# June HIGHLIGHTS

## R&K Sub Sale

**Orders to take place from Monday June 2nd through Friday June 13th**

**Money/Orders Due: Friday June 13th**

**Sub Delivery: Wednesday June 25th**

**(Pickup During Lunch Distribution)** Pretzel Sandwiches**: $7.00**

Subs**: $8.00**

**Thursday June 5th Commodity Supplemental Food Box Distribution**

**Thursday June 12th Fresh Express Distribution**

**June 19th Juneteenth Center is Closed.**

**Tuesday June 24th** 9:00-11:30 **Senior Farmer's Market Nutrition Program** (Photo ID Required)

**Thursday June 26th Fresh Express Distribution**

A Huge thank you to all of our GIVE LOCAL YORK DONORS Together, in 24 Hours, we raised a total of $18,000.

June

# 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



Celebrating Cinco de Mayo!




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).

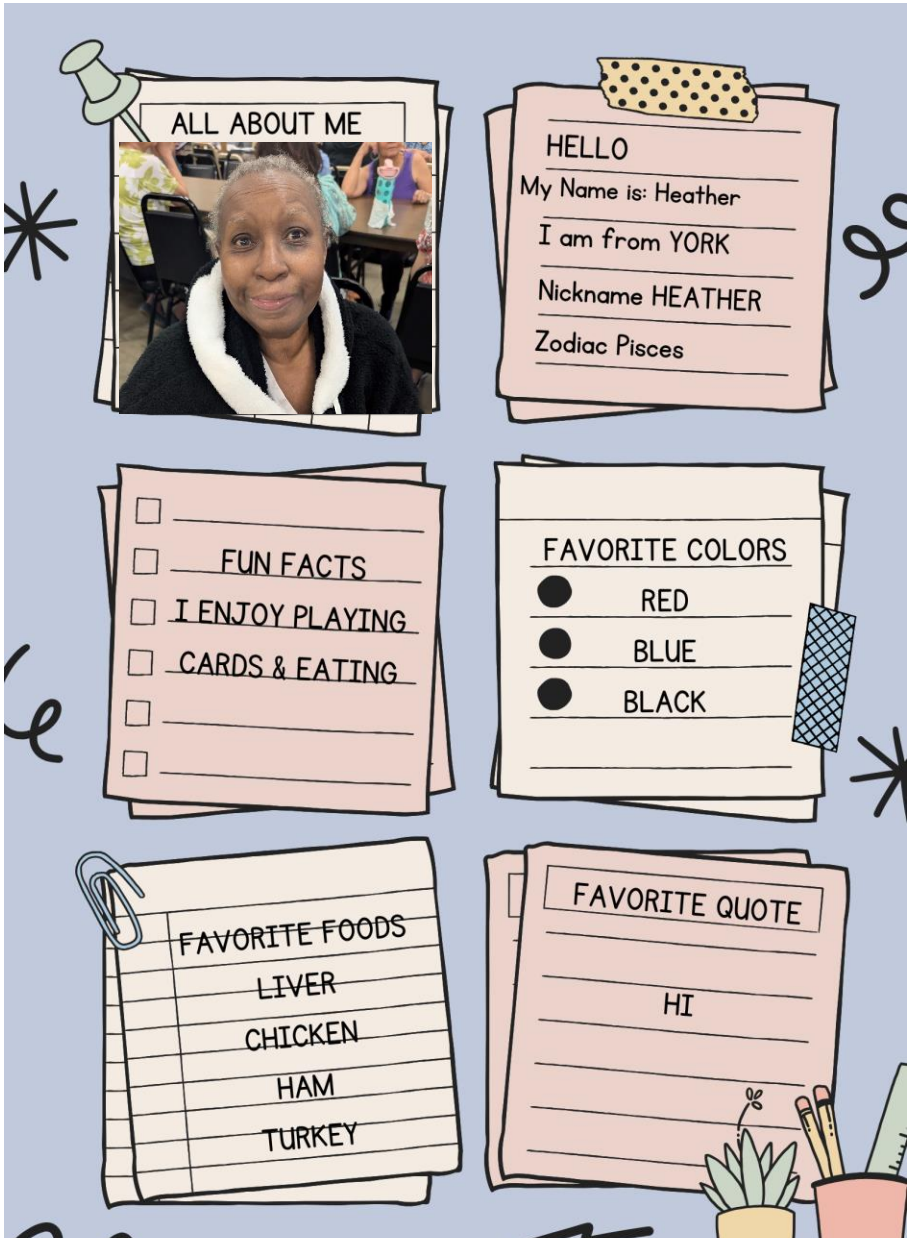
For those who are grabbing their meals and leaving, it is important that you are here at 11:30 to ensure you receive your meal. After 11:45 we start distributing meals on a first come, first served basis.
*** Menu is always subject to change based on Nutrition Group***
*Thank you for your cooperation!*

**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.**

# Senior of the Month: Heather Stokes was our May 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.*



***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 June 12th*

*Thursday June 26th*

# WELCOME New Members

Ruby McLaughlin
William Pennell
Gertrude "Trudy" Becker
James Hartman
Kimberly Gertrell
Kevin Martin
Evelia Autrey
Philip Gerber
Maria Esperanza Gomez
Mark L. Newman
Thomas Widdowson

## 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*
*In Loving Memory of* **Chotz Grove** *Customer Service*
**Cheri Bowersox** *Bookkeeper*

# CREATIVE WRITING WORKSHOP



*JOIN HEATH HARDIN FOR MOTIVATING WRITING SESSIONS*

## 8 SESSIONS, MONDAYS 10:00–11:00 JUNE 9TH – AUGUST 4TH

- No writing experience necessary
- Have fun shaping memories and ideas
- A mix of poetry, memoirs, and stories
- A new topic each week
- Share your wisdom and life-lessons
- Use your creative energy in a positive way
- Explore new ways to develop your writing

Register today! 717-843-9704

Space is limited!

**WHITE ROSE SENIOR CENTER**



27 South Broad St, York

**Tuesday June 24, 2025**

**9:00 am to 11:30 am**

$25

**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.***



Yoga with Stephanie

*Strength & Balance*

Tuesdays 12:00–1:00

*Chair Yoga*

Fridays 12:00–1:00



Yarn Crafters

Wednesdays

& Thursdays

9:00-2:00







# Wednesday June 11th

# @ 12:00 PM







***$1.00 per ticket.***

***6 Tickets for $5***

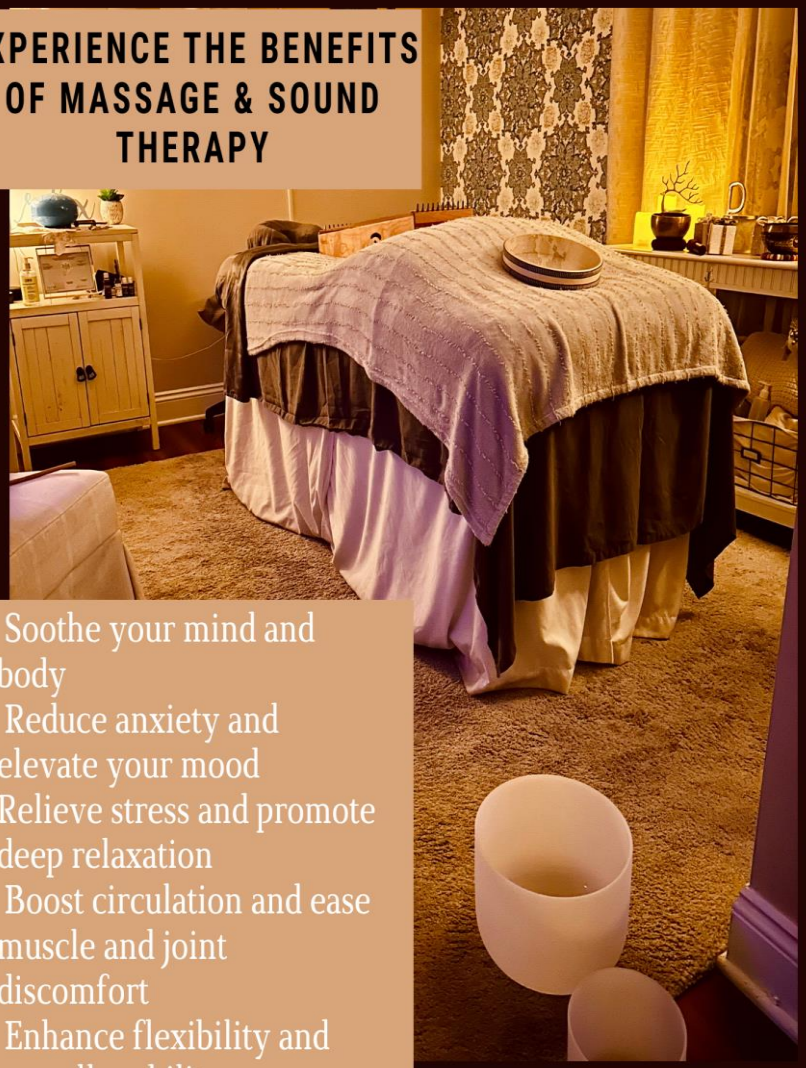
***18 Tickets for $10***

*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.*

## EXPERIENCE THE BENEFITS OF MASSAGE & SOUND THERAPY



- Soothe your mind and body
- Reduce anxiety and elevate your mood
- Relieve stress and promote deep relaxation
- Boost circulation and ease muscle and joint discomfort
- Enhance flexibility and overall mobility
- Enjoy more restful, rejuvenating sleep
- Discover a more balanced, peaceful you.

# MASSAGE WITH SOUND


**LEAH CANNON, LMT | LEAHCANNONLMT@GMAIL.COM |**
**STEPHANIE CUCINA, CSP | YOGASTEPH82@GMAIL.COM |**


# CELEBRATION OF LIFE

## *Charlotte "Chotz" Grove*

3/20/1942 - 4/30/2025

IT IS WITH DEEP SORROW THAT WE ANNOUNCE THE PASSING OF OUR BELOVED CHOTZ, WHO DEPARTED THIS WORLD PEACEFULLY, SURROUNDED BY LOVED ONES.
WE INVITE YOU TO JOIN US IN HONORING CHOTZ'S LIFE, LOVE, AND LEGACY.

## JUNE 28TH | 2:00-4:00 PM

AT WHITE ROSE SENIOR CENTER
27 SOUTH BROAD STREET, YORK PA 17403

TO HONOR CHOTZ'S MEMORY AND HER PASSION FOR SENIORS, IN LIEU OF FLOWERS, HER FAMILY INVITES YOU TO MAKE A DONATION TO THE WHITE ROSE SENIOR CENTER. YOUR SUPPORT WILL HELP TO CONTINUE THE LEGACY SHE CARED SO DEEPLY ABOUT.



WHITE ROSE SENIOR CENTER
27 SOUTH BROAD STREET
YORK PA, 17403
23-2373478

*Please RSVP by calling 717-843-9704 by June 20th.*

# R&K Sub Sale



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**Sub Delivery: Wednesday June 25th**

**(Pickup During Lunch Distribution)**

Pretzel Sandwiches**: $7.00**

Subs**: $8.00**

Subs:

*Italian*
*Spicy Italian*
*Ham*
*Turkey*
*Roast Beef*
*American*

Pretzel Sandwiches:

*Italian*
*Ham & Cheese*
*Ham & Swiss*
*Turkey & Cheese*
*Roast Beef & Cheese*
*Sweet Lebanon Bologna & Cheese*
*Chicken Salad*
*Egg Salad*
*Tuna Salad*
*Chicken Breast with Pepperjack*

Please take notice of the modest price increase. We apologize for the increase but R&K has increased their prices and as such, we have to adjust our Sale Price.

# Friday June 6th

Lancaster Tanger Outlets Trip & Dienner's Restaurant Outing

Dienner's
COUNTRY RESTAURANT

Cost: 65+ Rabbit Transit $**18.00** Round Trip.

Lunch Cost: **$17.00** Beverage Not Included

You will need to bring money for shopping.

*Depart White Rose Senior Center @ 8:30*

*Arrive to Lancaster Outlets @ 9:30*

*Shopping*

*Depart by Noon for Lunch at Dieners.*

*Depart from Dienner's by 2:00*

*Arrive to Center around 3:00*



WHITE ROSE SENIOR CENTER

# VOLUNTEERS NEEDED



Are you passionate about giving back to the community and creating positive change? We are seeking dedicated volunteers to deliver Home-Delivered Meals to homebound individuals aged 60+.

## Details:

- Mondays, Wednesdays, and Fridays
- Time: 10:30 AM-12:30 PM
- Route Area: East of George Street in York
- Deliveries: 6-22 people per route
- Training Available

## Volunteer Requirements

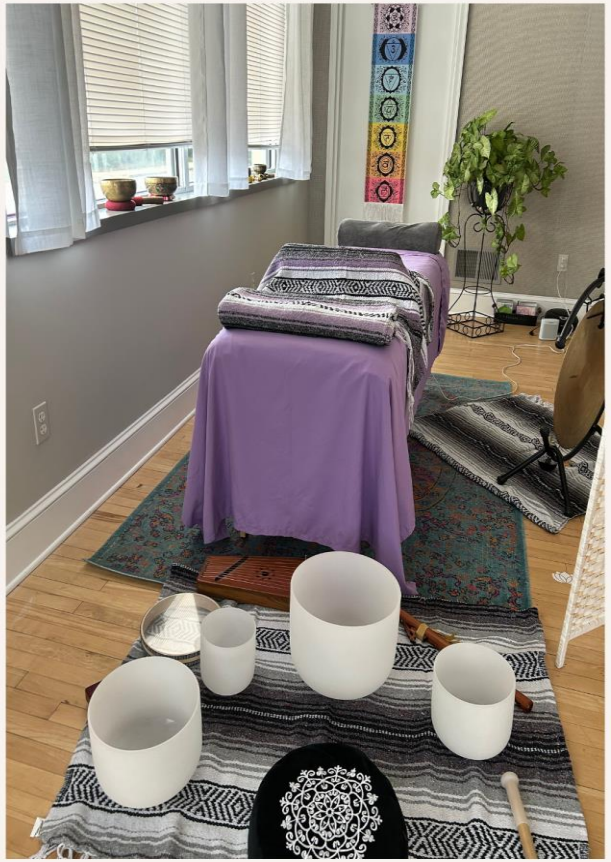
- A Car
- A Valid Drivers License
- Reliability
- A desire to help and make a difference

**JOIN US NOW**

717-843-9704

lisa@whiterosseseniorcenter.org or jenna@whiterosseseniorcenter.org

# YogaSteph's Private Energy Sessions



*Featuring Reiki, Sound Meditation, or a Blend of both*

Yoga Steph

More Information: yogasteph82@gmail.com

# White Dog Bone Company

## Why Choose White Dog Bone for Your Pet Needs?

At WhiteDogBone, our mission is two-fold; we aim to provide owners with high-quality foods that promote a healthy and fulfilling life for their pet while also creating a business environment where family values are championed. Our family purchased WhiteDogBone when Chuck (current owner) lost his job at 51 and struggled to compete in the job market. As we evaluated our future, we decided to take the biggest risk of our lives and become business owners. Since purchasing WhiteDogBone in 1994 the business has grown from simply being a stand at shows to an online pet store. Known as the store that is 'loved by families and trusted by champions', our customer service and superior brand offerings make our small business second to none. In addition, our unique focus on family gives our team the freedom to adjust to their personal needs. From school activities to caring for loved ones, our furry and non-furry families always come first. Looking for a food that fits the life stage, breed and needs of your pet? We can help! Need recommendations on a low calorie training treat? Reach out to our team. Have questions about shipping or placing an order? We are just a phone call away. 1-800-682-9671



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

## 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