

February Newsletter

English

WHITE ROSE SENIOR CENTER



27 South Broad Street,
York PA 17403
717.843.9704

Monday through Friday
Hours: 9:00 AM - 2:00 PM



February is a month that celebrates the heart—and here at our senior center, that heart is our community. As Valentine's Day approaches, our staff would like to share how grateful we are for each of you who brings warmth, laughter, and friendship through our doors. From shared stories and smiles to meaningful connections made every day, you are what makes this center such a special place.

This season reminds us that love comes in many forms: kindness between friends, support from neighbors, and the joy of spending time together. Thank you for being part of our extended family and for filling our center with so much life and care. We look forward to many more moments of connection, celebration, and togetherness—this month and always. Happy Valentine's Day from all of us!

Lisa, Jenna, Brenda,
Elba, & Raquel

In this newsletter:

**Food
Programs**

**Lunch
Information**

STARS Classes

**Senior
Spotlight**

**Class
Highlights**

**Inclement
Weather
Policy**

Food Programs

Fresh Express

February 12th & 26th

- Begins at 10:00 a.m.
- Please bring your own cart, bags, or boxes. Store them on the sunporch until it's your turn.
- You will be called by table to go through the line. Please stay seated until your table is announced.
- If you missed your table's first call, don't worry—it will be called again.
- Tables are called in random order.
- We are serving approximately 180 individuals, while supplies last.



Lunch

Please pre-register for your meals at least two business days in advance so we can order enough food. Lunch is served Monday–Friday around 11:30 AM (time may vary based on deliveries). Meals are provided in takeout containers; you may eat inside or take them to go. If you're pre-registered, please arrive on time. Lunch is served promptly after Mealtime prayer, and we will call you by table if you're eating inside.

Menu is subject to change based on Nutrition Group.

If you're taking your meal to go, you must arrive at 11:30 to ensure you receive it. After 11:45, remaining meals are given out on a first-come, first-served basis. Meals cannot be held for the next day due to limited refrigeration.



**York Fresh
Food Farms**

Shop at a Mobile Produce Market stop near you and save!

We accept SNAP/EBT, cash, credit/debit, Food Bucks, FMNP checks (senior and WIC)

York Fresh Food Farms operates a nonprofit Mobile Produce Market to sell the produce harvested from York Fresh Food Farms' 4+ acre York City urban farm. The prices at the Mobile Produce Market are kept low so that everyone can afford to eat well.

The Mobile Produce Market runs year-round, with 14 stops from June to November and a reduced schedule during the Fall and Winter.

We are open year-round! Visit us at one of the locations below.

**EVERY THURSDAY: White Rose
Senior Center 27 S Broad St
10:30am–Noon**

Senior Food Boxes

**Hunger
Free York**

York County Food Bank

SENIOR FOOD BOX PROGRAM

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: \$1,957

– Household of 2: \$2,644

**Must have valid ID*

Feed your soul with a daily Bible plan

Day 1: John 3:16

Day 2: Colossians 3:14

Day 3: 1 Corinthians 2:9

Day 4: 1 Corinthians 13:4-7

Day 5: 1 Corinthians 13:13

Day 6: Ephesians 2:4-6

Day 7: Ephesians 3:16-17

Day 8: Ephesians 4:31-32

Day 9: Galatians 2:20

Day 10: Isaiah 49:15-16

Day 11: John 15:12-13

Day 12: 1 John 3:1

Day 13: 1 John 3:18

Day 14: 1 John 4:9-10

Day 15: 1 John 4:16

Day 16: Jeremiah 31:3

Day 17: Matthew 22:37-39

Day 18: 1 Peter 2:17

Day 19: 1 Peter 4:8

Day 20: Proverbs 3:3-4

Day 21: Psalm 143:15

Day 22: Romans 5:8

Day 23: Romans 12:9-12

Day 24: 1 Thessalonians 3:12

Day 25: 2 Thessalonians 3:5

Day 26: Titus 3:4-7

Day 27: Ephesians 4:2

Day 28: Zephaniah 3:3

S.T.A.R.S. Senior Time Activities for Residents of Springettsbury

Class: Beautiful Bunnies

Joanne Kluk will show you how to adorn wooden bunny cutouts to make a perfect adornment for your home. Many techniques will be used including paint, designer papers, decoupage, and several choices for embellishments.

Supplies: All supplies will be provided by the instructor.

Instructor: Joanne Kluk

Date: February 10, 2026

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: 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 the winners. Lunch will be served prior to Bingo. Come and join in the fun!

Date: February 24, 2026

Day: Tuesday

Time: 11:00 AM – 1:30 PM

Location: Hoss's Steak & Sea House
– 3604 E. Market St, York, PA 17402



How to Registration For the STARS Programs?

1. Go online to www.springettsbury.com and find the STARS programs.
2. Go to the Springettsbury Township Building and pay in person with form.
3. Or, mail form 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.

For additional questions, contact Lisa Krout at White Rose Senior Center (717-843-9704), Richard Diaz, Summer Breen, or Brandy Shope at Springettsbury Township (717-757-3521).

When in doubt, please stay out - & try again tomorrow!

For the safety and well-being of everyone in our center, we kindly ask that if you are feeling unwell—experiencing symptoms such as fever, cough, or general illness—please stay home and take the time you need to recover. This helps prevent the spread of illness and ensures a healthier environment for all. Thank you for your understanding and cooperation.

Just a friendly reminder that
selling items or asking for money
is not allowed at the center.
Thank you for helping us keep
the space welcoming for
everyone.

If you are enjoying coffee or dining in, please take only the sugar packets, napkins, salt & pepper shakers, and utensils you need. These items are intended for use at the Center and not for personal home use.
You are on camera.

SENIOR BINGO

(ages 55+)

West Manchester Bingo

Hey Seniors - this is a friendly and casual gathering where you can enjoy great conversation, light refreshments, and a few lively rounds of bingo—just for fun! It's a wonderful chance to meet new people, catch up with friends, and simply enjoy yourself in a relaxed, welcoming environment. Feel free to bring a snack to share. So, grab a friend, mark your calendar, and join us- no registration required! If you're feeling festive - dress up to the theme!

Dates/Themes: Tuesdays, 2nd of the month

January 13 (New Year), February 10 (Valentine's Day), and March 10 (St. Patty's Day)

Time: 10:30 AM – 12:00 PM

Location: Shiloh Fire Co - 2190 Carlisle Rd

Cost: FREE

Exercise Classes

Chair Yoga w/ Stephanie
Tuesdays & Fridays @ 12:00



Zumba Gold w/ Cindy
CURRENTLY ON HOLD



Spanish Bible Study
Spanish 101 Class
Alternating Mondays

Pokeno!



Mondays,
Tuesdays &
Fridays



Crafts by
Raquel
See
Calendar!

Yarn Crafters:
Wednesdays &
Thursdays 9-1



Senior Spotlight: Senior of the Month Gloria Bell



Birthday: 9/24

Favorite Hobby: Crocheting while listening to music

Member at WRSC for years: Two year.

Favorite thing about the Center: Playing games, the food, mingling with friends.

Favorite Quote: "Oh my goodness!"

Inclement Weather Policy

In case of inclement weather, the Center may be closed. If we are closed, we will have it aired on WGAL8 TV (Channel 3 for most people) or ABC27 snow Watch (Channel 6 for most people) by 7:00 am. We will also post it to our Facebook Page. If we are open, please use your own discretion as to whether you want to come to the center or not. we appreciate when you are here; however, your safety is our number one concern.

"In a world where you can be anything, be kind."

Upcoming Trips

Shady Maple Trip
Friday February 6th,
\$15 Round Trip, Meal
\$21.00 (Approximately)

Green Dragon Market Trip
Friday February 27th,
\$15.00, Bring Money for
Shopping.

Announcements

If you missed last
month, ZUMBA with
Cindy has returned!

ON THE MOVE
Exercise Class with
Stephanie Cucina 12-
Week class is BACK!

Staff Directory

Executive Director- Lisa Krout

Director of Program Development- Jenna Wray
Brendaliz Gonzalez- Bilingual Program Coordinator

Raquel Rivera- Program Assistant

Elba Zambrano - Food Service & Cleaning Specialist

Cheri Bowersox- Bookkeeper

Thank you for reading!

MISC. NEWS

Closures

Presidents Day
Monday
February 16th

Highlights

Carol Hill Evans Bingo Event:
Friday February 13th

Tuesday February 17th
Mardi Gras Celebration w/ DJ
Chris

Food Programs

Commodity Boxes

Thursday 2/5

Fresh Express

Thursday 2/12 & 2/26

New Members

Sylvia Valentin
Andrea Drawbaugh
Ysabel Tavera
Cheryl Springer
Eugenia Tyler
Antonio "Tony" Holland
Florence Lewis
Terry Lee Henney
Roberto Perez
Carmen Mercado
Edwin Mercado

White Rose Senior Center Wish List

Our Center operates through the donations and financial support of the community & local businesses. Every donated item from the wish list is money we can put toward our senior services.

For those wishing to donate, our most needed items right now are paper towels, napkins, dish soap, hand soap, and toilet bowl cleaner.

We really appreciate your generosity in donating items that are needed. So many people benefit from them. Your kindness is greatly appreciated!

WHAT IS BULLYING?

Bullying Defined Form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort.

American Psychological Association (APA)

Intentional, repetitive aggressive behavior involving an imbalance of power or strength. HazeldenFoundation, 2008

"The best way to deal with bullying is to have an all-around culture where bullying is unacceptable." -Robin Bonifas, PhD, MSW School of Social Work, Arizona State University.

The world is a dangerous place; not because of those who do evil, but because of those who look on and do nothing.

-Albert Einstein



**Suicide & Crisis Lifeline
Call/Text 988**

**Domestic Violence Hotline
800.799.SAFE (7233)**

**Sexual Assault Hotline
800.656.4673**

**Substance Abuse/Mental Health
800.662.HELP (4357)**

Recognizing Senior Bullying

A National Problem that Hurts Senior Centers



Typical Traits of Individuals Who Bully

- lacks empathy •has few friends •"needs" power and control
- struggles with individual differences
- uses power and control at the expense of others
- suffers from low self-esteem
- empowered by causing conflict, or making others feel threatened, fearful, hurt

Women...



- gossips •snipes •member of a clique •passive-aggressive behavior •manipulates emotions

Men...



- direct •spontaneous •verbally or physically aggressive
- superiority complex •overly protective

Source: (Bonifas & Frankel, 2012)

Physical	Verbal	Relational	Damage to Property
•Dirty looks •Overbearing physical presence •Hitting, kicking or other physical assault •Sexual harassment or abuse	•Passive-aggressive comments •Negative, comments about appearance •Demanding, bossing around a member •Unsolicited or unwelcome sexual comments	•Ignoring a member •Gossiping •Participating in cliques that conspire to isolate a member	•Stealing items from another member •Damaging items belonging to another member

Information From: National Center for Assisted Living

One in two people have bullied another person at least once. Bullying is one of the biggest issues currently affecting seniors. It can be overcome if we start to think differently about how we resolve things. There are a variety of reasons why people bully others. Common examples include being bullied by somebody else, abuse, a traumatic situation or feeling competitive towards others. Many older people see their independence and sense of control disappear and, for some, becoming a bully can feel like regaining some of that lost power. To the bully, their behavior may not seem serious, but to the receiving person, the impact can be devastating. It takes a strong person to recognize bullying traits and behaviors in themselves. If you realize you've been hurting others, you can make a choice to stop. Change is determined by motivation. Bullying is a choice. And if you truly want to change, you need to motivate yourself to alter your choices. While we cannot force someone change, we can all teach healthy behaviors. The key is to help the bullying person recognize the pain they are causing. Consistent reminders and reinforcing a positive mindset can teach anyone to handle situations differently. We all need to respect each other and not allow anyone to feel unworthy. It's not that hard to make everyone feel like they are an MVP!