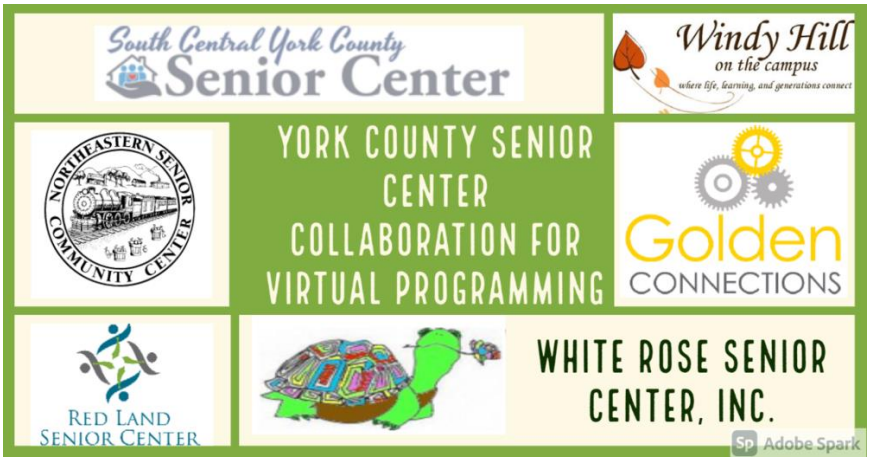
April 2021 York County Senior Center Virtual Programs – vol.5



Check Out the *JUNE VIRTUAL PROGRAMS* Being Offered by York County Senior Centers…

So More People Can Stay Connected!!!

Lisa Krout, from White Rose Senior Center, and Jenna Ericson from Windy Hill on the Campus are coordinating the links for this Pilot Project from the York County Senior Centers who would like to participate. Many Centers in York County are doing Zoom, Facebook Live, and other platforms and we have decided to collaborate together to offer more programs and possibilities for our Older Adults in York County who maybe homebound or possibly isolated.

Each Center who wants to participate email Lisa with their programs for the upcoming month. She compiles a brochure of activities and then sends it out to each Center to distribute to their members. Jenna uploads all of the activities from each Center to a landing page on Windy Hill's website (Virtual Programs at Other Centers - Windy Hill On The Campus). You can also find the information on the York County Area Agency on Aging's website and Facebook page as well as many York County Senior Center's sites.

We have noticed more attendees to the activities and like all good things, it takes time to grow! Please share this with any older adult you may know. We envision this project continuing even after the pandemic ends. We desire to connect to every 60-year-old in York County!

What do You Need to Participate in the Virtual Programs?

1. Either a computer, a tablet or a smart phone.
2. Internet connection.

If you do not have a device (computer or a tablet), **TECH OWL offers FREE devices for loan**. Call 717-737-3477 or 1-800-998-4827 for additional information.

Borrow an iPad, a computer, gadgets and more

If you or someone you know:

- lives in Pennsylvania and
- is a senior citizen, or
- has a disability

TechOWL can help you try out new equipment for free.





Your local TechOWL specialist will:

- Work with you to select the right device.
- Load the software and apps that you need and want.
- Support and teach you throughout the process.

All devices can be borrowed for 4 weeks with an option for longer.

Don't miss out on important visits with your doctors, grandchildren and friends, especially during this time.

More information about the Assistive Technology Lending Library program can be found on the TechOWL website:

More information about the Assistive Technology Lending Library program can be found on the TechOWL website:

https://techowlpa.org/library/

OR CONTACT: Tel 800-204-7428 (voice) Email

techOWL@temple.edu

TECH OWL
TECHNOLOGY FOR OUR WHOLE LIVES

PENNSYLVANIA Link
To Aging and Disability Resources
Call Center: (800) 753-8827

Temple University
College of Education and Human Development

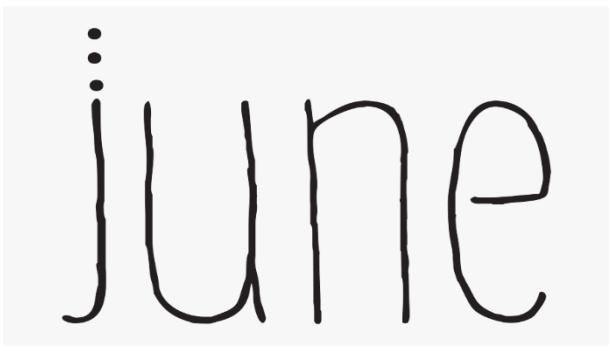
Institute on Disabilities

White Rose Senior Center, Inc.

27 S. BROAD ST. • YORK, PA. 17403

717-843-9704

Monday	Tuesday	Wednesday	Thursday	Friday
	1	**2**	**3**	**4**
	Paper Donut Decorating Kit Competition Take Home email: jenna@whiteroseseniorcenter.org 	**Return Completed Paper Donut** 1:00 **ZOOM: Zumba Gold®** *w/ Heather Cintron* ***https://us02web.zoom.us/j/86476949 24?pwd=d3RMb2VXMkFGdnhkTFNy TVViZml0UT09*** ***Meeting ID: 864 769 4924*** ***Passcode: Dance*** 2:00 **Facebook Live: Hangman** https://www.facebook.com/White-Rose-Senior-Center-239749906468113		11:00: **ZOOM: Freestyle Friday: Donut Trivia** **ID: 830 4330 3963** **Password: free**  **https://us02web.zoom.us/j/8304330 3963?pwd=YTNJbHBZYVgwdW5OQ TkzYUkrSFdsZz09** 12:00 **Facebook: Paper Donut Voting Begins** https://www.facebook.com/White-Rose-Senior-Center-239749906468113
7	**8**	**9**	**10**	**11**
Facebook: Paper Donut Voting (All Day) https://www.facebook.com/White-Rose-Senior-Center-239749906468113 	**Facebook: Paper Donut Voting** (All Day) https://www.facebook.com/White-Rose-Senior-Center-239749906468113 	***Zumba Gold® is CANCELLED*** **Facebook: Paper Donut Winner Announced & Awarded** https://www.facebook.com/White-Rose-Senior-Center-239749906468113		11:00: **ZOOM: Freestyle Friday: Virtual Memory Lock** **ID: 830 4330 3963** **Password: free** **https://us02web.zoom.us/j/8304330 3963?pwd=YTNJbHBZYVgwdW5OQ TkzYUkrSFdsZz09** 
14	**15**	**16**	**17**	**18**
		1:00 **ZOOM: Zumba Gold®** *w/ Heather Cintron* ***https://us02web.zoom.us/j/86476949 24?pwd=d3RMb2VXMkFGdnhkTFNy TVViZml0UT09*** ***Meeting ID: 864 769 4924*** ***Passcode: Dance***	**Facebook: Newsletter Trivia Winners Announced** https://www.facebook.com/White-Rose-Senior-Center-239749906468113	11:00: **ZOOM: Freestyle Friday: Bingo** **ID: 830 4330 3963**  **Password: free** **https://us02web.zoom.us/j/8304330 3963?pwd=YTNJbHBZYVgwdW5OQ TkzYUkrSFdsZz09**
21	**22**	**23**	**24**	**25**
Summer Coloring Contest Handout email: jenna@whiteroseseniorcenter.org 2:00 **ZOOM: Tassel Flower Bouquet Tutorial** **ID: 821 4151 2297** **Password: tutorial** **https://us02web.zoom.us/j/82141512 297?pwd=aklsL05jSDRqQXhidUVlV XFPQUxBUT09**	**Return Summer Coloring Contest Handout**	**Return Summer Coloring Contest Handout** 1:00 **ZOOM: Zumba Gold®** *w/ Heather Cintron* ***https://us02web.zoom.us/j/86476949 24?pwd=d3RMb2VXMkFGdnhkTFNy TVViZml0UT09*** ***Meeting ID: 864 769 4924*** ***Passcode: Dance***		11:00: **ZOOM: Freestyle Friday: Riddle Me This Challenge** **ID: 830 4330 3963** **Password: free** **https://us02web.zoom.us/j/8304330 3963?pwd=YTNJbHBZYVgwdW5OQ TkzYUkrSFdsZz09** 
28	**29**	**30**		
2:00 **Facebook**: Baseball Trivia **All Day: Summer Coloring Contest Voting** https://www.facebook.com/White-Rose-Senior-Center-239749906468113 	**Summer Coloring Contest Winner Announced** https://www.facebook.com/White-Rose-Senior-Center-239749906468113	1:00 **ZOOM: Zumba Gold®** *w/ Heather Cintron* ***https://us02web.zoom.us/j/864769492 4?pwd=d3RMb2VXMkFGdnhkTFNyT VViZml0UT09*** *Meeting ID: 864 769 4924* *Passcode: Dance*		



White Rose Senior Center, Inc.

27 S. BROAD ST. • YORK, PA. 17403

717-843-9704

Monday-Friday 8:00-4:00 **www.whiteroseseniorcenter.org**

Virtual Programs

Tuesday June 1st ALL DAY: **Paper Donut Decorating Kit Competition Take Home**
email: jenna@whiteroseseniorcenter.org if you would like a copy of the instructional sent to you! Return by Thursday June 2nd. Voting to begin on Friday June 4th on Facebook at 12:00
https://www.facebook.com/White-Rose-Senior-Center-239749906468113
Voting open from June 4th through June 9th @ 10:00. Winner Announced & Awarded 10:30 on Facebook.



Wednesday June 2nd at 2:00 ***Facebook Live: Hangman***
https://www.facebook.com/White-Rose-Senior-Center-239749906468113

Every Friday ZOOM: ***Freestyle Friday*** **@ 11:00**
ID: 830 4330 3963
Password: free
https://us02web.zoom.us/j/83043303963?pwd=YTNJbHBZYVgwdW5OQTkzYUkrSFdsZz09
June 4th: Donut Trivia (Celebrate National Donut Day)
June 11th: Virtual Memory Lock
June 18th: Bingo
June 25th: Riddle Me This Challenge



Thursday June 17th Facebook: Newsletter Trivia Winners Announced
https://www.facebook.com/White-Rose-Senior-Center-239749906468113



Monday June 21st *Summer Coloring Contest Handout*
email: jenna@whiteroseseniorcenter.org
Return by June 25th. Voting to begin Monday June 28th on Facebook:
https://www.facebook.com/White-Rose-Senior-Center-239749906468113



Monday June 21st @ 2:00 ZOOM: **Tassel Flower Bouquet Tutorial**
ID: 821 4151 2297 Password: tutorial
https://us02web.zoom.us/j/82141512297?pwd=aklsL05jSDRqQXhidUVIVXFPQUxBUT09

Monday June 28th 2:00 Facebook: Baseball Trivia,
All Day: Summer Coloring Contest Voting
https://www.facebook.com/White-Rose-Senior-Center-239749906468113





Wednesdays (June 2nd, June 16th, June 23rd, June 30th) (ZOOM is cancelled on June 9th)
1:00 Zumba Gold® on ZOOM *w/ Heather Cintron*
Join Zoom Meeting
https://us02web.zoom.us/j/8647694924?pwd=d3RMb2VXMkFGdnhkTFNyTVViZml0UT09
Meeting ID: 864 769 4924 **Passcode: Dance**

June Virtual Programs

Executive Director: Tammy Miller

Normal business hours:
Monday – Friday: 8:30 am – 2:30

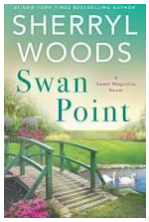
1472 Roth's Church Road,
Spring Grove, PA 17362
717-225-0733
windyhillonthecampus.org
Facebook: facebook.com/windyhillotc

Mondays	**Tuesdays**	**Wednesdays**	**Thursdays**	**Fridays**
9 am – Zoom *New Time! **T'ai Chi Chih** Meeting ID: 814 3316 9989 Passcode: 1472	9 am – Zoom **Silver Sneakers Classic** Meeting ID: 821 3661 1618 Passcode: 1472	9:30 am – Zoom **Rock Steady Boxing** Meeting ID: 327 891 3252 Passcode: 4xuDHP	9 am – Zoom **Silver Sneakers Classic** Meeting ID: 821 3661 1618 Passcode: 1472	9:30 am – Zoom **Rock Steady Boxing** Meeting ID: 327 891 3252 Passcode: 4xuDHP
9:30 am – Zoom **Rock Steady Boxing** Meeting ID: 327 891 3252 Passcode: 4xuDHP		11 am – Facebook Live **Chair Exercise** Facebook.com/windyhillotc	12:30 pm – Zoom **Hatha Yoga** Meeting ID: 827 1847 4772 Passcode: 1472	
11 am – Facebook **Chair Exercise** Facebook.com/windyhillotc			***June 3rd** only at 10 am **PA State Parks & Forests Getting Involved** Meeting ID: 880 7606 7485 Passcode: 1472	
			***June 10th** only at 10 am **Reverse Mortgages Presentation** Presentation Meeting ID: 818 7903 4379 Passcode: 1472	
			***June 24th**only at10 am **Virtual Book Club on Zoom** Meeting ID: 868 9917 2072 Passcode: 1472	

Windy Hill on the Campus's
Regularly-occurring Program Descriptions

Rock Steady Boxing *(Mon, Wed, Fri at 9:30 am)* Instructor: Lori DePorter -Non-contact, boxing-inspired fitness routine geared toward people with Parkinson's disease to lessen their symptoms and lead to a healthier/happier life. *No boxing experience is necessary, all ages are encouraged and invited to participate	**Silver Sneakers Classic** *(Tues & Thurs at 9 am)* Instructor: Tracy Schuman -45-60-minute low-intensity workout designed to increase muscle strength, range of motion and improve activities for daily living. A chair is used for seated exercises and standing support. Exercises can be modified depending on fitness levels.
T'ai Chi Chih *(Mondays at 9 am)* Instructor: Jack Weaver -One hour of mindfulness moving meditation with soft, flowing and easy-to-learn movements/poses. Benefits include: peace of mind, improved health, and experiencing joy.	**Hatha Yoga** *(Thursdays – 12:30 pm)* Instructor: Lori Houck-Ruffner -Hatha Yoga introduces basic yoga poses sequenced in a gentle stream of movements, focusing on: stretching, breathing practices, proper body alignment, and relaxation techniques.
Chair Exercise*(Mondays & Wednesdays at 11am)* Instructor: Risa Anderson (Windy Hill staff member) -30-minutes of low-impact exercise focusing on moving all the joints in your body to help ease pain and build stability and improve balance. You will need a sturdy chair (preferably without arms), hand weights, and a Pilates ring or throw pillow for resistance.	

Windy Hill on the Campus's
Special Program Descriptions

MindMatters: PA State Parks & Forests Getting Involved (*Thurs, June 3rd at 10 am*) Presenter: Marci Mowery, President of the PA Parks & Forests Foundation -Pennsylvania's state parks and forests provide a myriad of opportunities for engaging in the outdoors. Learn about the many values and benefits of spending time in the outdoors and explore easy ways to get involved in your local state parks and forests.	**Reverse Mortgages Presentation** *(Thurs, June 10th at 10 am*) Presenter: George Dillman, PA Department of Banking and Securities This presentation will include: What is a Reverse Mortgage, What I need to qualify, What the procedures are for obtaining and retaining a Reverse Mortgage, financial requirements to obtain, alternative options to consider (such as a home equity line of credit), what to avoid, drawbacks, your obligations and how you can repay the debt. Overall – is it right for me?
Virtual Book Club *(Thurs, June 24th at 10 am)*  Facilitator: Tracy Haper (Windy Hill staff member) & Glatfelter Memorial Library Staff Member -In June the book of conversation will be: **Swan Point** by Sherryl Woods More Information	

South Central York County Senior Center

June Virtual Program Guide:

For questions or inquiries please contact South Central Senior Center- (717)235-6060 Facebook Page: SCYCSeniorCenter

Thursday 6/3 11am- Celebrate National Bike Day with our Facebook Bike Race. Will you be in high gear and take the lead or will you be left in the dust? Prize for first place!



Monday 6/7 11am- Want a creative way to give a great gift to the dads and grads in your life? Join us on Facebook for a money folding tutorial. Have your bills ready to go and we will show you step by step, how to turn a dollar (or $50) bi



Tuesday 6/15 2pm-In honor of National Nature Photography Day we are having a Nature Photography Contest. Whether you are a novice or a professional photographer we want to see your best shot! Just go to the Facebook post and put your submission in the comments. We also welcome you to vote for your favorite. Contestants may NOT vote for themselves and please only vote once. One like=one vote. Multiple votes or self-votes will not be counted! Prize for 1st place.





South Central York County Senior Center
150 E. Main St.
New Freedom, PA 17349
717 235-6060

Online: www.scycseniorcenter.org/
Facebook: www.facebook.com/SCYCSeniorCenter

NORTHEASTERN SENIOR COMMUNITY CENTER

P.O. Box 386 131 Center Street Mount Wolf, PA 17347
(717) 266-1400
E-mail address: seniorstars@nassc.org
Website: http:// www.mtwolf.org/SeniorCenter/
Facebook: www.facebook.com/Northeastern-Senior-Center

VIRTUAL PROGRAMS FOR JUNE 2021

Every Tuesday, 9:00am: **Zumba Gold** with Heather Cintron
Join Zoom Meeting
https://us02web.zoom.us/j/8647694924?pwd=d3RMb2VXMkFGdnhkTFNyTVViZml0UT09
Meeting ID: 864 769 4924
Passcode: Dance

Golden Connections Community Center Virtual Programs

May 2021

Questions – Contact Golden Connections Community Center at 717-244-7229

Tuesday, July 2021 at 10:30 a.m. – **How to make a Pinecone Wreath will post to Facebook:** https://www.facebook.com/goldenconnectionscommunitycenter





20 Gotham Place
Red Lion, PA 17356
p: 717.244.7229 • f: 717.244.5505
www.gcccenter.com