AUGUST 2024

HIGHLIGHTS

Thursday August 1st 9:30-1:00 **Commodity Supplemental Food Box for Seniors, Puzzle Packets**

Bingo Mania: Most Fridays in August @ 9:45. $5.00 for 10 Games. Friday August 2nd, Friday August 9th, Friday August 16th, Friday August 23rd

Tuesday August 13th 10:00 **Aetna Visit w/ Kiara**

Thursday August 8th & 22nd 10:00 **Fresh Express**

Thursday August 15th 9:30 **Senior Spa Day**

Tuesday August 20th 9:30 **Potluck** (Bring a store-bought item. See sign up sheet)

Thursday August 29th 9:30 **Field Day**
Friday August 30th 10:00 **Beach Party & Snack Bar**

AUGUST 2024

THE ROSE



White Rose Senior Center

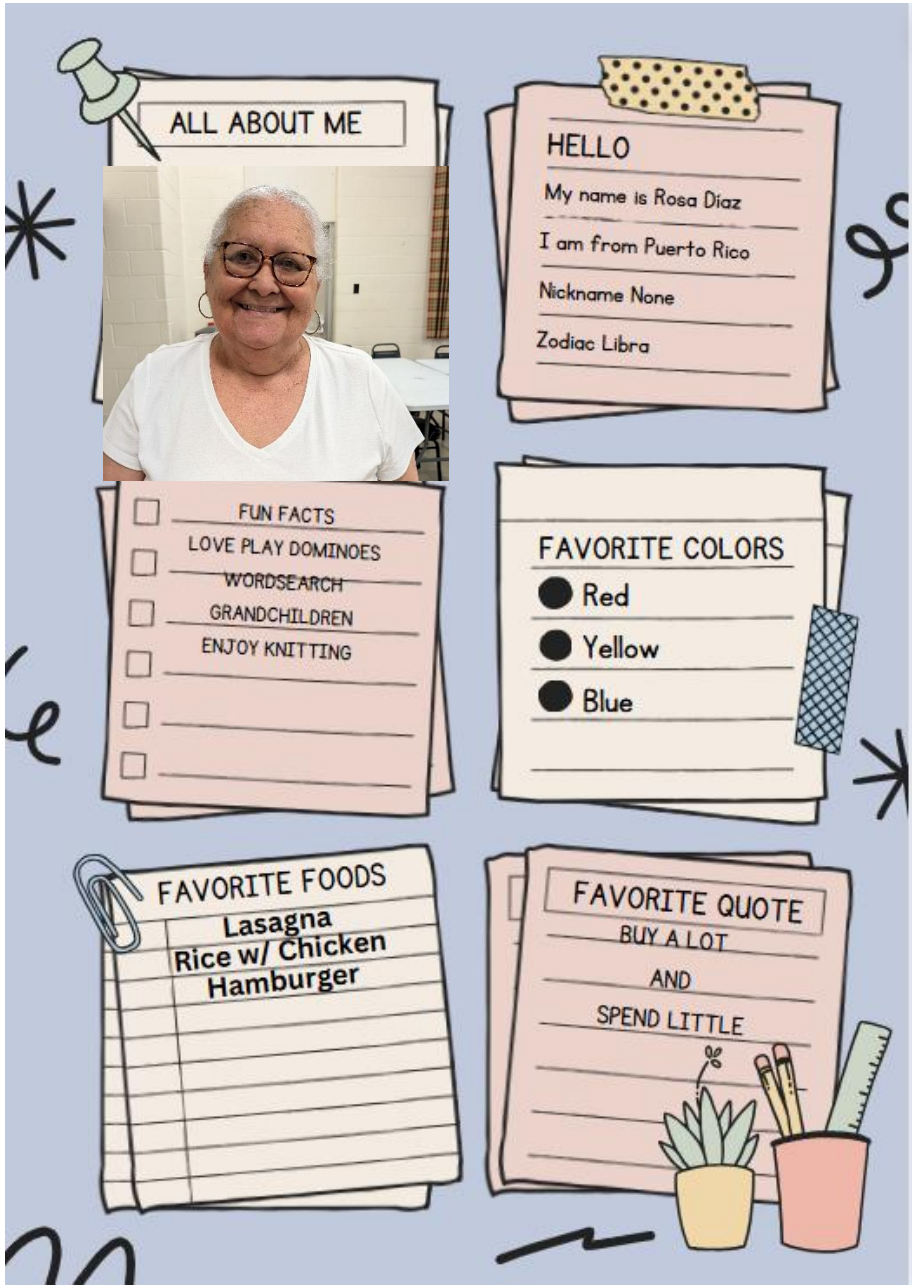
27 South Broad Street
York PA. 17403
717-843-9704

MONDAY THROUGH FRIDAY
OFFICE HOURS: 8:00 A. M.– 4:00 P. M.
IN PERSON: 9:00 AM 2:00 PM

www.whiteroseseniorcenter.org



Senior of the Month: Rosa Diaz



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

welcome

Cindy McKinsey
Kerri Elysse Sullivan
David Bruggeman
Diane Carol Jackson
Jorge Cuevas
Bradley Shoff
Willie Cunningham
Martha Green
Maria Nieves
Deborah Greenslade
Jan Centkiewicz
Deborah Sterner
Parker Hooker
Juan Hernandez
Kim Powell
Sharon Jennings
Hillary Nelson
Jody Romesburg
Sarah Ellen Kearse
Tanya Sweeney
Mary Shroeder
Wendell Johnston
Vinita Hayes
Sherman Hayes

White Rose Senior Center Staff

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

Street Sweeping

The First Tuesday and First Thursday of each month is Street Sweeping.



There is NO Parking on the far side of Broad Street (First Tuesday) from 7:15am-11:45am. and NO Parking the close side of Broad Street (First Thursday)from 12:45pm-3:15pm.

You will be ticketed!



FRIENDLY REMINDER: IF YOU ARE SICK, PLEASE REFRAIN FROM COMING TO THE CENTER UNTIL YOU ARE FEELING WELL. Reduce the spread of germs by WASHING YOUR HANDS OFTEN AND THOROUGHLY, and by STAYING HOME WHEN YOU ARE FEELING UNDER THE WEATHER.

Thank you for your cooperation 😊



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.

Do You Qualify?

Must be 60 or older and living in York County

Monthly Income Requirements

– Household of 1: $1,580

– Household of 2: $2,137

*Must have valid ID

If you do not receive your box for (3) months, York County Food Bank will remove you from the list!

Fresh Express will continue to be distributed at approximately 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 products.

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.

August 8th & 22nd

Senior Bingo Dates

Bingo with West Manchester Township



Hey Seniors! Do you want to meet some new friends? Socialize? Snack and play bingo for fun? Join Lori and Kristi at the Shiloh Fire Department located at 2190 Carlisle Road, York PA 17408, from 10:30 – Noon. If you want, bring a snack to share. There is no cost for this activity so mark your calendars and bring a friend.

Tuesday August 13

Tuesday September 10

See Staff to arrange Transportation. Must be 65+, Rabbit Transit is approximately $4.70.



Remember, you must pre-register for your meal.

This is to ensure that we 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. With **in person operating hours of 9am-2pm,** we are hopeful you will join us inside! 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!

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 Summer 2024 classes are as follows:

Class: Bingo and Lunch at Hoss's Steak & Seahouse
White Rose Senior Center and Springettsbury Township will offer "Bingo" at Hoss's Steak & Seahouse. Prizes will be given to all of the winners. Lunch will be served prior to Bingo. Come and join in the fun!
Date: August 6, 2024
Day: Tuesday
Time: 11:00 – 1:30pm
Location: Hoss's Steak & Seahouse – 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!

Please see Staff if you would like to Register!

Wednesday **September 4th**

914 Mt Hope Rd, Fairfield, PA 17320

A variety of activities are offered at Senior Day. Homestyle lunch, crafts, educational presentations, games, music and a number of special guests are some examples of what is offered.

PROGRAM FOR SENIOR DAY

9:30 Meet and greet with continental breakfast

10:00 Morning Program

12:00 Delicious **Lunch**

1:00 Afternoon program

Seats are limited and first come first served. Day Camp tickets are $20 which includes your breakfast, lunch, and activities. Rabbit Transit Cost: $13.50, Must be 65+. Payment is due when you sign up.





Unleashing Creativity and Harmony: The Magic of Boomwhackers

In this edition of our newsletter, we delve into the whimsical world of Boomwhackers! These colorful musical tubes have been creating waves in music education and creative expression circles worldwide. Whether you're already familiar with them or curious to learn more, let's explore what makes Boomwhackers so special.

What Are Boomwhackers? Boomwhackers are hollow, plastic tubes tuned to different musical pitches by length. When struck against a surface or each other, they produce musical tones. Each color corresponds to a specific note, making them both visually appealing and easy to use for creating melodies and harmonies.

Why Boomwhackers? Accessible and Inclusive: Suitable for all ages and abilities, Boomwhackers are a fantastic way to introduce music to children and adults alike. Their simplicity encourages participation and removes barriers to musical exploration.

Educational Benefits: They are excellent tools for teaching rhythm, melody, and harmony in a hands-on way. Whether in classrooms, music therapy sessions, or team-building exercises, Boomwhackers foster creativity and teamwork.

Versatility: From classrooms to community events, Boomwhackers are adaptable to various settings. They can be used individually or in groups, enhancing cooperative learning and fostering a sense of accomplishment.

Materials: Made from lightweight, durable plastic, Boomwhackers are designed to withstand vigorous use while producing clear, resonant tones.

Global Appeal: Embraced worldwide, these tubes have found their way into diverse musical genres, from classical compositions to contemporary pop arrangements.

How to Get Started: Exploration: Begin by experimenting with different tube lengths and colors. Strike them gently against a soft surface or tap them together to hear their unique tones.

Learning Resources: Numerous online resources offer free tutorials and songbooks tailored for Boomwhackers, making it easy to learn new tunes and techniques. **In Conclusion** Whether you're a music educator, a parent seeking enriching activities for children, or simply someone eager to explore music in a new way, Boomwhackers offer a delightful journey into the world of sound and creativity.

Explore the magic of Boomwhackers and let your creativity soar!

Bingo Mania:



Most Fridays in August @ 9:45. $5.00 for 10 Games. Friday August 2nd, Friday August 9th, Friday August 16th, & Friday August 23rd

Mark your calendars for our November Cash & Gift Card Bingo! Saturday November 2nd! $20.00 for advanced tickets!

A huge Thank You to everyone who supported our July Cash & Gift Card Bingo! We raised $2,000!



Please dress in your appropriate beach attire! Music and light refreshments will be served.



Earn a $2 Food Buck coupon for every $2 you spend using your access card

Affordable farm fresh produce grown and harvested in the City of York

EVERY THURSDAY
10:30-12:30
White Rose Senior Center
27 S. Broad St.

EVERY FRIDAY
11-1 pm
YMCA
90 N Newberry St.

EVERY SATURDAY
12-2 pm
Parkway
Corner of Willis & Parkway

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



Volunteer with York Fresh Food Farms for the 2024 growing and farmer's market season!

Volunteers have the opportunity to get involved in the farm and/or farmer's market operations. Call or email to apply.

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



Celebrate National Spa Day on Thursday August 15th by making an appointment to get your nails painted or receive a luxurious facial. By appointment only.

Turning 65?
New to Medicare?

PA MEDI is here to help with "Medicare 101"!

Understanding Medicare can be difficult. Provided by Pennsylvania Medicare Education and Decision Insight, PA MEDI, this free presentation introduces you to Medicare and gives you the opportunity to ask questions to PA MEDI's specially trained staff and volunteers.

"Medicare 101" will help you learn about:

- Medicare Eligibility & Enrollment
- Notices, Costs & Penalties
- Original Medicare, Medigap, & Medicare Advantage
- Services under Medicare Parts A & B
- Medicare Prescription Drug (Part D) Benefit
- Switching Plans
- Medicare Appeals
- Medicare Savings Programs to save you money
- How PA MEDI can assist you... and much more!

pennsylvania
Medicare Education and Decision Insight



Join Us!

When:
Tuesday, July 25th &
Thursday, November 30th
6 - 9 pm

Where:
York County at Pleasant Valley Road
2401 Pleasant Valley Road
York, PA 17402

Register:
Call **717-771-9008** or
Email: **aging@yorkcountypa.gov**

Presented by Pennsylvania Medicare Education and Decision Insight, PA MEDI, the known and trusted resource at your local Area Agency on Aging for unbiased, easy-to-understand Medicare information.

This project was supported, in part by grant number 90SAPG0069-03, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

SHIP

Yarn Crafters

EVERY WEDNESDAY
& THURSDAY
9:00-2:00

Strength & Balance Chair Yoga

w/ Stephanie

NEW! **Tuesdays**
w/ Stephanie
12:00-1:00



Chair Yoga
w/ Stephanie
Fridays
12:00-1:00





Book Club

2nd & 4th Tuesday
10:30 AM

Meet & Greet
with CoCo
Monday August 26th
to celebrate
National Dog Day





Thursday August 29th @ 9:30

Challenges will continue following lunch!

Turtle Race

Chair Volleyball

Baseball

Staff Members will compete with their teams to see who takes the Victory over all three challenges! Sign up today!