JULY 2022

HIGHLIGHTS

Friday July 1st 10:00-11:00 **Healthy Relationships & Overview of STIs Presentation by York City Health Bureau**



Monday July 4th Independence Day, Center is Closed.
Tuesday July 5th 12:00 **Let's Make a Deal** (Bring your purse!)

Wednesday 10:00 **Blood Pressure Checks w/** *Family First Health*

Thursday July 7th 10:00-1:00 **Commodity Supplemental Food Box for Seniors with the Cheese Distribution & Puzzle Packet** (Must come inside)

Friday July 8th 10:00 **Minnich's Pharmacy Presents: Let's Talk About Meds** (Ice Cream Provided)

Monday July 11th 9:30 **Tie Dye Workshop** (Cost: $5.00. Must provide your own **white** shirt and pay when signing up)

Tuesday July 12th 9:45 **Men's Health Presentation by Wellspan,**
10:30-12 **Bingo @ Shiloh Fire Hall** w/ West Manchester Township, 12:00 **Bingo w/ Open Systems**

Thursday July 14th 9:30-11:30 **WellSpan Table Event,** 10:00 **Fresh Express** (Must be a White Rose Senior Center Member &/or a Broad Park Manor Resident. Bring a Cart/Bags. Must be able to carry your own Items from inside. Tables will be called in RANDOM order)

Friday July 15th 9:30-11:30 **Nutrition Vouchers** by York County Area Agency on Aging

Tuesday July 19th 9:45 **Normal Aging/Signs of Alzheimer's Presentation w/ Homeland at Home** (Barbara Goll), 12:00 **Bingo with Sindy from Aetna**

Wednesday July 20th ***Newsletter Trivia Due***, Winners to be announced at 11:30 during lunch. You must be present to win. Two winners will be selected at random.***

Thursday July 21st 9:00 **Christmas Gingerbread House Decorating Contest** ($5.00/8 Seats Available)

Friday July 22nd 9:30-11:30 **York Bubble Lady (Rain Date if Needed: Friday July 29th)**
Monday July 25th 9:00 **Christmas in July Celebration** (Gingerbread House Voting, Winner to be announced on **Thursday July 28th** during Lunch)**, August Newsletter/Calendar**
Tuesday July 26th 10-11:00 **Protect Yourself from Scams Presentation by York City Police**
Thursday July 28th 10:00 **Fresh Express** (Must be a White Rose Senior Center Member &/or a Broad Park Manor Resident. Bring a Cart/Bags. Must be able to carry your own items from inside. Tables will be called in RANDOM order)

Every Monday 9:30 **Bruce's Bible Study** (No class on July 4th, Center is closed)
Every Monday & Wednesday 10:30-11:15 **Zumba Gold®** *w/ Heather Cintron (No Class July 5th, July 13th)*
NEW Every Friday: 12:00-1:00 **Chair Yoga** *w/ Stephanie (Wear comfortable clothes)*

JULY 2022

THE ROSE

White Rose Senior Center



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

Monday - Friday 8:00 AM - 4:00 PM
www.whiteroseseniorcenter.org





"Freedom rings true, under the red, white and blue."
Have a safe and wonderful 4th of July!

Gingerbread House Decorating Contest



Thursday July 21st

9:00-11:00

Christmas Gingerbread House Decorating Contest

Cost: $5.00/8 Seats Available

Voting to begin during our kickoff of Christmas in July on the 25th.

Winner will receive a prize!

July

SCRIPTURE WRITING PLAN

With Liberty and Justice For All

Day 1: Isaiah 61:1
Day 2: James 1:25
Day 3: James 2:11-13
Day 4: 2 Corinthians 3:17
Day 5: Galatians 2:4-5
Day 6: Galatians 5:1
Day 7: Galatians 5:13
Day 8: 1 Peter 2:16
Day 9: Proverbs 21:15
Day 10: Deut. 10:17-18
Day 11: Deut. 16:19-20
Day 12: Deut. 32:4
Day 13: 2 Samuel 8:15
Day 14: 1 Kings 10:9
Day 15: Psalm 37:27-28
Day 16: Psalm 37:29-31
Day 17: Psalm 97:2
Day 18: Psalm 106:3
Day 19: Proverbs 2:7-9
Day 20: Proverbs 21:3
Day 21: Proverbs 29:26
Day 22: Eccles. 5:8
Day 23: Isaiah 5:16
Day 24: Jeremiah 5:27-29
Day 25: Jeremiah 23:5
Day 26: Amos 5:15
Day 27: Matthew 23:23
Day 28: Luke 18:1-8
Day 29: Hebrews 11:32-34
Day 30: Isaiah 45:22-24
Day 31: Philippians 3:19-21

Commit to spending 10 minutes every day to meditate and reflect on God's Word. Write down what you have gleaned from each day's scripture.

The Ruffled Mango

"Let's Talk About Meds"

A presentation to help you manage your medications and use medications wisely

You are in the best position to avoid drug related problems

Becoming your own medication manager-in partnership with your Doctor and Pharmacist- has never been more important

Learn important information and resources for yourself or loved one/parent/spouse/friend

DATE: July 8, 2022

TIME: 10 A.M.

LOCATION: White Rose Sr. Center

Presented by

EST. 1946 Minnich's PHARMACY

Welcome

WARMEST WELCOME TO OUR NEWEST MEMBERS:



Louie Valentin
Alberto Soto Blanco
Ruben Gomez Fernandez
Vanessa Ferguson
Antonetta Calcara
Nancy Harrison
Gertie Sparts
Patricia Litsinger
Steven Sheffer
Deborah Gallagher
Geraldo Rosa
Genoveva Sanabria
Gregorina Vargas
Darlene Orwig
Alice Valcarcel
Lydia Rivera
Mary Rosado
Gloria Gomez
Jose Gonzalez
Heidi Robinson
Ana Diaz Calderon
Estella Bowie
Ellen Reeling
Amos Atland



White Rose Senior Center Staff

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

York Fresh Food Farms

Fresh and Affordable Produce Available Year Round!

A 501(c)(3) nonprofit organization located at 150 Willis Road York, PA 17404



10:00-12:30 Every Thursday

York Fresh Food Farms Mobile Market



German Handtuch

A FIBER FRENZY

Nancy Walker & Jef Savage present a program of three practical fibre arts projects.....You can sign up for all three or attend those you are interested in. These projects are designed for both men & women, as history shows both genders were involved in ALL historical fibre arts processes.

Navajo Tapestry Weaving: 4 days

9:00am-10:30am, Weds, May 25 – June 15, 2022

Native American Culture and History has been and is being revitalized by First Peoples. This project will illustrate four contrasting nations, their traditional cultures, art forms & social adaptations.

Ojibwe Decorative Beading: 4 days

9:00am-10:30am, Weds, June 22 – July 13, 2022

The Ojibwe (sometimes called Chippewa) have a rich tradition of using glass seed beads to decorate their clothing and other personal items. It is undergoing a revival amongst native peoples and expanding worldwide & has a rich history and opportunity for creative expression.



Ojibwe Decorative Beading

Colonial Pennsylvania Deutsch Handtuch (handtowel) Embroidery: 5 days

9:00am-10:30am, Weds, July 20 – Aug 17, 2022

This was a typical art form for German settlers and took the form of a long decorative towel that was created as a decor panel which was hung on the door of the parlour. They were mainly produced by young, unmarried women in anticipation of marriage, which enabled them to learn embroidery stitches to reproduce folk art motifs of the Pennsylvania Germans. This project will be approximately 15"W x 22"L.



Navajo Weaving

Personal initiative and creative self-expression are emphasized in this program. For each fibre art project participants will design, create, construct their project, and be introduced to the history, cultural context, traditions, practices, & applications of these fibre arts. Materials & tools provided for each project.

2022 SENIOR FARMERS MARKET NUTRITION VOUCHERS



Friday, July 15 (9:00 – 11:30 am)
WHITE ROSE SENIOR CENTER
27 South Broad Street, York

Eligible seniors can receive FREE vouchers ($24) for purchase of fresh fruit and vegetables grown in Pennsylvania. Redeemable at participating PA Farmers Markets.

Vouchers will be distributed IN-PERSON and by mail this year.

A completed application is required to receive the vouchers
(In-Person or by mail)

* **APPLICATIONS CAN BE PICKED UP at the following locations:**
- York County Agency on Aging office, 100 West Market St, York PA 17401;
- Any participating York County Senior Center

OR

* Download the application from the YCAAA website, www.ycaaa.org

OR

* Phone or email: 717-771-9610; aging@yorkcountypa.gov for mailing.

Bring completed application to a scheduled In-Person location (see back of page for schedule)
OR
Mail or drop off by September 15, 2022 to:
York County Area Agency on Aging, 100 West Market St., York PA 17401

ELIGIBILITY:
- Must be 60 years of age by December 31, 2022
- Must be a York County resident
- 2022 Gross Annual Income must be no more than:
  $25,142 ($2,095/ month) for individual
  $33,874 ($2,823/ month) for 2 person household

EACH ELIGIBLE PERSON MAY RECEIVE ONE SET OF VOUCHERS PER YEAR

Seniors who are living in a nursing home, personal care home, or other residential facilities where meals are provided are ineligible to receive vouchers.

Blood Pressure Checks Provided by:

FAMILY FIRST HEALTH

The 1st Wednesday of each month!

July 6th @ 10:00

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!!!

ARE YOU SICK????

"You know who you are. You wake up feeling lousy. You are clammy and have a sore throat and a horrible cough. You may have a stomachache or feel nauseous. So you sip some tea or ginger ale and head to the Center. You don't like the other options. You would miss out on something that seems important at the time, or you may disappoint your friends. You are pushing through the day even though if you stopped to think about it for a moment, you would admit that you should be home and in bed."

If this sounds like you, **please stay home!** We would much rather you stay home and get healthy than come to the Center and share your germs. When in doubt, please stay out, and try again after 24 hours (of being symptom free!)

We reserve the right to ask you to leave for the safety of others in our community if we feel that you are ill or under the weather. Other centers are practicing this approach.

*****This includes if you TEST POSITIVE FOR COVID. Please follow the CDC Guidelines. We appreciate your cooperation as it allows us to remain open.*****



Attention Center Members!

This announcement is in regards to bed bugs and to remind everyone that if you feel as though you may have them, ***YOU MUST CONTACT AN EXTERMINATOR***. We also ask that you do not come back to the center until you know they have been exterminated (this could take a couple of weeks)! **If you live in Broad Park Manor, (one of the towers on King St) you can contact Maintenance (717-843-6309) & Penn Pest will come to your home with no cost to you! First they will come to check your home, then schedule a date to treat your home and finally they will come in for a follow up to make sure the treatment worked!** Please keep this in mind so we can protect our members & our staff. Bed bugs are not biased pests. You can contract them from ***ANY WHERE***. Such as yard sales, movie theaters, someone else's home and again they are not biased, ***it can happen to anyone.*** Thank you for your cooperation!



Tuesday July 5th @ 10:00 am

White Rose Senior Center, Inc.
27 S. BROAD ST. • YORK, PA. 17403
717-843-9704

Tuesday July 12th @ 12:00 pm

opensystems HEALTHCARE

Tuesday July 19th @ 12:00 pm

aetna®

Table Event & Game with

HIGHMARK®

Wednesday July 13th &

Wednesday July 27th





July 11 at 7pm: **Food Safety with Mary:** With the summer sun heating up our outdoor fun, let's learn how to keep our food cool and safe. Join Mary Robinson, RD, LDN while we talk about how to keep your food safe from bacteria.

July 18 at 7pm: **Hydration with Jennifer:** Summer is bringing the heat and whether you find yourself lounging by the pool or swimming laps, hydration becomes increasingly important during these warm months! Join Jennifer Schmiel, RD, LDN as she breaks down the benefits of properly hydrating your body and be inspired with some refreshing ideas to keep cool.

July 25 at 7pm: **Getting Outside with Taylor:** Take advantage of the sweet sunny weather by getting up and moving! Join Taylor Guskind, RD, LDN who will provide easy ways to get outside and foods to fuel your body before and after exercise!
To Register, https://www.eventbrite.com/o/the-giant-company-nutritionists-18689796139



Senior Box Program

Commodity Supplemental Food Box

Senior Food Box Program

Federal Poverty Income Guidelines

Form 402004 – Effective 2/10/22

2022-2023 Income Guidelines; Elderly 130%

Household Size	Annual	Monthly	Weekly
1	$17,667	$1,473	$340
2	$23,803	$1,984	$458
3	$29,939	$2,495	$576
4	$36,075	$3,007	$694
5	$42,211	$3,518	$812
6	$48,347	$4,029	$930
7	$54,483	$4,541	$1,048
8	$60,619	$5,052	$1,166
For each add'l household member, add…	$6,136	$512	$118

*CSFP agencies must implement the adjusted income guidelines for elderly applicants immediately upon receipt.

Do You Qualify?

- MUST BE 60 OR OLDER AND LIVING IN YORK COUNTY
- MONTHLY INCOME REQUIREMENTS
- MUST HAVE VALID ID

THE SENIOR FOOD BOX PROGRAM PROVIDES SENIORS WITH A FREE BOX OF FOOD EVERY MONTH 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.

Fresh EXPRESS

Fresh Express will continue to be distributed at approximately 10:00am. (time subject to change based on delivery time from Central PA Food Bank). We will no longer be loading up your vehicles. You are expected to come inside with your cart/bags/boxes to go through the line (just like we were doing pre-Covid) 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.

Please note, ***JUST BECAUSE YOU ARRIVE FIRST*** does NOT mean you will be ***served first***. Tables will be called in a **Random Order**. We are serving approximately 80 individuals, while supplies last. You will not go through the FOOD line until your table is called.

Please remember, we do not provide bags or boxes.

Please treat Staff, Volunteers, and other Members with respect. *It is our pleasure to serve you.*



PLEASE MAKE SURE IF YOU ARE PICKING UP YOUR MEALS AT THE FRONT DOOR that you are parking on the correct side of the road (facing the correct direction) to avoid a ticket or causing an accident!

Additionally, pickup time is from 11:30-12:30. **After that, your lunch is not guaranteed, and you must come inside for your meal.**

Those who are eating inside should be seated and ready for lunch prior to 11:30, as we do NOT hold lunches.

It is your responsibility to Pre-Register for your own meals.

While we are "Serving" lunch between approximately 11:00 and 11:30 in the kitchen, we ask that you do not request coffee or hot water during this time, as it interrupts serving. *We appreciate your cooperation.*

Debbie Flaum is 'The York Bubble Lady.' She knows that 'Bubbles Make You Smile.' Both kids and adults.

RETURNING

to White Rose Senior Center

Friday July 22nd 9:30-11:30

Rain Date: July 29th.



Bruce's Bible Study

Every Monday

9:30-10:30

Join Bro. Bruce Shaub

Zumba Gold®

with Heather Cintron



Mondays & Wednesdays

10:30 – 11:15

Appropriate footwear must be worn for your own safety!

CLASS STARTS AT 10:30. PLEASE ARRIVE BY 10:20 TO AVOID ANY DISRUPTIONS.

Chair Yoga

NEW

w/ Stephanie



Every Friday

12:00-1:00



Please wear comfortable clothes.

CHECK OUT THE S.T.A.R.S. PROGRAMS

"Senior Time Activities for Residents of Springettsbury"

Springettsbury Township and White Rose Senior Center are proud to bring you a variety of classes to adults 50 and over. "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 2022 classes are as follows:

STARS Program Class: Needlefelted Melchior – **Part 1**

The second King of the Three Kings Series will be Melchoir. In this class we will needlefelt the body to prepare him for the next session on July 18th. Mary Jane Miller will teach you how to make his body using wool roving and specials needles for felting. These Kings are to add to our Needlefelted Nativity Set we have been doing for the past couple years. It is not too late to join in the fun and create a gorgeous Nativity Scene. Needlefelting experience is helpful. Supplies: Scissors, a Car Wash Sponge to needle on (Wal-Mart or the Dollar Store have them)

Instructor: Mary Jane Miller
Date: July 12, 2022
Day: Tuesday
Time: 2:00 – 4:00pm
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: 8 Participants



STARS Program Class: Needlefelted Melchoir – **Part 2** Part two of this series will involve dressing the King in his elaborate robes and add facial features. We will use wool roving and special felting needles. All needles, wool, and special embellishments will be supplied by the instructor. Needlefelting experience is helpful. Supplies: Scissors, a Car Wash Sponge to needle on (Wal-Mart or the Dollar Store have them)

Instructor: Mary Jane Miller
Date: July 19, 2022
Day: Tuesday
Time: 2:00 – 4:00pm
Location: White Rose Senior Center
27 S. Broad St., York, PA 17403Cost: R-$10 NR-$15
Payable to Springettsbury Township Prior To Class
Maximum for Class: 8 Participants



STARS Program Class: Gift Box Making

Judy Enders will show you a modern twist to a vintage cardboard box. We will construct a box from poster board and cover it with pretty wallpaper! The box will be approximately 4 inches high and 6 inches wide, perfect for a very special gift!

Supplies: Scissors, scotch tape, ruler, and mod podge
Instructor: Judy Enders
Date: July 27, 2022
Day: Wednesday
Time: 2:00 – 4:00pm
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



STARS Program Class: Bingo and Lunch at Hoss's Steak & Seahouse

White Rose Senior Center and Springettsbury Township 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 17, 2022
Day: Wednesday
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!



STARS Program Class: Paisley Chicken Gourds

This must be the year for cute Chicken Gourds!!! Marti Leader will show us how to create a decorative addition to your kitchen or to add a conversational piece to anywhere in your home! She will bring a special gourd for each person and show you how to paint a creative paisley design with bright colors.

Supplies: Marti will supply everything.
Instructor: Marti Leader
Date: August 23, 2022
Day: Tuesday
Time: 2:00 – 4:00pm
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: 8 Participants

