

September

HIGHLIGHTS

Note: Programs and activities are subject to change at any time. Center is Closed on Monday September 1st for Labor Day.

Thursday September 4th Commodity Supplemental Food Box Distribution

Thursday September 11th **10:00** Fresh Express Distribution

Thursday September 18th **9:30** Lake Redman Trip with South Central Senior Center (Rabbit Transit, \$15 Round Trip, 65+)

Thursday September 25th **10:00** Fresh Express Distribution

Zumba is on HOLD in September! Every Wednesday @ 10:30

First Day of Fall September 22nd, 2025
Fall Fair Week Monday September 22nd through Friday September 26th

September



THE ROSE

White Rose Senior Center

27 South Broad Street
York PA 17403

Monday through Friday
Office Hours: 8:00 AM - 4:00 PM
In Person: 9:00 AM - 2:00 PM

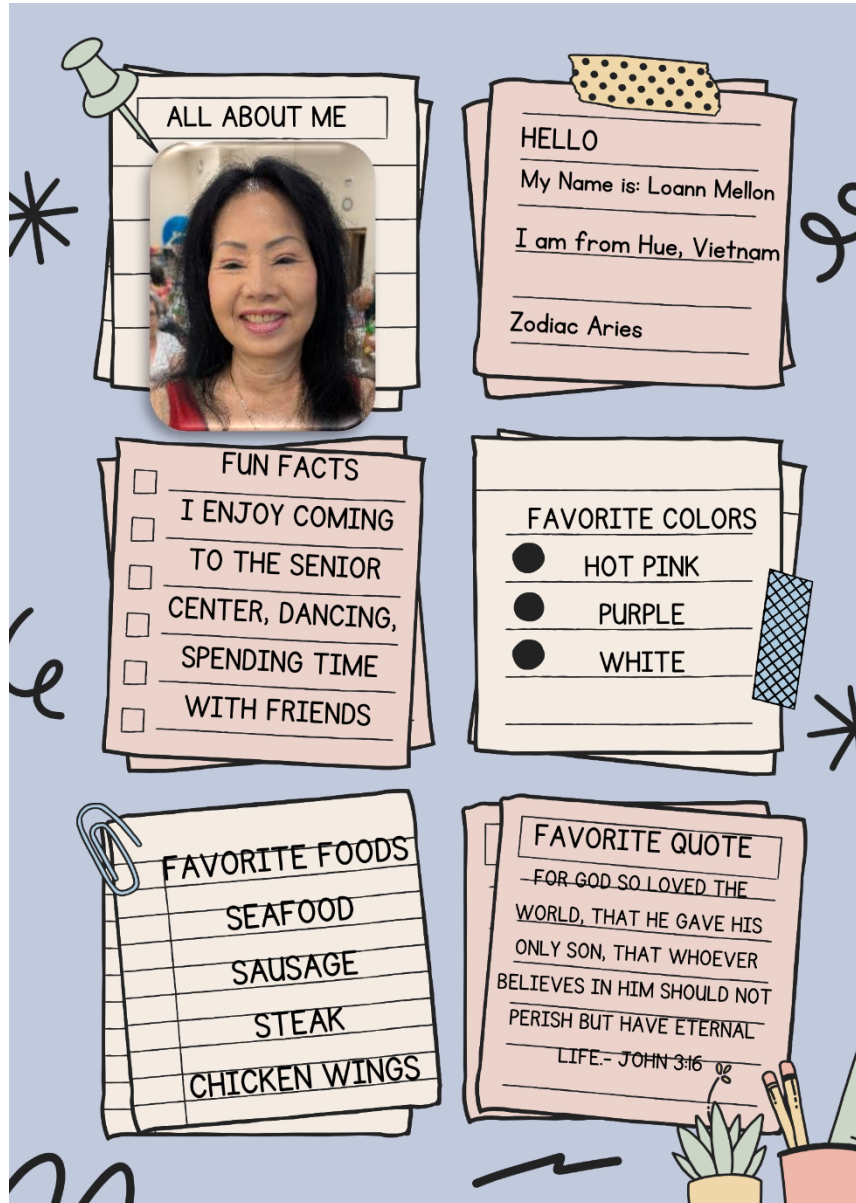
717-843-9704

www.whiteroseseniorcenter.org



Senior of the Month: Loann Mellon was our August Senior of the Month!

Individuals who eat their lunch inside will be selected at random to be Senior of the Month. This grants the person selected **FIRST** for everything, starting at the beginning of the month and run through the end. You will also be highlighted in our newsletter for the following month. A new person will be selected monthly.



Please remember to pre-register for your meal, so we can 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. Lunch will be served Monday through Friday, at approximately 11:30 (please know that this is subject to change based on delivery times from Nutrition Group- our food provider). 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.

Lunch will be served at 11:30 promptly following our Mealtime prayer. 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 at 11:30 to ensure you receive your meal. After 11:45 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!

Please avoid disturbing kitchen staff between 10:45 AM and 11:30 AM.

During this time, ensuring that meals are served on time is our top priority. Thank you for your understanding and cooperation.



Fresh Express will be distributed at 10:00 am. You are expected to come inside with your cart/bags/boxes to go through the line and have your products handed off to you. You will not go through the line until your table is called up to retrieve your items. Tables will be called in a **Random Order**. We are serving approximately 180 individuals, while supplies last. **You will not go through the food line until your table is called, by the table you are seated at.** Please remember, we do not provide bags or boxes.

Thursday September 11th

Thursday September 25th

WELCOME New Members

Samuel Spencer
Charles Smith
Francis Lahr
Janice Leer
Donna Peretz
James Greer Sr.
Christine Brown
Ron Vestal
Jose Ventura
Ruth Cluck
Gerry Starkey

Gerry Starkey Allen
Nauss
Vilma Aviles
Patricia "Pat" Reigart
Norris Aaron Murray
Elaine Starkey
Gloria Almanzar
James Woodward
Paul Weaver III
Joyce Spencer

White Rose Senior Center Staff

Lisa Krout Executive Director

Jenna Wray Director of Program Development

Brendaliz Gonzalez Bilingual Program Coordinator

Raquel Rivera Program Assistant

Noemi Zambrano Food Service & Cleaning Specialist

In Loving Memory of Chotz Grove Customer Service

Cheri Bowersox Bookkeeper

Senior Bingo Fun!

**Meet New Friends • Socialize • Play Bingo
• Enjoy Snacks**

Looking for a fun way to spend your morning? Join **Kelsey & Conner** for bingo, snacks, and laughter at the:

Shiloh Fire Department

 2190 Carlisle Road, York, PA 17408

 10:30 AM – 12:00 PM (Noon)

Bring a snack to share if you'd like!

No cost to attend -just bring yourself and a friend!

2025 Bingo Dates:

Tuesday, September 9

Mark your calendar and don't miss out on the fun!



Yoga with Stephanie

Strength & Balance

Tuesdays 12:00–1:00

Chair Yoga

Fridays 12:00–1:00

ESTUDIO BÍBLICO EN ESPAÑOL

Lunes Alternados

@ 12:30 pm

Ver Calendario

onthe**move**

Group Exercise for Improved Mobility in Older Adults®

with Stephanie

Mondays & Thursdays @ 12:00



Yarn Crafters Wednesdays & Thursdays 9:00–2:00

Trip to Lake Redman



Date & Time:

Thursday, September 18th

9:00 AM - 2:00 PM

Cost: \$15.00 (Round Trip)

Please sign up!

A Day to Connect With:

South Central Senior Center

Sponsored by: Barry Barbush

Join us for a relaxing outing
surrounded by nature and
great company!

Rigid Heddle Loom Weaving Class

with Nancy & Jef

September 2nd, 9th, 16th, 23rd, 30th



Join Nancy Walker & Jef Savage

as they take you on a weaving journey across warps and wefts, to a land of colors and patterns. This program is a practical hands-on experience. Participants will be introduced to the history of weaving from its first documented appearance to modern day weaving artists and their work, cultural context, traditions, practices, fabrics, and applications of weaving. The project will enable participants to design and create a table runner or center piece.

All tools and materials are provided.

*This is a sampler program for
ABSOLUTE Beginners.*

Tuesdays 9:30am – 11:30am

Funded by Cultural Alliance of York
County and White Rose Senior Center.

Weaving has been around for 1000's of years. We tend to link weaving with the larger floor looms that cost \$1000's, are heavy, take up a lot of floor space, and demand large quantities of yarn, making them an expensive proposition. Rigid heddle tabletop weaving looms are budget friendly, versatile, portable, have a small footprint & can fit on a tabletop making this form of weaving accessible. This program provides a creative weaving experience to those who would not normally consider it accessible & helps participants develop the skills & confidence to continue weaving after the program.

*Beating
the weft
before
shuttling
back
across
the warps*



Places are LIMITED as only 12 looms are available. To sign up contact Jenny ASAP.

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August 9th Cash & Gift Card Bingo Sponsors

AmeriHealth Caritas & Community Health Choices

Bob & Kaye Krout

Bob James

Kristi Swartz

Lisa & Joel Krout

Mary Solomon

Mike Inners

Pat Kehr

Randy Christie

Roger Guttridge

Rose Solomon

ServPro Cleaning Restoration & Construction

The Hershey Company

A Huge thank you to everyone that came out and participated.

We raised: \$2667.50

Mark your calendars for our next Cash & Gift Card Bingo on
Saturday October 4th

If you would like to donate or contribute towards our next,
please consider donations of Gift Cards (\$25).

Take Charge of Your Health:
**Health Fair
&
Vaccination Clinic**

Vaccines Available:

✓ Shingles Vaccine ✓ RSV Vaccine ✓ Flu Vaccine

✓ COVID Vaccine ✓ Pneumonia Vaccine

- Various Healthcare Vendors
- Blood Pressure Screenings
- Medication Management
- Diabetes Information
- Medicare Replacement Plans
- Home Health Services
- Therapy Services
- Snacks & Giveaways



jenna@whiteroseseniorcenter.org



717-843-9704

REGISTRATION APPRECIATED
BUT NOT REQUIRED



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

WHEN:

October 10th,
2025
10 am-12 pm

WHERE:

White Rose Sr. Center
27 S. Broad St
York, PA

Please have your
insurance cards or
\$25/pp flu shot

Other vaccine prices
vary without insurance

Vaccinations
Provided by



COVID Vaccination is dependent upon
CDC releasing

**Stayin' Alive
in '25
Dance Challenge:**



Step Up and Win!

Are you ready to move, groove, and put on your boogie shoes? We invite you to join our exciting "Dance a Day Challenge," an engaging and lively opportunity to celebrate movement, music, and get in the mood for our '70s themed PASC conference, Stayin' Alive in '25 to be held October 23-24, 2025 in State College. Not only is this an excellent way to stay active and spread positivity, but participating centers will also have a shot at winning a fantastic \$250 prize for their center.

What is the Challenge?

Dance to a minimum of five songs from our curated dance list. For example, this can be a "get moving" dance a day or 5 songs during a '70s themed party at your center. Capture your energy and enthusiasm on video-submit a 60-second clip of your dance session(s). All centers who submit a video will be entered into a drawing to win \$250 for their center.

All videos will be featured and celebrated during the conference.

Why Participate?

Promote Wellness: Dancing is a wonderful way to get your body moving, increase your energy, and boost your mood. It's beneficial for both physical and mental health.

Build Community Spirit: Dancing together, even virtually, fosters a sense of connection, camaraderie, and teamwork within your center.

Win for Your Center: The \$250 prize can be used for anything you wish such as team-building, supplies, or a celebratory treat for your group.

PASC would love to get to know your center!

Join us on Friday September 12th!

★ **YOU'RE INVITED!** ★

BEYOND THE COUNTER A NEW ERA AT MINNICH'S PHARMACY



**TUESDAY, SEPTEMBER 9, 2025
12-2 PM**

976 S. GEORGE ST, YORK, PA

 Tour our renovated pharmacy spaces

 See our new clinical rooms & enhanced services

 Meet our team & connect with the community

 Food truck on-site

Let's celebrate a new chapter in local pharmacy care—beyond the counter!

Questions? Call Aimee Miller 717-881-2527

Inglis Home Modifications for Independence

The Inglis HMI program provides physical home modifications to help increase accessibility for eligible individuals with disabilities and older adults in Pennsylvania so they can remain independent in their homes.



**Check Your Eligibility
Here**



Current Funding Eligibility Requirements

- 62 years or older
- Renter or Homeowner
- Household Income
 - At or below 80% AMI



Allowed Home Modifications

- Grab bar
- Railings
- Lever-handled doorknobs and faucets
- Temporary ramp installation
- Tub and Shower transfer bench
- Handheld shower head
- Raised toilet seat
- Non-slip strips for tub/shower or stairs

Contact Now



610.873.9595



homemods@inglis.org



www.inglis.org/homemods

Do you have serious difficulty walking or climbing stairs?

Your participation in a research study could help us find ways to keep older adults living independently.

ABOUT THIS STUDY

Our research team is testing two home-based exercise programs designed to help older adults walk better so they can maintain independence.

WHO CAN PARTICIPATE?

Adults aged 65 or older who have difficulty with walking or climbing stairs and ALSO:

- have access to the internet
- have no other medical reason why they could not exercise

WHAT WILL PARTICIPANTS DO?

The project will last up to 12 months and will involve:

- attending three in-person study visits
- wearing an activity monitor three times
- completing short surveys online

All participants will be asked to exercise and some will receive a coach using video over the internet.

We will provide you with all the exercise equipment you need and you can earn up to \$110 for participating.



FOR MORE INFORMATION

estudiodepasos@psu.edu
717-531-1074

Scan here



This research has been approved by the Institutional Review Board, under federal regulations at Penn State Health Milton S. Hershey Medical Center, Penn State College of Medicine
IRB Study: 00021684 • Revised 11/1/2023 • Pull by 12/31/2025 • InDesign ClipboardScrap1
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STUDY DIRECTOR:
Matthew Silvis, MD

For internal
use only:

September Scripture Writing Plan: Galatians and Ephesians

Galatians

Day 01: 1:3-5
Day 02: 1:10
Day 03: 1:13-17
Day 04: 1:18-24
Day 05: 2:8-10
Day 06: 2:15-19
Day 07: 2:20-21
Day 08: 3:5-6
Day 09: 3:13-14
Day 10: 3:26-29
Day 11: 4:4-7
Day 12: 5:13-17
Day 13: 5:19-26
Day 14: 6:1-2
Day 15: 6:7-10

Ephesians

Day 16: 1:3-6
Day 17: 1:11-14
Day 18: 1:18-23
Day 19: 2:4-10
Day 20: 2:14-18
Day 21: 3:10-12
Day 22: 3:16-19
Day 23: 4:1-6
Day 24: 4:14-16
Day 25: 4:22-27
Day 26: 4:29-32
Day 27: 5:15-20
Day 28: 5:22-28
Day 29: 6:1-9
Day 30: 6:10-18

I came to you in weakness with great fear and trembling. My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power, so that your faith might not rest on human wisdom, but on God's power.

(1 Corinthians 2:3-5)

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S.T.A.R.S.Senior Time Activities for Residents of Springettsbury (For Active Adults 50 and over)

Class: Fall Cedar Wax Wing Bird Watercolor Painting

If you want a relaxing class, join Bonita Bollinger as she shows us how to paint this beautiful Fall Cedar Wax Wing Bird. It is a watercolor class for beginners or intermediate folks. The watercolor painting will be done on an 8”x 10” canvas. Bonita has many tips and techniques to teach you how to be successful and happy with your project!

Supplies: All items supplied by the instructor.

Instructor: Bonita Bollinger **Date:** September 30, 2025 **Day:** Tuesday **Time:** 2:00-4:00 PM **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 the Class:** 10 Participants

Class: Fall Floral Arrangement Made from Cardboard Paper Rolls

Becky Hickey will show you how to recycle and upcycle rather than overloading a land fill are the latest trends. Give those single use cardboard toilet and paper towel rolls a second life while doing you part to save natural resources and make the world a more sustainable place for all.

Supplies: Will be supplied by the instructor. If you have your own hot glue finger protectors, you may wish to bring these with you.

Instructor: Beckey Hickey **Date:** October 7, 2025 **Day:** Tuesday **Time:** 2:00 PM to 4:00 PM **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 the Class:** 10 Participants

Class: Pumpkin Painting with Pressed Flowers

Create a truly unique and decorative piece of 12” x 18” wood art by combining painting and pressed flowers! Janeen will show you how to paint a whimsical pumpkin (any colors you choose), then personalize it by arranging and “|Modge Podging” real dried flowers right onto your artwork. Choose from a variety of beautifully preserved blooms – selections vary by season, making each creation as unique as you!

Supplies: All supplies provided by instructor.

Instructor: Janeen Hershey **Date:** October 14, 2025

Day: Tuesday **Time:** 2:00-4:00 PM **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

S.T.A.R.S.Senior Time Activities for Residents of Springettsbury (For Active Adults 50 and over)

Class: Feather Tree

Make this cute miniature feather tree with Mary Jane. The tree is 10” tall and the “feather are made with wool strips. You will learn how to cut the wool and wrap the branches to complete this small version of an old-fashioned feather tree. **Please let Lisa at White Rose Senior Center know which color wool you prefer, white or green.**

Supplies: Bring your white tacky glue, sharp pointed scissors, and needle nosed pliers if you have them. Stands, wire, and wool will be provided by the instructor.

Instructor: Mary Jane Miller **Date:** October 28, 2025 **Day:** Tuesday **Time:** 2:00-4:00 PM **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 & Sea House

White Rose Senior Center and Springettsbury Township will offer “Bingo” at Hoss’s Steak & Sea House. Prizes will be given to all of the winners. Lunch will be served prior to Bingo. Come and join in the fun! **Date:** November 4, 2025 **Day:** Tuesday **Time:** 11:00 AM – 1:30 PM

Location: Hoss’s Steak & Sea House – 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!

Class: Rustic Snowman

Everyone can use a new holiday/winter decoration. Joanne Kluk will show you how to upcycle old wooden shutters to make adorable rustic snowmen. Shutters will have a basecoat of white paint prior to the class. All paints, fabrics, buttons, greens, and many other embellishments will be provided. **Supplies:** All supplies will be provided by the instructor. **Instructor:** Joanne Kluk **Date:** November 18, 2025 **Day:** Tuesday **Time:** 2:00-4:00 PM **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

For additional questions, contact Lisa Krout at White Rose Senior Center (717-843-9704)