MAY

HIGHLIGHTS

Thursday May 1st 9:30-1:00 **Commodity Food Boxes for Seniors & Puzzles**

Give Local York's 24 hour "Day of Giving" *Thursday May 1st at 9pm and runs through 9pm on Friday May 2nd.*

Friday May 2nd Give Local Bingo ($5.00)

Thursday May 8th 10:00 **Fresh Express**

Friday May 9th 10:00 **Snack Bingo** ($5.00)

Monday May 12th 9:30 **Mother's Day Tea**

(Please sign up. Must check in by 9:15. Wear your tea party attire)

Friday May 16th Green Dragon Trip (Cost is $15 Round Trip. Please bring money for shopping & lunch. Must be 65+ for Rabbit Transit)

Friday May 23rd 10:00 **Bingo** ($5.00)

Monday May 26th *Center is Closed. Memorial Day.*

Thursday May 29th 10:00 **Fresh Express**

Friday May 30th 10:00-11:30 **Prom: A Day to Remember ft. DJ Chris** (Prom Attire Encouraged)

MAY



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



Volunteers: The Heart of our Garden.

Painted by Janeen Hershey

Our Volunteers are the roots of our community, nurturing growth and joy in every corner of our Center. Each handprint symbolizes the impact YOU have made – helping us grow, bloom, and thrive together.



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!

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 May 8th

Thursday May 22nd

WELCOME New Members

Tommie Smallwood
Theodore Hill
Terri Rot
Francene Donoprio
Linda Fisher
Joyce Miller
Barbara Owens
Camilla Martin
Sandra Murray
Carol Steis
Charles Kress
Donna Fox
Curtis Bones
Denise Drais Mary
Ann Eshelman
Betty Swingle
Dennis Pizarro
Bradley Smith
Linda Williams
Harry DeVeney

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:

was our April 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.





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				
	Federal Poverty Guidelines - 100%	Elderly - 150%		
Household Size	Annual	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



Please remember to pre-register for your meal, so we can order enough meals.

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Thursday May 15th



$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.

MOTHER'S DAY TEA



Monday May 12th
9:30

Let's raise our teacups to love, laughter, and cherished memories!
Please sign up by May 7th and check in by 9:15 on day of Tea.

Must sign up

May

The True Meaning of Forgiveness

- Day 1: Col. 3:12-14
- Day 2: Matt. 6:9-11
- Day 3: Matt. 6:12-14
- Day 4: Luke 17:3-4
- Day 5: Eph. 4:31-32
- Day 6: 1 John 1:5-7
- Day 7: 1 John 1:8-9
- Day 8: Matt. 5:7-9
- Day 9: Luke 6:27-28
- Day 10: Eph. 1:3-6
- Day 11: Eph. 1:7-8
- Day 12: Heb. 10:19-21
- Day 13: Heb. 10:22-23
- Day 14: Heb. 10:24-25
- Day 15: Heb. 10:26-27
- Day 16: Col. 1:13-14
- Day 17: Col. 1:15, 19-20
- Day 18: Col. 1:21-23
- Day 19: Psalm 103:1-3
- Day 20: Psalm 103:4-5
- Day 21: Psalm 103:8-10
- Day 22: Psalm 103:11-12
- Day 23: Psalm 103:13-14
- Day 24: Mark 11:25
- Day 25: Matt. 26:26-28
- Day 26: Prov. 17:9
- Day 27: Luke 6:27-29
- Day 28: Luke 6:30-31
- Day 29: Luke 6:32-34
- Day 30: Luke 6:35-36
- Day 31: Luke 6:37-38

Bible Study Printables

Say Goodbye to Pests

Presentation by Penn Pest

Be Aware. Stay Safe. Act Fast.

WEDNESDAY MAY 7TH @ 11:00 WITH BOB & LISA

Penn Pest
TERMITE & PEST CONTROL

If you live in Broad Park Manor, you can contact Maintenance (717-843-6309) & Penn Pest will come to your home at no cost to you.

To ensure the comfort and well-being of everyone in our Center, we kindly ask that individuals who are currently dealing with a bed bug infestation refrain from entering shared spaces until the issue has been fully resolved.



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

WHITE ROSE SENIOR CENTER



27 South Broad St, York

Tuesday June 24, 2025

9:00 am to 11:30 am

2025 PROXY FORMS

are required for eligible seniors authorizing another person to pick the vouchers up for them.

*** POA's, family members, spouses, etc. *MUST* use a 2025 Proxy form.**

**** ID for both SENIOR and PROXY is required.***

**** Only 2025 Proxy forms are accepted.***

Proxy forms are available after May 1st at these locations:

- York County Senior Centers,
- York County Area Agency on Aging office (2401 Pleasant Valley Road, York),
- and www.ycaaa.org.

2025 SFMNP Schedule

Vouchers will be distributed at these locations **or until supplies last.**

PROOF OF AGE and YORK COUNTY RESIDENCY IS REQUIRED.

All distribution will be IN PERSON.

Applications will NOT be used.

VOUCHERS WILL NOT BE MAILED

Requirements for participants:

* Be 60 years of age by December 31, 2025
* Live in York County
* Meet the 2025 household income requirements—which includes **total gross** income from Social Security (pre Medicare), wages, pensions, investment interest, IRA payments, etc.

PROOF OF AGE AND YORK COUNTY RESIDENCY IS REQUIRED.

2025 Annual Household Income (TOTAL GROSS):

1 person:	$ 28,952/ year
	$ 2,412/ month
2 people:	$ 39,127/ year
	$ 3,260/ month
3 people:	$ 49,302/ year
	$ 4,108/ month

(Pending final notification from PA Dept of Ag)

If more than one senior lives in the household **each** eligible household member may receive the vouchers if their **combined** total income is within the income limits.

Voucher DISTRIBUTION

June 1 to Sept 30, 2025 at scheduled locations throughout York County,

OR while supplies last.

Voucher REDEMPTION:

At any **participating** Farmers Market **in PA**, June 1 thru November 30, 2025.

Produce must be grown in PA.

Secret Pal

Friendly Reminder—please don't let your Secret Pal slip off your radar. A thoughtful card in the mail, a quick note, or even a cheerful text can brighten their day more than you know. Remember, it's the small gestures—"just thinking of you" postcards, surprise birthday greetings, or an "I hope you're well" message—that keep our connections strong. So keep in touch, share a smile across the miles, and let them know they're never forgotten!

Pests!

As part of our commitment to a clean, healthy environment, we respectfully request that anyone currently experiencing—or reasonably suspecting—a bed-bug infestation refrain from entering our premises until the issue has been professionally treated and fully resolved. If you believe you may have been exposed, please notify us immediately and arrange inspection or remediation before returning. Your cooperation helps protect the well-being of everyone in our community.

Health & Wellness Class Schedules

A Matter of Balance

Each class has 8 sessions. You should attend all sessions.
Mondays & Wednesdays
May 12, 14, 19, 21, 26, 27, and June 2, & 4, 2025
(no class Memorial Day - make up day is May 27)
1:00 - 3:00 pm
This Class Will Meet at York Township Park Building, 25 Oak Street, York
Register by calling Megan at 717-855-0437 or you may email: aging@yorkcountypa.gov with your name, phone #, class name and location you wish to attend.

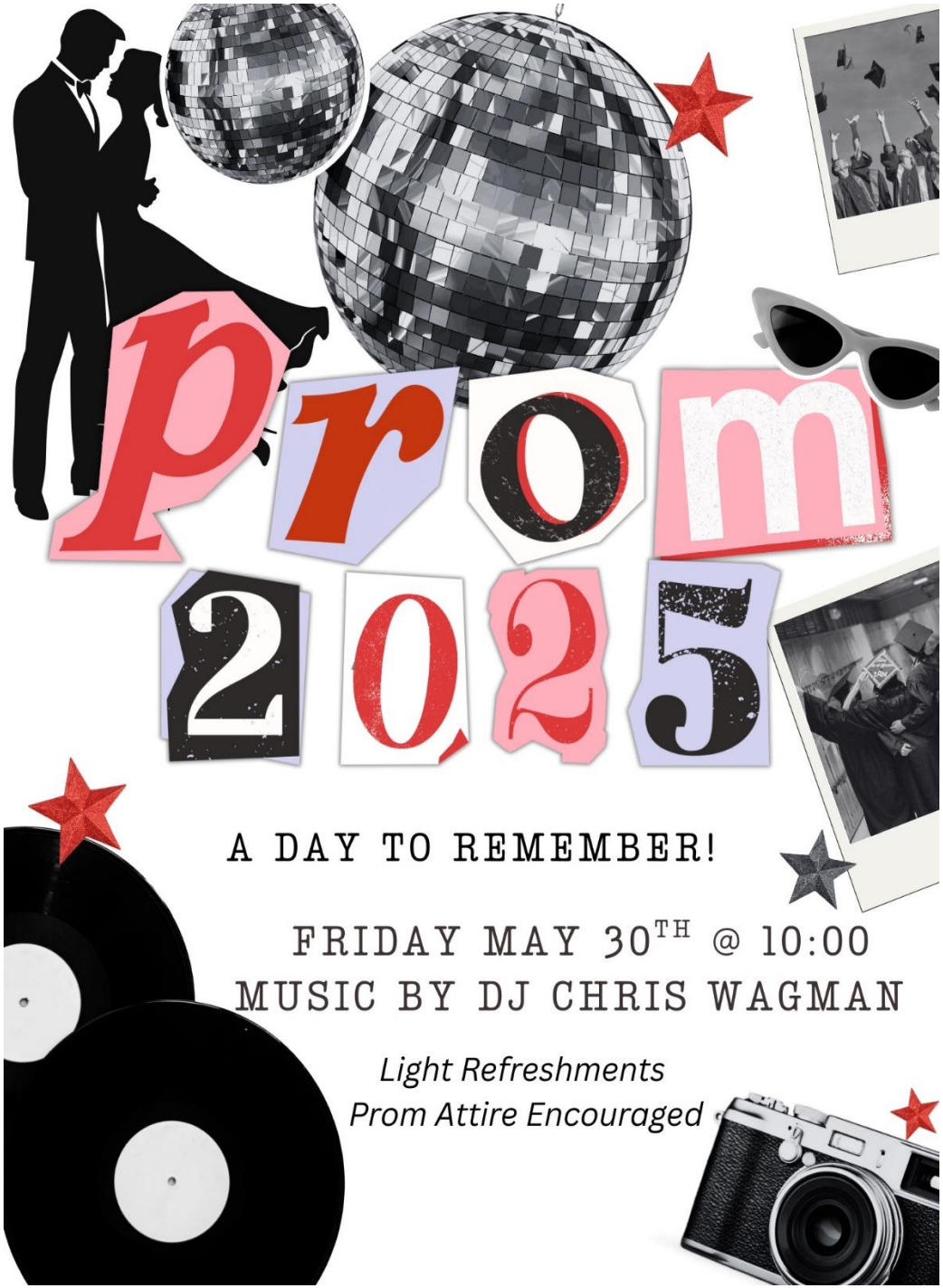
Chronic Pain Self-Management

This class has 6 sessions. You should attend all sessions.
Tuesdays
May 6, 13, 20, 27, and June 3, 10, 2025
12:30 - 3:00 pm

This Class Will Meet at Springettsbury Township Building
1501 Mt. Zion Road, York
Wednesdays
August 20, 27, and September 3, 10, 17, 24, 2025
12:30 - 3:00 pm **This Class Will Meet at York Township Park Building**
25 Oak Street, York **Register by calling Megan at 717-855-0437** or you may email: aging@yorkcountypa.gov with your name, phone #, class name and location you wish to attend.

Healthy Steps for Older Adults

Each class has 2 sessions. You should attend both sessions. Tuesdays **June 17 & 24, 2025** Noon - 2:00 pm **This Class Will Meet at Northeastern Senior Center,** 131 Center Street, Mt. Wolf Thursdays
June 19 & 26, 2025 10:00 am - Noon **This Class Will Meet At Stewartstown Senior Center** 26 S. Main Street, Stewartstown Thursday **July 24, 2025**
9:00 am - 2:00 pm *(Lunch provided by church 11:00 - Noon)* **This Class Will Meet At Codorus Church of the Brethren** 1129 Dunkard Valley Road, Dallastown Thursdays **August 7 & 14, 2025** 10:00 am – Noon **This Class Will Meet at Paul Smith Library** 80 Constitution Avenue, Shrewsbury **Register by calling Lauren at 717-855-0479** or you may email: aging@yorkcountypa.gov with your name, phone #, class name and location you wish to attend.



OLDER AMERICANS MONTH

FLIP THE SCRIPT ON AGING: MAY 2025

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

White Rose Senior Center's Showcase Days

Give Local Bingo. Friday May 2nd

Cinco de Mayo. Monday May 5th

Mother's Day Tea. Monday May 12th

Memorial Day Celebration. Tuesday May 27th

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



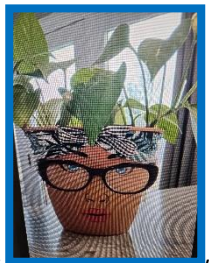
Bonita Bollinger will show you how to create this relaxing beach scene using watercolors.
The class is a beginner class.
You will receive an 8" x 10" canvas to paint on.
Come and join this class for a great afternoon.



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

Class: Classy Lady Planted

This is the time of the year to plant beautiful flowers. What fun to have a very creative and whimsical flowerpot for your flowers! Joanne Kluk will show you how to paint gorgeous and expressive faces and then embellish them with glasses, earrings and head scarves. You also will receive dirt and a small plant for your completed project!



Supplies: All supplies will be provided by the instructor.
Instructor: Joanne Kluk **Date:** June 17, 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

Class: Needlefelted Hobbit House

Using special barbed needles and wool roving, Mary Jane Miller will teach you how to needlefelt a Hobbit House for any Hobbit in Middle Earth. We will shape the house first and then adorn it with lots of flowers, bushes, and a walkway. Use your imagination to make in your own! Needlefelting experience is helpful but not necessary. **Supplies**: Bring your own carwash sponge to work on. All other supplies will be provided by the instructor.
Instructor: Mary Jane Miller **Date:** June 24, 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

Class: Butterfly Painting

Join us in painting this pre-drawn butterfly and use any colors you desire. Janeen Hershey will give you easy to follow instructions on the butterfly and make it really pop with the easy to paint lilac bushes as the background. You will love this fun and easy class!



Instructor: Janeen Hershey
Date: July 15, 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

Class: Bingo & Lunch @ 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: July 22, 2025 **Day:** Tuesday **Time:** 2:00-4:00 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: **Jute & Cardboard Tray**

Becky Hickey will be teaching you how to upcycle cardboard and jute. Add embellishments using trims, ribbon, colored twine, fabric and/or wallpaper. Come and discover this easy to make unique way to reuse your waste materials. This could be the beginning to upcycling more useful items you would have tossed into the land fill. Please note this will be a 3-hour class. Becky would like you to go home with a finished tray. **Instructor:** Beckey Hickey **Date:** August 12, 2025 **Day:** Tuesday



Time: 1:00 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

Class: Autumn Ocean City, Maryland Beach Scene

Join Bonita Bollinger as she shows us how to paint this beautiful and calming beach scene of Ocean City, Maryland. You will paint watercolor on an 8"x10" watercolor paper. You will amaze yourself how pretty this will be!
Supplies: All supplies will be provided by the instructor. **Instructor:** Bonita Bollinger **Date:** August 26. 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