JUNE 2024

HIGHLIGHTS

Thursday June 6th 9:30-1:00 **Commodity Supplemental Food Box for Seniors, Puzzle Packets**
12:00 **Bingo** by Oak Street Health

Tuesday June 11th 10:00 **Aetna Visit w/ Kiara**

Thursday June 13th 10:00 **Fresh Express**

Wednesday June 12th 9:00-11:30 **2024 Senior Farmer's Market Nutrition Vouchers**

Friday June 14th 12:00 **Floats for Father's**

Tuesday June 17th 12:00 **Cancer Surviors Group**

Thursday June 20th 10:00 **Table Decorating Contest (Judging at Noon. Theme: Summer),**
12:00 **Bingo** by Oak Street Health

Thursday June 27th 10:00 **Fresh Express**

If you are interested in Donating towards Cash/Gift Card Bingo for Saturday July 13th, please let us know. We are accepting donations of Cash & Gift Cards (Store Gift Cards valued at $25.00 & $50.00, Monetary Donations, and Door Prizes.)

JUNE 2024

THE ROSE

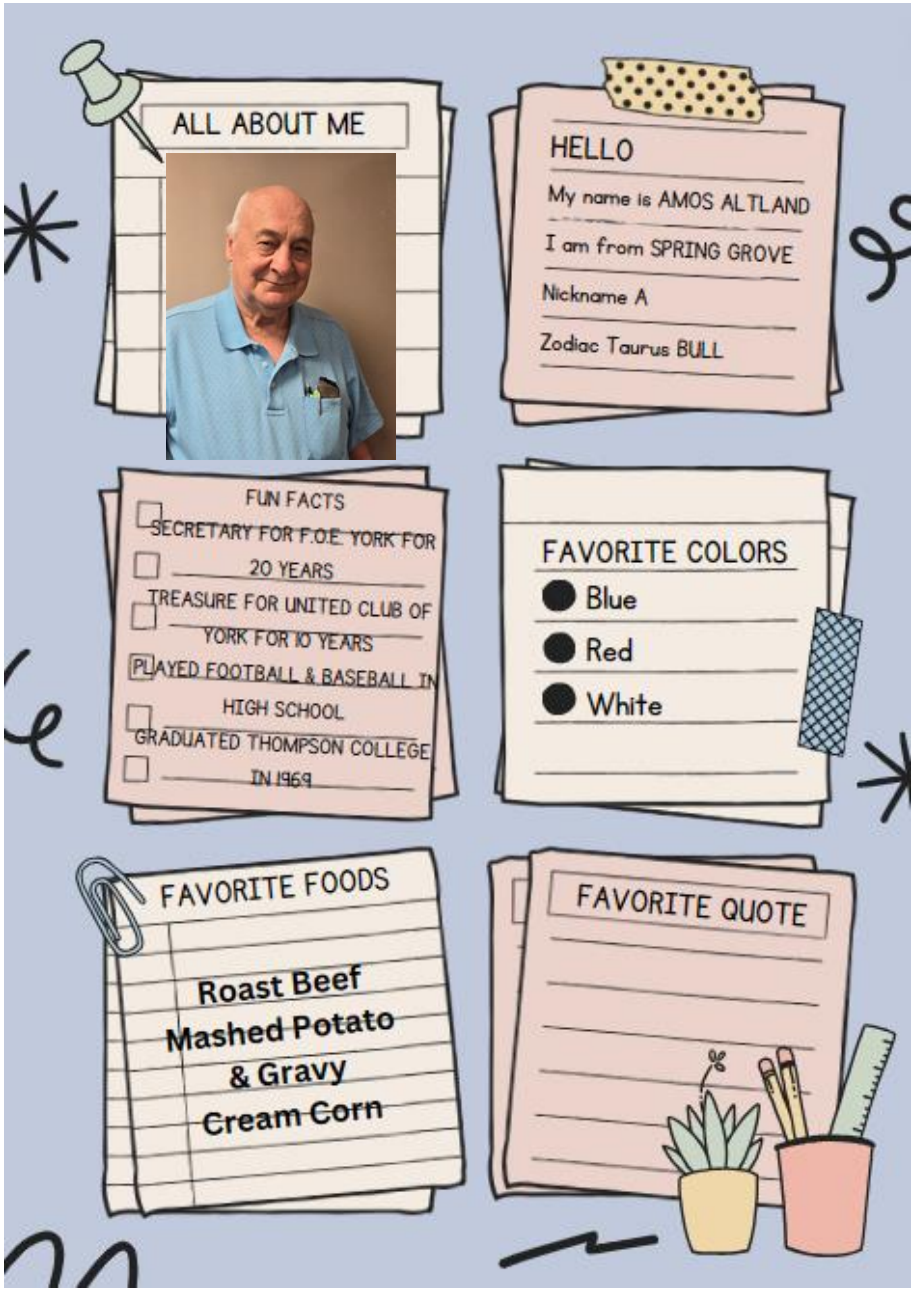
White Rose Senior Center

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

MONDAY THROUGH FRIDAY
OFFICE HOURS: 8:00 A. M.– 4:00 P. M.
IN PERSON: 9:00 AM 2:00 PM
www.whiteroseseniorcenter.org



Senior of the Month: Amos Altland



Welcome

Sandra Kellenberger
Owen Shumway
Samuel Glickson
Linda Herrelko
Pedro Perez
Fransisca Rodriguez
George Emenheiser
Carmen S. Rivera
Earl Schoenberger
Iris Belen
Eugene Tawney
Eleanor McCane
Rene Rivera
Jane E. Smith
Dayna Sue Martinez
Sharon Gianakos
Linda Kreiss
Ben Mathis
Harold Smith Jr.
Karen J. Rudisill

White Rose Senior Center Staff

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

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!



FRIENDLY REMINDER: IF YOU ARE SICK, PLEASE REFRAIN FROM COMING TO THE CENTER UNTIL YOU ARE FEELING WELL. Reduce the spread of germs by WASHING YOUR HANDS OFTEN AND THOROUGHLY, and by STAYING HOME WHEN YOU ARE FEELING UNDER THE WEATHER.

Thank you for your cooperation 😊



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!

Mark your calendars! **VOUCHERS**

Wednesday JUNE 12th 9-11:30 &

Wednesday August 7th

2024 Senior Farmers Market Nutrition Program



Eligible seniors can receive $50 worth of vouchers for purchase of fresh fruit and vegetables grown in PA. Vouchers are redeemable June 1 – Nov 30 at participating Farmers Markets throughout PA.

Distribution will be **IN-PERSON ONLY** from June 1 – September 30, or until supplies last. **No application needed. VOUCHERS WILL NOT BE MAILED.**

ELIGIBILITY: Seniors must show proof of age & York County residency at distribution site.
(PA driver's license or PA ID are recommended)

- Must be 60 years of age by December 31, 2024
- Must be a York County resident
- 2024 Gross Annual Income can be no more than:

$ 27,861/ year; or $ 2,322/ month for an individual

$ 37,814/ year; or $ 3,151/ month for a 2 person household

$ 47,767/ year; or $ 3,980/ month for a 3 person household

(Pending final notification from PA Dept. of Agriculture)

PROXY FORMS are required for an eligible senior authorizing another person to pick up the vouchers for them. ***This includes POA's, spouses, family members, etc.***

IDENTIFICATION FOR BOTH THE SENIOR AND PROXY IS REQUIRED!

2024 Proxy forms are available:

- On our website www.ycaaa.org
- York County Senior Centers
- York County Area Agency on Aging office:
  2401 Pleasant Valley Rd, York PA 17402
  (717) 771-9610 for directions or questions.

Seniors living in nursing homes, personal care homes, or other residential facilities where meals are provided are not eligible.

Sponsored by the York County Area Agency on Aging, in conjunction with the PA Department of Agriculture.

SEE DISTRIBUTION SCHEDULE ON REVERSE SIDE

27 South Broad Street, York PA 17403

White Rose Senior Center's Cash & Gift Card

BINGO

Saturday

JULY 13

Doors open @ 11
Bingo starts @ 12

$20 Advanced Tickets,
$25 At The Door

Refreshments available for purchase.
Extra Strips $3.00, 50/50 Raffle, Small Games of Chance.



Lisa Krout:
717-843-9704

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Yarn Crafters

EVERY WEDNESDAY
& THURSDAY
9:00-2:00

Strength & Balance Chair Yoga

w/ Stephanie

NEW! **Tuesdays**
w/ Stephanie
12:00-1:00



Chair Yoga

w/ Stephanie
Fridays
12:00-1:00





Book Club

2nd & 4th Tuesday
10:30 AM
Led by Marakay

Fresh Express

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. ***Please treat Staff, Volunteers, and other Members with respect.***

Thursday June 13th & 27th

You are required to follow the rules. If you do not wish to follow the rules, you will be asked to leave.



York Fresh Food Farms

MOBILE PRODUCE MARKET

Earn a $2 Food Buck coupon for every $2 you spend using your access card

Affordable farm fresh produce grown and harvested in the City of York

EVERY THURSDAY
10:30-12:30
White Rose
Senior Center
27 S. Broad St.

WE ACCEPT:
- SNAP/EBT
- WIC & Senior Farmers Market Checks
- WellSpan Market Bucks Vouchers
- Cash, debit/credit cards

EVERY FRIDAY
11-1 pm
YMCA
90 N Newberry St.

EVERY SATURDAY
12-2 pm
Parkway
Corner of Willis & Parkway



Volunteer with York Fresh Food Farms for the 2024 growing and farmer's market season!

Volunteers have the opportunity to get involved in the farm and/or farmer's market operations. Call or email to apply.

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

JUNE

Joy

1	Philippians 4:4	16	Ecclesiastes 3:12-13
2	Psalm 118:24	17	Malachi 4:2
3	Romans 12:12	18	Proverbs 12:20
4	Habakkuk 3:17-18	19	John 15:11
5	Isaiah 61:10	20	Psalm 32:7
6	Galatians 5:22	21	Nehemiah 8:10b
7	Psalm 119:111	22	Psalm 30:5
8	James 1:2-3	23	I Chronicles 16:27
9	Psalm 47:1	24	Psalm 149:4
10	I Thessalonians 5:16-18	25	Zephaniah 3:17
11	I Timothy 6:6	26	John 16:22
12	Psalm 119:14	27	Psalm 4:7
13	Proverbs 17:22a	28	Psalm 5:11
14	Romans 5:3-4	29	Romans 14:17
15	Psalm 9:2	30	Psalm 16:11

FramaineRabe.wordpress.com



Bible Study with
Ken Gilbert
1st & 3rd Wednesday
10:00-11:00

White Rose Senior Center is offering a **Cancer Support Group** to our Members who are 60+. The group is open to those who are fighting cancer and those who are cancer free. We meet monthly and the next session will be Monday, June 17, 2024 at 12:00 on our enclosed sunporch.



Two sessions have been conducted and great information has been shared. The group is informal and things discussed and shared, remain in this room.

We welcome new members and look forward to being a help to all in need.

"Together we're stronger than cancer".
Together We Can, I Can.

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 snake to share. There is no cost for this activity so mark your calendars and bring a friend.

Tuesday June 11

Tuesday July 9

Tuesday August 13

Tuesday September 10

Pennsylvania "Deutsch" FraKtur Art



A water-color & calligraphy program

5 days ~ Mondays 10am – 11:30am June 3, 10, 17, 24, July 8, 2024

Fraktur began life as a specific form of handwritting & print type face in 16th century Austria. During the 18th & 19th centuries, fraktur was brought to Pennsylvania by German immigrants. It developed into a manuscript folk art of handwritten & hand water-colored documents, all on a single sheet, containing text and Deutsch motifs designed to frame the text. See what documents were produced and create your own document.

This program is designed for ABSOLUTE beginners. NO previous painting experience necessary. Personal initiative & creative self-expression is emphasized.

Participants will be introduced to fraktur history, cultural context, traditions, practices, and applications of fraktur. Materials, tools and supplies will be provided per participant, who will produce a fraktur document of their own choice & design from a selection of motifs provided.

Places are limited so register early

For more info & to reserve your place sign up.

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This program is supported by White Rose Senior Center & a grant from the Pennsylvania Council on the Arts, a state agency, through its regional arts funding partnerships. State government funding for the arts depends upon an annual appropriation by the Pennsylvania General Assembly & from the National Endowment for the Arts, a federal agency.
PCA funding is administered by StartSomething. Cultural Alliance of York County, a PCA Regional Partner.



Remember, you must pre-register for your meal.

This is to ensure that we 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. With **in person operating hours of 9am-2pm,** we are hopeful you will join us inside! 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!

Monday June 10th @ 12:00

Iced Tea Bar ($2.00) Celebrate National Iced Tea Day with our Iced Tea Bar! 12 Oz Pours over Ice. Let's get fancy with some syrups, fruits, and cream!



Friday June 14th @ 12:00

Floats for Father's

Calling all fathers and men who have played the part! Hats off to you.



Do you enjoy classical music? Would you like to learn more about it - or learn why a perfectly tuned piano is actually OUT of tune?



A free, easy online course from Hillsdale College can teach you those things, and more. What made Bach great? How did Beethoven compose his greatest works when he couldn't even hear? Are the Beatles really classical music? You'll find out.

Taught, with plenty of piano accompaniment, by famous concert pianist Hyperion Knight, the course isn't over until you finally enjoy a complete concert of the music from the course, also free.

Enroll online, for free, at https://online.hillsdale.edu/prereg/classical-music. Check for Hillsdale's other free online courses that teach everything from World War II history to Dickens' A Christmas Carol. No previous experience or knowledge is required for any class. Certificates of course completion are available. Learn something new!

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 Summer 2024 classes are as follows:

Class: Sunflower Centerpiece

Marti Leader will show you how to make this beautiful centerpiece for your table. The flowers are made out of bright yellow material, canning jar lids, dowel rods and burlap. Twine and a cute little yo-yo flower that Marti will show you how to make, adorn the tin pot. Supplies: Scissors. All other supplies will be provided by the instructor.



Instructor: Marti Leader
Date: June 18, 2024
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

Class: My Runes

In this workshop we will be taking a gourd break and will be doing something new and different! Intuition is very important in guiding us along our life's path. Each of you will be creating your very own set of "My Runes" and you will be personalizing them just for YOU to enjoy and have fun with. Using your intuition to identify symbols for various areas/subjects in everyday life, Linda Stinnette will guide you through the intuitive process of finding "your personal symbol" for each of the 15 areas. You will receive a pouch which includes 15 wooden discs and a permanent marker along with easy instructions on how to read them once you have completed them. You will be sketching your symbol first on your paper and will then transfer that symbol to each of your discs and complete them using the permanent marker. We will review the instructions on how to read them and get in a little practice. We hope to see you join in for this unique intuitive workshop!



Supplies: All other supplies provided by the instructor.
Instructor: Linda Stinnette
Date: June 26, 2024 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: 12 Participants

Class: **Clay Leaf Bowl**

Becky Hickey will teach you how to use air dry clay and create a bowl using a leaf. You will create a beautiful design. Later we will mold into a clay bowl. When the bowl is dry, you can embellish is with paint. This is a perfect and easy craft to add to your summer activities. Enjoy receiving compliments as you display your creative talents and abilities. NOTE: This activity runs from 1:00-4:00 PM. Supplies: All supplies will be provided by the instructor.
Instructor: Becky Hickey Date: July 9, 2024 Day: Tuesday Time: 1:00 – 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

STARS Program

Class: Summer Door Wreath

Look at how stunning this wreath could be on your door! Audrey Glickson will show you how to make wreath on a 10-inch frame. When completed the diameter is approximately 12 ½ inches. You will pick several fabric pieces and create this cheery summer wreath!
Supplies: Fabric scissors and Aileen's Tacky Glue. Instructor will provide the other items.



Instructor: Audrey Glickson
Date: July 16, 2024
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

Class: Paper Beads

Mary Jane will instruct you on how to make this fun and easy craft. Using scrapbook paper, magazine paper, or almost any type of paper, we will make several different shaped beads. We will then string them to make gorgeous necklaces, bracelets, etc.
Supplies: Paper scissors, white glue (Elmer's or Tacky Glue), 12" ruler, pencil, , any special papers you would like to use, (Mary Jane will have an assortment.)



Instructor: Mary Jane Miller
Date: July 23, 2024
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: 10 Participants

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

White Rose Senior Center and Springettsbury Township will 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 6, 2024
Day: Tuesday
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!

