessory! If you desire, she will show you how to make it into a hair clip. She will bring spring colored material that you will do simple hand stitching. Audrey will have buttons to embellish your fabric flower and make it unique.

Supplies: Students should bring small pair of fabric scissors. Everything else will be provided.

Instructor: Audrey Glickson

Date: April 16, 2024 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



STARS Program Class: Needlefelted Fairy Godmother

Mary Jane will teach you how to make this whimsical fairy for spring. Using special barbed needles and wool roving, you will needlefelt the body and then add her gown, give her a fancy hairdo and lastly add that special magical wand!

Supplies: Bring a car wash sponge

Instructor: Mary Jane Miller

Date: May 7, 2024 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: Mandala Painted Pots

Join us to learn how to create a truly pretty painted terra cotta flowerpot. No artistic ability necessary. Becky Hickey will show you how to use acrylic paints which come in a range of shades and are easy to work with. The paint will dry to a waterproof finish. This is the perfect complement to showcase your herbs, flowering annuals, succulents or create a decorative candle holder or desk accessory. Painting design ideas will be provided. Becky will supply the 4-inch terra cotta pots, the paints, brushes, and hair dryers.

Supplies: All supplies will be provided by the instructor.

Instructor: Becky Hickey

Date: May 14, 2024 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



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).