

SEPTEMBER 2024

HIGHLIGHTS

R&K Subs & Sandwiches (\$6.00 Pretzels, & \$7.00 Subs. Sale runs Tuesday September 3rd through Monday September 16th, Money and orders are due by Monday 9/16. Delivery on Wednesday 9/25.

Wednesday September 4th Lego Serious Play (1st Session @ 9:30-11, 2nd Session @ 12:00-1:30)

Thursday September 5th 9:30-1:00 Commodity Supplemental Food Box for Seniors, Puzzle Packets

Tuesday September 10th 10:00 Aetna Visit w/ Kiara

Thursday September 12th & 26th 10:00 Fresh Express

Friday September 27th Health Fair with Vaccinations Sponsored by Minnich's Pharmacy

SEPTEMBER 2024

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



Senior of the Month: Thomas Duncan 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.



WELCOME

Richard Marks
Mary Ann Marks
Sheila Bermudez
Elaine Doran
David Buser
Cornelia Jones
Arlene Gerber
Sandra Balenger
Evelyn Figueroa
Juan Melecio

Margarita Lamboy
Edwin Lamboy
Ana M. Cepeda Figueroa
John Collington
Sandra Cepeda
Jose Melendez
Ruth Walker
Cathleen Stoner
Donald Clause

White Rose Senior Center Staff

Lisa Krout Executive Director
Jenna Wray Program Coordinator
Brendaliz Gonzalez Bilingual Program Coordinator
Raquel Rivera Program Assistant
Elba Zambrano Food Service & Cleaning Specialist
Chotz Grove Customer Service
Cheri Bowersox Bookkeeper

Street Sweeping

The First Tuesday and First Thursday of each month
is Street Sweeping.



There is NO Parking on the far side of Broad Street (First Tuesday)
from 7:15am-11:45am. and NO Parking the close side of Broad Street
(First Thursday) from 12:45pm-3:15pm.

You will be ticketed!

**Stay home
when sick**



FRIENDLY REMINDER: IF YOU ARE SICK, PLEASE
REFRAIN FROM COMING TO THE CENTER UNTIL YOU
ARE FEELING WELL. Reduce the spread of germs by
WASHING YOUR HANDS OFTEN AND THOROUGHLY,
and by STAYING HOME WHEN YOU ARE FEELING
UNDER THE WEATHER.

Thank you for your cooperation 😊



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.

Do You Qualify?

Must be 60 or older and living in York County

Monthly Income Requirements

– Household of 1: \$1,580

– Household of 2: \$2,137

*Must have valid ID

If you do not receive your box for (3) months, York County Food Bank will remove you from the list!



Fresh Express will continue to be distributed at approximately 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 products.

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.

September 12th & 26th

Senior Bingo Dates

Bingo with West Manchester Township



Hey Seniors! Do you want to meet some new friends? Socialize? Snack and play bingo for fun? Join Lori and 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.

Tuesday September 10

See Staff to arrange Transportation.

Must be 65+, Rabbit Transit is approximately \$4.70.



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. With in person 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. 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!

Diligence and Hard Work

30-DAY BIBLE READING | WRITING PLAN

- | | |
|-----------------------------|-------------------------|
| 1. DEUTERONOMY 4:9 | 16. HEBREWS 6:11 |
| 2. PROVERBS 12:14 | 17. PROVERBS 10:4 |
| 3. EZRA 7:23 | 18. ECCLESIASTES 9:10 |
| 4. II THESSALONIANS 3:10 | 19. II PETER 1:5-7 |
| 5. I CORINTHIANS 15:58 | 20. GALATIANS 6:9 |
| 6. PROVERBS 21:5 | 21. I TIMOTHY 5:17 |
| 7. PHILIPPIANS 3:14 | 22. PROVERBS 4:23 |
| 8. JEREMIAH 31:16 | 23. ROMANS 12:2 |
| 9. PROVERBS 12:24 | 24. II CHRONICLES 15:15 |
| 10. I TIMOTHY 4:15-16 | 25. COLOSSIANS 3:23 |
| 11. II CHRONICLES 24: 12-13 | 26. ROMANS 12:11 |
| 12. JAMES 1:12 | 27. HEBREWS 11:6 |
| 13. PROVERBS 6:6-8 | 28. II CORINTHIANS 8:7 |
| 14. PROVERBS 13:4 | 29. PROVERBS 14:23 |
| 15. DEUTERONOMY 6:17 | 30. II TIMOTHY 2:15 |

WWW.ARABAHJOY.COM



Book Club
2nd & 4th Tuesday
10:30 AM



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

**Strength & Balance
Chair Yoga**

NEW!

w/ Stephanie
Tuesdays
w/ Stephanie
12:00-1:00

Chair Yoga
w/ Stephanie
Fridays
12:00-1:00



ZUMBA

with Cyndi

Begins 9/18

Wednesdays @ 10:45



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

HEALTH FAIR

*Take Charge of Your Health: Join
Us For The Fall Mini Health Fair*

- ✓ **Receive your Flu and COVID Vaccine**
(Other Vaccinations available: Tetanus, Pneumonia, and Shingles)
- ✓ **Free Blood Pressure Readings**
- ✓ **Information on Diabetes**
- ✓ **Enter Raffles for Free Prizes**
- ✓ **Refreshments and Snacks**
- ✓ **Learn about Available Resources**

**REGISTRATION APPRECIATED
BUT NOT REQUIRED**

 **717-843-9704**

WHEN:

September 27th
9am-11am

WHERE:

**White Rose Senior
Center**

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

Vendors:

Bellomo & Associates
Diabetes Coalition
Encompass Rehab
Minnich's Pharmacy
Senior Life
YMCA of the Roses
And many more

**Vaccinations
provided by**



COVID Vaccination is dependent upon
CDC releasing

Seeking Sponsorship for Our Monthly Newsletter!

Are you ready to make a difference at White Rose Senior Center?

We're excited to offer a unique opportunity for individuals, local businesses and organizations to support our monthly newsletter, which reaches 500 engaged Seniors each month. Our newsletter is packed with valuable content, including community updates, special events, and programs we offer.

Why Sponsor Our Newsletter?

Benefits of Sponsoring Our Newsletter

1. Positive Community Impact:

Support programs and services that enhance the quality of life for York County Seniors. Contribute to a sense of community and well-being among our readers.

2. Targeted Marketing:

Reach a specific demographic interested in products and services relevant to seniors. Build brand loyalty within a community-focused audience.

3. Enhanced Brand Image:

Align your brand with a trusted community resource. Showcase your commitment to social responsibility and community support.

Sponsorship Packages:

Basic Package (\$25.00): Includes banner ad placement and a mention in our "Sponsor Spotlight" section. Ideas include: **In Memory Of:** Create a lasting tribute that honors the memory of loved ones and supports our senior community. **Happy Birthday:** Celebrate milestones and spread joy with personalized birthday greetings.

Premium Package: (\$50.00) Includes a feature article and exclusive promotion.

Community Partnership Package: (\$100.00): Collaboration on community-focused initiative or events.

Custom Packages: We're happy to work with you to create a sponsorship package tailored to your needs and goals.

Join Us in Supporting Our Seniors!

Your sponsorship not only helps fund valuable programs and services at our senior center but also positions your business as a community leader dedicated to making a difference.

The Importance of Self-Care for Seniors

As we age, taking care of our physical, emotional, and mental well-being becomes more crucial than ever. Self-care isn't just a buzzword; it's a vital practice that helps us maintain independence, improve our quality of life, and enjoy our golden years to the fullest.

1. Physical Health: Regular exercise, a balanced diet, and adequate sleep are the cornerstones of self-care. Staying active can help seniors maintain mobility, manage chronic conditions, and boost energy levels. Simple activities like walking, stretching, or gardening can make a big difference. Eating a diet rich in fruits, vegetables, lean proteins, and whole grains supports overall health and can prevent illnesses. Equally important is getting enough sleep, as rest is essential for body repair and mental clarity.

2. Mental and Emotional Well-Being: Self-care also means taking steps to nurture your mind and emotions. Engaging in activities that stimulate the brain, like reading, puzzles, or learning something new, can help maintain cognitive function. Equally important is staying connected with loved ones, friends, and community groups. Social interaction combats loneliness and keeps us emotionally grounded. Don't hesitate to reach out for support when needed—whether it's talking to a friend, joining a support group, or seeking professional help.

3. Personal Fulfillment: Self-care is also about finding joy and purpose. Hobbies, volunteering, or simply spending time on activities that bring you happiness are essential to maintaining a positive outlook. These pursuits can provide a sense of accomplishment and meaning, contributing to overall life satisfaction.

4. Preventative Care: Regular check-ups and screenings are a key part of self-care. Staying on top of your health can prevent minor issues from becoming major problems. Make sure to visit your doctor, dentist, and eye specialist regularly, and don't ignore signs that something might be wrong.

5. Managing Stress: Life can be stressful at any age, but seniors often face unique challenges, such as dealing with the loss of loved ones or managing chronic conditions. Incorporating relaxation techniques like deep breathing, meditation, or gentle yoga can help manage stress and promote a sense of calm. Incorporating self-care into your daily routine doesn't have to be complicated. Small, consistent efforts can lead to significant improvements in your overall well-being. Remember, taking care of yourself isn't a luxury—it's a necessity. By prioritizing self-care, you empower yourself to live a healthier, happier life, making the most of each day.

Take the time to care for yourself—you've earned it!

LEGO® SERIOUS PLAY®

EXPERIENCE FOR OLDER ADULTS

LEGO, SERIOUS PLAY, IMAGINOPEDIA, the Minifigure and the Brick and Knob configurations are trademarks of the LEGO Group, which does not sponsor this experience.

-  The LEGO® SERIOUS PLAY® experience combines visual, auditory, and kinesthetic learning styles into one uniquely creative and powerful approach.
-  Using specially designed LEGO blocks, participants build models in response to different prompts and questions posed by the facilitator. Participants then share their models and tell their stories, encouraging reflection and the use of imagination. LEGO SERIOUS PLAY can bring out memories and stories that may have never been uncovered or shared in typical conversations.
-  This experiential program is designed to strengthen cognitive functioning and encourage participants to build connections with others. Building LEGO sets are also a great way to improve manual dexterity and is a great outlet for creativity.
-  Sessions are an hour and a half and accommodate up to 8 participants at a time. Can conduct multiple sessions a day.

INTERESTED IN BRINGING THE LEGO SERIOUS PLAY EXPERIENCE TO YOUR SENIOR CENTER OR CARE FACILITY? CONTACT PENNCARES' EXECUTIVE DIRECTOR AND CERTIFIED FACILITATOR, DEBORAH ALLEN AT DALLEN@PENNCARES.ORG OR CALL 717-632-5552 X4101.

Must sign up. See sign up sheet!

Wednesday September 4th

2 Sessions are available

9:30-11:00 & 12:00-1:30



White Rose Senior Center's

CASH & GIFT CARD BINGO

\$20 Advanced Tickets

\$25 At the Door

SATURDAY NOVEMBER 2ND

**27 SOUTH BROAD STREET
YORK PA 17403**

Doors open at 11:00 AM
Bingo starts at 12:00 PM

**LISA KROUT:
717-843-9704**

Refreshments available for purchase.
Extra Strips \$3 each or 2/\$5,
50/50 Raffle, Small Games of Chance



No Asking for Money Policy

Purpose: To maintain a respectful and comfortable environment for all members and visitors at the White Rose Senior Center.

1. **No Solicitation:**

Members and visitors are strictly prohibited from asking anyone for money for any reason while on the premises of the White Rose Senior Center. This includes verbal requests, written solicitations, or any form of communication, whether in person or through electronic means.

2. **Protecting Vulnerable Individuals:**

The senior center recognizes the vulnerability of its members and is dedicated to preventing any form of financial exploitation. Even seemingly harmless requests for money can be harmful, and this policy is in place to protect all members from potential risks.

3. **Reporting Solicitation:**

If a member or visitor is approached with a request for money, they are encouraged to report the incident to staff immediately. All reports will be handled with discretion and confidentiality.

4. **Consequences:**

Individuals who violate this policy may be subject to disciplinary action, including warnings, suspension of privileges, or revocation of membership, depending on the severity and frequency of the violations.

This rule ensures that the White Rose Senior Center remains a stress-free and supportive environment for everyone.

*Add a Sparkle to Your Hair and
Support a Great Cause!*

Fairy Friday

Join us for a magical day where you can get beautiful fairy hair strands while supporting White Rose Senior Center. Each strand adds a touch of sparkle and shimmer to your hair!

Date: Friday September 20th, 2024

Time: 9:00 am

Cost: 10 fairy hair strands is just \$5.00. 100% of the proceeds go to White Rose Senior Center

How It Works

Choose your colors. Get your fairy hair applied by our expert stylists (Staff). Enjoy your sparkly new look!

- **What is Fairy Hair?**

Fairy hair strands are thin, colorful, and shiny strands tied to your hair, adding a whimsical touch that lasts until the hair falls out naturally.

- **Why Participate?**

"Your participation helps support White Rose Senior Center. Every strand you buy makes a difference!

- **FAQs:**

How long does it last? - Fairy hair can last anywhere from a few weeks to a couple of months, depending on your hair type and care routine.

Is it safe for all hair types? - "Yes, fairy hair is safe for all hair types and can be applied to children and adults.

- **Reserve Your Spot Today!**

Pre-book your fairy hair appointment to skip the line. See Sign-up Sheet!

STARS 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 Fall 2024 classes are as follows:

Please see Staff if you would like to register.

Class: Cat In the Patch!

In this gourd workshop, Linda Stinnette, we will be creating a cat gourd. Attendees will be able to choose their own seasonal design. Create a Cat in the flower Patch or a Cat in the Pumpkin Patch, or a Cat with a spooky house..... let your imagination guide you with this project!

First you will be painting the base color of your Cat and decide what your design will be whether it be painting flowers or pumpkin or Jack-o lantern. Painting the face and constructing the ears from felt and then attaching with glue will finish off your Cat. Complete your project with decorative ribbon, raffia, flowers, etc. Come join us in this new gourd workshop; bring your imagination and be ready to enjoy creating!

Supplies: All supplies will be provided by the instructor.

Instructor: Linda Stinnette

Date: September 11, 2024

Day: Wednesday

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



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: October 1, 2024

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!



STARS Program

Class: Folded Fabric Pinecone

Becky Hickey will show you how to make these easy folded fabric pinecone ornaments using a variety of fabrics, designs and colors to personalize your pinecone project. After adding the fabric triangles, you can embellish your pinecone with ribbon, fake leaves, berries or fake pine boughs. Enhance your Fall Holiday decorations or perfect for gift giving.

Supplies: All supplies provided by instructor.

Instructor: Becky Hickey

Date: October 8, 2024

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



Class: Jack-o-Lantern Dish or Hand Towel

Audrey Glickson will show you how to make this festive Jack-o-lantern dish or hand towel to help celebrate Halloween! Funny, scary, happy, mad, it's your choice. Learn to make fabric yo-yos and create Mini Jack-o-Lanterns to decorate your usable and washable black towel.

Supplies: Scissors. All of supplies will be provided by the instructor.

Instructor: Audrey Glickson

Date: October 15, 2024

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: NO SEW Scandinavian Star Ornaments

Mary Jane Miller will show you how to use fabric strips to make these fun Star Ornaments to adorn your Christmas Tree. Students can make both small (3") and large (4 1/2") stars. Fabrics and hanging cord will be provided.

Supplies: Small pair of sharp fabric scissors and a 12" ruler.

Instructor: Mary Jane Miller

Date: October 29, 2024

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: 8 Participants



Class: Felted Wool Ornaments

Joanne Kluk will show you how to upcycle old wool sweaters and give them a new life! The possibilities are endless. We will make Christmas Ornaments by adding decorative stitches and embellishments.

Supplies: Sharp Scissors

Date: November 12, 2024

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

