

SEPTEMBER 2022

HIGHLIGHTS

TRIPS: 9/9 Concert in the Park @ Gifford Pinchot State Park 9:30-11:30

(Hosted by Northeastern Senior Center. Rabbit Transit (65+) Cost Round Trip is \$7.50. Must sign up and pay NO LATER than 9/2. This is a rain or shine event. Please bring a chair.)

9/29 Shady Maple Smorgasbord. 9:30 Departure from Center.

Approximate 2:30 pm Return to Center. Cost for Rabbit Transit (65+): \$13.50. Meal is Self-Pay upon Arrival. Approximately \$15.30. Money is Due when signing up. There will be NO Refunds issued UNLESS the trip is cancelled. Last Day to Sign Up is Monday 9/26.

FUNDRAISERS: R&K Sub Sale. Orders to run September 1st through September 20th. Cost: \$5.50 Pretzel Sandwiches, \$6.50 for Subs. Pick Up on 9/27.



Mega Month 50/50 Lunch Lotto: To run all month long. (See inside Newsletter). 1/\$1.00, 6/\$5.00, or 17/\$10.00. YOU MUST BE PRESENT TO WIN. Winner takes half, Center keeps half.



Apple Dumpling Sale: Cost: \$1.00. 10:00. Friday September 16th.

Pancake Breakfast: (Cost: \$5.00) 9/19 @ 9:30



CRAFTS: 9/7 10:00 Paper Sunflowers, 9/7 12:30 Sunflower Fork Painting, 9/9 1:00 Pipe Cleaner Teddy Bears, 9/12 12:30 Painted Wine Glasses (\$1.00), 9/13 1:00 Felt Sunflowers (Free. Must Sign Up)



VIRTUAL: Zoom Jeopardy: Wednesday 9/7 @ 2:00 pm.

Zoom Bingo: Monday 9/19 @ 2:00 pm.



SEPTEMBER 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





BLOOD PRESSURE CHECKS



Every 1st Wednesday of the Month!

SEPTEMBER 7TH
10:00 AM - 11:00 AM

PROVIDED BY FAMILY FIRST HEALTH
AT WHITE ROSE SENIOR CENTER



September

SCRIPTURE WRITING PLAN

Encouragement

- | | |
|--------------------------|-----------------------------|
| Day 1: Exodus 14:14 | Day 16: Romans 8:37-39 |
| Day 2: Psalm 4:8 | Day 17: Romans 15:4-6 |
| Day 3: Psalm 23:1-6 | Day 18: Romans 15:13 |
| Day 4: Psalm 34:3 | Day 19: 2 Corinthians 1:3-5 |
| Day 5: Psalm 46:5 | Day 20: Galatians 6:2 |
| Day 6: Psalm 145:18 | Day 21: Galatians 6:9 |
| Day 7: Proverbs 16:24 | Day 22: Ephesians 3:20-21 |
| Day 8: Isaiah 40:31 | Day 23: Philippians 1:3-6 |
| Day 9: Isaiah 41:13 | Day 24: Philippians 2:1-4 |
| Day 10: Isaiah 43:1-2 | Day 25: 1 Thess. 5:11 |
| Day 11: Lament. 3:22-23 | Day 26: 2 Thess. 2:15-17 |
| Day 12: Acts 9:26-28, 31 | Day 27: Philemon 4-7 |
| Day 13: Acts 20:1-3 | Day 28: Hebrews 6:19-20 |
| Day 14: Romans 8:18 | Day 29: Hebrews 12:4-6 |
| Day 15: Romans 8:28 | Day 30: Hebrews 13:8 |

*Commit to spending 10 minutes every day to meditate and reflect on God's Word.
Write down what you have gleaned from each day's scripture.*

The Ruffled Mango

Thursday September 8th

10:00 York City Health Bureau Table Event

Second Thursday of Every Month



Kim Hall joins us to engage in conversations related to public health and sexual wellness.

Labor Day Picnic Potluck



Tuesday September 6th @ 10:00 AM

*(Center is CLOSED Monday for the Holiday so join us
the following day)*

Please see sign-up sheet if you would
like to participate.

If you would like to donate towards
the Picnic Potluck, please sign up to
bring something.

All items must be store bought and
pre-packaged prior to serving.

Any questions, please see Jenna.

DONATIONS WOULD BE GREATLY APPRECIATED. PAPER TOWELS,
D&W DISH SOAP, SODA CANS FOR THE SODA MACHINE.

WARMEST WELCOME TO OUR NEWEST MEMBERS:

GLORIA RODRIGUEZ
ANN BOCCHIARO
MARIA Z. SANTOS
PEARLY WILLOUGHBY
JERRY ROHRBAUGH
ANDRES ABREU
CARMEN ALICEA
MICHAEL FAUTH
SHIRL FAUTH
JOYCE SHAYERS
CHRISTINE HILBERT
ALLEN NGUYEN BUI
KHANH BUI
ISABEL RAMOS
ANNABELLE JAMES
JOSE G. RODRIGUEZ
BRADLEY BORTNER



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*

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.

KNITTING CLUB



EVERY THURSDAY

9:00-1:00

Chair Yoga

w/ Stephanie

Every Friday

12:00-1:00

Please wear comfortable clothes.



JEOPARDY!

White Rose Senior Center
VERSUS

Windy Hill on the Campus
(they will be joining us via ZOOM!)

Tuesday 9/13 @ 10:00 am



TAFE's

(Theater Arts for Everyone)

presents

Live Touring Show



Mystery at Senior Manor

Lunch Showtime!

To begin around lunch.

Wednesday

September 14th

"Mystery Cake" to be served following the show!

Mystery Prize for one lucky winner!



Mega Month 50/50 Lunch Lotto



Play every day to increase your chance to win!

*Every \$1.00 played is one ticket! 1/\$1.00,
6/\$5.00, or 17/\$10.00.*

\$1.00 per entry. At the end of the month,
all entries will be added to a drawing.

The winner will receive 50% of the Pot
while 50% goes to the Center.

Winner to be announced on **Friday
September 30th**

during Lunch @ 11:30.

YOU MUST BE PRESENT TO WIN.

This is a Fraud Alert issued by the York County Elder Abuse Task Force.

Periodically, members of the Task Force, along with the York County District Attorney's office who prosecute these devastating financial crimes will offer warnings about the latest financial scams targeting seniors here in York County.

Educating seniors about financial fraud is a top priority of the York County Elder Abuse Task Force. With that in mind, we want every senior in York County to remember the 3 Rs:

Recognize a potential scam;
Refuse to make any hasty decisions; and
Report suspicious activity to police.

Stay safe and feel free to contact Area Agency on Aging at 717-771-9610 or the District Attorney Dave Sunday at the District Attorney's Office (717-771-9600) with any questions.

York County Elder Abuse
Task Force



FRAUD ALERT – Online Shopping

COVID opened the door for scammers to double down on their worst practices, while preying on consumers during an unprecedented global pandemic. That include scammers who have been taking advantage of online shoppers in search of hard-to-find items like face masks and other personal protective equipment.

The Federal Trade Commission have filed numerous complaints against these sites stating that they have failed to deliver advertised PPE on time, did not tell customers about shipping delays, offer order cancellations, or give refunds, and even in some instances, scammers have sent customers cloth masks that did not have the protective qualities promised with the N95 mask.

Protect Yourself

- When you shop online, sellers are supposed to ship your order within the time stated in their ads, or within 30 days if the ads do not give a time. If a seller cannot ship within the promised time, it has to give you a revised shipping date, with the chance to either cancel your order for a full refund or accept the new shipping date.
- Check out the company or product. Search online for the name plus terms like "review," "complaint," or "scam." See what other people say about it. Read the seller's description of the product carefully.

Look at the terms of the sale. Make note of the total price, including taxes, shipping, and handling; the expected delivery date; and policies for refunds, including who pays for return shipping and if there is a restocking fee.



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! 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!

Senior Box Program

Commodity Supplemental Food Box

Senior Food Box Program

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!****

Horizon Planning

What Is Horizon Planning?



Horizon Planning® is not just about old age. At any age, a medical crisis could leave you too ill to make your own health care decisions. Even if you are not sick now, developing an advanced care plan and making health care plans for the future are important steps toward making sure you get the medical care you would want, even when doctors and family members are making the decisions for you.

It is important to have a conversation now, regardless of age, about your wishes with your loved ones and your primary care provider. This should be a two-sided conversation. Knowing your preferences might take some of the burden off family and friends.

Horizon Planning involves learning about the types of decisions that might need to be made, considering those decisions ahead of time, and then letting others know about your preferences. Everyone has a health horizon. Let's plan for it.

Join us October 4th from 10:00-11:00 for a Horizon Planning Workshop and Presentation! Mark your Calendars!



CASH BINGO

to Benefit White Rose Senior Center

Come Join Us For an Afternoon of

FUN AND GAMES!

PLACE: White Rose Senior Center

27 S. Broad Street, York, PA 17403

WHEN: Saturday, October 22nd, 2022

DOORS OPEN: 11:00 AM

BINGO STARTS: 12:30 PM

Refreshments Available for Purchase!

COST: Advance Tickets - \$15.00

Tickets at the Door - \$20.00

(Includes 6 Cards; Extra Strips \$3.00
or 2 for \$5.00)

**CALL: 717-843-9704 for Additional
Information**



On behalf of everyone at White Rose Senior Center, we would like to express our sincere gratitude for your generous donations to our Cash Bingo! A Huge Thank You to everyone who came! We raised: \$2,200!



HOSPICE + HOMEHEALTH + HOMECARE



VIP Nail & Spa
Janet Heidler
Mike Inners
Pat Kehr
Lisa Krout
Lori Trimmer



R&K September 1st through September 20th



Money & Orders Due by 2:00 o'clock on 9/20.

Subs to be delivered on 9/27

Sub Options: (Cost:\$6.50)

Italian

Cooked Ham, Cooked Salami, Hard Salami, and Provolone Cheese

Italian w/ Pepper

Cooked Ham, Cooked Salami, Hard Salami, Provolone Cheese, and Banana Ring Peppers

Ham

Cooked Ham and White American Cheese

Turkey

Oven Roasted Turkey Breast and White American Cheese

Roast Beef

Roast Beef and White American Cheese

American

Cooked Ham, Cooked Salami, Bologna, and White American Cheese

Whole Grain Turkey

Whole Grain Roll, Oven Roasted Turkey Breast and White American Cheese

Whole Grain All Cheese

Whole Grain Roll, Provolone and White American Cheeses

PRETZEL SANDWICH OPTIONS: (Cost:\$5.50)

Italian

Cooked Ham, Cooked Salami, Hard Salami, and Provolone Cheese

Ham & Cheese

Cooked Ham and White American Cheese

Ham & Swiss

Cooked Ham and Swiss Cheese

Turkey & Cheese

Oven Roasted Turkey Breast and White American Cheese

Roast Beef & Cheese

Roast Beef and White American Cheese

Sweet Lebanon Bologna & Cheese

Sweet Bologna and White American Cheese -

All Cheese

Provolone and White American Cheeses

Chicken Salad/Egg Salad/Tuna Salad



Shady Maple Trip

Thursday September 29th



Rabbit Transit VAN Cost (Must be 65+),

\$13.50, Meal is **Self-Pay** upon Arrival. Approximately \$15.30)

Money Due when signing up. There will be NO Refunds issued UNLESS the trip is cancelled. Last Day to Sign Up is Monday 9/26.

Please arrive @ WRSC by 9:00 to depart on time.

Depart **White Rose Senior Center @ 9:30 am**

Arrive to Shady Maple @ 10:30 am (approximately)

Depart from **Shady Maple @ 1:30 pm**

Arrive @ Center 2:30 (approximately)

The buffet includes Fried Shrimp, Smoked Beef Brisket, 46 Salad

Bar items, 8 homemade breads & rolls, 4 soups, 6 cheeses, 8 meats, 14 vegetables, 10 cold desserts, 4 hot desserts, 8 pies, 6 cakes, sundae bar & many beverages.

Daily Grill Features (Monday thru Friday) carved honey ham, carved smoked beef brisket, kielbasa, corn fritters, potato cakes, pizza, marinated chicken, hot dogs & baked potato.

Minimum 7. Please note, a reservation is required to be made for groups over 14 people.

(This may incur an extra 12% service fee per person).

STREET CLEANING!



Every first Tuesday & Thursday of the month there will be street cleaning. On the first Tuesday of the month, they clean the far side of the street from the senior center from 7:15 to 11:45. On the first Thursday of the month, they will clean the side closest to the senior center from 12:45 to 3:15. If you park on the street during the designated cleaning time you will get a \$50.00 ticket!



The Knitting Club



We offer free lessons for knitting and crocheting every Thursday from 9:00 am until 1:00 pm. Equipment and yarn for one project will be provided, free of charge (hat or scarf).

A lending library is now available for any member of White Rose Senior Center to borrow knitting needles, crochet hooks, round looms or straight looms, without charge! See Ruth Frey.

Signing up for Trips.



We use Rabbittransit to take us on most of our trips and we have to have a minimum to meet in order for the trip to occur. Please be mindful not to sign up for a trip if you don't plan to attend it. People look forward to going and if you cancel at the last minute, it may put us below our minimum number needed. We know that things come up like appointments, illnesses, etc., but please show some courtesy before cancelling your trip. Thank you for your cooperation.

RIDDLE OF THE MONTH: I usually wear a yellow coat. I usually have a dark head. I make marks wherever I go. Who am I?

A Pencil.

GREAT NEWS... >>York County Area Agency on Aging pays for persons 65 and older to ride Rabbittransit on the Paratransit van as long as they attend the Center and eat lunch at the Center. (These rides are limited to and from Center only. Trips are excluded.) We have to arrange these rides for you. Pick up and drop off times vary, and you must cancel your trip in advance (At least an hour prior to pick up time). Rabbit has a 30-minute window, however when the driver pulls up to the house they wait 5 minutes, and 5 minutes only. You must be ready and waiting for them. Please see Staff if you need Transportation arranged, to and from Center.



Sickness Policy:



Please be mindful when feeling under the weather. Regardless of vaccination status, staff, volunteers, and participants who have symptoms of illness (new cough, sore throat, congestion, vomiting, fever, diarrhea) should stay home until symptoms have resolved for *at least 24 hours*. Practicing frequent handwashing and proper respiratory etiquette and is recommended.

(Wash your hands after touching your mouth or blowing your nose, cover your mouth when coughing)

This announcement is in regards to **bed bugs** and to remind everyone that if you feel as though you may have them, **YOU MUST CONTACT AN EXTERMINATOR**. We also ask that you do not come back to the center until you know they have been exterminated (this could take a couple of weeks)! **If you live in Broad Park Manor, (one of the towers on King St) you can contact Maintenance (717-843-6309) & Penn Pest will come to your home with no cost to you!** Please keep this in mind so we can protect our members & our staff. Bed bugs are not biased pests. You can contract them from **ANY WHERE**. Such as yard sales, movie theaters, someone else's home and again they are not biased, **it can happen to anyone**. Thank you for your cooperation!





2022 Secret Pals

Shhh....



In January, many of us opted to participate in the Secret Pal program.

This is such a fun project but PLEASE don't forget to send your Secret Pal a card on the Holidays and their Special Days (reference your Purple Sheet if you need help with ideas- let a staff member know if you need a copy)! They are counting on YOU to Treat Them

Right! **We will reveal our secret pals in January 2023!!!**

ALSO...Please DO NOT tell other people who you have or tell others who have them. This spoils a lot of the fun for everyone. Remember it is a SECRET Until JANUARY 2023 during the REVEAL Party!

Come learn the world's greatest card game--



BRIDGE



- Brand new players
- Players coming back to the game
- Social players wanting to learn more
- Players who just want to start over and fill in some gaps.

Join us during two new, upcoming courses of 8 sessions each.

Tuesday sessions begin Sept. 6th 6:30-8:30pm for 8 weeks

Thursday sessions begin Sept. 22nd 12:30-2:30pm for 8 weeks

\$80 registration includes free book, snacks, ample free parking and handicapped accessible restrooms.

All lessons are taught by an ACBL certified instructor.

After 8 weeks, you'll also receive a free 1-year membership to the White Rose Bridge Club.

To register email whiterosebridgeclub@yahoo.com or call Edward at 717-434-3298



Please note, White Rose Bridge Club is not affiliated with White Rose Senior Center. All Questions should be addressed by contacting the above contact person.

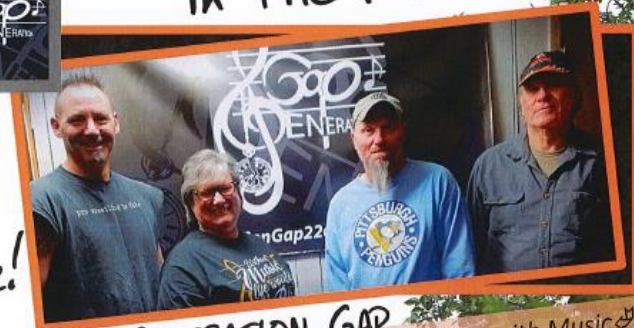
NORTHEASTERN SENIOR CENTER PRESENTS
FRIDAY, SEPT. 9th ... 9:30-11:30AM

CONCERT

In The Park



Rain or Shine!



THE GENERATION GAP
Bridging the Gap between Generations with Music

"Rockin" experience for people of all ages!

- DRESS FOR THE WEATHER
- BRING YOUR OWN LAWN CHAIR—FIND YOUR "SPOT" IN THE GRASS (PAVILION IS RESERVED FOR THE BAND)
- SIGN UP FOR A PACKED LUNCH WITH YOUR SENIOR CENTER!

GIFFORD PINCHOT STATE PARK — PAVILLION #1

Classic Rock Band
playing a variety of
fun, family friendly songs
Ranging from the 1950s—Today!

GENRE'S:
Rock, Blues & Upbeat Country



Bathrooms are located behind the pavilion with a paved walkway. It is called the "Shady Side"

Questions? Contact Your Local Senior Center!

Rabbit Transit (65+),
Cost: \$7.50 round trip
(Must Sign Up & Pay by 9/2)



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 Fall 2022 classes are as follows:



Class: Scarecrow Gourd with Linda

Linda Stinnett. AKA “Gourdy2shoes”, will show you how to make this terrific fall accent for your home. You will be supplied a pre-cut gourd that we will paint and add accents to give him personality!

Supplies: All supplies provided by instructor.

Instructor: Linda Stinnette

Date: September 28, 2022

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

Class: Repurposed Soup Can

Judy Enders will show you how to “upcycle” a soup can into a wall planter. we will smash, paint, and decoupage the can with a pretty napkin. A plant or flowers can be inserted into the can after completed. Come join in the fun and see how creative you can be!

Supplies: Mod Podge and scissors

Instructor: Judy Enders

Date: October 11, 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: 10 participants



Class: Fall Candle Mat

Marti Leader will show us how to create a beautiful fall candle mat to add to your fall decorations. Imagine a wonderful scented pumpkin or apple pie candle sitting on top of this mat! You will learn a variety of stitches to attach the felt pumpkins, stems, leaves and acorns onto the 12-inch felt mat. You will love this project!

Supplies: Scissors

Instructor: Marti Leader

Date: October 18, 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



Class: Needlefelted Gaspar – Part 1

The third King of the Three Kings Series will be Gaspar. In this class we will needlefelt the body to prepare him for the next session on November 1st. Mary Jane Miller will teach you how to make his body using wool roving and specials needles for felting. These Kings are to add to our Needlefelted Nativity Set we have been doing for the past couple years. It is not too late to join in the fun and create a gorgeous Nativity Scene. Needle felting experience is helpful.

Supplies: Scissors, a Car Wash Sponge to needle on (Wal-Mart or the Dollar Store have them)

Instructor: Mary Jane Miller

Date: October 25, 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



Class: Needlefelted Gaspar – Part 2

Part two of this series will involve dressing the King in his elaborate robes and add facial features. We will use wool roving and special felting needles. All needles, wool, and special embellishments will be supplied by the instructor. Needle felting experience is helpful.

Supplies: Scissors, a Car Wash Sponge to needle on (Wal-Mart or the Dollar Store have them)

Instructor: Mary Jane Miller

Date: November 1, 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



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: November 16, 2022

Day: Wednesday

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!



**September 2022
Congregate Meal Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p align="center"><i>*menu subject to change</i></p>	September 1	September 2
			Picnic Lunch	Hot Dog 2oz. Sauerkraut 1/2c. BBQ Butter Beans 1/2c. Potato Salad Hot Dog Bun Tropical Fruit Salad
HAPPY LABOR DAY!! September 5 	September 6	September 7	September 8	September 9
	BBQ Pork Ribette 1/2c Sweet Potato Bites 1/2c Green Beans 1 Wheat Bread Birthday Cake!	Cheeseburger w/ Lettuce, Tomato 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit	Picnic Lunch	Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Diced Peaches
September 12	September 13	September 14	September 15	September 16
Swedish Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Italian Breadstick 1/2c Mandarin Oranges	Grilled Chicken Salad (2oz Chicken, Egg, Cheddar, over 1c Mixed Greens) 1/2c Broccoli Salad 1 Dinner Roll Fruited Gelatin	Pepper Steak w/ 2oz Gravy 1/2c Cabbage & Noodles 1/2c Diced Carrots 1 Wheat Roll 1/2c Blushed Pears	Baked Lemon Pepper White Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	Hawaiian Pork Loin 1/2c Buttered Noodles 1/2c Island Blend Vegetables Strawberry Shortcake w/ 1/2c Fresh Strawberries
September 19	September 20	September 21	September 22	September 23
			Picnic Lunch	
Beef Taco Salad 1c. Lettuce & Tomato 1/2c. Spanish Rice 1/2c Corn Tortilla Chips 1/2c Pineapple Delight	Homestyle Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 White Bread Cookie	Sweet & Sour Chicken 1/2c Vegetable Rice Pilaf 1/2c Green Beans 1 Wheat Bread Seasonal Fresh Fruit	Sweet Bologna & American Cheese Lettuce & Tomato Coleslaw Fresh Fruit Cookie Iced Tea	Egg Omelet w/ Cheese 2 Sausage Oinks 1/2c Breakfast Potatoes 1 Wheat English Muffin w/ Jelly Seasonal Fresh Fruit
September 26	September 27	September 28	September 29	September 30
Stadium Hot Dog 2oz Sauerkraut 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	Baked Cabbage Casserole w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Cookie	Warm Roast Beef & Cheddar Sandwich 1/2c. Buttered Noodles 1/2c. Corn 1 Sandwich Roll Seasonal Fresh Fruit	Salisbury Steak w/ Gravy Baked Potato w/ Sour Cream 1/2c Green Beans 1 Wheat Bread 1/2c Gelatin	Fiesta Chicken Burrito Bowl (3oz Chicken Breast/1oz Salsa .5oz Cheddar Jack) 1/2c Cilantro Lime Rice 1/2c Black Beans 1/2c Mandarin Oranges

*** All meals are subject to change ***

*** Served daily: 8 ounces Milk and 1 tablespoon Margarine

September

New Hours: 9:00-2:00

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>Labor Day Center is Closed</p>	<p>6</p> <p>BINGO</p>	<p>7</p>	<p>8</p>	<p>9</p>
<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p> <p>POKENO</p>	<p>16</p> <p>BINGO</p>
<p>19</p> <p>BINGO</p>	<p>20</p> <p>BINGO</p>	<p>21</p>	<p>22</p> <p>BINGO</p>	<p>23</p> <p>Truth or Dare</p>
<p>26</p>	<p>27</p> <p>BINGO</p>	<p>28</p>	<p>29</p> <p>SHADY MAPLE</p>	<p>30</p> <p>SPRIT</p>



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