

MAY 2022

## HIGHLIGHTS

*Our hours will be 9:00 AM – 1:00 PM. The doors will not open until then and at 1:00 we will lock the doors to do cleaning and preparation for the activities for the next day.*

Monday May 2<sup>nd</sup> 10:00 **Age My Way: The Art of Community Collaborative Art Project**

Tuesday May 3<sup>rd</sup> 10:00 **Bingo by Open Systems**

Thursday May 5<sup>th</sup> 9:00-1:00 **Commodity Supplemental Food Box for Seniors with the Cheese Distribution & Puzzle Packet** (Must come inside) & **Cinco de Mayo Party w/ TRIVIA** (Wear your Sombrero)

Friday May 6<sup>th</sup> **ALL DAY: GIVE LOCAL YORK, Bake Sale** (Bring Money) 10:30-11:30 **DJ Chris Wagman & Special Money Dance**

Monday May 9<sup>th</sup> 9:15 **Mother's Day Tea** (Must Sign Up)

Thursday May 12<sup>th</sup> & 26<sup>th</sup> 10:00 **Fresh Express** (Must be a White Rose Senior Center Member &/or a Broad Park Manor Resident. Bring a Cart/Bags. Must be able to carry your own items from inside. Tables will be called in RANDOM order)

Tuesday May 17<sup>th</sup> 12:15 **Saran Wrap Ball** (\$1.00 to participate. Must sign up!)

Wednesday May 25<sup>th</sup> 9:00 **A Fiber Frenzy: Navajo Tapestry Weaving** (Class #1: w/ Nancy Walker & Jef Savage. Must Be Registered)

Friday May 27<sup>th</sup> 12:00 **Now You Have It** (Bring a New, Wrapped, \$1.00 Gift to Participate)

Monday May 30<sup>th</sup> **Center is Closed in Observation of Memorial Day.**

Tuesday May 31<sup>st</sup> 10:30-1:00 **Memorial Day Picnic Celebration** (Outside, See Newsletter) w/ Food & Games

MAY 2022

# 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](http://www.whiteroseseniorcenter.org)



White Rose Senior Center's Grand Reopening  
Red Carpet Event 2022

# Growing with

# HIGHMARK<sup>®</sup>

Friday May 20<sup>th</sup> @ 10:00 AM

*with Diana Escalante*

(Must Register by 5/13)

**FREE! Must Register to Participate!**

A planting activity where you will discuss the benefits of fruits and vegetables and then receive the materials to plant your own fruit or vegetable!



PLEASE JOIN US FOR A

## Memorial Day PICNIC

FOOD \* FUN \* GAMES \* MUSIC

WHITE ROSE SENIOR CENTER

TUESDAY MAY 31<sup>st</sup>

10:30 AM - 1:00 PM

Please bring a lawn chair.

Hot Dogs will be provided.

Picnic Lunches will be ordered

for those Pre-Registered for Lunch.

*Celebrate with good food and good friends!*

Sign-up sheet will be available.

All food MUST be store bought and pre-packaged.



# OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022



Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is *Age My Way*, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

White Rose Senior Center includes a growing number of older Americans who contribute their strength, wisdom, and experience to our community; communities benefit when people of all abilities, and backgrounds are welcomed, included, and supported;

White Rose Senior Center recognizes our need to create a community that provides the services and supports older Americans need to thrive and live independently for as long as possible; and

White Rose Senior Center can work to build an even better community for our older residents by:

- Planning programs that encourage independence.
- Ensuring activities are responsive to individual needs and preferences.
- Increasing access to services that support aging in place.

May 2022 to be Older Americans Month. We urge every resident to recognize the contributions of our older citizens, help to create an inclusive society, and join efforts to support older Americans' choices about how they age in their communities.

We're going to be working on a collaborative art project where you'll decorate your own *cube* to create a group masterpiece. The three sides of the cube will be any pattern or design that is unique to you. All *cubes* will be joined together to make one amazing mural. Neatness is IMPORTANT. Please take your time 😊

If you are interested in donating anything, we are interested in the following items: Lysol Toilet Bowl Cleaner, Lysol Floor Cleaner, Bleach, Dish Detergent, Sanitizer, Lysol Wipes, Hand Soap, Air Freshener, Paper Towels, Soda Cans for the Soda Machine (Coke, Diet Coke, Dr. Pepper, Sprite, Iced Tea)

Our *\*Staff Sponsored\** Easter Raffle Raised: \$358.00

Thank You to everyone who purchased tickets to support  
White Rose Senior Center!

*We Warmly Welcome our Newest Members:*

*Lisa Krout    Eddie Clemmons    Tonya "Inayan" Wilson*  
*Maria Rosario    Kenneth Jones    Faye Miller*  
*Ana Cadiz    Edward Draugelis    Janet Lehr*  
*Charles Annand    Carol Washington    Peggy Dehoff*  
*Maria Ruiz-Muniz    Michele Deitz    Rodney Thomas*  
*Irmgard "Vicky" Dick    Roger Dick*

White Rose Senior Center Staff

**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*

# 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.

## Colonial Pennsylvania Deutsch Handtuch (handtowel) Embroidery: 5 days

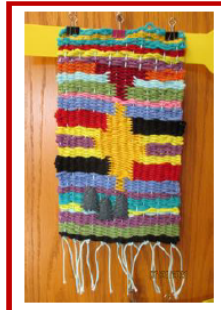
9:00am-10:30am, Weds, July 20 – Aug 17, 2022

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.

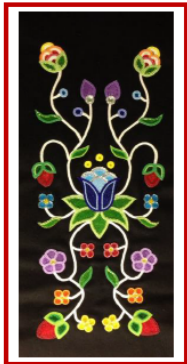
This project will be approximately 15"W x 22"L.



*German Handtuch*



*Navajo Weaving*



*Ojibwe Decorative Beading*

*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.*

**Places are limited so register early.**

***Reserve your place with Jenna***

*Mother's DAY Tea Party*

PLEASE JOIN US FOR TEA TO CELEBRATE MOM

*Monday May 9th*

9:15-10:30  
HOSTED BY  
WHITE ROSE SENIOR CENTER

RSVP BY FRIDAY MAY 6th  
TO JENNA 717-843-9704



## Raquel Rivera – Program Assistant



I was born in June 1979 in Bayamon Puerto Rico and raised in Bronx New York. I have four beautiful children, ages 17, 19, 24, and 25, two grandchildren, 1 and ½ and 3 years old, and one dog, Lilly. I have a passion for music and helping others. I have a dream to one day become a social worker. In my free time, I enjoy quiet time alone to read and relax, and spending time with my family. Lastly, I love drinking coffee! I'm excited to be on board here at White Rose Senior Center.

### Senior Bingo Dates

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, APRIL 12
- TUESDAY, MAY 10
- TUESDAY, JUNE 7
- TUESDAY, JULY 12
- TUESDAY, AUGUST 9
- TUESDAY, SEPTEMBER 13



*with the Oxymorons Comedy and Entertainment Group*

The MacJingle elf family has gathered at Sprinkles (the North Pole's underground speakeasy) for the reading of the late Marty MacJingle's will. Everyone thinks he or she should inherit the fortune, but before the night is over, at least one elf won't be coming home for Christmas...ever again.

**Saturday, November 19, 2022**

**SHILOH FIRE COMPANY**  
2190 Carlisle Road

Doors Open at 5:00 PM - Show at 6:00 PM

Light snacks included but you are welcome to bring your own!

*Iced Tea and water are included but you're welcome to BYOB! | Must be 21+ to attend*

Tickets are available at the Twp Office  
380 East Berlin Road, York, PA 17408

**Cost: \$20 per person**

# DO YOU HAVE **concerns** about **falling?**



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

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 home
- 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 past
- anyone who has restricted activities because of falling concerns

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

**Location:** Stry 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 6<sup>th</sup> at 717-852-4902 ext. 1044



Space is  
limited!

Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006  
This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model  
Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.  
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#00AM2780).

## Memorial Day

Join us for a solemn ceremony commemorating the  
10<sup>th</sup> Anniversary of the Gold Star Healing and Peace Garden  
with a  
Purple Heart Medal Ceremony for WWI KIA George A. Wood  
and our  
York County Wreath Laying Ceremony

11 a.m. Monday, May 30<sup>th</sup> 2022  
Veterans Memorial Gold Star Healing and Peace Garden  
1000 Vander Avenue York PA

Keynote Speaker  
Admiral (USN-Ret) DeWolfe Miller  
Music & Hymns  
New Song Community Choir

## Remember, you must pre-register for your meal.

This is how we know what to order. You can also continue to pre-register on the bottom of the Copilot screen itself. You simply touch which days you would like to eat lunch at the Center. A staff person is always willing to help you with Copilot. Please just ask! In the long run it cuts down on work for us and assures you get a meal!



## 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 SPRING 2022 classes are as follows:

### S.T.A.R.S.

Senior Time Activities for Residents of Springettsbury  
For Active Adults 50 and Over

## **STARS Program**

### **Class: “Scatter Kindness” Picture Frame Using Reverse Canvas as the Technique**

Marti Leader will show us how to make this great project using canvas, an 8x10 inch wooden frame, and vinyl words and design using her Cricut. Reverse Canvas is a technique used to transform an inexpensive white stretched canvas into something gorgeous and rustic. This will be the saying that we place in the frame...and how appropriate it is during these times we live in!

Supplies: Marti will supply everything.

Instructor: Marti Leader

Date: May 19, 2022

Day: Thursday

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: Tree Sun Catcher Class**

Judy Enders will show you how to make this inspirational Tree Sun Catcher that depicts the beauty of nature with the sun reflecting off of the beads! She will provide the wire and beads that will be attached to an 8-inch wooden embroidery hoop. White Rose Senior Center will provide the hoops. This project will look lovely hanging in your window. Spring is a time of regrowth!

Supplies: Scissors

Instructor: Judy Enders

Date: May 24, 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



**For additional questions, contact Lisa Krout at White Rose Senior Center (717-843-9704) or Brandy Shope at Springettsbury Township (717-757-3521).**



# May

## Friendship

Day 1 – Proverbs 18:24

Day 2 – Ecclesiastes 4:9-12

Day 3 – John 15:12-14

Day 4 – Proverbs 27:17

Day 5 – Proverbs 17:17

Day 6 – 1 Thessalonians 5:11

Day 7 – Romans 12:15-17

Day 8 – Proverbs 27:9

Day 9 – Job 6:14

Day 10 – Proverbs 27:6

Day 11 – 1 Peter 4:8-10

Day 12 – Hebrews 10:24-25

Day 13 – Proverbs 16:28

Day 14 – Romans 12:18-21

Day 15 – 1 Corinthians 1:1-8

Day 16 – Proverbs 13:20

Day 17 – Luke 6:27-31

Day 18 – Proverbs 27:5-6

Day 19 – 1 John 4:7-8

Day 20 – Romans 12:9-10

Day 21 – Proverbs 22:24-25

Day 22 – Colossians 3:12-14

Day 23 – Philippians 2:1-4

Day 24 – 2 Corinthians 13:11

Day 25 – Romans 15:5-7

Day 26 – John 17:20-23

Day 27 – 1 Corinthians 1:10

Day 28 – 1 John 4:11-12

Day 29 – Romans 12:13-14

Day 30 – 1 John 4:19-21

Day 31 – Ephesians 4:1-6



# 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.



# Bruce's Bible Study

**Every Monday**

9:30-10:30

**Join Bro. Bruce Shaub**



**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! Thank you!

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-1pm, 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.

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

It is the responsibility of each individual to maintain a clean table area. This includes cleaning your table each day after meal time. Work as a team! We appreciate your cooperation. A Cleaning station will be available with paper towels and cleaning supplies. Hand sanitizer will be made available for everyone to sanitize their hands prior to touching the computer monitor/CoPilot Sign in.

As an effort to keep tables CLEAN and CLEAR, the only items that will be permitted to remain on the table at ALL times is your salt and pepper shakers, and your table number. NO OTHER ITEMS WILL BE ALLOWED.

*Thank you for your cooperation!*



# Senior Box Program

## Commodity Supplemental Food Box

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.



**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.*

**\*\*\*We have volunteers already lined up so we will ask you if we need help!\*\*\***

# **GIVE LOCAL YORK GIVE AND GET MORE**



**On May 6, 2022, White Rose Senior Center will be participating in an online fundraiser called Give Local York. This is the 5th year for the event and White Rose Senior Centers fourth year of participating. Many of you gave a donation to White Rose Senior Center and we thank you very much for it. The monies that we raise go to help with every aspect of running the Center where we generally have 100 people for congregate lunches, to buying supplies for activities, to paying for the rent, insurance, paper products, and to delivering home delivered meals. Last year we raised over \$12,000. The goal for White Rose Senior Center for 2022 is \$15,000. Every little bit helps to reach our goal! You may send a check in whatever amount you feel comfortable with and mail it to:**

**Attn: Lisa Krout**

**White Rose Senior Center**

**27 S. Broad Street, York, PA 17403**

**In order to count it in with the Give Local York event on May 6, 2022, we must have it by May 6th to enter the check amount. (The event begins at 12:00 AM and ends at 11:59:59 PM on May 6, 2022).**

**If you would donate online:**

**1.Go to <https://givelocalyork.org/organizations/white-rose-senior-center>**

**2.Click on the Donation Button and select your level of donation and complete the payment fields. The minimum donation is \$10 if you do it online.**

**Thank You for All of Your Support!**

**The WRSC Staff – Lisa, Brendaliz, Jenna, Chotz, Elba, Raquel and The Board of Directors**