

October

HIGHLIGHTS

Monday October 7th 12:00 **Bingo by Oak Street**

Tuesday October 8th: **Trip to Lake Redman**. Please see sign-up sheet.

Wednesday October 9th 10:00 **Food Demo Nutritional**
Presentation w/ Karen from Penn State Cooperative Extension
Center Closings: Monday October 14th **Columbus Day**

Thursday October 17th **Staff Training, Center is Closed.**

Tuesday October 22nd **Pie Baking Contest** – Please see sign-up sheet.

Tuesday October 29th 10:00 Fall Fest with DJ Chris Wagman

Wednesday October 30th 9:30 **Hollywood Casino Trip** (*Bring Lunch Money, \$6.00 Rabbit Transit 65+, & Money for Gambling. Photo ID Required for entry.*)

We are seeking donations of the following items: **Dish Soap, Bleach, Lysol Bathroom Foam Max Cleaner, Lysol Toilet Bowl Cleaner.**

Biggest Need: \$25 Gift Cards for Cash & Gift
Card Bingo on Saturday November 2nd
(preferred stores: Walmart, Giant, Weis, Restaurants, etc.)

These items will help us maintain a clean and safe environment for our community and enable us to provide support through events like Cash Bingo, which many of our participants look forward to.

October

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



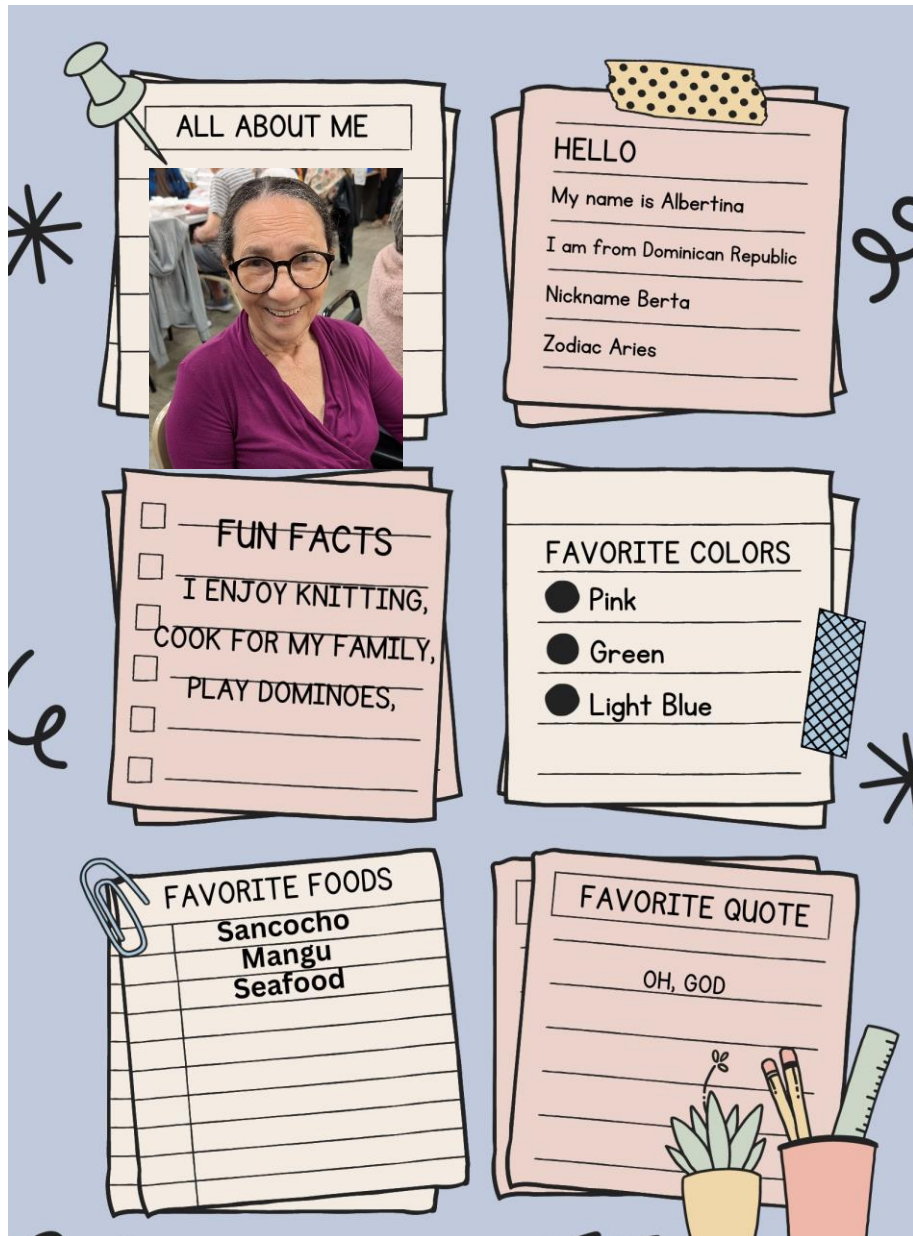
717-632-5552

penncares.org



Senior of the Month: *Albertina Fernandez* was our September 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.



WELCOME *New Members*

Robert Anderson
Orlando Almonte
Kenneth Mondorf
Kevin Aungst
Latifah Ahmad
Vickie Foreman
Karen Myers
Wendy Hake

Mary Stewart
Angel DeJesus-Ocasio
Burnet Ritter
Dennis Emerick
Zulma Rovira
Pennie Spiker
Eileen Modzel
Virginia Treadway

White Rose Senior Center Staff

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



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.

October 10th & 24th

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 October 8th & Tuesday November 12th

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

HOLIDAY BINGO
SHILOH FIRE COMPANY

When: Thursday December 19th | 1:00 – 3:00 PM
Where: Shiloh Fire Company | 2190 Carlisle Rd, York
Call to Register: 717- 792- 3505 by December 13th
Cost: \$8.00 per person
Do Not Park in Emergency Designated Areas.
Please bring a Dauber with you.
We will have a limited number available.
Doors open at 12:30.



<input type="checkbox"/> OCTOBER 1	MIC 4-7; NAH 1; PS 104
<input type="checkbox"/> OCTOBER 2	NAH 2-3; HAB 1-3; PS 105
<input type="checkbox"/> OCTOBER 3	ZEP 1-3; HAG 1; PS 106
<input type="checkbox"/> OCTOBER 4	HAG 2; ZEC 1-4; PS 107
<input type="checkbox"/> OCTOBER 5	ZEC 5-9; PS 108
<input type="checkbox"/> OCTOBER 6	ZEC 10-14; PS 109
<input type="checkbox"/> OCTOBER 7	MAL 1-4; PS 110
<input type="checkbox"/> OCTOBER 8	MAT 1-4; PS 111
<input type="checkbox"/> OCTOBER 9	MAT 5-7; PS 112
<input type="checkbox"/> OCTOBER 10	MAT 8-9; PS 113
<input type="checkbox"/> OCTOBER 11	MAT 10-12; PS 114
<input type="checkbox"/> OCTOBER 12	MAT 13-14; PS 115
<input type="checkbox"/> OCTOBER 13	MAT 15-17; PS 116
<input type="checkbox"/> OCTOBER 14	MAT 18-20; PS 117
<input type="checkbox"/> OCTOBER 15	MAT 21-22; PS 118
<input type="checkbox"/> OCTOBER 16	MAT 23-24; PS 119
<input type="checkbox"/> OCTOBER 17	MAT 25-26; PS 120
<input type="checkbox"/> OCTOBER 18	MAT 27-28; PS 121
<input type="checkbox"/> OCTOBER 19	MK 1-3; PS 122
<input type="checkbox"/> OCTOBER 20	MK 4-5; PS 123
<input type="checkbox"/> OCTOBER 21	MK 6-8; PS 124
<input type="checkbox"/> OCTOBER 22	MK 9-10; PS 125
<input type="checkbox"/> OCTOBER 23	MK 11-12; PS 126
<input type="checkbox"/> OCTOBER 24	MK 13-14; PS 127
<input type="checkbox"/> OCTOBER 25	MK 15-16; PS 128
<input type="checkbox"/> OCTOBER 26	LUK 1-2; PS 129
<input type="checkbox"/> OCTOBER 27	LUK 3-4; PS 130
<input type="checkbox"/> OCTOBER 28	LUK 5-6; PS 131
<input type="checkbox"/> OCTOBER 29	LUK 7-8; PS 132
<input type="checkbox"/> OCTOBER 30	LUK 9; PS 133
<input type="checkbox"/> OCTOBER 31	LUK 10-11; PS 134

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



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.



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

Seeking Sponsorship for Our Monthly Newsletter!

Are you ready to make a difference at White Rose Senior Center?

We're excited to offer a unique opportunity for individuals, local businesses and organizations to support our monthly newsletter, which reaches 500 engaged Seniors each month. Our newsletter is packed with valuable content, including community updates, special events, and programs we offer.

Why Sponsor Our Newsletter?

Benefits of Sponsoring Our Newsletter

1. Positive Community Impact:

Support programs and services that enhance the quality of life for York County Seniors. Contribute to a sense of community and well-being among our readers.

2. Targeted Marketing:

Reach a specific demographic interested in products and services relevant to seniors. Build brand loyalty within a community-focused audience.

3. Enhanced Brand Image:

Align your brand with a trusted community resource.

Showcase your commitment to social responsibility and community support.

Sponsorship Packages:

Basic Package (\$25.00): Includes banner ad placement and a mention in our "Sponsor Spotlight" section. Ideas include: **In Memory Of:** Create a lasting tribute that honors the memory of loved ones and supports our senior community. **Happy Birthday:** Celebrate milestones and spread joy with personalized birthday greetings.

Premium Package: (\$50.00) Includes a feature article and exclusive promotion.

Community Partnership Package: (\$100.00): Collaboration on community-focused initiative or events.

Custom Packages: We're happy to work with you to create a sponsorship package tailored to your needs and goals.

Join Us in Supporting Our Seniors!

Your sponsorship not only helps fund valuable programs and services at our senior center but also positions your business as a community leader dedicated to making a difference.



White Rose Senior Center's

CASH & GIFT CARD BINGO

\$20 Advanced Tickets
\$25 At the Door

SATURDAY NOVEMBER 2ND

27 SOUTH BROAD STREET
YORK PA 17403

Doors open at 11:00 AM
Bingo starts at 12:00 PM

LISA KROUT:
717-843-9704

Refreshments available for purchase.
Extra Strips \$3 each or 2/\$5,
50/50 Raffle, Small Games of Chance


The poster features a purple background with a large white rose graphic. It includes illustrations of bingo balls with numbers 5, 8, and 9, a bingo card with numbers 22, 35, and 75, a green turtle, a red bingo ball, a yellow star, and a purple bingo card.


Exciting Casino Trip Getaway!

Get Ready for a Thrilling Adventure!

Join us for an unforgettable trip to Hollywood Casino where the fun never stops and the winnings just keep coming! Whether you're a seasoned player or a first-time visitor, this experience promises to deliver the excitement you're craving.

What's Included:

 **Transportation** – Rabbit Transit for 65+ \$6.00

 **Delicious Dining Options** – Bring Lunch Money & Money to Gamble.

Why You Shouldn't Miss This Trip:

Big Jackpots: Your chance to win HUGE! 

Variety of Games: From slot machines to poker and blackjack, we've got it all.

 **Wednesday October 30th**

 **9:30 AM Departure to 2:30 PM**

Limited spots available!

Secure your seat now for just **\$6.00**.

Don't miss out on the excitement!

The tables are waiting for you. 

Ready to take a gamble on fun? **Book now!**

(Disclaimer: Photo ID Required to participate/enter. Gamble responsibly.)

COME ONE COME ALL!
LET'S CELEBRATE FALL AT
LAKE REDMAN'S

FALL BASH

AT THE BASS PAVILION

274 HESS FARM RD, YORK, PA

GAMES, PRIZES, AND FUN!

TUESDAY OCTOBER 8TH

9:30 DEPARTURE FROM CENTER

10:00 ARRIVAL TO LAKE REDMAN

10:15 MEET & GREET WITH SOUTH CENTRAL

10:30 ACTIVITY BY WHITE ROSE

11:30 LUNCH (GRILLING BY SCSC!)

12:30 ACTIVITY BY SOUTH CENTRAL

1:30 CLEAN UP

1:45 DEPARTURE

**\$7.50 Rabbit & \$5.00
Contribution for Food**

PLEASE CHOOSE FOOD
OPTION ON SIGN UP SHEET.
BURGERS & HOTDOGS SPONSORED BY
THE BARBUSH GROUP.
CHIPS & DRINKS PROVIDED BY WRSC
SIDES PROVIDED BY SCSC.

**Spots FCFS.
Paying Reserves your seat.
Jenna will be Escorting.**

South Central York County
Senior Center

White Rose
Senior Center 

TroveStreet®

is hitting the road!

Healthy Living

September 17
YWCA Hanover

Embracing Growing Older

September 19
Zimmerman
Center

Money Matters

October 14
Hopewell Area
Recreation & Parks

Home & Place

October 22
YC Fire School

Transportation

October 30
York JCC



Scan for more information
or to register for the TroveStreet®
Aging in Place seminars!

Seminars are
brought to you
by TroveStreet®
and in part,
funding from

AARP
Pennsylvania



Policy on Limiting Multiple Calls to Staff Members & Other Members

This policy is established to prevent disruptions and maintain a professional work & Center environment by addressing the issue of repeated phone calls to staff members and Center Members throughout the day. It ensures that staff and Center Members have the time and space to complete their tasks and tend to their own personal matters while guaranteeing timely communication.

Staff members are expected to respond to phone calls in a timely manner. However, calling staff multiple times in a single day for non-urgent matters is disruptive and counterproductive. To prevent interruptions:

Single Call Approach: Please limit your calls to one message or voicemail per day for non-urgent matters. Staff will return your call at their earliest availability.

Allow Response Time: Staff are expected to respond within a reasonable timeframe (e.g., within 24 hours for general inquiries).

The following behaviors are considered disruptive and should be avoided:

Repeated Calls: Calling multiple times throughout the day without allowing staff sufficient time to respond. This goes for calling Staff as well as other Members.

Non-Urgent Follow-Ups: Following up repeatedly on *non-urgent* issues.

Interruptive Behavior: Continually calling when other methods (e.g., seeing staff and Center Members in person during Center hours)

Just a friendly reminder: During Bingo games or presentations, we kindly ask that Dominoes and Card games not be played.

Let's keep the focus and enjoy the activities together!
Additionally, out of respect, please take phone calls in the lobby.

Vaping Indoors: While you can possess medical cannabis with a medical marijuana ID card, PA law restricts vaping in any public place. Please remember, smoking and vaping is prohibited indoors and you must do so outside, 25 feet away from the building at all times. No exceptions.



Pie Baking Contest

Tuesday October 22nd Check-in time: 30 minutes prior to the event start time. All entries due by 9:30. Judging to start at 10:00.

Categories: Fruit Pie, Cream/Custard Pie, Savory Pie, Unique/Creative Pie.

Judging Criteria: Each pie will be judged based on:

Appearance (Presentation, creativity) – 10 points

Crust (Texture, flavor, doneness) – 10 points

Filling (Taste, consistency, balance) – 10 points

Overall Flavor (Harmonious flavors, seasoning) – 20 points Total

Possible Points: 50

Kitchen Rules:

Sanitation Standards: All pies must be prepared in a clean and sanitary kitchen environment. Participants are expected to follow food safety guidelines, including:

Proper Handwashing: Wash hands thoroughly before handling ingredients.

Clean Utensils and Equipment: Ensure all utensils, bowls, and surfaces used in the preparation are properly cleaned and sanitized.

Ingredient Handling: Store and handle ingredients at appropriate

temperatures to prevent spoilage. **No Cross-Contamination:** Take care to avoid cross-contamination, especially with raw ingredients such as eggs or meat (for savory pies).

Staff reserve the right to disqualify any pie that appears to have been prepared under unsanitary conditions or poses a potential health risk.

Rabbit Transit Policy

Rabbit Transit Bus service has a strict policy of adhering to its schedule. If a bus is scheduled to depart at a specific time, especially for a trip, it will leave at that time, regardless of whether all passengers have boarded. This means that if you're planning to use this service, it's crucial to arrive a few minutes early to ensure you don't miss your ride. Punctuality is key when using Rabbit Transit, so keep an eye on the schedule and give yourself plenty of time to get to the bus/Center.



York County Paratransit Copays Changes Effective October 1, 2024 (Noted in yellow below)

Paratransit Cash Fare Type	Zone 1 (up to 9.99 Miles)	Zone 2 (10-19.99 Miles)	Zone 3 (20-29.99 Miles)	Zone 4 (30+ Miles)
Senior Shared Ride: 65+ (Senior Center & Adult Day Care)	Current: \$0.00 New: No Change	Current: \$0.00 New: No Change	Current: \$0.00 New: No Change	Current: \$0.00 New: No Change
Senior Shared Ride: 65+ (Medical, Pharmacy, or Dialysis, Fitness/PT)	Current: \$1.50 New: \$2.25	Current: \$3.00 New: \$4.25	Current: \$3.50 New: \$5.00	Current: \$4.50 New: \$6.00
Senior Shared Ride: 65+ (Any other trip purpose not mentioned)	Current: \$2.40 New: \$3.00	Current: \$3.75 New: \$4.50	Current: \$4.80 New: \$6.00	Current: \$6.75 New: \$7.50
Senior Shared Ride: 60-64 (MA eligible and going to Senior Center or Adult Day Care)	Current: \$1.50 New: \$2.25	Current: \$6.50 New: \$4.25	Current: \$7.00 New: \$5.00	Current: \$8.25 New: \$6.00
Senior Shared Ride: 60-64 (Any other trip purpose not mentioned)	Current: \$16.00 New: \$20.00	Current: \$25.00 New: \$30.00	Current: \$32.00 New: \$40.00	Current: \$45.00 New: \$50.00
Persons with Disabilities (PWD)	Current: \$3.20 New: No Change	Current: \$3.75 New: \$4.50	Current: \$4.80 New: \$6.00	Current: \$6.75 New: \$7.50
Mental Health/Intellectual & Developmental Disabilities (MH/IDD)	Current: \$3.00 New: No Change	Current: \$3.00 New: No Change	Current: \$3.00 New: No Change	Current: \$3.00 New: No Change
Medical Assistance Transportation (MATP)	Current: \$0.00 New: No Change	Current: \$0.00 New: No Change	Current: \$0.00 New: No Change	Current: \$0.00 New: No Change
General Public (Full Fare)	Current: \$16.00 New: \$20.00	Current: \$25.00 New: \$30.00	Current: \$32.00 New: \$40.00	Current: \$45.00 New: \$50.00
ADA Complementary Paratransit (ADA)	Current: \$3.20 New: No Change	---	---	---

rabbittransit understands the hardship that all fare increases have on our riders and the agencies who fund us. That is why we have worked hard to avoid raising Shared Ride fares for more than ten years.

As funding at all levels is stretched due to rising inflation and other economic factors, agencies such as PennDOT are often required to adjust co-pays to ensure their continued ability to support transportation programs. Due to these and other circumstances outside of our control, **rabbittransit** is forced to increase fares for Shared Ride service.

Going forward, copay tickets will be accepted at face value toward your fare and the senior one-ride ticket is equivalent to \$1.00.

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 Fall 2024 classes are as follows:

Please see Staff if you would like to register.

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: October 1, 2024

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!



STARS Program

Class: Folded Fabric Pinecone

Becky Hickey will show you how to make these easy folded fabric pinecone ornaments using a variety of fabrics, designs and colors to personalize your pinecone project. After adding the fabric triangles, you can embellish your pinecone with ribbon, fake leaves, berries or fake pine boughs. Enhance your Fall Holiday decorations or perfect for gift giving.

Supplies: All supplies provided by instructor.

Instructor: Becky Hickey

Date: October 8, 2024

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: Jack-o-Lantern Dish or Hand Towel

Audrey Glickson will show you how to make this festive Jack-o-lantern dish or hand towel to help celebrate Halloween! Funny, scary, happy, mad, it's your choice. Learn to make fabric yo-yos and create Mini Jack-o-Lanterns to decorate your usable and washable black towel.

Supplies: Scissors. All of supplies will be provided by the instructor.

Instructor: Audrey Glickson

Date: October 15, 2024

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: NO SEW Scandinavian Star Ornaments

Mary Jane Miller will show you how to use fabric strips to make these fun Star Ornaments to adorn your Christmas Tree. Students can make both small (3") and large (4 1/2") stars. Fabrics and hanging cord will be provided.

Supplies: Small pair of sharp fabric scissors and a 12" ruler.

Instructor: Mary Jane Miller

Date: October 29, 2024

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: Felted Wool Ornaments

Joanne Kluk will show you how to upcycle old wool sweaters and give them a new life! The possibilities are endless. We will make Christmas Ornaments by adding decorative stitches and embellishments.

Supplies: Sharp Scissors

Date: November 12, 2024

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.