

HEARTS FEBRUARY 2024 HEARTS

HIGHLIGHTS

Thursday February 1st 10:00-1:00 **Commodity Supplemental Food Box for Seniors with the Cheese Distribution** (Must come inside for your box), Puzzle Packets

Monday February 5th 10:00 **Food Art by All American Health Care**

Tuesday February 6th 10:00 **Birthday Bash & Bingo by Aetna**

Wednesday February 7th 9:30-11:00 **Blood Pressure Checks by Family First**

Thursday February 8th 10:00 **Fresh Express**

Friday February 9th 10:15 **Bingo by Elite Homecare w/ Oliver**

Tuesday February 13th 10:00-12:00 **Mardi Gras / Valentine's Day Dance Duo ft. DJ Chris Wagman and Carol Hill Evans**

Wednesday February 14th 12:00 **Ice Cream Social (Must Sign Up)**

Monday February 19th Center is Closed. **Presidents' Day**

Thursday February 22nd 10:00 **Fresh Express**

Friday February 23rd 10:00 **Words of Fortune w/ Matt Cleveland from DJ Occasions**

HEARTS FEBRUARY 2024 HEARTS

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





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.

WELCOME

If you are interested in donating, we are in need of the following items: Dish Soap, Bleach, Lysol, Bathroom Foam Max Toilet Bowl Cleaner & Paper Towels

Michael Martin

Richard Mitchell

Joel Pierre

David Hildebrand

Dale Seguire

White Rose Senior Center Staff

Lisa Krout Executive Director

Jenna Wray Program Coordinator

Brendallz Gonzalez Bilingual Program Coordinator

Raquel Rivera Program Assistant

Elba Zambrano Food Service & Cleaning Specialist

Chotz Grove Customer Service

Cheri Bowersox Bookkeeper



February

SCRIPTURE WRITING PLAN

The Heart of the Matter

Day 1: Deuteronomy 4:7-9

Day 2: Deuteronomy 6:4-6

Day 3: Deuteronomy 10:12-13

Day 4: Psalm 2:3-5

Day 5: Psalm 26:2-7

Day 6: Psalm 73:26-28

Day 7: Psalm 84:2-4

Day 8: Psalm 86:11-13

Day 9: Psalm 119:9-11

Day 10: Psalm 139:23-24

Day 11: Proverbs 3:3-6

Day 12: Proverbs 4:23-24

Day 13: Proverbs 16:23-24

Day 14: Ecclesiastes 12:13-14

Day 15: Jeremiah 29:11-13

Day 16: Joel 2:12-13

Day 17: Matthew 6:19-21

Day 18: Matthew 15:17-20

Day 19: Matthew 22:37-40

Day 20: Luke 6:45

Day 21: Romans 8:27-28

Day 22: Ephesians 3:14-19

Day 23: Colossians 3:14-17

Day 24: 1 Timothy 1:5

Day 25: Hebrews 4:12-13

Day 26: Hebrews 10:22-25

Day 27: James 4:8-10

Day 28: 1 Peter 3:14-16

*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

Zumba Gold®

with Heather Cintron



Every Wednesday
10:30-11:15

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





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.***

February 8th & February 22nd

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



2023-2024 WINTER 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

12-2 pm

**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.



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 **11:35** 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!



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!

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.

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. & Broad St.) you can contact Maintenance (717-843-6309) & Penn Pest will come to your home with no cost to you! 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!

Gift Card-Cash Bingo is Back

DATE: Sunday, March 24th, 2024

WHERE: Shiloh Fire Company, 2190 Carlisle Rd, York

TIME: Doors open at 10:00 AM - Bingo starts at Noon

COST: \$20 advance tickets - \$25 at the door (if not sold out)

TICKETS CAN BE PURCHASED AFTER JANUARY 2, 2024 AT THE:
West Manchester Township Office, 380 E. Berlin Road,

QUESTIONS...Call 717-792-3505



Senior Fun

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

TUESDAY, JANUARY 9
TUESDAY, FEBRUARY 13
TUESDAY, APRIL 9

Shiloh Fire Company

FEBRUARY



Presidents' Day

When Is Presidents' Day?

Presidents' Day is observed annually on **the third Monday in February**. In 2024, Presidents' Day will be celebrated on Monday, February 19.

Presidents' Day History

Historically, Americans began celebrating George Washington's Birthday just months after his death, long before Congress declared it a federal holiday. It was not until 1879, under President Rutherford B. Hayes, that Washington's Birthday became a legal holiday, to be observed on his birthday, February 22.

Washington's birthday was celebrated on February 22 until well into the 20th century. In 1968, Congress passed the Monday Holiday Law to "provide uniform annual observances of certain legal public holidays on Mondays." By creating more 3-day weekends, Congress hoped to "bring substantial benefits to both the spiritual and economic life of the Nation."

Today, Washington's Birthday is one of only 11 permanent holidays established by Congress. One of the great traditions followed for decades has been the reading of Washington's Farewell Address—which remains an annual event for the Senate to this day.

When Is George Washington's Real Birthday?

Although the federal holiday is held on a Monday (the third Monday of February), Washington's birthday is observed on February 22. To complicate matters, Washington was actually born on February 11 in 1731! How can that be?

Washington was originally born when the Julian calendar was in use. During Washington's lifetime, people in Great Britain and America switched the official calendar system from the Julian to the Gregorian calendar (something that most of Europe had already done in 1582).

As a result of this calendar reform, people born before 1752 were told to add 11 days to their birth dates. Those born between January 1 and March 25, as Washington was, also had to add one year to be in sync with the new calendar.

By the time Washington became president in 1789, he celebrated his birthday on February 22 and listed his year of birth as 1732.

To summarize, Washington's birthday changed from February 11, 1731 (Old-Style Julian calendar), to February 22, 1732 (New-Style Gregorian calendar).

Myths About Washington

Legend has it, Washington chopped down a cherry tree when he was 6 years old and, when confronted by his father, said, "I can not tell a lie. I did it with my hatchet."

Well, we can not tell a lie, either. Washington didn't say this; he didn't even chop down the tree! This tale was in fact concocted by Parson Mason Weems (1759–1825), one of Washington's biographers, who made up the story hoping to demonstrate Washington's honesty.

This tale is not the only myth about Washington. His wooden dentures? They weren't made of wood; they were made of hippopotamus teeth that had been filed down to fit into Washington's mouth.

George Washington Quote

Upon entering office, Washington was not convinced that he was the right man for the job. He wrote, "My movements to the chair of government will be accompanied by feelings not unlike those of a culprit who is going to the place of his execution." Fortunately for the young country, he was wrong.

Worry is the interest paid by those who borrow trouble.

—George Washington (1732–99)



Don't Be Left Out in the Cold This Winter

If heating costs are leaving you cold this winter, check out these money-saving programs below to get some warm relief.

The Low-Income Home Energy Assistance Program (LIHEAP) - provides income eligible customers financial assistance to help pay home heating bills and emergency energy assistance to avoid shut-off or to restore service. Call 1-800-272-2714

Crisis Program - provides a grant to customers who face utility service disruption due to lack of payments or an unsafe utility condition. May be applied to accounts where service has been terminated or for repair of heating equipment. Call 1-800-272-2714

Dollar Energy Fund - provides grants to low-income customers for use in offsetting overdue payments or restoring service to terminated utility accounts. Call 1-800-537-7431


Customer Assistance Program (CAP/PCAP) - offers affordable payment plans and debt forgiveness for customers with low incomes and long-term bill payment problems. Call 1-800-537-7431

WarmWise Low Income Usage Reduction Program - a free home weatherization program which assists customers in reducing their home's natural gas consumption by identifying and remedying areas in the home where heat escapes. Call 1-800-537-7431

Emergency Repair Program - offers financial assistance for the repair or replacement of natural gas furnaces, water heaters, service and house lines, and space heaters serving as the primary heat source for low-income customers who own and are living in their home. Call 1-800-537-7431

*FOOD ART DEMO by ALL AMERICAN HEALTH
featuring ERIK SHAFFER Monday February 5th @
10:00 am*





WRSC & Representative Carol Hill-Evans presents:

**MARDI GRAS
VALENTINES
DAY DANCE DUO**

Tuesday, February 13th

10am-12:00pm

PLEASE RSVP

Light Refreshments will be served.

Music by DJ
CHRIS WAGMAN
Featuring Love
Songs, and sounds
from New Orleans!

COME READY TO DANCE!



**VALENTINE'S
ICE CREAM
SOCIAL**

FEBRUARY 14

12:00

FOLLOWING LUNCH

FREE: PLEASE SIGN UP
TO BRING SOMETHING



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 classes are as follows:

STARS Program Class: Heart Plaque Welcome love on February 14th by crafting a heart plaque to hang on your door. Judy Enders has antique valentines to share with you. If you may desire to put a personal picture on your heart, feel free to bring it along. Many embellishments will be available to make your project unique!

Supplies: Scissors and glue/mod podge. All other supplies will be provided by the instructor.

Instructor: Judy Enders

Date: February 6, 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



STARS Program Class: Folded Fabric Easter Eggs

Since we enjoyed the Folded Fabric Christmas Ornaments so much, Becky Hickey decided to show us how to make a Fabric Folded Easter Egg. The egg will be 4” x 6”. You will choose pre-cut fabrics to create a beautiful egg to display during Easter.

Supplies: Scissors. All other supplies will be provided by the instructor.

Instructor: Becky Hickey

Date: February 20, 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



STARS Program Class: Yellow Bird Pincushion Mary Jane Miller will show you how to make this wool pincushion using a small amount of simple hand sewing and then embellishing with a few easy embroidery stitches.

Supplies: Students should bring fabric scissors, straight pins and sewing needles. Everything else will be provided.

Instructor: Mary Jane Miller

Date: February 27, 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



Dairy Queen Snow Sculpture Contest



DEADLINE FOR REGISTRATION: APRIL 5

WHO: All Township Residents both Young and Old, Big and Tall, Short and Small

WHEN: Anytime it snows

WHERE: In your own backyard

COST: Free

Simply create your own snow sculpture and take a photo of it with the creators in the picture too! You may send your photo to the West Manchester Township Parks and Recreation Department, 380 East Berlin Road, York, PA 17408. You may also e-mail your photo to: ltimmer@wmtwp.com

Please include the name(s), address(es), and phone number(s) of all the creators. The snow sculptures will be judged by the WMT Recreation Advisory Committee at the April 17th meeting. Sorry, we will not return pictures. Winners will be awarded a special treat.

St Patrick's Day Bingo For Adults

THURSDAY, MARCH 14 | 1:00-3:00 PM
SHILOH FIRE COMPANY | 2190 CARLSLE RD, YORK

CALL TO REGISTER 717-792-3505 BY MARCH 8.
Do not park in emergency designated areas.
Please bring a dabber with you,
we will have a limited number available.

DOORS OPEN AT 12:30 PM

\$8 PER PERSON

∞ Parks & Recreation

