January

HIGHLIGHTS

Yarn Crafters Bazaar raised $523.50.
A huge thank you to the Yarn Crafters!

Giving Tuesday $2,906.00 **Deck the Halls Fundraiser.** To everyone who participated, thank you!

Thursday January 2nd 9:30-1:00 **Commodity Food Boxes for Seniors & Puzzles & 20 Questions**

Center is closed Wednesday January 1st 2025, & Monday January 20th, 2025.

Fresh Express will be Thursday January 9th & Thursday January 23rd @ 10:00.

Bingo Mania: $5 Every Friday @ 9:30, First (3) cards are $5.00, all additional cards are $1.00 each.

January

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



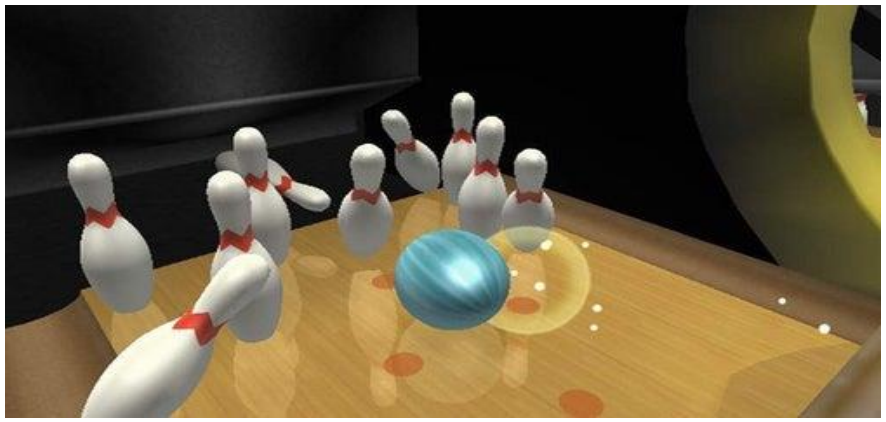
A huge thank you to AmeriHealth for Sponsoring our Holiday Meals & the continued Partnership. We are so incredibly grateful.

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 12:00 pm.

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.

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.



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

WELCOME NEW MEMBERS

Jesus Torres
Thomas Adams
Vanessa Ferguson
Lois Marie Schindler
Magdalene Quinones
Maria Pena
Delores Patro
Bonita Harris
James Eisenhart
Chapman Jennings



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 January 9th

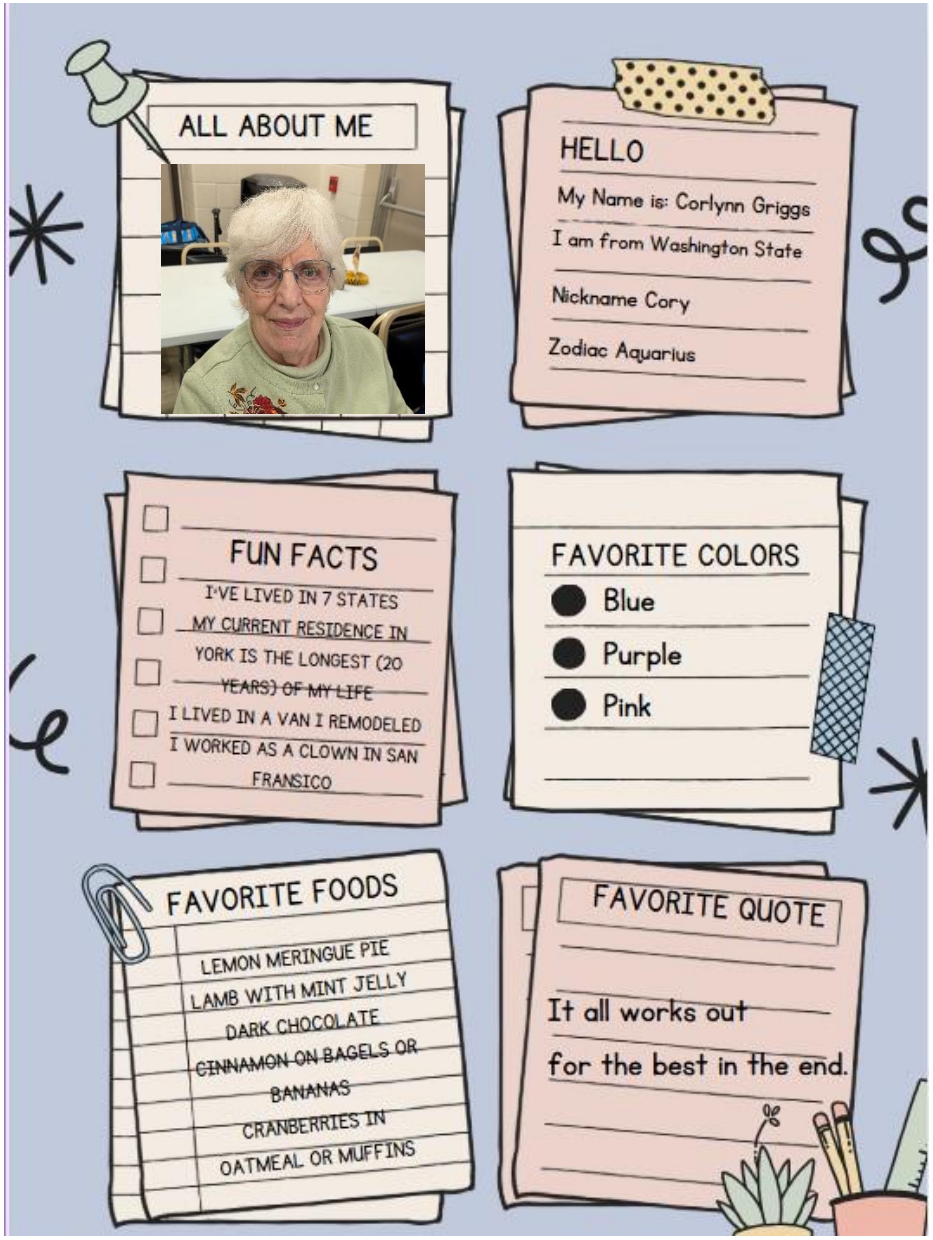
Thursday January 23rd

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

Senior of the Month: Corlyn Griggs

was our December 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.





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.

SECRET PAL:

2024 SECRET PALS WILL BE REVEALED DURING THE REVEAL PARTY ON WEDNESDAY JANUARY 22ND, 2025. IT'S IMPORTANT YOU KEEP IT A SECRET UNTIL THEN!



PLEASE PLAN TO BE HERE OR SEND YOUR GIFT IN AHEAD OF TIME. REMEMBER, FOR THE REVEAL PARTY, YOU ARE COMITTED TO A $5.00 GIFT. PLEASE DO NOT LET YOUR SECRET PAL DOWN. ALSO, YOU WILL HAVE THE OPTION TO OPT IN FOR A SECRET PAL FOR 2025.

YORK FRESH FOOD FARMS MOBILE PRODUCE MARKET SCHEDULE

Fall 2024

THURSDAYS: White Rose Senior Ctr
28 S Broad St • *10:00am - 11:30am*

FRIDAYS: YMCA
90 N Newberry St • *11:00am - 1:00pm*

FRIDAYS: York Towne House
200 N Duke St • *1:30 - 2:30pm*

SATURDAYS: York Fresh Food Farms
150 Willis Rd • *Noon - 2:00pm*

WE ACCEPT: • SNAP/EBT • Cash, debit/credit cards • WIC & Senior Farmers Market Checks • Food Bucks



York Fresh Food Farms

AFFORDABLE FARM FRESH PRODUCE GROWN & HARVESTED IN THE CITY OF YORK

Paying with SNAP?

Earn $2 in Food Bucks for every $2 you spend with your card!

FOOD BUCKS

Can't make it to a mobile market?

FarmShares offers fresh produce that can be ordered online, weekly or as needed, for pick-up or delivery.





717.515.4799 • yorkfreshproduce@gmail.com • 150 Willis Rd. • yorkfreshfoodfarms.org • @yorkFreshFoodFarms

Three Kings Day Potluck

9:30 Monday January 6th 2025



Please make sure all food is pre-packaged, store bought, sealed and within date.

Please make sure you discuss with Staff if food needs to be prepared in our Kitchen. Food will begin being served at 9:30. All food brought after will be served at the discretion of the Staff. (For example, please do not bring us a frozen pan of Lasagna at 9:30 and expect it to be cooked and served.) Please see sign-up sheet.



Don't Be Left Out in the Cold This Winter

If heating costs are leaving you cold this winter, check out these money-saving programs below to get some warm relief.

The Low-Income Home Energy Assistance Program (LIHEAP) - provides income eligible customers financial assistance to help pay home heating bills and emergency energy assistance to avoid shut-off or to restore service. Call 1-800-272-2714

Crisis Program - provides a grant to customers who face utility service disruption due to lack of payments or an unsafe utility condition. May be applied to accounts where service has been terminated or for repair of heating equipment. Call 1-800-272-2714

Dollar Energy Fund - provides grants to low-income customers for use in offsetting overdue payments or restoring service to terminated utility accounts. Call 1-800-537-7431

Customer Assistance Program (CAP/PCAP) - offers affordable payment plans and debt forgiveness for customers with low incomes and long-term bill payment problems. Call 1-800-537-7431

WarmWise Low Income Usage Reduction Program - a free home weatherization program which assists customers in reducing their home's natural gas consumption by identifying and remedying areas in the home where heat escapes. Call 1-800-537-7431

Emergency Repair Program - offers financial assistance for the repair or replacement of natural gas furnaces, water heaters, service and house lines, and space heaters serving as the primary heat source for low-income customers who own and are living in their home. Call 1-800-537-7431



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



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

ZUMBA
with Cindy Patterson
Wednesdays @ 10:30



Yoga with Stephanie
Strength & Balance
Tuesdays 12:00—1:00
Chair Yoga
Fridays 12:00—1:00

Friday Bingos!



Friday January 3rd

Friday January 10th

Friday January 17th

Friday January 24th

Friday January 31st

$5.00 Bingo, 3 Cards

Card Sales start @ 9:30,

Bingo begins right at 10:00.

10 Rounds of Bingo,

3 Winners per round!

January

Setting and Achieving Goals

- Day 1: Proverbs 3:5-6
- Day 2: 2 Chron 15:7
- Day 3: Psalm 20:4-5
- Day 4: James 4:13-16
- Day 5: Hebrews 12:1-3
- Day 6: Matthew 6:33
- Day 7: Psalm 118:8-9
- Day 8: Psalm 127:1-2
- Day 9: Hebrews 10:35-36
- Day 10: Philemon 4:12-13
- Day 11: Proverbs 4:12-13
- Day 12: Proverbs 16:2-3
- Day 13: Philemon 4:8
- Day 14: Proverbs 19:20-21
- Day 15: Philemon 3:13-14
- Day 16: Romans 12:2
- Day 17: Isaiah 32:8
- Day 18: John 6:27
- Day 19: Proverbs 29:18
- Day 20: John 6:29
- Day 21: Jeremiah 17:7-8
- Day 22: Luke 14:28
- Day 23: Philemon 1:3-6
- Day 24: Ephesians 2:10
- Day 25: Ephesians 4:22-24
- Day 26: 2 Cor 12:9-10
- Day 27: 1 Peter 3:3-4
- Day 28: Ecclesiastes 7:16-18
- Day 29: Psalm 18:30-32
- Day 30: Psalm 18:33-34
- Day 31: Psalm 18:35-36

BIBLE STUDY

WITH KEN

Every 1st & 3rd Wednesday

10:00



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.



Tuesday January 14th @ 10:00 am

Snow much FUN awaits! Enter our Winter Raffle for a flake-tastic chance to win frosty prizes that'll make your season bright. Don't let this cool opportunity melt away!

$1.00 per ticket.

$5/6 Tickets.

17 Tickets/$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.**

STARS Program
Class: Winter Scene in a Bottle
Becky Hickey will teach us how to make a winter forest scene in a bottle. Just what you need to brighten your tabletop during the winter days of January and February. Reverse decoupage technique will be used to help create a background.
Supplies: All supplies will be provided including cork string lights by the instructor.
Instructor: Becky Hickey
Date: January 7, 2025
Day: Tuesday
Time: 1:00 – 4:00 PM (Note: the earlier start time)
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: Acrylic Painted Stained Glass
Janeen Hershey will teach this easy and fun stained-glass class. You will create an 8x10 finished piece with 3 simple steps! (1) Choose your design. (2) Trace your design. (3) Paint your design. When it is assembled by the instructor, it will resemble shiny and sparkly stained glass! This is perfect to display on a wall.
Supplies: All supplies provided by instructor.
Instructor: Janeen Hershey
Date: January 14, 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 Class: 10 participants



Class: Felt Heart Valentine Tree

Marti Leader has found this adorable Felt Heart Valentine Tree to have for Valentine's Day. It is made over a Styrofoam cone and adorned on a candle holder. Felt hearts are attached along with other embellishments.
Supplies: Bring Fabric Scissors and Straight Pins.
All other supplies will be provided by the instructor.
Instructor: Marti Leader
Date: January 28, 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: 8 Participants



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.