

MAY 2023

# HIGHLIGHTS

Thursday May 4<sup>th</sup> & Friday May 5<sup>th</sup> **Give**

**Local York** Please consider supporting WRSC!

If anyone is interested, we are seeking donations of BAKED goods (store bought only, please) for our Bake Sale!

Monday May 8<sup>th</sup> 10:00 **Highmark Whole Care Presentation**

Friday May 12<sup>th</sup> **Mother's Day Tea** (Must Sign Up)

Tuesday May 16<sup>th</sup> **ROOT'S Market Trip** (Rabbit Transit Round Trip Cost: \$9.60. (See Newsletter. Must Sign Up. Payment Due when Signing Up. Space is LIMITED)

Thursday May 18<sup>th</sup> 10:00 **Bingo** by PA Health & Wellness

Friday May 19<sup>th</sup> 10:00 **Pay Off Bingo** (\$5.00) 12:00 **Tie Dye Workshop** (Must sign up. Cost: \$5.00 per person. Must provide your own WHITE T-Shirt)

Monday May 22<sup>nd</sup> **Memorial Day Potluck** (Please bring something to share. All items must be pre-packaged and store bought)

Tuesday May 23<sup>rd</sup> **Picnic in the Park** w/ South Central Senior Center (Rabbit Transit Round Trip Cost: \$7.50. (Must be 65+) Must Sign Up. Space is Limited. Please see Newsletter & Sign Up Sheet.

Monday May 29<sup>th</sup> **Memorial Day. Center is CLOSED.**

Tuesday May 30<sup>th</sup> 10:00 **PennCares Wits Workout Program**

Wednesday May 31<sup>st</sup> 10:00 **Senior Prom! Dress to impress! Music & Light Refreshments.**

*For \$25 you could sponsor our next newsletter! The donation amount is to help offset the cost of printing. You may sponsor the newsletter in dedication, honor, or in memory of anyone or any occasion that you wish. Contact staff for more information.*

MAY 2023

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



Please consider donating to  
**WHITE ROSE SENIOR CENTER!!!**



JOIN US FOR A LOVELY MORNING

# Mother's Day Tea Party

FRIDAY | 12 | MAY

10:00 O'CLOCK IN THE MORNING

WHITE ROSE SENIOR CENTER

RSVP : Sign Up Sheet



Learning to  
Trust

May



- Day 1: Proverbs 3:5-6
- Day 2: Psalm 9:9-10
- Day 3: Psalm 20:7-8
- Day 4: Psalm 112:7
- Day 5: Psalm 28:7
- Day 6: Proverbs 29:25
- Day 7: Proverbs 15:20
- Day 8: Joshua 1:9
- Day 9: Jeremiah 17:5-6
- Day 10: Jeremiah 17:7-8
- Day 11: Psalm 31:1-2
- Day 12: Psalm 37:3-4
- Day 13: Psalm 37:5
- Day 14: Psalm 55:22
- Day 15: Isaiah 26:3-4
- Day 16: Isaiah 40:28-29
- Day 17: Isaiah 40:30-31
- Day 18: Isaiah 41:10
- Day 19: Isaiah 41:13
- Day 20: Psalm 118:8-9
- Day 21: Psalm 91:1-2
- Day 22: Psalm 32:10-11
- Day 23: Psalm 56:3-4
- Day 24: John 10:27-28
- Day 25: John 14:1
- Day 26: John 16:33
- Day 27: Luke 8:48
- Day 28: Luke 11:9-10
- Day 29: Philippians 4:6-7
- Day 30: Romans 8:28
- Day 31: 1 John 5:14-15

## Wits Workout Presented by:



**Now Through August 2023**

**Dates & Time vary!**

**Tuesday May 30<sup>th</sup> 10:00-11:00**

Wits Workout is an interactive, engaging, brain health program for Older Adults. Drawing on brain health and aging research, University of Illinois Extension Educators designed this for professionals to facilitate these brain exercise classes. This interactive model serves a need in increasing socialization, reducing isolation, and promoting intellectual engagement in older adults, all of which complement current aging brain health research. Through its interactive dialog and experiential activities, this program will assist maintain or adopt long-term health-promoting behaviors through these ongoing brain exercise classes. Come join in the fun and you too can have better sleep, wonderful social connections, reduce your stress management and challenge yourself intellectually.

*A warm welcome to our newest*

*members:*

Anita Herman

Jerry Nesbit

Manuel Broco

Wanda Matos

Alma Nydia Perez

Pat Miller

Cheryl Villa

Margaret Bowen

Susan Wagner

Jose Rivera

Emerita Rodriguez

Jane Powell

William Feeny

Sharon Becker

Carlos Astacio

Cindy Utz

Leticia Garcia

Diana Weith

Joyce Gurreri

Marian Glover

Hung Nguyen



## **White Rose Senior Center Staff**

**Lisa Krout** Executive Director

**Brendaliz Gonzalez** Bilingual Program Coordinator

**Jenna Wray** Program Coordinator

**Raquel Rivera** Program Assistant

**Elba Zambrano** Food Service & Cleaning Specialist

**Chotz Grove** Customer Service

**Cheri Bowersox** Bookkeeper



**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. 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-2pm**, 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 (if you choose to eat inside). For those who are grabbing their meals and leaving, it is

important that you are here between **11:30 and NOON** to ensure

you receive your meal. **After noon, 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!*

# 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 2023 classes are as follows:

STARS Program

Class: Button Flowers

Mary Jane will show you how to make these fun button flowers with wire, beads and your choice of buttons. Students can make 8-10 flowers then arrange them in salt shaker vases. You may bring your own collection of buttons or choose from my assortment. Each flower can use up to 3 buttons that vary in size. *(Sample buttons were made from collections that she found at Walmart.*

Supplies: Wire Cutters and Needle Nose Pliers

Instructor: Mary Jane Miller

Date: May 9, 2023

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: Uncle Sam Spindle

Who wouldn't love this patriotic Uncle Sam made from a spindle to get you in the mood for the upcoming holidays! Marti Leader will show you how to paint and embellish him.

Marti will bring all of the supplies to create this project for your holiday display.

Supplies: Scissors

Instructor: Marti Leader

Date: May 23, 2023

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





Tuesday May 16<sup>th</sup> 9:30 **ROOT'S Market Trip** (Must Sign Up. Rabbit Transit 65+ \$9.60 Round Trip)

Please bring Money for your own expenses, including purchasing your own lunch.

You will arrive to ROOT's Market approximately by 10:30am (depending on when Rabbit Transit arrives and departs from White Rose Senior Center). Rabbit Transit will depart approximately 1:30 pm from ROOT's to return to Center.

Money is due when signing up. You **MUST** list whether you will be using a Walker or Wheelchair. Rabbit Transit can only accommodate the first **two** people who sign up needing Wheelchairs. The Van holds up to 16 participants.

You must pay when signing up.



*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 *servd 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.*

Senior Box Program  
Commodity Supplemental Food Box

*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.

## WHITE ROSE SENIOR CENTER

27 South Broad Street,  
YORK PA 17403  
717-843-9704

# CASH BINGO



## SATURDAY JULY 22

Doors Open @ 11:00  
Bingo Starts @ 12:15

### 50/50 Raffle

DOOR PRIZES  
**Includes 6 Cards**  
**Extra Strips: \$3.00**  
**-or- 2/\$5.00**

*All proceeds to benefit  
White Rose Senior Center.  
Refreshments available for  
purchase. No outside food  
permitted. Alcohol & Smoking  
is strictly prohibited.*

TICKETS:  
**\$15 in Advance**  
**\$20 at the Door**

## 2023 Senior Farmers Market Nutrition Program

*Wednesday June 28<sup>th</sup>*

*9:00 am – 11:30 am*

Eligible seniors can receive FREE (**\$50**) for purchase of fresh fruit and vegetables grown in PA, and redeemable June 1 – Nov 30 at participating Farmers Markets throughout PA.

**Distribution will be IN-PERSON ONLY from June 1 – Sept 30.**

**\*\* NO vouchers will be mailed, NO application is needed\*\***

**ELIGIBILITY: Must show proof of AGE & RESIDENCY at distribution site**

(Driver's license or PA ID are recommended)

- Must be 60 years of age by December 31, 2023
- Must be a York County resident
- 2023 **Gross** Annual Income can be no more than: (No documentation needed)
  - \$ 26,973 (\$2,248/ month) for individual
  - \$ 36,482 (\$3,040/ month) for a 2 person household
  - \$ 45,991 (\$3,833/ month) for a 3 person household

Each eligible person may receive the SFMNP \$50 only once per year.

**Proxy forms** are available for anyone who physically cannot come to the locations.

ID for the eligible person and proxy are required. Those forms can be obtained:

- On our website [www.ycaaa.org](http://www.ycaaa.org)
- Pick up at any of the participating Senior Centers
- Pick up at the York County Area Agency on Aging at our NEW location:

**2401 PLEASANT VALLEY RD, YORK PA 17402**

**(717) 771-9610 for directions or questions.**

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

Sponsored by the York County Area Agency on Aging, in conjunction with the Pennsylvania Department of Agriculture.

← SEE DISTRIBUTION SCHEDULE ON REVERSE SIDE →

A Huge Thank You to all of our Bingo Sponsors!!!  
And for EVERYONE who came out to participate! WRSC  
raised **\$2,523.40** towards GIVE LOCAL YORK from our CASH  
BINGO!



Lisa Krout  
Lori Trimmer  
Pat Kehr  
Mike Inners  
Janet Heidler  
Aetna



Highmark Wholecare  
Pleasant Acres

TAFE

Sight & Sound

Flinchbaugh's Orchard  
York County Food Bank  
Round The Clock Diner



Village Green Restaurant

Weis

Laser Alleys

Stonybrook Restaurant

Wing Stop



Viet Thai

Starbucks

PA Health & Wellness



## White Rose Senior Center

27 S. Broad St.

June 6<sup>th</sup> 2023

10 am – 12 pm

*Enjoy refreshments & enter for a chance to win several prizes  
Various wellness checks & mini-presentations*

### Come visit with vendors such as:

**American Heart Association**

**Area Aging Agency**

**Bridge of Hearts Home Services**

**Cardiovascular Experts of PA**

**Country Meadows**

**Enhabit Home Health**

**Gentivia Hospice**

**KFS Sr. Consultant Medicare**

**Minnich's Pharmacy**

**PA Polio Network**

**Primerica Financial**

**Seniors Blue Book**

**YMCA**

**Amy Flowers- Health Insurance**

**Bellomo & Associates**

**BrightStar Home Health**

**Connected Care Partner**

**Encompass Rehab**

**Fox Therapy (in-home)**

**Highmark Whole Care**

**Liz Heath- Health Insurance**

**PA Health & Wellness**

**Powder Mill Assisted Living**

**Right At Home (Homecare)**

**Visiting Angels Home Care**

*QUESTIONS? Please contact Aimee Miller by phone at (717) 881-2527*

# Street Cleaning



*First Tuesday of each month:*

**NO PARKING** on the FAR SIDE of  
Broad Street 7:15 AM- 11:45 AM

*First Thursday of each month:*

**NO PARKING** on the CLOSE SIDE of  
Broad Street 12:45 PM – 3:15 PM  
**YOU WILL BE TICKETED** by YORK  
CITY! Tickets are \$50.

## Strength & Balance Chair Yoga

w/ Stephanie

**NEW!** **Tuesdays**

w/ Stephanie

**12:00-1:00**

## Chair Yoga

w/ Stephanie

**Fridays**

**12:00-1:00**



## KNITTING CLUB

EVERY WEDNESDAY  
& THURSDAY

9:00-2:00



## Zumba Gold®

with Heather Cintron



**Last Class on May 17th**  
Classes will resume again in  
September...



# MEMORIAL DAY PICNIC



Join us to celebrate Memorial Day with  
South Central Senior Center  
**Tuesday 23 May 2023**  
9:30 am - 2:30 pm

Rabbit Transit Cost: \$7.50 Round Trip (65+)  
Please sign up!

**William Kain Bass Pavilion:**  
**274 Hess Farm Road, York PA 17403.**

***Must Sign Up. More Information to Come.***

Money is due when signing up. You MUST list whether you will be using a Walker or Wheelchair. Rabbit Transit can only accommodate the first **two** people who sign up needing Wheelchairs. The Van holds up to 16 participants. You must pay when signing up.

PROVIDED BY:  
FAMILY FIRST HEALTH

WHERE: WHITE ROSE  
SENIOR CENTER

FIRST WEDNESDAY OF  
EVERY MONTH



## FREE BLOOD PRESSURE CHECKS

WEDNESDAY  
MAY 3RD  
9:30 AM - 11:30 AM



### SENIOR FUN:

Hey Seniors! Do you want to meet some new friends? Socialize? Snack and play Bingo for fun? Join Lori & 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! Bring a Bingo Dabber!

Tuesday May 9<sup>th</sup>

Tuesday June 6<sup>th</sup>

Tuesday July 11<sup>th</sup>

Tuesday August 15<sup>th</sup>

Tuesday September 12<sup>th</sup>



White Rose Senior Center

# Give Local York



Give Local York is a 24-Hour Fundraising Event that kicks off on Thursday May 4th at 9pm and runs through 9pm on Friday May 5th. Our Goal this year is \$20,000. Together, we can make a difference in the lives of our senior citizens and the York community as a whole.

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 110 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 2023 is \$20,000. 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**

Cash or checks accepted. Please write for "Give Local York" in the memo section of your check. These must be made ahead of May 5th or on that day! They can be hand delivered or mailed to WRSC by May 4th.

**A FULL-DAY OF GIVING TO BENEFIT WRSC**

**LINK IS ACTIVE:  
MAY 4TH THROUGH MAY 5TH**

**[HTTPS://WWW.GIVELOCALYORK.ORG/ORGANIZATION  
S/WHITE-ROSE-SENIOR-CENTER](https://www.givelocalyork.org/organization/s/white-rose-senior-center)**

For every **\$50.00** Monetary Donation for GIVE LOCAL YORK, you will earn ONE ticket.

***For example:***

\$50.00 = 1 Ticket

\$100 = 2 Tickets

\$150 = 3 Tickets

\$200 = 4 Tickets

\$250 = 5 Tickets

\$300 = 6 Tickets

\$350 = 7 Tickets

\$400 = 8 Tickets

\$450 = 9 Tickets

\$500 = 10 Tickets



One winner will be drawn on Monday May 8<sup>th</sup>! One Lucky Winner will receive a \$100.00 Gift Card!

**Anyone interested in purchasing Store Bought Baked Goods for our BAKE SALE (to benefit GLY), please donate by: May 3<sup>rd</sup>.**