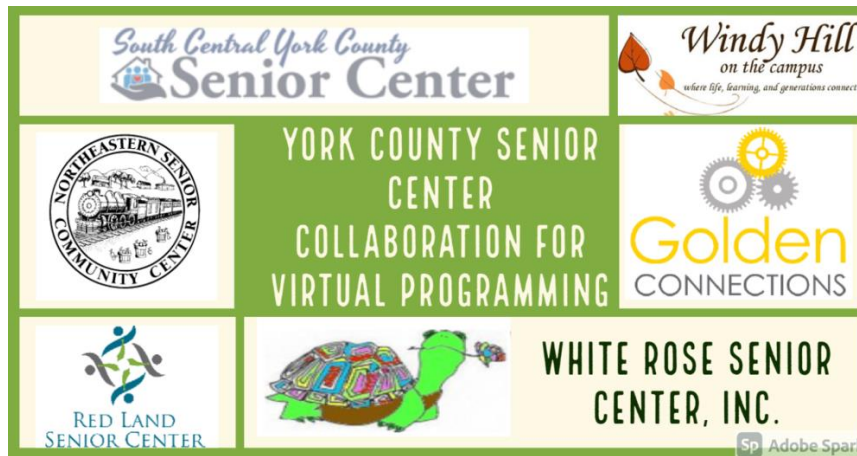


March 2022 York County Senior Center Virtual Programs – vol.15



Check Out the **MARCH VIRTUAL PROGRAMS** Being Offered by York County Senior Centers...

So More People Can Stay Connected!!!

Jenna Wray, from White Rose Senior Center, and Jenna Ericson from Windy Hill on the Campus are coordinating the links for this Pilot Project from the York County Senior Centers who would like to participate. Many Centers in York County are doing Zoom, Facebook Live, and other platforms and we have decided to collaborate together to offer more programs and possibilities for our Older Adults in York County who maybe homebound or possibly isolated.

Each Center who wants to participate email Lisa with their programs for the upcoming month. She compiles a brochure of activities and then sends it out to each Center to distribute to their members. Jenna uploads all of the activities from each Center to a landing page on Windy Hill's website ([Virtual Programs at Other Centers - Windy Hill On The Campus](#)). You can also find the information on the York County Area Agency on Aging's website and Facebook page as well as many York County Senior Center's sites.

We have noticed more attendees to the activities and like all good things, it takes time to grow! Please share this with any older adult you may know. We envision this project continuing even after the pandemic ends. We desire to connect to every 60-year-old in York County!

What do You Need to Participate in the Virtual Programs?

1. Either a computer, a tablet or a smart phone.
2. Internet connection.

If you do not have a device (computer or a tablet), **TECH OWL offers FREE devices for loan.** Call 717-737-3477 or 1-800-998-4827 for additional information.



**Borrow
an iPad,
a computer,
gadgets and more**

If you or someone you know:

- **lives in Pennsylvania and**
- **is a senior citizen, or**
- **has a disability**

TechOWL can help you try out new equipment for free.



Your local TechOWL specialist will:

- **Work with you to select the right device.**
- **Load the software and apps that you need and want.**
- **Support and teach you throughout the process.**

All devices can be borrowed for 4 weeks with an option for longer.

**Don't miss out on important visits with
your doctors, grandchildren and friends, especially during this time.**

**More information about the Assistive Technology Lending Library program
can be found on the TechOWL website:**

**More information about the Assistive Technology Lending
Library program can be found on the TechOWL website:**

<https://techowlpa.org/library/>

ORCONTACT: Tel 800-204-7428 (voice) Email



Regular Occurring:

Wednesdays

March 9th, March 16th, March 23rd, & March 30th

(Zumba is cancelled for Wednesday March 2nd)

11:15 **ZOOM : Zumba Gold®** w/ Heather Cintron

Meeting ID: 864 769 4924

Password: Dance



Kicks off on Tuesday March 1st and runs through Wednesday March 30th

1:00 Facebook: Get Lucky Virtual Scavenger Hunt

<https://www.facebook.com/White-Rose-Senior-Center-239749906468113>

There are 22 Challenges available, 22 different opportunities to earn points! Each day on the calendar where the Virtual Scavenger Hunt is listed (1:00 pm daily), we will release the prompt on Facebook.

All prompts must be answered in Facebook Messenger, Texted to a Staff Member, or emailed to jenna@whiteroseseniorcenter.org. Feel free to jump in anytime, however, in order to FINISH the Scavenger Hunt, all participants must complete ALL challenges prior to Friday April 1st. Winners will be announced and awarded on Monday April 4th during Lunch Distribution.

Freestyle Fridays Every Friday

March 4th

11:00 ZOOM: Mardi Gras Family Feud

Meeting ID: 830 4330 3963

Password: free

March 11th

11:00 ZOOM: Virtual Bingo

Meeting ID: 830 4330 3963

Password: free

March 18th

11:00 ZOOM: St. Patrick's Day Family Feud

Meeting ID: 830 4330 3963

Password: free

March 25th

11:00 ZOOM: Virtual Bingo

Meeting ID: 830 4330 3963

Password: free



Virtual Games:

Monday March 7th

2:00 ZOOM: Price Is Right

Meeting ID: 830 4330 3963

Password: free

Tuesday March 15th

2:00 ZOOM: Leprechaun Race

Meeting ID: 830 4330 3963

Password: free



See attached Virtual Calendar for a break down of all other Virtual Activities that are available. We can provide all Handouts in Digital Form. Please email Jenna at jenna@whiteroseseniorcenter.org if you need anything sent via email.



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	20 Questions Handout email: jenna@whiteroseseniorcenter.org 1:00 Facebook: Get Lucky Virtual Scavenger Hunt Kickoff https://www.facebook.com/White-Rose-Senior-Center-239749906468113 2:00 Facebook: Virtual Tour: New Orleans https://www.facebook.com/White-Rose-Senior-Center-239749906468113	11:15 NO Zumba Gold® 1:00 Facebook: Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113 	1:00 Facebook: Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113  	11:00 ZOOM: Mardi Gras Family Feud Meeting ID: 830 4330 3963 Password: free 1:00 Facebook: Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113
7	8	9	10	11
I AM LUCKY Handout Coloring Contest Handout (Return by 3/16) email: jenna@whiteroseseniorcenter.org 1:00 Facebook: Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113 2:00 ZOOM: Price Is Right Meeting ID: 830 4330 3963 Password: free	March Birthday Trivia email: jenna@whiteroseseniorcenter.org 1:00 Facebook: Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113	11:15 ZOOM: Zumba Gold® w/ Heather Cintron Meeting ID: 864 769 4924 Password: Dance 1:00 Facebook: Get Lucky Virtual Scavenger Hunt/Birthday Trivia Winner Announced https://www.facebook.com/White-Rose-Senior-Center-239749906468113	1:00 Facebook: Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113 	11:00 ZOOM: Virtual Bingo Meeting ID: 830 4330 3963 Password: free 1:00 Facebook: Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113
14	15	16	17	18
1:00 Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113	Get Your Leprechaun Name, email: jenna@whiteroseseniorcenter.org 1:00 FACEBOOK: Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113 2:00 ZOOM: Leprechaun Race Meeting ID: 830 4330 3963 Password: free	Newsletter Trivia Due email: jenna@whiteroseseniorcenter.org 11:15 ZOOM: Zumba Gold® w/ Heather Cintron Meeting ID: 864 769 4924 Password: Dance 12:00 Facebook: Newsletter Trivia Winners Announced 1:00 FACEBOOK: Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113	1:00 Facebook: Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113 2:00 Facebook: Coloring Contest Entries Posted, Voting Begins https://www.facebook.com/White-Rose-Senior-Center-239749906468113	11:00 ZOOM: St. Patrick's Day Family Feud Meeting ID: 830 4330 3963 Password: free 1:00 Facebook: Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113
21	22	23	24	25
1:00 Facebook: Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113	1:00 Facebook: Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113	April Newsletter & Calendar www.whiteroseseniorcenter.org 11:15 ZOOM: Zumba Gold® w/ Heather Cintron Meeting ID: 864 769 4924 Password: Dance 1:00 Facebook: Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113	1:00 Facebook: Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113	11:00 ZOOM: Virtual Bingo Meeting ID: 830 4330 3963 Password: free 1:00 Facebook: Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113
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1:00 Facebook: Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113 2:00 Facebook: Coloring Contest Winners Announced https://www.facebook.com/White-Rose-Senior-Center-239749906468113	1:00 Facebook: Get Lucky Virtual Scavenger Hunt https://www.facebook.com/White-Rose-Senior-Center-239749906468113 	11:15 ZOOM: Zumba Gold® w/ Heather Cintron Meeting ID: 864 769 4924 Password: Dance 1:00 Facebook: Get Lucky Virtual Scavenger Hunt Final Day to Compete https://www.facebook.com/White-Rose-Senior-Center-239749906468113	11:00 Facebook Live: Mega Month Lunch Lotto Winner Announced https://www.facebook.com/White-Rose-Senior-Center-239749906468113 1:00 Facebook: Get Lucky Virtual Scavenger Hunt Winners Announced https://www.facebook.com/White-Rose-Senior-Center-239749906468113	



Executive Director: Tammy Miller

1472 Roth's Church Road,
Spring Grove, PA 17362
717-225-0733

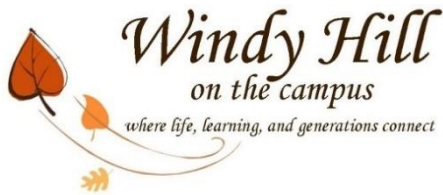
Normal business hours:
Monday – Friday: 8:30 am – 2:30

windyhillonthecampus.org

Facebook: facebook.com/windyhillotc

March Virtual Programs

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9 am – Zoom <u>T'ai Chi Chih</u> Meeting ID: 814 3316 9989 Passcode: 1472	9 am – Zoom <u>Silver Sneakers Classic</u> Meeting ID: 821 3661 1618 Passcode: 1472	11 am – Facebook Live <u>Chair Exercise</u> Facebook.com/windyhillotc	9 am – Zoom <u>Silver Sneakers Classic</u> Meeting ID: 821 3661 1618 Passcode: 1472	9:00 am – Zoom <u>Cardio Boxing</u> Meeting ID: 327 891 3252 Passcode: 4xuDHP
11 am – Facebook <u>Chair Exercise</u> Facebook.com/windyhillotc			12:30 pm – Zoom <u>Hatha Yoga</u> Meeting ID: 827 1847 4772 Passcode: 1472	11 am – Facebook Live <u>Chair Exercise</u> Facebook.com/windyhillotc



Windy Hill on the Campus's Regularly-occurring Program Descriptions

<u>Cardio Boxing</u> <i>(Fri at 9 am)</i> Instructor: Lori DePorter -Non-contact, boxing-inspired fitness routine to lead to a healthier/happier life. *No boxing experience is necessary, all ages are encouraged and invited to participate	<u>Silver Sneakers Classic</u> <i>(Tues & Thurs at 9 am)</i> Instructor: Tracy Schuman -45-60-minute low-intensity workout designed to increase muscle strength, range of motion and improve activities for daily living. A chair is used for seated exercises and standing support. Exercises can be modified depending on fitness levels.
<u>T'ai Chi Chih</u> <i>(Mondays at 9 am)</i> Instructor: Jack Weaver -One hour of mindfulness moving meditation with soft, flowing and easy-to-learn movements/poses. Benefits include: peace of mind, improved health, and experiencing joy.	<u>Hatha Yoga</u> <i>(Thursdays – 12:30 pm)</i> Instructor: Lori Houck-Ruffner -Hatha Yoga introduces basic yoga poses sequenced in a gentle stream of movements, focusing on: stretching, breathing practices, proper body alignment, and relaxation techniques.
<u>Chair Exercise</u> <i>(Mondays, Wednesdays & Fridays at 11am)</i> Instructor: Risa Anderson (Windy Hill staff member) -30-minutes of low-impact exercise focusing on moving all the joints in your body to help ease pain and build stability and improve balance. You will need a sturdy chair (preferably without arms), hand weights, and a Pilates ring or throw pillow for resistance.	