December

HIGHLIGHTS

Thursday December 5th 9:30-1:00 **Commodity Food Boxes for Seniors & Puzzles**

Friday December 6th 9:30 **Bingo** ($5.00) 3 Cards for $5.00!

Monday December 9th 10:00 **Memorial Health White Rose Hospice Blood Pressure Screenings & Fall Risk Assessments**

Thursday December 12th 10:00 **Fresh Express**

Friday December 13th 9:30 **Bingo** ($5.00) 3 Cards for $5.00!

Wednesday December 18th 10:00 **Equine Singers,** 11:30 **Holiday Meal**

Thursday December 19th 9:30 **Holly Jolly Potluck &** 10:00 **Pictures with Santa**

Friday December 20th 11:30 **AmeriHealth Sponsored Holiday Meal**

Tuesday December 24th 11:30 **Lunch & January Newsletter & Calendar & Lunch Lotto WINNER Drawn** (YOU MUST BE PRESENT TO WIN!) 12:00 **Now You Have It: Christmas Exchange** ($5.00)

Center is Closed on Wednesday December 25th in observation of Christmas.

Thursday December 26th 10:00 **Fresh Express**

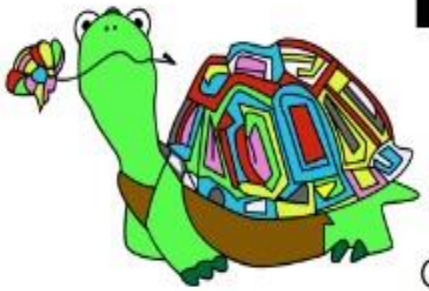
Friday December 27th 9:30 **Bingo** ($5.00 3 Cards for $5.00!

Tuesday December 31st 11:30 **New Year's Eve Toast & Turtle Drop**

December

THE ROSE

White Rose Senior Center



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

Monday through Friday
Office Hours: 8:00 AM -4:00 PM
In Person: 9:00 AM - 2:00 PM
www.whiteroseseniorcenter.org



Spirit Days

Monday 12/2, Christmas Socks
Tuesday 12/3, Deck The Halls
(Wear your Christmas Accessories!
Lights, Jewelry, Headbands/Hats)
Wednesday 12/4, Elf Attire
Thursday 12/5, Christmas Leggings
Friday 12/6, Penguin Attire
Monday 12/9, Red, White, & Green
Tuesday 12/10, Christmas Jewelry
Wednesday 12/11, Grinch Attire
Thursday 12/12, Reindeer Day
Friday 12/13, Snowman/Winter Wonderland
Monday 12/16, Ugly Sweater Day
Tuesday 12/17, Gingerbread Man
Wednesday 12/18, Candy Cane
Thursday 12/19, Christmas Hat
Friday 12/20, Christmas Formal
Monday 12/23, Pretty Christmas Sweater
Tuesday 12/24, Christmas PJ's

Participate in some, or all Spirit Days!

Thursday December 19th

9:30 **Holly Jolly Potluck**

Please bring an item (prepackaged, sealed, and within date to share. Please see sign up sheet)

10:00 **Pictures with Santa** (Spirit Day: Wear your Christmas Hats!)



Please join us for some Christmas fun!



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!

WELCOME

New Members

Mark Cherry	Ellen Gibb	Nancy Harrison	Barbara Buchanan
Danny King	Andrea Accardi	Jody Butts	Willie Martin
Leora King	Roger Sullivan	Barbara Full	Renee Sheffer
Heidy Casillas	Joan Sullivan	Robert Copenheaver	Luisa Sariano
Victor Cirino	Margarita Rivera	Rodney Bosserman	Rose Casseus
Michael Powell	Carmelo Tirado	Akouvi Lamadouroy	

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*

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 December 12th

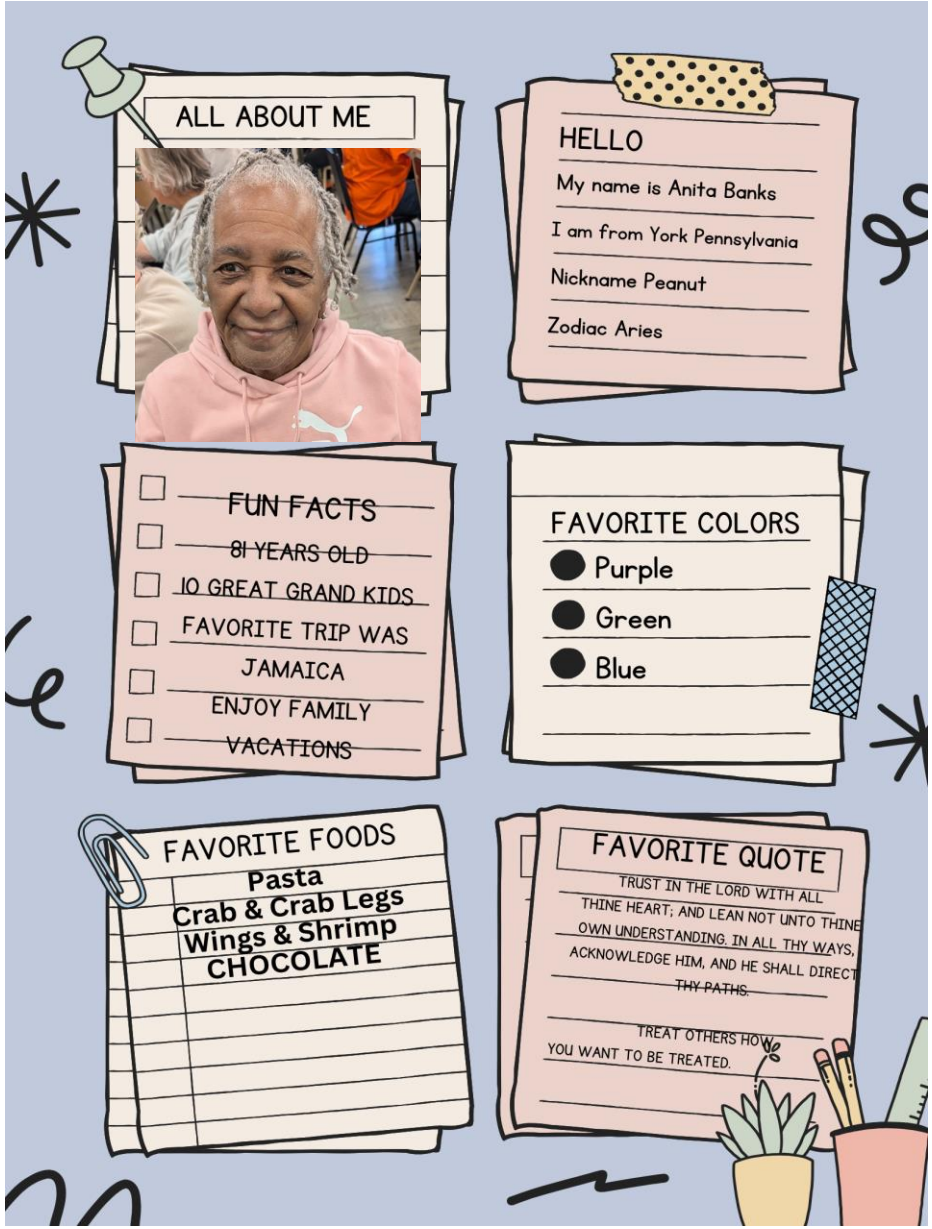
Thursday December 26th

Please ensure you are following the rules or you will be asked to leave.

Senior of the Month: Anita Banks

was our November 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.





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.

Christmas Holiday Meal Sponsored by:

Community HealthChoices | AmeriHealth Caritas Pennsylvania

Friday December 20th @ 11:30

Meatloaf
Scalloped Potatoes
Green Beans
Dinner Roll
Christmas Cracker Toffee

No Need to Stretch Your Waistband—only your donations!
AmeriHealth will be on site.

YORK FRESH FOOD FARMS MOBILE PRODUCE MARKET SCHEDULE

Fall 2024

THURSDAYS: White Rose Senior Ctr
28 S Broad St • *10:00am - 11:30am*

FRIDAYS: YMCA
90 N Newberry St • *11:00am - 1:00pm*

FRIDAYS: York Towne House
200 N Duke St • *1:30 - 2:30pm*

SATURDAYS: York Fresh Food Farms
150 Willis Rd • *Noon - 2:00pm*

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



York Fresh Food Farms

AFFORDABLE FARM FRESH PRODUCE GROWN & HARVESTED IN THE CITY OF YORK

Paying with SNAP?

Earn $2 in Food Bucks for every $2 you spend with your card!

FOOD BUCKS

Can't make it to a mobile market?

FarmShares offers fresh produce that can be ordered online, weekly or as needed, for pick-up or delivery.





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

LUCKY LOTTO

Play every day to increase your chance to win!

$1.00 per entry. At the end of the month, all entries will be added to a drawing. The winner will receive the *entire pot.*

Ticket sales begin on Monday December 2nd and end on Tuesday December 24th. Winner will be drawn at lunch on Tuesday December 24th at Lunch (11:30). You MUST be present to win!

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.



Book Club
2nd & 4th Tuesday
10:30 AM



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

Christmas Cookie Contest

Date: Tuesday, December 24th, 10 AM

Bring: A Baker's Dozen (13 cookies)

Join us for a festive cookie showdown! Here's how it works:

- **Judging:** One cookie will be set aside for judging. Three judges will be randomly selected.
- **Sharing:** The remaining 12 cookies will be divided among participants, so everyone leaves with a dozen cookies to enjoy (Cookie Exchange).
- **Note:** If participation is low, we may adjust the rules to ensure everyone can join the fun.

Don't forget to sign up on the sheet provided—let's make this a sweet success!

Cookies must be prepared in a clean and sanitary kitchen.
Please remember to WASH YOUR HANDS!

ZUMBA
with Cindy Patterson
Wednesdays @ 10:30



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

Food Assistance Resources

YORK COUNTY FOOD ALLIANCE
Building a Healthy Food System for All

Food Pantries

If you need food, York County has food pantry locations that can help for one-time or offer monthly appointments as needed. Many food pantries offer a variety of healthy food choices, including canned, packaged, frozen, and fresh foods. Some food pantries let clients choose items from food groupings. Below are ways to find a pantry. When searching for a pantry near you, keep in mind that New Hope Ministries (717-432-2087) and Catholic Harvest Food Pantry (717-846-8571, option 3) both offer additional mobile food pantry locations.

- Search for a food pantry by zip code on the Central Pennsylvania Food Bank's website – Centralpafoodbank.org – or call their helpline: **877-999-5964**) Mon. – Fri. from 8 a.m. – 4 p.m. (Se habla Español)
- Search for a food pantry by zip code using the "Find Local Food Pantry" locator feature on the York County Food Bank website: yorkfoodbank.org
- Call 211 – 24 hours a day, 7 days a week

MilitaryShare Program

This mobile food distribution program has fresh, nutritious foods for families with at least one member who served or is serving in the armed forces. For details and to register, call the site nearest you:

- New Cumberland American Legion Post #974: **717-695-1477**
- Mr. Sandy's Homeless Veteran's Center (York): **717-900-4742**
- Shiloh American Legion Post #791: **717-979-7203**
- Roots for Boots - The Markets of Hanover: **717-316-0155**
- JFT Recovery & Veterans Support Services (York): **717-699-7581**

SNAP (Supplemental Nutrition Assistance Program)

(See back page for income guidelines)

SNAP benefits (food stamps) help people eat healthy by stretching their food dollars at grocery stores and supermarkets. If you qualify, you'll get an EBT card with a monthly amount of money to use for groceries. You can…

- Complete an online application by visiting ***www.Compass.state.pa.us***.
- Apply by calling a representative at: **866-550-4355.**
- Get help in applying for SNAP from the Central PA Food Bank's Food Stamps Helpline staff:
  - Call toll-free at **877-999-5964**, Mon. – Fri. from 8:00 a.m. – 4 p.m. (Se habla Español); OR
  - Text **APPLY** (**APLICAR** en español) to **877-999-5964** to request help.
- Visit the York County Assistance Office in person at 130 North Duke Street York

For more information about SNAP, call the York County Assistance Office at **800-991-0929**.
Use the online SNAP Retailer Locator at https://www.fns.usda.gov/snap/retailer-locator to find stores where you can use your SNAP-EBT card.

York County Food Bank Programs

www.Yorkfoodbank.org
717-846-6435

The Food Bank also serves anyone in need – from anywhere in the county. Clients are asked income information for data purposes only. Your income level will not prevent you from getting food. ID is not required but is helpful for registration.

Drive-Thru Food Distribution*

Living Word Church
2530 Cape Horn Rd., Red Lion, 17356
Every 1st & 3rd Tuesday each month 4:30-6:00 pm

York County Food Bank

(walkers also welcome at this location)
254 W Princess St., York 17401
Mondays 1:00pm-3:00pm
Wednesdays 11:00am-1:00pm

Note: Princess St. closed for holiday/inventory:
12/23, 12/25, 12/30 & 1/1/25

New times for Princess St. beginning **1/6/25**
Distribution & Senior Box pick up
Mondays 2:00pm-3:00pm
Wednesdays 11:00am-12:00pm.

* Note: *Schedules may change due to weather or holidays. Always check YCFB's website for current updates and locations.*

December BIBLE READING PLAN

Discovering the true meaning of Christmas through Scripture.

1. Jeremiah 33:14
2. Micah 5:2
3. Isaiah 11:1-2
4. Malachi 3:1
5. Mark 1:1-3
6. John 1:1-5
7. Isaiah 7:14
8. Luke 1:26-28
9. Luke 1:29-33
10. Luke 1:34-38
11. Luke 1:46-55
12. Matthew 1:18-19
13. Matthew 1:20-21
14. Matthew 1:22-25
15. Luke 2:1-3
16. Luke 2:4-7
17. Luke 2:8-9
18. Luke 2:10-12
19. Luke 2:13-14
20. Luke 2:15-16
21. Luke 2:17-20
22. Matthew 2:1-2
23. Matthew 2:3-8
24. Matthew 2:9-12
25. Isaiah 9:6
26. Galatians 4:4-5
27. James 1:17
28. 2 Corinthians 9:15
29. Luke 2:30-32
30. Romans 15:4
31. 1 Peter 1:13



For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Isaiah 9:6

BlessingsOverflowing.com

BIBLE STUDY

WITH KEN

Every 1st & 3rd Wednesday

10:00

Deck the Halls

This is our 2nd year participating in Giving Tuesday! On November 18th, we kicked off DECK THE HALLS.
Your participation/financial contribution will support WRSC initiatives. December 3rd is Giving Tuesday!
$20 Centerpiece (20 Tables, 20 Table Centerpieces to be sponsored!) This is for decoration only. For $20.00, you can sponsor your table's centerpiece. The incentive? If you purchase a Centerpiece, your table gets to go for lunch in the order your Centerpiece is purchased). Christmas Centerpieces to be placed on Tables on December 2nd
Sponsor our Tree Decorating Initiative!

GivingTuesday is a global generosity movement that unleashes the power of radical generosity around the world.

GIVING TUESDAY

Diamond Sponsor Light the Tree: $500.00
Platinum Sponsor Tree Topper: $250.00
Gold Sponsor Large Ornaments: $100.00
Silver Sponsor Medium Ornaments: $50.00
Bronze Sponsor Small Ornaments: $25.00
Santa's Naughty or Nice Mystery Gifts $5.00 each

Christmas Raffle Tuesday December 3rd



We will be raffling off Christmas Themed Items.
This is a Fundraiser for Giving Tuesday.

Tickets will be sold in two parts.
1st & 2nd Half.
Tickets are $1.00 each, 6/$5.00, or 17 for $10.
There will be a total of 10 rounds,
3 winners per round, 30 prizes in total.

5 Rounds in the 1st half (Three Winners per round. A total of 15 prizes awarded.)
5 Rounds in the 2nd half (Three Winners per round. A total of 15 prizes awarded.)

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. Registration opens on Wednesday December 4th.**

STARS Program
Class: Winter Scene in a Bottle
Becky Hickey will teach us how to make a winter forest scene in a bottle. Just what you need to brighten your tabletop during the winter days of January and February. Reverse decoupage technique will be used to help create a background.
Supplies: All supplies will be provided including cork string lights by the instructor.
Instructor: Becky Hickey
Date: January 7, 2025
Day: Tuesday
Time: 1:00 – 4:00 PM (Note: the earlier start time)
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: Acrylic Painted Stained Glass
Janeen Hershey will teach this easy and fun stained-glass class. You will create an 8x10 finished piece with 3 simple steps! (1) Choose your design. (2) Trace your design. (3) Paint your design. When it is assembled by the instructor, it will resemble shiny and sparkly stained glass! This is perfect to display on a wall.
Supplies: All supplies provided by instructor.
Instructor: Janeen Hershey
Date: January 14, 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: Felt Heart Valentine Tree

Marti Leader has found this adorable Felt Heart Valentine Tree to have for Valentine's Day. It is made over a Styrofoam cone and adorned on a candle holder. Felt hearts are attached along with other embellishments.
Supplies: Bring Fabric Scissors and Straight Pins.
All other supplies will be provided by the instructor.
Instructor: Marti Leader
Date: January 28, 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: 8 Participants



Class: **Heart Shaped Trinket Dish**
A Trinket Dish is a useful item. Perfect place to keep rings and jewelry, all those tiny things that can quickly disappear. Keep one near your sink, next to a chair, on your dresser for earrings or necklace, by your front door as a small candy dish. These are wonderful gifts for someone special. Becky Hickey will show you how to decoupage the dish, paint trim and apply embellishments. Have fun making this quick and easy project.
Supplies: All items supplied by the instructor.
Instructor: Becky Hickey
Date: February 4, 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



Class: Snowman Wine Glasses
What is better in Winter than making snowmen. Joanne Kluk will show you how to make these adorable snowmen using wine glasses, He or she will be decorated with a sparkly interior and exterior. Many embellishments, paints and fabrics will be available to you to choose from to finish decorating your snowman.
Supplies: Sharp Scissors and Tacky Glue
Date: February 11, 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



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: February 25. 2025
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!



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.