



APRIL



HIGHLIGHTS

R&K Sub Sale to benefit Give Local York

Tuesday April 1st through Friday April 11th

Money/Orders Due: Friday April 11th

Sub Delivery: Monday April 21st

Friday April 11th: YCDS Intergenerational Program *Come join the students of York Country Day School and play with some cool robots! You will learn to program the BeeBot, Dash, Sphero, and Spike robots in some fun games and challenges. Join us in bridging the generational gap through innovation, teamwork, and fun!*

Volunteer Appreciation: Thursday April 17th 10:15 **Volunteers:** The Heart of our Garden w/ Janeen Hershey

Mark your calendars for GIVE LOCAL YORK on Thursday May 1st at 9pm (runs through 9pm on Friday May 2nd).

Street Sweeping: 1st Thursday of each month- FAR Side of Broad Street, & 1st Thursday of each month-CLOSE Side of Broad Street Please keep your vehicles OFF the designated sides during Street Sweeping. You will be ticketed!

Thursday April 3rd: 9:30-1:00 Commodity Food Boxes for Seniors & Puzzles
Fresh Express: Thursday April 10th and April 24th

IF YOU WOULD LIKE TO DONATE TOWARDS OUR CASH & GIFT CARD BINGO (to benefit Give Local York)- **THE FOLLOWING DONATIONS ARE APPRECIATED: \$25 Gift Cards** (Ex: Grocery Stores, Restaurants, Amazon, Stores), Store Bought Desserts to be brought in on 4/16/25. (2) Cases of Water & Door Prizes. **Cash & Gift Card Bingo, SATURDAY APRIL 26, Doors Open @ 11:00, Bingo Starts @ 12:00. Tickets: \$20 Advance, \$25 At the Door. 50/50 Raffles, Extra Strips \$3.00 or 2/\$5.00. Small Games of Chance, Door Prizes, Food Sales. No Outside Food Permitted.**



APRIL



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

www.whiteroseseniorcenter.org



*Wishing you a very
Happy Easter with
hope that you will
have many blessings
in the year to come.*



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



Yoga with Stephanie
Strength & Balance
Tuesdays 12:00-1:00
Chair Yoga
Fridays 12:00-1:00

on**th**emove

Group Exercise for Improved Mobility in Older Adults®
with Stephanie
Mondays & Thursdays @ 12:00

ZUMBA

with Cindy Patterson
Wednesdays @ 10:30

April

HE IS NOT DEAD | HE IS RISEN

- Day 1: John 11:25-26
- Day 2: Acts 4:33
- Day 3: 1 Peter 1:3
- Day 4: Matthew 28:6
- Day 5: Ephesians 2:1
- Day 6: Psalm 32:1-2
- Day 7: Romans 6:23
- Day 8: 1 John 4:10
- Day 9: John 3:16
- Day 10: Romans 5:8-9
- Day 11: Colossians 1:13-14
- Day 12: Ephesians 2:8-9
- Day 13: 1 Peter 2:24
- Day 14: Romans 11:4
- Day 15: Hebrews 2:14-15
- Day 16: Romans 8:3
- Day 17: John 12:23-25
- Day 18: Romans 6:9-10
- Day 19: 1 Peter 3:18
- Day 20: Romans 6:4-7
- Day 21: Romans 6:11-12
- Day 22: Philippians 3:10
- Day 23: Romans 5:10
- Day 24: 1 Corinthians 1:18
- Day 25: Romans 8:1-2
- Day 26: Galatians 2:20
- Day 27: 1 Peter 2:21-22
- Day 28: Luke 9:23
- Day 29: Galatians 5:24
- Day 30: 2 Corinthians 4:10



womenaftergodsofheart.org



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 April 10th

Thursday April 24th

WELCOME

New Members

Jose Garabito

Margaret Mascolo

India Raices

Nilda Perez

Robert Smith

Albert Dickson

Charles Brabham

Joseph Jackson

Patricia Sweetman

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

Chotz Grove Customer Service

Cheri Bowersox Bookkeeper

Senior of the Month: Edda Mike Inners was our March 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.

ALL ABOUT ME

HELLO
My Name is: Edda
I am from York
Nickname Mike
Zodiac Scorpio

FUN FACTS
☐ PLAYED ON A
☐ SOFTBALL TEAM.
☐ WORKED FOR MY DAD'S
☐ CARNIVAL FOR MANY
☐ YEARS AS A COTTON
☐ CANDY MAKER

FAVORITE COLORS
☒ Blue
☒ Pink
☒ Yellow

FAVORITE FOODS
CHEESESTEAK
FROM SMITH'S
HOTEL. ONION
RINGS FROM
VITO'S PIZZA

FAVORITE QUOTE
It is what it is!



SENIOR FOOD BOX PROGRAM

Hunger Free York

York County Food Bank

The Senior Box Program is a federal initiative designed to improve the health and nutrition of income eligible seniors. Seniors receive a box of free food each month, which helps stretch their limited income.

Every month, the Senior Food Box Program provides over 2,000 seniors with a free box of food 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.

48 CONTIGUOUS STATES AND DISTRICT OF COLUMBIA

Household Size	Federal Poverty Guidelines - 100% Annual	Elderly - 150%		
		Annual	Monthly	Weekly
1.....	\$15,060	\$22,590	\$1,883	\$435
2.....	20,440	\$30,660	2,555	590
3.....	25,820	\$38,730	3,228	745
4.....	31,200	\$46,800	3,900	900
5.....	36,580	\$54,870	4,573	1,056
6.....	41,960	\$62,940	5,245	1,211
7.....	47,340	\$71,010	5,918	1,366
8.....	52,720	\$79,080	6,590	1,521
For each add'l household member, add...	5,380	8,070	673	156

onthe move

Group Exercise for Improved Mobility in Older Adults®

As people age, walking frequently becomes more difficult for older adults; this is a common and costly problem. Individuals who have difficulty walking are at risk for losing their independence. One way to slow or prevent this decline in walking is through exercise. There are many community-based exercise programs in which older adults can participate. Few of these programs, though, focus specifically on the timing and coordination of movement in walking.

On the Move: Group Exercise for Improved Mobility in Older Adults® (OTM) is a group-based exercise program for older adults designed to target the timing and coordination of walking. The program challenges the brain to match the timing and sequences of your movements with your posture to improve the smoothness and efficiency of walking. To achieve this 'better walking', OTM has a variety of progressive stepping and walking patterns. When compared to a seated strength, endurance, and flexibility exercise program for walking, OTM resulted in greater improvements in mobility.

The 12-week OTM program meets twice a week for 60 minutes per session. It's delivered by a trained exercise leader. OTM has a warm-up period, strength training exercises, stepping and walking patterns, and a cool-down period. The unique stepping and walking patterns in OTM are goal-oriented and progressive. This timing and coordination approach to improve walking is based on principles of the development of motor skills. As a motor-control based program to improve walking, there is a heavy emphasis placed on high repetition of accurate exercise activities. Music, props such as cones and balls, and partner-based activities keep our classes interesting.

Class Instructed by Steph

Mondays & Thursdays @ 12:00



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 Meal Time 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.



Give Local York is a 24 hour "Day of Giving" in York, PA. The monies raised for White Rose Senior Center go to support the activities and operations for the Center. The pandemic caused a shortage in our general fundraising for the year so we are blessed to have received these donations!

Thursday May 1st at 9pm and runs through 9pm on Friday May 2nd.

In 2024 we raised over \$18,000. (More than 330 Non-Profits in our local community raised \$4.64 Million)

This year, our goal is \$20,000 and we cannot reach our goal without you! Mark your calendars!

April Raffle

Wednesday April 9th

🌸🐰 **Hop into Spring with Our Easter Raffle!** 🐰🌸 Get ready for an egg-citing chance to win amazing prizes in our **Easter Raffle!** 📺🌟 Whether you're feeling lucky or just love a fun surprise, this is your chance to take home some egg-stra special goodies!

🎁 Prizes include:

🥚 Delicious Easter treats

🌷 Springtime gift baskets

🎁 Mystery surprises & more!

\$1.00 per ticket.

6 Tickets for \$5

18 Tickets for \$10

Tickets will be sold in two parts.

1st Half to consist of 5 rounds, 3 prizes awarded per round. 2nd Half to consist of 5 rounds, 3 prizes awarded per round.



White Rose Senior Center's
CASH & GIFT CARD
BINGO

Advanced Tickets \$20
\$25 at the door

Saturday April 26th, 2025

DOORS OPEN AT: 11:00 AM
BINGO STARTS AT: 12:00 NOON

Small Games of Chance, 50/50 Raffle,
Refreshments available for purchase. Extra Strips
\$3.00 each or 2/\$5.00. All proceeds to benefit
White Rose Senior Center's Give Local York.

Yarn Crafters Bazaar

to benefit Give Local York

Thursday April 3rd 2025

Friday April 4th 2025

9:00 – 1:00

  **A Cozy Marketplace of**
Handmade Treasures!  

Calling all yarn lovers, fiber artists, and handmade craft enthusiasts!
Join us for the **Yarn Crafters Bazaar**, where creativity and coziness
come together in a vibrant marketplace filled with one-of-a-kind,
handcrafted goods.

-  Beautifully hand-knit and crocheted creations
- ☐ Unique arts & Easter Goodies
-  Artisan-crafted gifts & accessories

Come for the crafts, stay for the community!
Whether you're a maker, a collector, or just
looking for something special, there's
something for everyone. Don't miss this cozy
celebration of all things yarn!

Special Update

Inside Aging

The Official Newsletter
of the Pennsylvania Department of Aging

Calling All Older Artists: Submit Your Work for the Older Artists of PA Showcase



The Pennsylvania Department of Aging and the Pennsylvania Council on the Arts are now accepting works of art created by Pennsylvanians aged 60 and older for the first-ever Older Artists of PA Showcase. The deadline to submit artwork is Friday, April 4.

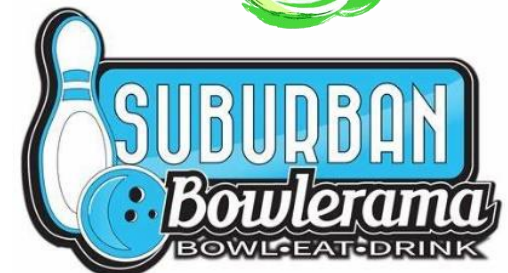
The exhibition will display winning pieces selected by a three-person panel from each of [the five regions across the Commonwealth](#) in the State Capitol East Wing Rotunda during the month of May, which is observed nationally as Older Americans Month.

Both professional and non-professional artists based in Pennsylvania are invited to contribute up to two pieces of art for consideration. There is no cost to enter and the pieces must have been produced within the past 18 months. In addition to hanging their work in the showcase, the winning older adults will also have the opportunity to sell their pieces throughout the month of May.

Artists can submit their work either through [an online form](#) or mail to Jessie Pierce, Executive Director, PA Council on Aging, c/o PA Department of Aging, 555 Walnut St., 5th Floor, Harrisburg, PA 17101



D&K SURPLUS GROCERY



R&K Sub Sale to benefit Give Local York



Orders to take place from:

Tuesday April 1st through Friday April 11th

Money/Orders Due: Friday April 11th

Sub Delivery: Monday April 21st

(Pickup During Lunch Distribution)

Pretzel Sandwiches: \$7.00

Subs: \$8.00

Subs:

Italian

Spicy Italian

Ham

Turkey

Roast Beef

American

Pretzel Sandwiches:

Italian

Ham & Cheese

Ham & Swiss

Turkey & Cheese

Roast Beef & Cheese

Sweet Lebanon Bologna & Cheese

Chicken Salad

Egg Salad

Tuna Salad

Please take notice of the modest price increase. We apologize for the increase but R&K has increased their prices and as such, we have to adjust our Sale Price.

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 Timothy Barker at the District Attorney's Office (717-771-9600) with any questions: York County Elder Abuse Task Force

"Accidental" Text Messages

Have you gotten a text message that seems genuine, but it also appears to be intended for someone else? It might say something like, "Sorry I'm running late, I'll be there in 15 minutes." Not wanting to be rude, you respond to tell the sender they've got the wrong number.

These wrong number texts are often the first step in a romance or employment scam. Although there's sometimes a scammer on the other end from the start, scammers can also use AI messaging bots to target thousands of people at a time.

How do accidental text scams work?

- Scammers start by sending a basic greeting or reminder about fake plans
- They use social engineering to exploit your friendliness and gain your trust
- They try to become friends or even cultivate a remote romantic relationship
- They eventually try to steal your personal data
- How can you report accidental text scams?

You can report unwanted text messages by:

- Texting the message to 7726 (SPAM)
- Reporting Tex within your text messaging app
- Reporting the text directly to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud)

Class: Beautiful Tree Scene

This class provides some painting and some stitching. Joanne Kluk will have you place the fabric on an embroidery hoop and then using acrylic paints, you will paint the background of the trees. Additional trees will be added in the foreground by stitching them with embroidery floss which makes them 3 dimensional. A ribbon hanger will be added at the end for your stunning art piece. **Supplies:** All supplies will be provided by the instructor.

Instructor: Joanne Kluk

Date: April 1, 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: Dandelion Fluff

Look how fun this is! Come and enjoy this whimsical Dandelion Painting with Bonita Bollinger. You will use acrylic paints to paint this easy dandelion project on an 8" x 10" canvas. **Supplies:** All supplies will be provided by the instructor.

Instructor: Bonita Bollinger

Date: April 22, 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: 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: May 13, 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: Day at the Beach

Bonita Bollinger will show you how to create this relaxing beach scene using watercolors. The class is a beginner class. You will receive an 8" x 10" canvas to paint on. Come and join this class for a great afternoon.

Supplies: All supplies will be provided by the instructor.

Instructor: Bonita Bollinger

Date: May 20, 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

How to Registration For the STARS Programs?

Go online to www.springettsbury.com and find the STARS programs.



For additional questions, contact Lisa Krout at White Rose Senior Center (717-843-9704), Richard Diaz, Katie Sprich, or Brandy Shope at Springettsbury Township (717-757-3521).