February

HIGHLIGHTS

Monday February 3rd through Friday February 14th. **Forever Flower Valentines Candy Tin Fundraiser**, ($6) Large, ($4) Small.

February Raffle Wednesday February 5th @ 10:00

Thursday February 6th 9:30-1:00 **Commodity Food Boxes for Seniors & Puzzles & 20 Questions**

Center is closed Monday February 17th for President's Day.

Fresh Express will be Thursday February 13th & Thursday February 27th @ 10:00

Bingo Mania: Friday February 21st & February 28th. Cost is $5.00 for 3 Cards. All additional cards are $1.00 each.

February



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





IN CASE OF INCLEMENT WEATHER, THE CENTER MAY BE CLOSED. IF WE ARE CLOSED, WE WILL HAVE IT AIRED ON WGAL8 TV (CHANNEL 3 FOR MOST PEOPLE) OR ABC27 SNOW WATCH (CHANNEL 6 FOR MOST PEOPLE) BY 7:00 AM. WE WILL ALSO POST IT TO OUR FACEBOOK PAGE. IF WE ARE OPEN, PLEASE USE YOUR OWN DISCRETION AS TO WHETHER YOU WANT TO COME TO THE CENTER OR NOT. WE APPRECIATE WHEN YOU ARE HERE; HOWEVER, YOUR SAFETY IS OUR NUMBER ONE CONCERN.

fresh EXPRESS

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 February 13th

Thursday February 27th

Please ensure you are following the rules or you will be asked to leave.



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

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

ZUMBA
with Cindy Patterson
Wednesdays @ 10:30

WELCOME
New Members

Melissa Schoenberger
Joseph Hans
Debra Chappell
Norbert Brantley
Ralph Jones
Tim Chronister
Charles Powell
Michael Dawson

White Rose Senior Center Staff

Lisa Krout *Executive Director*
Jenna Wray *Director of Program Development*
Brendaliz Gonzalez *Bilingual Program Coordinator*
Raquel River *Program Assistant*
Noemi Zambrano *Food Service & Cleaning Specialist*
Chotz Grove *Customer Service*
Cheri Bowersox *Bookkeeper*

February Bible Reading Plan

REST IN GOD'S LOVE

1. MATTHEW 11:28
2. 1 THESSALONIANS 5:18
3. MARK 6:31
4. LUKE 2:14
5. ACTS 2:26
6. HEBREWS 4:1
7. 1 PETER 4:14
8. 1 JOHN 3:19
9. EXODUS 33:14
10. PSALM 4:8
11. PSALM 23:1-2
12. PSALM 73:26
13. JEREMIAH 31:25
14. JOHN 14:27
15. MARK 6:31
16. GENESIS 2:2-3
17. ROMANS 10:13
18. ISAIAH 11:10
19. PSALM 37:7
20. PSALM 127:2
21. ISAIAH 26:3
22. PSALM 55:6
23. MARK 2:27
24. PSALM 91:1-2
25. JOHN 16:33
26. ECCLESIASTES 5:12
27. 1 PETER 5:7
28. PROVERBS 19:23

BIBLE STUDY

WITH KEN

Every 1st & 3rd Wednesday

10:00



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

Senior of the Month: Janet Heidler was our January 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.



SPCA Announcement:

SPCA OF YORK COUNTY

Cat & Dog Food Assistance Update

For the past several years, the SPCA has generously supported the White Rose Senior Center by providing cat and dog food to those in need. We are incredibly grateful for their support. However, this program has cost the SPCA over $500 each month, and due to a lack funding, they can no longer continue this assistance.

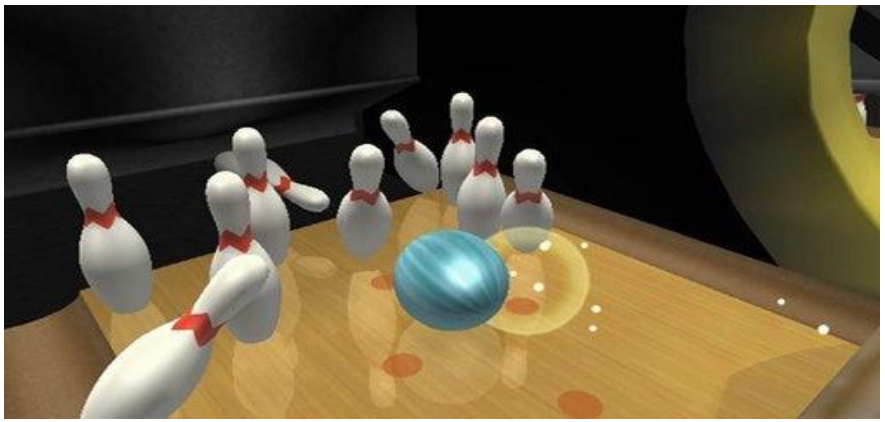
If you are in need of help, please contact the SPCA directly for further information.

Winter Snowball Baseball League



Get ready for a flurry of fun with Snowball Baseball!
It's a league where the hits are cool,
they plays are ice-cold, and every game is a snow-stopper.
Batter up and let it snow-because the only thing better than a snowball fight is a snowball home run!
Please be sure to sign up. Teams will be divided evenly. The team with the highest score at the end of each game, wins!
Every Monday at 10:00 am. (Please note the time change as it was adjusted to not overlap with On The Move Exercise Program)

Winter Wii Bowling League



Strike up some snowpin' fun this season with our Winter Wii Bowling League! It's going to be right up your alley- don't let the snowball past you!
Please be sure to sign up as teams will fill quickly- Four participants per team, teams will rotate. We will be keeping score. Person with the highest score at the end of the month wins a prize! *Every Tuesday at 12:00 pm.*

Forever Flower Valentine Candy Tin Fundraiser

($6) Large, ($4) Small



One of a kind treats. Every box is unique- each one thoughfully curated with a mix of delightful treats & Forever Flowers.

Perfect for Gifting or Indulging

Whether you're treating yourself or someone special , these boxes are sure to bring joy and sweetness.

Limited Stock Available

Once they're gone, they're gone! Don't miss your chance to grab a truly special candy box.

Hurry and snag your candy box today!

Sales February 3rd through February 14th. Order now!

onthemove

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 (12pm – 1pm): Monday 2/3, Thursday 2/6, Monday 2/10, Thursday 2/13, Thursday 2/20, Monday 2/24, & Thursday 2/27.





PLEASE DO NOT FEED THE SQUIRRELS!

Please help protect our wildlife and community. Feeding squirrels can harm their natural foraging habits, cause dependency on human food, and lead to health and behavioral issues. Additionally, squirrels attracted to human food often damage property and vehicles while searching for nesting materials or food. Let's work together to keep them safe and prevent costly damage by allowing them to find food naturally. Thank you for your cooperation!

Football Fiesta

Football Party



Friday February 7th

Festive snacks with a fiesta twist

Enjoy light refreshments, good company, and some Football themed games. Let's kick off the fun together- it's going to be a touchdown of a party.



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.



If you feel as though you may have bed bugs OR cockroaches, ***YOU MUST CONTACT AN EXTERMINATOR***. We also ask that you do not come back to the center until you know they have been exterminated (this could take a couple of weeks)!

If you live in Broad Park Manor, you can contact Maintenance (717-843-6309) & Penn Pest will come to your home with no cost to you! Please keep this in mind so we can protect our members & our staff. Bed bugs and cockroaches are not biased pests. You can contract them from ***ANY WHERE***. Such as yard sales, movie theaters, someone else's home and again they are not biased, ***it can happen to anyone.***

Thank you for your cooperation!



Hello! I'm KEANNA

2025
White Rose Senior Center
Student Intern

ABOUT ME

I was born and raised in York County. I'm currently in my Senior Year at Penn State York, studying Human Development and Family Studies. I have experience in research, collecting data, and applying theories. After studying Adult Development and aging, as well as doing dietary & PCA work in the past, my experience has led me here to the senior center. During my time here I hope to apply the knowledge I do have and learn more about how to help those we serve. I would like to express my gratitude, for such an educational and inspirational opportunity!

THINGS THAT MAKE ME HAPPY

Documentaries
Playing PS5
Taking Walks
Listening to Music
Reading

COME CELEBRATE WITH US!!

THE 28TH AFRICAN/AFRICAN-AMERICAN LOVE FEAST
&
RECOGNITION DINNER



2025 HONOREES
Mr. Jeffery Beard
Ms. Kimberly Brister
Pastor Sheldon Brown
Mrs. Sonja Grim
Pastor T. Vanessa Hopkins
Mrs. Darlene Leonard
Ms. Felesha Martin
Mother Estelle Samuel
Pastor Shelton Scott
Mrs. Jazmin Simpson
Mr. Edouardo Thibault
Mrs. Veronica Williams

STUDENT HONOREES:
Zuri Frazier
Isaiah Frazier



FEBRUARY 2, 2025 @ 2 PM - 5 PM

Wyndham Garden York (formerly Holiday Inn Holidome)
West Manchester Mall / Towne Center, York, PA

TICKETS: **Adults-** $50 **Children-** $20 (12 and under) **Vendors-** $25

To purchase tickets- CashAPP - $EmmanuelCOGICYork1 OR SCAN the QR code, ADD your Name & AALF Ticket" in the note section!

Contact Emmanuel Church Office for delivery of, or pickup of PURCHASED tickets.
Email: AAlovefeast@gmail.com for additional information.
Phone: 717-854-1047 (10:00 AM – 2:00 PM, Tuesday and Thursday)
Additional Phone Number: 717-372-8178 (Pastor Leighton McMillan)

We encourage everyone to create a welcoming and respectful space for all. Please be mindful that each person is experiencing the season in their own way. While it's okay to acknowledge personal struggles, we ask that guests **leave conflicts and negativity at the door** to maintain a peaceful and supportive atmosphere. Let's focus on kindness, understanding, and uplifting one another while at White Rose Senior Center.

Respect Boundaries:

Everyone has the right to make their own choices without pressure or demands. Requests should be made with respect, not expectation. If someone says no, accept it without argument or manipulation.

Keep It to Yourself: *Not everything needs a comment. If you don't like something and it's not harmful, consider keeping your opinion to yourself. Silence can be more powerful than unnecessary negativity.*

February Raffle

Wednesday

2/4/25

Spread the Love February Raffle!" Celebrate the month of love with our exciting February Raffle! Whether it's love for family, friends, or yourself, enter for a chance to win amazing prizes that make your heart happy!

$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.

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 Winter 2024-2025 classes are as follows: **Please see Staff if you would like to register.**

Class: **Heart Shaped Trinket Dish**
A Trinket Dish is a useful item. Perfect place to keep rings and jewelry, all those tiny things that can quickly disappear. Keep one near your sink, next to a chair, on your dresser for earrings or necklace, by your front door as a small candy dish. These are wonderful gifts for someone special. Becky Hickey will show you how to decoupage the dish, paint trim and apply embellishments. Have fun making this quick and easy project.
Supplies: All items supplied by the instructor.
Instructor: Becky Hickey
Date: February 4, 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: Snowman Wine Glasses
What is better in Winter than making snowmen. Joanne Kluk will show you how to make these adorable snowmen using wine glasses, He or she will be decorated with a sparkly interior and exterior. Many embellishments, paints and fabrics will be available to you to choose from to finish decorating your snowman.

Supplies: Sharp Scissors and Tacky Glue
Date: February 11, 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: February 25. 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!



How to Register for the STARS Programs:

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

1. Go to the Springettsbury Township Building and pay in person with this form or one you find online that you printed off, or that is in the Springettsbury Township Bulletin.
2. Or, mail the form below into Springettsbury Township.

To register for the classes, complete and detach the Registration Form below. Make your check payable to "Springettsbury Township Recreation". There is a $10.00 registration fee for each class (except Bingo which is $5.00) and if you are not a resident of Springettsbury Township there is an additional $5.00 towards the class with the exception being for Bingo. **The money is due prior to the class or program!** Please mark the class or classes you are signing up for in the memo section of your check.