

MARZO 2024



## EVENTOS DESTACADOS

Jueves Marzo 10:00-1:00 Caja con el Queso (debe entrar), Paquete de Rompecabeza

Lunes Marzo 4 10:00 Arte gastronómico por All American Health Care c/ Erik Miércoles Marzo 6 9:30-11:00 Chequeo de Presión **Arterial por Family First** 

Jueves Marzo 14 10:00 Productos Frescos Jueves Marzo 28 10:00 Productos Frescos

Viernes Marzo 29 Viernes Santos Centro Cerrado. Sub Venta de Millek desde el viernes 1 de marzo hasta el lunes 18 de marzo Entrega el miércoles 27 de marzo

SI DESEA DONAR PARA NUESTRO BINGO EN EFECTIVO Y TARJETAS DE REGALO. AGRADECEMOS LAS SIGUIENTES DONACIONES: Tarjetas de regalo de \$25 (por ejemplo: supermercados, restaurantes, Amazon, tiendas), postres comprados en la tienda que se entregarán el 4/12/24. (2) Cajas de agua & premios de puerta.



MARZO 2024



THE ROSE

**27 South Broad Street** York PA. 17403 717-843-9704 LUNES A VIERNES HORARIO DE OFICINA: 8:00 A. M.- 4:00 P. M.

White Rose Senior

PUERTAS ABREN: 9:00 AM 2:00 PM www.whiteroseseniorcenter.org











Gary Joseph Sylvestre Adames Frances Faubion Rudolph Aukschun 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



**Productos Frescos** continuarán distribuyéndose aproximadamente a las <u>10:00 am</u>. Se espera que entre con su carrito/bolsas/cajas para pasar por la fila y que le entreguen sus productos. No pasará por la fila hasta que llamen a su mesa para recuperar sus productos.

Las mesas se llamarán al Azar. Estamos atendiendo aproximadamente 180 personas, mientras duren. No pasará por la fila de comida hasta que la mesa en la que está sentado llame a su mesa. Recuerde que no proporcionamos bolsas ni cajas. Trate al personal, los voluntarios y otros miembros con respeto.

## Debes seguir las reglas. Si no desea seguir las reglas, se le pedirá que se retire.

York Fresh Food Farms

### 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

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 Forms for the 2024 growing and former's market season! Volunteers have the opportunity to get involved in the farm and/or farmer's market operations. Call or email to apply.



#### Recuerde, debe registrarse previamente para su comida.

Esto es para asegurarnos de que pidamos suficientes comidas. El almuerzo se servirá en el interior en contenedores para llevar. Puedes comer dentro del edificio o llevar tu comida. El almuerzo se servirá de lunes a viernes, **aproximadamente a las 11:30** (tenga en cuenta que esto está sujeto a cambios según los tiempos de entrega de Nutrition Group, nuestro proveedor de alimentos). Es su responsabilidad **preinscribirse** para sus propias comidas. **(Lo capacitaremos sobre Co-Pilot y le pediremos que se registre previamente con al menos dos días hábiles de anticipación).** No se pueden *reservar* almuerzos para el día siguiente debido al espacio limitado en el refrigerador.

Con un horario de atención en persona de 9 am. a 2

**PM.,** ¡Tenemos la esperanza de que se una a nosotros adentro! El almuerzo se servirá a las 11:30 inmediatamente después de nuestra oración a la hora de

comer. Si está preinscrito para su almuerzo, Favor de estar a

**Tiempo.** Lo llamaremos para que recoja su almuerzo en la mesa en la que está sentado (si elige comer adentro).

Para aquellos que están tomando sus comidas y saliendo, es importante que estén aquí A LAS <u>11:30</u> para asegurarse de recibir su comida. Después de las <u>11:35</u> comenzamos a distribuir comidas por orden de llegada.

\*\*\* Menú sujeto a cambios según Nutrition Group\*\*\* Gracias por su cooperación!

Como recordatorio, los almuerzos los paga YCAAA y el costo es de \$3.75 (para personas mayores de 60 años del condado de York). ¡La financiación se basa en las comidas servidas! ¡Las donaciones siempre son bienvenidas!



### 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?

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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.).

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COMO I

**2024 THE NAVIGATORS** 



Las personas que almuercen adentro serán seleccionadas al azar para ser el Senior del mes. Esto le otorga a la persona seleccionada PRIMERO para todo, desde principios de mes hasta el final. También aparecerá destacado en nuestro boletín del mes siguiente. Se seleccionará una nueva persona mensualmente.. DEMOSTRACIÓN DE ARTE ALIMENTARIO de ALL AMERICAN HEALTH con ERIK SHAFFER el lunes 4 de marzo a las 10:00 a.m.



## SENIOR FOOD BOX PROGRAM

# Hunger Free York York County Food Bank

El Programa Senior Box es una iniciativa federal diseñada para mejorar la salud y la nutrición de las personas mayores con ingresos elegibles. Las personas mayores reciben una caja de comida gratis cada mes, lo que les ayuda a estirar sus limitados ingresos. Cada mes, el Programa Senior Food Box proporciona a más de 2000 personas mayores una caja de alimentos gratuita para ayudarlas a estirar sus ingresos y mejorar su salud nutricional. Las cajas suelen incluir leche, jugo, carne, aves o pescado enlatados, avena, cereales listos para comer, arroz, pasta, frijoles secos, mantequilla de maní y frutas y verduras enlatadas.

### ¿Calificas?

Debe tener 60 años o más y vivir en el condado de York.

- Requisitos de ingresos mensuales
  - Hogar de 1: \$1,580
  - Hogar de 2: \$2,137
- \*Debe tener una identificación válida

\*¡Si no recibe su caja durante (3) meses, el Banco de Alimentos del Condado de York lo eliminará de la lista! \*

# fortalecida para Los Momentos dificiles

DIA 1: ISAIAS 65:8 ESTOY CUIDANDO MIS BENDICIONES ? DIA 2: PROV 13:21 LAS BENDCIONES DIA 3: JEREMÍAS 32:27 CONOCE A ESTE PROFETA LEE TODO EL LIBRO DE JEREMÍAS Y COMPRENDE QUE NO HAY NADA DIFÍCIL PARA DIOS

Día 4: CUANDO TE QUEJAS Y CUESTIONAS A DIOS malaquias 1:9 y 3:17-18 DIA 5: MALAQUIAS 4 DIOS ACTÚA

DIA 6: LUCAS 4:1-14 necesitas aprenderte versículos de memoria, Jesús demuestra lo efectivo que esto, BUSCA POR LO MENOS 2 Y ESCRÍBELOS VARIAS VECES HASTA MEMORIZARLOS DÍA 7. Lucas 1 PARA DIOS NO HAY NADA IMPOSIBLE

DÍA 8. LUCAS 19 .1-10 VISIBLE PARA DIOS

DÍA 10.JUAN 7 EL MOMENTO INDICADO

DÍA 9. JUAN 1 LAS PALABRAS QUE DIGO SON MUY IMPORTANTES DEBO SER CONSIENTE DE ESO.

Omillcaderign

DÍA 11. JUAN 16 CUANDO SOY INTENCIONAL EN MI RELACIÓN CON DIOS PUEDO COMPRENDER QUE LA ALEGRIA NO DEPENDE DE LA CIRCUNSTANCIA DIA 12. HECHOS 5:38-39 SI VIENE DE DIOS DÍA 13. HECHOS 7 TENGO QUE RENDIR MI CORAZÓN A DIOS COMPLETAMENTE DÍA 14. HECHOS 13: 47 MI PROPÓSITO ES DÍA 15. HECHOS 17: 24-30 ERES ELEGIBLE PARA DIOS? DÍA 16. HECHOS 23:1-11 LO QUE VIVES HACE PARTE DE TU TESTIMONIO DÍA 17. ROMANOS 1 TU RAZONAMIENTO PUEDE ALEJARTE DE CONCOCER A DIOS DÍA 18. 2 CORINTIOS 4 CUIDA LO QUE DICES DÍA 19: GÁLATAS 4:21-31 DEBO ESPERAR Y NO PRETENDER HACER CUMPLIR LA PROMESA DE DIOS POR MIS FUERZAS. DÍA 20. GÁLATAS 5 TENGO LA OPCIÓN DE FORTALECERME EN DIOS DÍA 21. GÁLATAS 6 VERE LOS RESULTADOS, NO DEBO RENDIRME DÍA 22. FILIPENSES 1 Y 2 DÍA 23. FILIPENSES 3 Y 4 TENER UN CORAZÓN DISPUESTO NOS HACE ESTAR LISTAS PARA CUANDO DIOS DISPONGA QUE LLEGÓ EL MOMENTO QUE LE HEMOS PEDIDO DÍA 24. COLOSENSES 3 CONCÉNTRATE EN LAS COSAS DE DIOS DÍA 25. COLOSENSES 4 DIOS NO TIENE FAVORITOS, TIENE ÍNTIMOS. DÍA 26. COLOSENSES 1 DÍA 27. COLOSENSES 2 Y ENFATIZAR EN EL 2.14 ANULAR EL ACTA DEL DECRETO EN MI CONTRA DÍA 28. 2 TESALONISENSES 3 EL VALOR DEL TRABAJO Y DEL BUEN EJEMPLO DÍA 29. HEBREOS 6 NECESITO APRENDER A ESPERAR DÍA 30. HEBREOS 10 DIOS NO CAMBIA, SOY YO LA QUE ME ALEJO DÍA 31. HEBREOS 11 SOY FIEL ?



## Snow Sculpture Contes

#### DEADLINE FOR REGISTRATION: APRIL 5

WHO: All Township Residents both Young and Old, Big and Tail, Short and Small WHEN: Anytime it snows

WHERE: In your own backyard

\$8

#### COST: Free

Simply create your own show sculpture and take a photo of it with the creators in the picture tool 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: Itimmer@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

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

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

## WHITE ROSE SENIOR CENTER 27 S. BROAD ST. YORK PA 17403 $\mathcal{N}$ SATURDAY **\$20 TICKETS** APRIL **REFRESHMENTS AVAILABLE** FOR PURCHASE (NO OUTSIDE FOOD OR DRINKS) DOORS OPEN @11:00, BINGO STARTS @12:00. Extra Strips: \$3 50/50 Raffle SMALL GAMES OF CHANCE

Lisa Krout: 717-843-9704

- 20 1 Kiet Bui Susan Eyler Gordon Ilgenfritz 24 Marakay Rogers 2 Rhodenie Santiago Elisabeth Torres George Senft 3 25 4 Robert Mosley 26 **Richard Bruggerman** 5 William Daniels 28 29 Carol Muhlhauser
- 6 Debra Chrismer
- 7 Jacqualine Dillard
- 8 Maria Hodnett
- 9 James Markel Franklin Debeukelaer
- 10 Marsha Diehl-Poff Shirley Holthaus Barbara Moore John Russell
- Carmen Alicea 12 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

- Edward Draugelis Phillip Gallagher Charlotte Grove Yolanda Adinolfi Phylaine Holler Pauline Smith Mercedes Maria Maria DeJesus Pat Kehr Eileen Wood Antonida erhousova Alicia Soto-Rivera
- 30 Thomas Eisensmith Elaine Sharff Rigoberto Ziscay-Perez
- 31 Santia Ocasio





 I Atención usuarios de Rabbit Transit! A partir del 15 de abril, no se permitirán carritos tipo carreta en los autobuses de ruta fija ni de viaje compartido.
Los pasajeros podrán embarcar con tantos bultos o bolsas como puedan llevar en un viaje de embarque y llevarlos en su regazo. Se permiten carritos de compras personales pequeños a bordo.!



### 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:

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

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

<u>Grace Church Shrewsbury</u> - 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)

<u>Living Word Community Church</u> – 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

<u>Northeastern Senior Center</u> (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

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

<u>Susquehanna Senior Center</u> - 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

30 41 55 68

7 23 32 50 63

#### 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 Pained 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).

