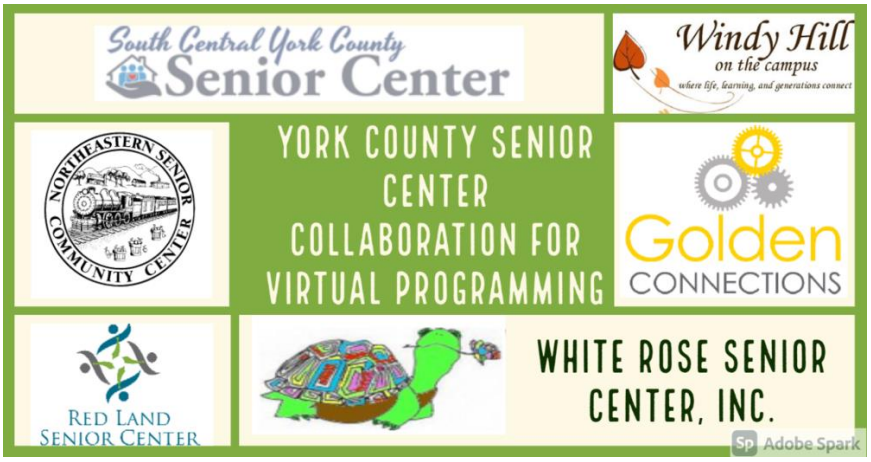
JULY 2022 York County Senior Center Virtual Programs – vol.19



Check Out the *JULY VIRTUAL PROGRAMS* Being Offered by York County Senior Centers…

So More People Can Stay Connected!!!

Jenna Wray, from White Rose Senior Center, and Jenna Ericson from Windy Hill on the Campus are coordinating the links for this Pilot Project from the York County Senior Centers who would like to participate. Many Centers in York County are doing Zoom, Facebook Live, and other platforms and we have decided to collaborate together to offer more programs and possibilities for our Older Adults in York County who maybe homebound or possibly isolated.

Each Center who wants to participate email Lisa with their programs for the upcoming month. She compiles a brochure of activities and then sends it out to each Center to distribute to their members. Jenna uploads all of the activities from each Center to a landing page on Windy Hill's website (Virtual Programs at Other Centers - Windy Hill On The Campus). You can also find the information on the York County Area Agency on Aging's website and Facebook page as well as many York County Senior Center's sites.

We have noticed more attendees to the activities and like all good things, it takes time to grow! Please share this with any older adult you may know. We envision this project continuing even after the pandemic ends. We desire to connect to every 60-year-old in York County!

What do You Need to Participate in the Virtual Programs?

1. Either a computer, a tablet or a smart phone.
2. Internet connection.

If you do not have a device (computer or a tablet), **TECH OWL offers FREE devices for loan**. Call 717-737-3477 or 1-800-998-4827 for additional information.

Borrow an iPad, a computer, gadgets and more

If you or someone you know:

- lives in Pennsylvania and
- is a senior citizen, or
- has a disability

TechOWL can help you try out new equipment for free.





Your local TechOWL specialist will:

- Work with you to select the right device.
- Load the software and apps that you need and want.
- Support and teach you throughout the process.

All devices can be borrowed for 4 weeks with an option for longer.

Don't miss out on important visits with your doctors, grandchildren and friends, especially during this time.

More information about the Assistive Technology Lending Library program can be found on the TechOWL website:

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https://techowlpa.org/library/

OR CONTACT: Tel 800-204-7428 (voice) Email

TECH OWL
TECHNOLOGY FOR OUR WHOLE LIVES

PENNSYLVANIA Link
To Aging and Disability Resources
Call Center: (800) 753-8827

Temple University
College of Education and Human Development
Institute on Disabilities

Monday	Tuesday	Wednesday	Thursday	Friday
# July				1
4 **Independence Day Center is Closed** 	5 9:00 **Penn State Cooperative Extension Handout: Easy Cooking from Pantry to Table** email: jenna@whiteroseseniorcenter.org	6 12:00 **Virtual: What You Need to Know about Heart Health with Kilene and Pharmacist** *by GIANT* https://www.eventbrite.com/o/the-giant-company-nutritionists-18689796139	7	8
11	12	13 12:00 **Virtual: Nutrition for Heart Health with Mary** *by GIANT* https://www.eventbrite.com/o/the-giant-company-nutritionists-18689796139	14	15
18 2:00 **ZOOM: The Snap Game** Meeting ID: 830 4330 3963 Password: free	19	20 12:00 **Virtual: Build A Better Plate for Your Heart with Kilene** *by GIANT* https://www.eventbrite.com/o/the-giant-company-nutritionists-18689796139 ***Newsletter Trivia Due*** email: jenna@whiteroseseniorcenter.org	21	22
25 August Newsletter (www.whiteroseseniorcenter.org)	26 2:00 **ZOOM: Friendly Feud** Meeting ID: 830 4330 3963 Password: free 	27 12:00 **Virtual: Build A Better Basket for Your Heart with Kilene and Pharmacist** *by GIANT* https://www.eventbrite.com/o/the-giant-company-nutritionists-18689796139	28	29

Every Wednesday (Must Register!)
July 6th
12:00 Virtual: What You Need to Know about Heart Health with Kilene and Pharmacist by GIANT
https://www.eventbrite.com/o/the-giant-company-nutritionists-18689796139



July 13th (Must Register!)
12:00 Virtual: Nutrition for Heart Health with Mary by GIANT
https://www.eventbrite.com/o/the-giant-company-nutritionists-18689796139

July 20th (Must Register!)
12:00 Virtual: Build A Better Plate for Your Heart with Kilene by GIANT
https://www.eventbrite.com/o/the-giant-company-nutritionists-18689796139

GIANT
NUTRITIONIST

*****Newsletter Trivia Due*****
email: jenna@whiteroseseniorcenter.org

July 27th (Must Register!)
12:00 Virtual: Build A Better Basket for Your Heart with Kilene and Pharmacist by GIANT
https://www.eventbrite.com/o/the-giant-company-nutritionists-18689796139



Monday July 18th
2:00 **ZOOM: The Snap Game**
Meeting ID: 830 4330 3963
Password: free

Tuesday July 26th
2:00 **ZOOM: Friendly Feud**
Meeting ID: 830 4330 3963
Password: free





Executive Director: Tammy Miller

Normal business hours:
Monday – Friday: 8:30 am – 2:30

1472 Roth's Church Road,
Spring Grove, PA 17362
717-225-0733
windyhillonthecampus.org
Facebook: facebook.com/windyhillotc

JULY Virtual Programs

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9 am – Zoom **T'ai Chi Chih** Meeting ID: 814 3316 9989 Passcode: 1472	9 am – Zoom **Silver Sneakers Classic** Meeting ID: 821 3661 1618 Passcode: 1472	11 am – Facebook Live **Chair Exercise** Facebook.com/windyhillotc	9 am – Zoom **Silver Sneakers Classic** Meeting ID: 821 3661 1618 Passcode: 1472	9:00 am – Zoom **Cardio Boxing** Meeting ID: 327 891 3252 Passcode: 4xuDHP
11 am – Facebook **Chair Exercise** Facebook.com/windyhillotc			12:30 pm – Zoom **Hatha Yoga** Meeting ID: 827 1847 4772 Passcode: 1472	

Windy Hill on the Campus's
Regularly-occurring Program Descriptions

Cardio Boxing *(Fri at 9 am)* Instructor: Lori DePorter -Non-contact, boxing-inspired fitness routine to lead to a healthier/happier life. *No boxing experience is necessary, all ages are encouraged and invited to participate	**Silver Sneakers Classic** *(Tues & Thurs at 9 am)* Instructor: Tracy Schuman -45-60-minute low-intensity workout designed to increase muscle strength, range of motion and improve activities for daily living. A chair is used for seated exercises and standing support. Exercises can be modified depending on fitness levels.
T'ai Chi Chih *(Mondays at 9 am)* Instructor: Jack Weaver -One hour of mindfulness moving meditation with soft, flowing and easy-to-learn movements/poses. Benefits include: peace of mind, improved health, and experiencing joy.	**Hatha Yoga** *(Thursdays – 12:30 pm)* Instructor: Lori Houck-Ruffner -Hatha Yoga introduces basic yoga poses sequenced in a gentle stream of movements, focusing on: stretching, breathing practices, proper body alignment, and relaxation techniques.
Chair Exercise*(Mondays & Wednesdays at 11am)* Instructor: Risa Anderson (Windy Hill staff member) -30-minutes of low-impact exercise focusing on moving all the joints in your body to help ease pain and build stability and improve balance. You will need a sturdy chair (preferably without arms), hand weights, and a Pilates ring or throw pillow for resistance.	