July Newsletter

English



WHITE ROSE SENIOR CENTER

27 South Broad Street,
York PA 17403
717.843.9704
Monday through Friday
Hours: 9:00 AM - 2:00 PM

Join Us for Lunch in the Main Dining Room!

Let's Come Together at the Table

For many years, our Grab-and-Go Lunch Program has helped meet the needs of our members, especially during and after COVID-19. We are grateful for everyone who has participated and supported the program.

Beginning in July 2026, changes in funding from the York County Area Agency on Aging will significantly reduce the reimbursement we receive for Grab-and-Go meals. The center will receive $1.59 less per meal, which could result in a loss of $25,000 to $30,000 annually if participation remains the same.

Unfortunately, because Grab-and-Go meals are not a mandated service under the Older Americans Act and funding is limited, the program is expected to be discontinued sometime during Fiscal Year 2026-2027 (July 2026 through June 2027).

Why Congregate Meals Matter

The Older Americans Act of 1965 established congregate meal programs to do more than provide nutrition. These meals were designed to bring older adults together, encourage friendships, reduce isolation, and strengthen community connections.

We invite you to join us in our dining room and enjoy lunch with friends old and new!

What to Expect

- Lunch is served beginning at 11:30 a.m.
- Come just before lunch or arrive earlier and enjoy our morning activities.
- Stay after lunch and participate in one of our afternoon programs.
- Meals will once again be served on our traditional open compartment trays, similar to how meals were served before COVID.

Taking Food Home

If you do not finish your meal, you may:

- Bring your own container from home, or
- Purchase a take-home container from the center for $1.50.

We may also offer seconds when available, so having a container can be helpful!

In this newsletter:

Food Programs

Lunch Information

STARS Classes

Senior Spotlight

Class Highlights

Senior Vouchers

Grab-and-Go Meal Ordering

For those who still need a Grab-and-Go meal:
Meals must be ordered through CoPilot.
Orders must be placed at least two days in advance.
The ordering system automatically closes two days before service.
If a meal is not ordered in advance, one will not be available.
Only meals that have been pre-ordered will be prepared as Grab-and-Go meals.

Volunteers Needed!

As we transition back to more congregate dining, we will need volunteers to help make lunchtime a success.
Volunteer opportunities may include:
Helping serve meals
Assisting members carrying trays
Refilling beverages and supplies
Helping with dining room setup and cleanup
Offering a friendly smile and welcoming atmosphere
Even an hour or two of your time can make a big difference. If you are interested in volunteering during lunch service, please speak with a staff member. We can't be successful without your help!

Monthly Lunch Incentive!

To make lunch even more fun, we'll be holding a monthly drawing for a gift card! Every member who enjoys lunch in the dining room during the month will have their name entered into the drawing.

We Hope You'll Join Us!

We understand this transition may be difficult for some members, and we appreciate your patience and understanding as we adjust to these funding changes.
Most importantly, we hope you'll rediscover the friendships, conversation, laughter, and sense of community that make the senior center such a special place.
If you have any questions, please speak with a staff member. We look forward to sharing lunch with you soon! White Rose Senior Center Good Food • Good Friends • Good Times—Together!

Lisa, Jenna, Brenda & Elba

Food Programs

Fresh Express Thursday July 9th & 23rd

- Begins at 10:00 a.m.
- Please bring your own cart, bags, or boxes. Store them on the sunporch until it's your turn.
- You will be called by table to go through the line. Please stay seated until your table is announced.
- If you missed your table's first call, don't worry—it will be called again.
- Tables are called in random order.
- We are serving approximately 180 individuals, while supplies last.



York Fresh Food Farms

Shop at a Mobile Produce Market stop near you and save!
We accept SNAP/EBT, cash, credit/debit, Food Bucks, FMNP checks (senior and WIC)
York Fresh Food Farms operates a nonprofit Mobile Produce Market to sell the produce harvested from York Fresh Food Farms' 4+ acre York City urban farm. The prices at the Mobile Produce Market are kept low so that everyone can afford to eat well.
The Mobile Produce Market runs year-round, with 14 stops from June to November and a reduced schedule during the Fall and Winter.
We are open year-round! Visit us at one of the locations below.

EVERY THURSDAY: White Rose Senior Center 27 S Broad St 10:30am-Noon

Senior Food Boxes Thursday, July 2nd

Hunger Free York
York County Food Bank

SENIOR FOOD BOX PROGRAM

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: $1,957*
- *Household of 2: $2,644*

**Must have valid ID*

Feed your soul with a daily Bible plan

- ☐ Day 1: Ephesians 6:12
- ☐ Day 2: 1 Peter 5:8
- ☐ Day 3: James 4:7
- ☐ Day 4: 2 Corinthians 11:14
- ☐ Day 5: John 10:10
- ☐ Day 6: Ephesians 4:27
- ☐ Day 7: Matthew 7:15
- ☐ Day 8: 2 Thess 2:9-10
- ☐ Day 9: Acts 20:29-30
- ☐ Day 10: 1 John 4:1
- ☐ Day 11: Matthew 24:24
- ☐ Day 12: 2 Corinthians 2:11
- ☐ Day 13: Luke 22:31-32
- ☐ Day 14: Revelation 12:9
- ☐ Day 15: 2 Timothy 2:26
- Day 16: 1 Timothy 4:1
- Day 17: Ephesians 2:2
- Day 18: Genesis 3:1
- Day 19: Job 1:6-12
- Day 20: Romans 16:20
- Day 21: Isaiah 54:17
- Day 22: Psalm 91:3
- Day 23: Jude 1:4
- Day 24: Matthew 13:19
- Day 25: 2 Peter 2:1-3
- Day 26: Ephesians 5:11
- Day 27: Luke 4:5-7
- Day 28: Revelation 2:10
- Day 29: 1 Peter 2:1
- Day 30: 1 John 2:18
- Day 31: 2 Corinthians 10:3-5

S.T.A.R.S.Senior Time Activities for Residents of Springettsbury

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

Class: Summertime Vibes Watercolor Painting
Create this beautiful watercolor painting under the instruction of Bonita Bollinger. She will show you many techniques to paint and blend these vibrant colors on watercolor. You will take home an 8x10 painting ready to frame!
Supplies: All items supplied by the instructor
Instructor: Bonita Bollinger
Date: July 14, 2026
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: Dimensional Flower Wall Hanging
Joanne Kluk will show you how to make 3-dimensional flowers made from a very unexpected supply – Wooden Biscuits. You will work on a board that is 8"x13". You will make the background like a shiplap design. The flowers will be painted any color of your choice and will be placed on the board to make your hanging masterpiece!
Supplies: All of supplies will be provided by the instructor.
Instructor: Joanne Kluk
Date: July 21, 2026
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: 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: August 11, 2026
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: Beautiful Painted Gourd Birdhouse
This will be another fun class! Joanne Kluk will prepare the gourds with an opening to make a beautiful home for the birds in your yard. A cord will be attached for hanging. You will paint gorgeous designs with colors of your choice to enhance your gourd. She will have bird choices to transfer onto your gourd, or you are welcome to sketch your own bird.
Supplies: All supplies will be provided by the instructor.
Instructor: Joanne Kluk
Date: August 18, 2026
Day: Tuesday
Time: 2:00-4:00PM
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), Richard Diaz, Summer Breen, or Brandy Shope at Springettsbury Township (717-757-3521).

Exercise Classes

Chair Yoga w/ Stephanie

Tuesdays & Fridays @ 12:00



Tuesday July 7th

DJ Chris Wagman

Music & Dancing

10:00-11:30

The Central PA Food Bank wants to hear from YOU!



The Central PA Food Bank will visit White Rose Fresh Express on July 9th and July 23rd 2026.

We would like to learn more about visitors and your food needs and invite you to take a 10 minute survey with us.

CENTRAL PENNSYLVANIA FOOD BANK — No One Should Be Hungry — Feeding America

The survey is voluntary, anonymous, and you will receive a $10 grocery store gift card as a thank you for your participation.

For more information or for any questions or issues, please contact neighborsurveys@centralpafoodbank.org

Senior Spotlight: Senior of the Month

Name: Antonio Legree



Birthday: 8/4

Quote: Treat others the way you want to be treated

Hobbies: Wii Tennis, Walking, Exercise,

Member Since: 2020

Street Cleaning – Broad Street

First Tuesday: No parking on the far side, 7:15–11:45 AM

First Thursday: No parking on the close side, 12:45–3:15 PM

Tickets issued by the City of York: $50

"America is a tune. It must be sung together." —Gerald Stanley Lee

Upcoming Trips

Tuesday July 28th : Shady Maple (8:15 Departure) & (2:00 PM Departure from Shady Maple)
Cost: Rabbit Transit (65+) $15 Round Trip, Bring Money for Lunch & Shopping.

Announcements

Center is Closed
on Friday July 3rd in observation of Independence Day
Mark your Calendar for Saturday August 15th:
Cash & Gift Card Bingo!

Staff Directory

Executive Director- Lisa Krout
Director of Program Development- Jenna Wray
Brendaliz Gonzalez- Bilingual Program Coordinator
Elba Zambrano - Food Service & Cleaning Specialist
Cheri Bowersox- Bookkeeper

Thank you for reading!

MISC. NEWS

Calling all 2026 Secret Pal participants! Be sure to think of your Secret Pal and surprise them with a card sometime during the year. Just don't spill the secret!

Highlights

Thursdays in July-
Space is limited.
11:00-12 Creative Writing Class w/ Heath
·Partially funded by the Cultural Alliance of York

*Kickoff with America 250th theme celebration

Food Programs

Commodity Boxes
Thursday July 2nd
Fresh Express
Thursday July 9th & 23rdh

New Members

Helen Fisher
Samuel Plater
Linda Holtzapple
Ray Holtzapple
Ronald Nauman
Lena Ngo
Nam Jan Ngo
Elizabeth Aubrey
Virginia "Ginny" Inzucchi
Bonnie Behrensen
Jana Lightner
Sheryl Stoll
William Rodriguez

West Manchester Bingo

Hey Seniors - this is a friendly and casual gathering where you can enjoy great conversation, light refreshments, and a few lively rounds of bingo—just for fun! It's a wonderful chance to meet new people, catch up with friends, and simply enjoy yourself in a relaxed, welcoming environment. Feel free to bring a snack to share. So, grab a friend, mark your calendar, and join us- no registration required! If you're feeling festive - dress up to the theme!

Location: **Shiloh Fire Co.**

2190 Carlisle Road - Free Bingo!

Dates/Themes:

Tuesdays,

2nd of the Month

10:30-12:00

(Exception in July)

July 7- America

August 11- BBQ

York County Association of Senior Centers presents...

Spotlight on South Dakota

May 28 – June 3, 2027

Day 1: Friday, May 28, 2027 Rapid City, South Dakota Welcome to the West. Your tour opens in Rapid City, long known as the gateway to the Black Hills. As travelers' arrival times vary greatly, there are no group activities planned during the day. Tonight, you and your fellow travelers gather for a welcome dinner at a local restaurant. *(D)*

Day 2: Saturday, May 29, 2027 Rapid City - Mt. Rushmore - Rapid City Learn the history of enterprising Westerners at the Chapel in the Hills. Continue to Mount Rushmore to spend time with the towering figures of Washington, Jefferson, Roosevelt, and Lincoln as you stroll along the Presidential Trail, offering the closest view of this iconic sculpture. This evening, return to Mount Rushmore for the night-time lighting ceremony. *(B)*

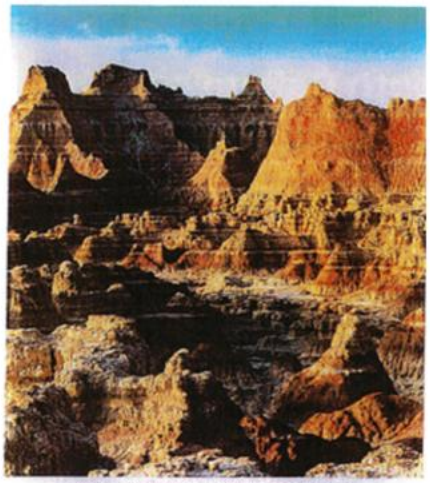
Day 3: Sunday, May 30, 2027 Rapid City - Badlands - Wall - Rapid City Today, visit the Oglala Lakota Living History Village. The Oglala Lakota are one of the seven tribes that make up the Great Sioux Nation. In their own voices, hear about their history, relationship to the land, and modern-day culture. Then, embrace the vast beauty of Badlands National Park and venture into its larger-than-life landscape with a Native American guide. Your guide will share their personal perspective of the land, weaving stories of heritage, culture, and their way of life into the journey. At the visitor center, the stage is set for your adventure, with informative exhibits, displays, and videos to introduce you to the area. Travel the Badlands Loop Road, home to vibrant colors and rock formations created by mineral deposits. Visit the legendary Wall Drug, a store barely changed since 1936. Do a little browsing, have a seat at the soda fountain, and perhaps grab a bite for lunch. Enjoy the evening at leisure. Perhaps you'll use your included Uber voucher and dine at one of Rapid City's breweries or steakhouses. *(B)*

Day 4: Monday, May 31, 2027 Rapid City - Deadwood - Rapid City Get ready for Deadwood, where gold, gambling, and gunpowder were once the order of the day. This morning, **it's your choice!** Take a guided tour of the Adams Museum and explore dynamic exhibits that shine a light on Deadwood's legends and outlaws **-OR-** visit Kevin Costner's *Tatanka: Story of the Bison* sculptures depicting the relationship between bison and the Lakota. This afternoon, this National Historic Landmark comes alive as if you've stepped onto the set of an old-fashioned Western. A local guide shows you the town, including where Wild Bill Hickok and Calamity Jane are buried. This evening, enjoy a dinner and Western show at the High Plains Heritage Center. *(B, D)*

Day 5: Tuesday, June 1, 2027 Rapid City - Custer - Crazy Horse - Rapid City Head to Custer State Park and keep your eyes peeled for bighorn sheep or wandering elk. Take in the lush landscape, rocky outcrops, and grazing animals as you make your way through South Dakota's first state park. Venture off-road with an exciting buffalo safari, cruising deep into the park in an open-air Jeep and searching for herds of roaming buffalo. This afternoon, visit Crazy Horse Memorial and delve into the story of the largest, still-in-progress mountain sculpture. Take time to explore the Indian Museum of North America, the Native American Cultural Center, the sculptor's studio, orientation center, and theaters. *(B)*

Day 6: Wednesday, June 2, 2027 Rapid City - Devils Tower National Monument, Wyoming - Rapid City Get your bearings at the Geographic Center of the Nation, marking the middle of the U.S. Cross into Wyoming and view the first national monument, Devils Tower. Stand in awe before this lofty monolith, perhaps hiking the 1.3-mile Tower Trail around the base. Although famous as the backdrop in *Close Encounters of the Third Kind*, the tower is also sacred to many local tribes. This evening, join your fellow travelers for dinner as the end of your South Dakota adventure draws near. *(B, D)*

Day 7: Thursday, June 3, 2027 Rapid City - Tour Ends Say goodbye to Rapid City as your tour comes to a close today. *(B)*



7 Days • 9 Meals: 6 Breakfasts, 3 Dinners

HIGHLIGHTS... Mount Rushmore, Badlands National Park, Wall Drug, Deadwood, Off-Road Jeep Safari at Custer State Park, Crazy Horse Memorial, Devils Tower National Monument

ITINERARY AT A GLANCE

Days 1 – 6 Hyatt Place Rapid City, Rapid City,South Dakota

On some dates alternate hotels may be used.

Book Now & Save $100

Double ~~$3,999~~	**Double $3,899***
Single ~~$4,799~~	**Single $4,699**
Triple ~~$3,949~~	**Triple $3,849**

York County Association of Senior Centers

For more information contact

LISA KROUT

WHITE ROSE SENIOR CENTER

717-843-9704

collette



Eligible seniors can receive

FREE ($25)

for purchase of produce grown in Pennsylvania.
Vouchers are redeemable
June1st-November30th
at participating farmers' markets throughout Pennsylvania.

Gross Annual 2026 Income Requirements

1-person Household
($2,461 /month) or less
$29,526

2-person Household
($3,336/month) or less
$40,034

3-person Household
($4,212 /month) or less
$50,542



DISTRIBUTION SCHEDULE

IN-PERSON ONLY. NOvoucherswillbemailed.NOapplicationneeded. While supplies last.

Distribution times are 9 - 11:30am

Thursday, June 4
York CountyAreaAgencyon Aging
2401 Pleasant Valley Road, York

Thursday, June 11
NortheasternSeniorCommunity Ctr.
131 Center Street, Mount Wolf

Friday, June 12
Crispus Attucks Association
605 S. Duke Street, York

Monday, June 15
WindyHillontheCampus
1472 Roths Church Road,
Spring Grove

Thursday, June 18
SeptemberHouseSenior Center
1251 W. King Street, York

Monday, June 22
Delta Senior Center
5 PendyrusStreet,Suite1,Delta

Wednesday, June 24
StewartstownSeniorCenter
14 College Avenue,
Stewartstown

Friday, June 26
South CentralSeniorCenter
150 E. Main Street,
New Freedom

Monday, June 29
Flinchbaugh's Orchard
110 Ducktown Road, Hellam

Tuesday, June 30
DillsburgSeniorCommunity Center
1 N. Second Street, Dillsburg

Thursday, July 2
Red Land Senior Center
1230 Rosstown Road,
Lewisberry

Wednesday, July 8
Calvary United Methodist Church
11 N. Richland Avenue, York

Thursday, July 9
St. Matthew'sLutheranChurch
30 W. Chestnut Street, Hanover

Wednesday, July 10
Golden ConnectionsCommunity Ctr.
20-C Gotham Place, Red Lion

Tuesday, July 14
YorktownSeniorCenter
509 Pacific Avenue, York

Wednesday, July 15
St. David's E.C. Church
2411 Oakland Road, Dover

Thursday, July 16
White Rose Senior Center
27 S. Broad Street, York

Tuesday, July 21
Brown's Orchard&Market (pavilion)
8892SusquehannaTrailS.,Loganville

Thursday, July 23
SusquehannaSeniorCenter
2427 Craley Road, Wrightsville

Wednesday, July 29
York CountyAreaAgencyon Aging
2401 Pleasant Valley Road, York

Tuesday, August 11
White Rose Senior Center
27S.BroadStreet, York

Distributed by
York County Area Agency on Aging
in conjunction with
Pennsylvania Dept. of Agriculture

Eligibility Requirements

- Must show proof of age & York County residency at the distribution site
- Must be age 60 or older by December 31, 2026
- Must be a York County resident
- Cannot live in a nursing, personal care, or residential facility where meals are provided
- Cannot have already received the SFMNP $25 in 2026

Proxy Forms

- Required for eligible seniors authorizing another person to pick up vouchers for them. Includes POA's, spouses, family members, etc. Only 2026 forms accepted.
- ID for both the eligible person AND the proxy are required

Proxy forms are available

- On the YCAAA.org website
- At York County Senior Centers
- At the York County Area Agency on Aging 2401 Pleasant Valley Road, York PA 17402