







Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Coloring Club 9:30 Baseball Game 10:30-11:15 Zumba Gold® w/ <i>Heather Cintron</i> 11:30 Lunch & 20 Questions 12:00 Wii Bowling 12:30 Birdseed Feeders <i>Meal Monitoring Dietician Visit from Lexy Nesbaum</i> 	2 10:00-11:30 Minnich's Pharmacy Presents Bingo & Medication Adherence Presentation 11:00 Wreath Raffle 11:30 Lunch & Give Local York Informational 12:00 Strength & Balance Chair Yoga w/ <i>Stephanie</i> 12:00 Wii Bowling 	3 9:00-2:00 Knitting Club 9:30-11:00 Blood Pressure Checks by Family First 9:30 Walking Club (Weather Permitting) 10:30-11:15 Zumba Gold® w/ <i>Heather Cintron</i> 11:00 Wreath Raffle 11:30 Lunch & Give Local York Informational 	4 GIVE LOCAL YORK 9:00-2:00 Knitting Club 9:00 York Fresh Food Farms Mobile Produce Market 10:00 Bake Sale 10:00-1:00 Commodity Supplemental Food Box for Seniors with the Cheese Distribution (Must come inside for your box), Puzzle Packets 11:30 Picnic Lunch BAKE SALE (Bring Money! All money to benefit GLY) & Wreath Raffle 	5 GIVE LOCAL YORK 10:00 Bake Sale & Wreath Raffle 11:30 Picnic Lunch & Wreath Raffle Winner Announced 12:00 Chair Yoga w/ <i>Stephanie</i> 12:00 Wii Bowling BAKE SALE (Bring Money! All money to benefit GLY) 
8 9:00 Coloring Club 10:00 Highmark Wholecare Health Presentation w/ <i>Diana Escalante</i> 10:30-11:15 Zumba Gold® w/ <i>Heather Cintron</i> 11:30 Lunch & Give Local York Donor Winner Announced 12:00 Summer Wreath Workshop (Cost: \$15.00. Part #1- Must Sign Up)	9 10:30-12:00 Bingo at Shiloh Fire Company w/ West Manchester Township 11:30 Lunch 12:00 Strength & Balance Chair Yoga w/ <i>Stephanie</i> 12:00 Summer Wreath Workshop (Part #2) 2:00-4:00 STARS Program: Button Flowers w/ <i>Mary Jane</i> 	10 9:00-2:00 Knitting Club 9:30 Walking Club (Weather Permitting) 10:00 Virtual Family Feud 10:30-11:15 Zumba Gold® w/ <i>Heather Cintron</i> 11:30 Lunch 12:00 Summer Wreath Workshop (Part #3) 12:00 Wii Bowling	11 9:00-2:00 Knitting Club 9:00 York Fresh Food Farms Mobile Produce Market 10:00 Fresh Express & York City Health Bureau Table Event & Highmark Wholecare Table Event 11:30 Picnic Lunch 12:00 Cards 	12 9:00 Music Hour 9:30 Mother's Day Tea (Must Sign Up) 11:30 Lunch 12:00 Chair Yoga w/ <i>Stephanie</i> 12:00 Foam Letter Game 
15 9:00 Coloring Club 10:00 Po-Ke-No (Bring your Pennies) 10:30-11:15 Zumba Gold® w/ <i>Heather Cintron</i> 11:30 Lunch 12:00 Wood Painting Workshop (\$1.00) 12:00 Wii Bowling 	16 9:30 ROOT'S Market Trip (Must Sign Up. Rabbit Transit 65+ \$9.60 Round Trip) 10:00 Music & Cards 11:30 Lunch 12:00 Strength & Balance Chair Yoga w/ <i>Stephanie</i> 12:00 Wii Bowling 	17 9:00-2:00 Knitting Club 9:30 Walking Club (Weather Permitting) 10:30-11:15 Zumba Gold® w/ <i>Heather Cintron</i> 11:30 Picnic Lunch 12:00 Mesh Tube Flowers (\$1.00) 12:00 Wii Bowling 	18 9:00-2:00 Knitting Club 9:00 York Fresh Food Farms Mobile Produce Market 10:00 Bingo by PA Health & Wellness 11:30 Lunch 12:00 Seated Chair Volleyball 	19 10:00 Pay Off Bingo (\$5.00) 11:30 Lunch 12:00 Chair Yoga w/ <i>Stephanie</i> 12:00 Wii Bowling 12:00 Tie Dye Workshop (\$5.00 per person, Must Sign Up. Must Provide your own WHITE T-Shirt) 
22 9:00 Coloring Club 10:00 Memorial Day Potluck (Please sign up to bring something to share. All items must be pre-packaged and store bought) 11:30 Lunch 12:00 Jeopardy 	23 9:30 Picnic in the Park w/ South Central Senior Center \$7.50 Round Trip (Must Sign Up) 11:30 Lunch 12:00 Strength & Balance Chair Yoga w/ <i>Stephanie</i> 12:00 Wii Bowling 2:00-4:00 STARS Program: Uncle Sam Spindle w/ <i>Marti Leader</i>	24 9:00-2:00 Knitting Club 9:30 Walking Club (Weather Permitting) 10:00 Jeopardy! WHOTC 11:30 Lunch & June Newsletter & Calendar Distribution 12:00 Wii Bowling Trivia Due	25 9:00-2:00 Knitting Club 9:00 York Fresh Food Farms Mobile Produce Market 10:00 Fresh Express & Angels on Call Table Event & Highmark Wholecare Table Event 11:30 Picnic Lunch 	26 10:00 Bingo w/ Aetna 10:00 Virtual Jeopardy 11:30 Lunch 12:00 Chair Yoga w/ <i>Stephanie</i> 12:00 Wii Bowling 
29 Memorial Day Center is CLOSED.  MEMORIAL DAY	30 9:30 Walking Club (Weather Permitting) 10:00 PennCares Wits Workout Program 11:30 Lunch 12:00 Strength & Balance Chair Yoga w/ <i>Stephanie</i> 12:00 Wii Bowling 	31 10:00 Senior Prom (Dress to Impress! Music & Light Refreshments will be provided) 11:30 Lunch & 20 Questions Winner Revealed 12:00 Wii Bowling 		



White Rose Senior Center, Inc.
 27 S. BROAD ST. • YORK, PA. 17403
 717-843-9704