March

HIGHLIGHTS

Thursday March 6th 9:30-1:00 **Commodity Food Boxes for Seniors** & Puzzles & 20 Questions

Monday March 10th @ 9:00-11:00 Vaccination Clinic from Minnich's Pharmacy

Monday March 17th **Breakfast Fundraiser** ($6.00)- See inside of newsletter.

March Raffle Wednesday March 5th

Tuesday March 18th 10:00 **PennState Nutritional w/ Karen**

Fresh Express will be Thursday March 13th & Thursday March 27th @ 10:00

Bingo by Oak Street Health: Tuesday March 11th & Tuesday March 25th

Bingo Mania: Cost: $5.00 for 3 Cards.
Thursday March 20 & Wednesday March 26th

March



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





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



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

onthemove
Group Exercise for Improved Mobility in Older Adults®
with Stephanie
Mondays & Thursdays @ 12:00

ZUMBA
with Cindy Patterson
Wednesdays @ 10:30

March



Rest in the Lord

Day 1: Psalm 34:1
Day 2: Psalm 34:4
Day 3: Psalm 34:6-7
Day 4: Nehemiah 9:5-6
Day 5: Psalm 9:9-10
Day 6: Psalm 13:5-6
Day 7: 1 Chronicles 16:23-24
Day 8: 1 Chronicles 16:25-26
Day 9: 1 Chronicles 16:27-29
Day 10: Psalm 16:1
Day 11: Psalm 27:1
Day 12: Psalm 28:7
Day 13: Jeremiah 20:13
Day 14: Psalm 32:7
Day 15: Psalm 40:1
Day 16: Isaiah 25:1
Day 17: Psalm 42:5
Day 18: Psalm 42:11
Day 19: Habakkuk 3:17-18
Day 20: Jeremiah 29:11-13
Day 21: Psalm 46:1-2
Day 22: Psalm 55:16
Day 23: Acts 16:25-26
Day 24: 2 Corinthians 1:3-4
Day 25: Ephesians 3:16-17
Day 26: Ephesians 3:18-19
Day 27: Ephesians 3:20-21
Day 28: Psalm 62:1-2
Day 29: Psalm 75:1
Day 30: Colossians 3:15-16
Day 31: 1 Thess 5:16-18

BIBLE STUDY
WITH KEN
Every 1st & 3rd Wednesday
10:00

fresh EXPRESS

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 March 13th

Thursday March 27th



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



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.

WELCOME New Members

Vernon Bradford
Richenda Green
Josephine Thomas
Jeffrey Flinchbaugh
Robert Eline
Terry Akin
Edwin Reyes
Angel Santiago
Thomas Ottati
Hector Dejesus
Yolana Ojeda
Anthony Williams

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*
Chotz Grove *Customer Service*
Cheri Bowersox *Bookkeeper*

March Fundraiser

St. Patrick's Breakfast

Monday March 17th,

Cost: $6.00

Pancakes Sausage Hashbrowns

w/ Juice & Coffee





White Rose Senior Center's

GIVE LOCAL York

CASH & GIFT CARD BINGO

Advanced Tickets $20
$25 at the door

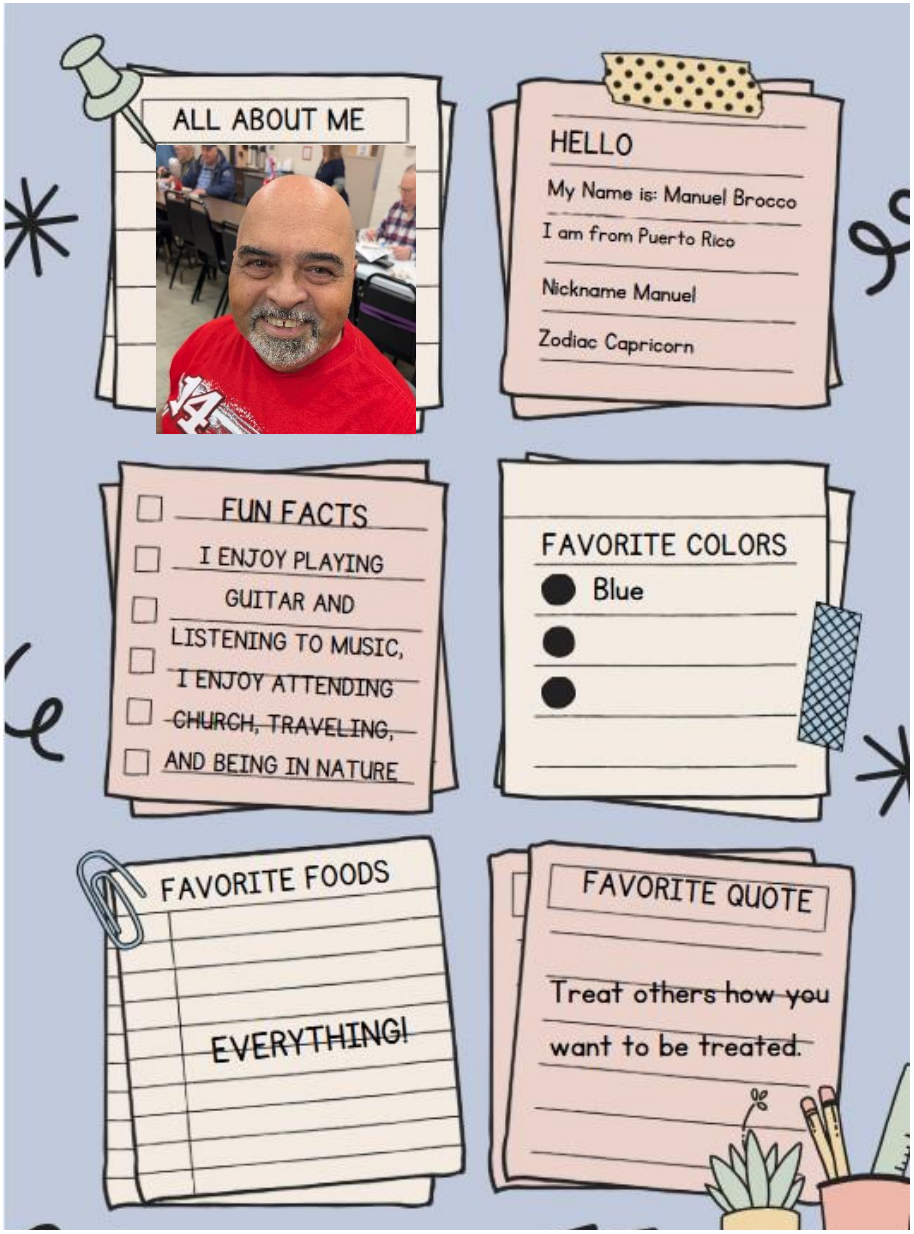
Saturday April 26th, 2025

DOORS OPEN AT: 11:00 AM
BINGO STARTS AT: 12:00 NOON

Small Games of Chance, 50/50 Raffle, Refreshments available for purchase. Extra Strips $3.00 each or 2/$5.00. All proceeds to benefit White Rose Senior Center's Give Local York.

Senior of the Month: Manuel Broco was our February 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.



March Madness Baseball League

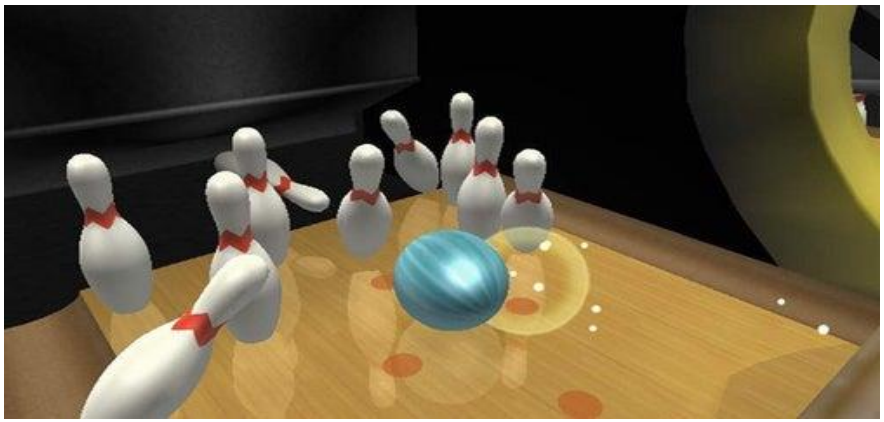
Get ready for a whirlwind of excitement with March Madness Baseball League!

It's a league where the hits are hot, the plays are sharp, and every game is a showstopper. Batter up and bring your A-game—because the only thing better than a baseball match is smashing a home run in this thrilling competition!

Sign up today to join the fun. Teams will be evenly divided, and the team with the highest score at the end of each game takes home the win!

Select Days in March.

Winter Wii Bowling League



Roll into some springtime fun with our Spring Wii Bowling League! It’s bound to be right up your alley—don’t let this chance roll past you!

Sign up soon as spots will fill quickly—teams of four will rotate throughout the games. We’ll be keeping score, and the player with the highest score at the end of the month will win an exciting prize!

onthemove

Group Exercise for Improved Mobility in Older Adults®

As people age, walking frequently becomes more difficult for older adults; this is a common and costly problem. Individuals who have difficulty walking are at risk for losing their independence. One way to slow or prevent this decline in walking is through exercise. There are many community-based exercise programs in which older adults can participate. Few of these programs, though, focus specifically on the timing and coordination of movement in walking.

On the Move: Group Exercise for Improved Mobility in Older Adults® (OTM) is a group-based exercise program for older adults designed to target the timing and coordination of walking. The program challenges the brain to match the timing and sequences of your movements with your posture to improve the smoothness and efficiency of walking. To achieve this 'better walking', OTM has a variety of progressive stepping and walking patterns. When compared to a seated strength, endurance, and flexibility exercise program for walking, OTM resulted in greater improvements in mobility.

The 12-week OTM program meets twice a week for 60 minutes per session. It's delivered by a trained exercise leader. OTM has a warm-up period, strength training exercises, stepping and walking patterns, and a cool-down period. The unique stepping and walking patterns in OTM are goal-oriented and progressive. This timing and coordination approach to improve walking is based on principles of the development of motor skills. As a motor-control based program to improve walking, there is a heavy emphasis placed on high repetition of accurate exercise activities. Music, props such as cones and balls, and partner-based activities keep our classes interesting.

Class Instructed by Steph

Mondays & Thursdays @ 12:00



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.

March Raffle

Monday March 10th

Join Our St. Patrick's Day Raffle and *steal a leprechaun's luck!* 🌈

🍀Shamrock-approved goodies &maybe a Pot o' Gold!

$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.

Let the luck of the Irish bring you prizes (or at least a great excuse to celebrate).



Give Local York is a 24 hour "Day of Giving" in York, PA. The monies raised for White Rose Senior Center go to support the activities and operations for the Center. The pandemic caused a shortage in our general fundraising for the year so we are blessed to have received these donations!

Thursday May 1st at 9pm and runs through 9pm on Friday May 2nd.

In 2024 we raised over $18,000. *(More than 330 Non-Profits in our local community raised $4.64 Million)*

This year, our goal is <u>$20,000</u> and we cannot reach our goal without you! Mark your calendars!

Tuesday March 4th

Mardi Gras Potluck

9:30



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.

Food Sources of Iron

Iron helps carry oxygen throughout your body and getting enough is important for growth and development. Eating a variety of nutrient-dense foods from all food groups can help you meet your needs.

Did you know that you can get iron from many different food groups?

Here are a few examples:



- Bison, sardines, clams, turkey leg, sesame seeds, and cashews
- Fortified ready-to-eat or cooked cereals
- Dark green vegetables such as spinach or kale; beans such as soybeans or chickpeas; and other vegetables such as beets, green peas, and poi (taro)
- 100% prune juice

Looking for more sources of iron to enjoy?

Use this list to identify foods and drinks that fit your culture and lifestyle. By making shifts toward a healthy eating routine, you can meet your food group and iron needs.

Nutrient-dense Food and Beverage Sources of Iron

The body absorbs iron more easily from animal sources (heme iron) than plant sources (non-heme iron). Talk to your healthcare provider about how much iron you need.

FOOD	STANDARD PORTION	IRON (mg)	PLAN TO TRY	MY FAVORITES
Protein Foods (heme sources)				
Oyster	3 oysters	6.9		
Mussels	3 ounces	5.7		
Duck, breast	3 ounces	3.8		
Turkey Egg	1 egg	3.2		
Bison	3 ounces	2.9		
Duck Egg	1 egg	2.7		
Beef	3 ounces	2.5		
Sardines, canned	3 ounces	2.5		
Crab	3 ounces	2.5		

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.**

Class: Jewelry Cross or Frame

Have you asked yourself, what should I do with my box of vintage or costume jewelry? You don't wear it anymore. Some pieces are broken or inherited from your mom, sister, or grandmother. You don't want to get rid of these pieces either. Let Becky Hickey show you how to create a beautiful cross (10" high x 7" wide) or picture frame (8" x 10") using costume jewelry, buttons, beads, etc. You are encouraged to bring a selection of costume jewelry to personalize either your cross or picture frame. After registering with Springettsbury Township, please call Lisa Krout at White Rose Senior Center and let her know if you would like to make a cross or a picture frame (717-843-9704).

Supplies: You are encouraged to bring vintage or costume jewelry. The instructor will have some jewelry, buttons, beads, etc. All other supplies will be provided by the instructor.



Instructor: Becky Hickey
Date: March 18, 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: Tullip Painting

Janeen Hershey will teach you how to paint this 16-inch wooden circle and transform it into a gorgeous tulip to display for springtime. The tulip will be pre-drawn and you will have your choice of colors to paint with. Each petal starts with a dark color and proceeds to an ombre look. You will love this fun and easy class



Supplies: All supplies provided by instructor.
Instructor: Janeen Hershey
Date: March 25, 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: Beautiful Tree Scene

This class provides some painting and some stitching. Joanne Kluk will have you place the fabric on an embroidery hoop and then using acrylic paints, you will paint the background of the trees. Additional trees will be added in the foreground by stitching them with embroidery floss which makes them 3 dimensional. A ribbon hanger will be added at the end for your stunning art piece. **Supplies**: All supplies will be provided by the instructor.



Instructor: Joanne Kluk
Date: April 1, 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

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.