

JULY 2023

HIGHLIGHTS

Tuesday July 4th **Independence Day, Center is Closed.**



Wednesday July 5th 9:30 Blood Pressure Checks w/ *Family First Health* & 10:00 Bingo Hosted by McCallister Myers & Associates

Thursday July 6th 10:00-1:00 Commodity Supplemental Food Box for Seniors with the Cheese Distribution & Puzzle Packet (Must come inside)

Monday July 10th 10:30 Highmark Wholecare w/ Diana Escalante Ice Cream Social & Bingo



Tuesday July 11th 10:30-12 Bingo at Shiloh Fire Company w/ West Manchester Township, 10:30 -12 Summertime Sounds Summer Series w/ Chris Wagman, Birthday Celebration Sponsored by Aetna

Thursday July 13th & July 27th 10:00 Fresh Express (Must be a White Rose Senior Center Member &/or a Broad Park Manor Resident. Bring a Cart/Bags. Must be able to carry your own Items from inside. Tables will be called in RANDOM order)

Tuesday July 18th 10:00 MidPenn Legal Services Presentation: Power of Attorney & Elder Financial Abuse & Exploitation

Wednesday July 19th 10:30 Penn Pest Bed Bug Presentation

Thursday July 20th 10:00 Trivia w/ PA Health & Wellness 12:00 Now You Have It (Now You Don't. Bring a \$1.00 Gift Item, New & Wrapped)

Hot Dog Sale: Every Wednesday in July! Wednesday July 5th, Wednesday July 12th, Wednesday July 19th, Wednesday July 26th

New Hours! Every Thursday 12:00-2:00 York Fresh Food Farms Mobile Produce Market

CASH BINGO Saturday July 22nd **CASH BINGO!** Tickets: \$15 Advance, \$20 at the door. Includes 6 Cards. (Extra Strips: \$3.00 each or 2/\$5.00. Doors open at 11:00, Bingo starts @ 12:15. Please remember, our Kitchen is open! No outside food or beverages, please. Smoking and Drinking Alcoholic Beverages is STRICTLY PROHIBITED.

Tuesday July 25th 10:00-12:00 Christmas in July Celebration



Interested in becoming a Newsletter Sponsor? See Staff for more information!

JULY 2023

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



Wits Workout Presented by:



Now Through August 2023

July 26th, 2023 @

Wits Workout is an interactive, engaging, brain health program for Older Adults. Drawing on brain health and aging research, University of Illinois Extension Educators designed this for professionals to facilitate these brain exercise classes. This interactive model serves a need in increasing socialization, reducing isolation, and promoting intellectual engagement in older adults, all of which complement current aging brain health research. Through its interactive dialog and experiential activities, this program will assist maintain or adopt long-term health-promoting behaviors through these ongoing brain exercise classes. Come join in the fun and you too can have better sleep, wonderful social connections, reduce your stress management and challenge yourself intellectually.



July

SCRIPTURE WRITING PLAN

Seeking the Truth

- | | |
|--------------------------|-------------------------------|
| Day 1: Psalm 15:2-5 | Day 17: 1 Corinthians 2:12-13 |
| Day 2: Psalm 25:5 | Day 18: Ephesians 1:13-14 |
| Day 3: Psalm 51:6 | Day 19: Ephesians 4:15-16 |
| Day 4: Psalm 86:11 | Day 20: Ephesians 4:25 |
| Day 5: Psalm 119:160 | Day 21: Ephesians 6:13-15 |
| Day 6: Proverbs 12:17 | Day 22: 1 Timothy 3:15 |
| Day 7: Isaiah 45:18-19 | Day 23: 2 Timothy 2:15 |
| Day 8: Zechariah 8:16-17 | Day 24: 2 Timothy 4:3-5 |
| Day 9: John 1:14, 17 | Day 25: Hebrews 10:26 |
| Day 10: John 4:23-24 | Day 26: James 1:18 |
| Day 11: John 8:31-32 | Day 27: James 5:19-20 |
| Day 12: John 14:5-7 | Day 28: 1 Peter 1:22 |
| Day 13: John 14:15-17 | Day 29: 2 Peter 2:1-2 |
| Day 14: John 17:13-19 | Day 30: 1 John 3:18-19 |
| Day 15: John 18:37-38 | Day 31: 3 John 2-4 |
| Day 16: Romans 2:6-8 | |

*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.*





GET YOUR ENTRIES IN FOR THE 2023 YORK STATE FAIR!



Where to Find

Entry Catalogs and Forms are available online. Printed copies are available for pickup or one can be mailed by calling the office at 717.848.2596.



When to Enter

All entry deadlines and drop off times are listed below. Walk-Ins are accepted.



What to Read

Exhibitors: Please read each departments rules and regulations as some things differ from department to department.



Livestock Entries
Deadline - 6/12

PPRC/Mail-IN Entries
Deadline - 7/7

**Hort Hall/Old Main/
4-H & FFA/
Online Entries**
Deadline - 7/14

Hort Hall Entry Drop Off/

Walk-Ins Accepted:
*7/18 - 1pm to 8pm
*7/19 - 9am to 6pm
*7/19 - (D.15 & D.40)
9am to 12pm

Old Main Entry Drop Off/

Walk -Ins Accepted:
7/18 - 1pm to 8pm
7/19 - 9am to 6pm

Hort Hall & Old Main

Entry Pickups
7/31 - 12pm to 8pm
8/1 - 5pm to 7pm

***PLEASE NOTE DATE CHANGE!**

Hort Hall Entry Drop
Off/Walk-In Days have
changed to the Tuesday and
Wednesday before fair.

CONTACT US: 334 Carlisle Ave.
York, PA 17404

717.848.2596

info@yorkstatefair.org

A Warm Welcome to our Newest Members



Joyce Ryan
Ruby Beatly
Marakay Rogers
Laura Owens
Cristian Figueroa
Ellen Frey
Albertina Fernandez
Margaret Sullivan
Marilyn Bosley
Darrell Blake
Shelva Myers
Todd Wolfe
Lynne Manchester
Patricia Ann Ortiz
Robert Kraft

White Rose Senior Center Staff

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



Fresh Express will continue to be distributed at approximately 10:00am. (time subject to change based on delivery time from Central PA Food Bank). We will no longer be loading up your vehicles. You are expected to come inside with your cart/bags/boxes to go through the line (just like we were doing pre-Covid) 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.

Please note, JUST BECAUSE YOU ARRIVE FIRST does NOT mean you will be *serv***ed first**. Tables will be called in a **Random Order**. We are serving approximately 80 individuals, while supplies last. You will not go through the FOOD line until your table is called. Please remember, we do not provide bags or boxes. Please treat Staff, Volunteers, and other Members with respect.

It is our pleasure to serve you.

Senior Box Program
Commodity Supplemental Food Box

Do You Qualify?

- MUST BE 60 OR OLDER AND LIVING IN YORK COUNTY
- MONTHLY INCOME REQUIREMENTS
- MUST HAVE VALID ID

THE SENIOR FOOD BOX PROGRAM PROVIDES SENIORS WITH A FREE BOX OF FOOD EVERY MONTH 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.



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. If you are able, we prefer you walk inside to pick up your lunch (but respect if you are unable/or don't feel comfortable doing so). Lunch will be served Monday through Friday, **at approximately 11:30**. 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 (please know that this is subject to change based on delivery times from Nutrition Group- our food provider. 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 between **11:30 and NOON** to ensure you receive your meal. **After noon**, 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!

WHITE ROSE SENIOR CENTER

27 South Broad Street,
YORK PA 17403
717-843-9704

CASH BINGO



SATURDAY
JULY 22

Doors Open @ 11:00
Bingo Starts @ 12:15

50/50 Raffle

DOOR PRIZES
Includes 6 Cards
Extra Strips: \$3.00
-or- 2/\$5.00

*All proceeds to benefit
White Rose Senior Center.
Refreshments available for
purchase. No outside food
permitted. Alcohol & Smoking
is strictly prohibited.*

TICKETS:

\$15 in Advance
\$20 at the Door



SUMMERTIME SOUNDS

FEATURING
DJ CHRIS WAGMAN

JULY 11TH

AUGUST 15TH

SEPTEMBER 12

10:30 -12 NOON

Rain or Shine!



Strength & Balance Chair Yoga

w/ Stephanie

NEW!

Tuesdays

w/ Stephanie

12:00-1:00

Chair Yoga

w/ Stephanie

Fridays

12:00-1:00



KNITTING CLUB
EVERY WEDNESDAY
& THURSDAY

9:00-2:00



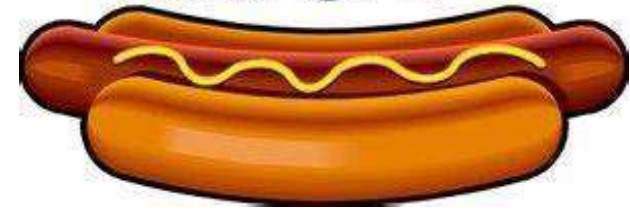
Zumba Gold®

RESUMES in SEPTEMBER



Weiner Wednesdays!

HOT DOGS



Every Wednesday in July

(In honor of National Hot Dog Month),
we will be hosting a Hot Dog Sale.

Cost: \$1.50

Ketchup, Mustard, Relish, and Onion and Sauerkraut will be offered.

Wednesday July 5th

Wednesday July 12th

Wednesday July 19th

Wednesday July 26th

Christmas in



Tuesday July 25th 10:00-12:00 featuring Santa Claus.

Join us for a festive celebration! The six-month

countdown until Christmas begins! 😊

WE WANT TO HEAR FROM YOUR MEMBERS!

We are looking to interview Pennsylvania residents ages 60 and older. The School of Social Work at Temple University is interested in learning about how people are managing through the COVID-19 pandemic, including what has been helpful and what has made it more challenging.

- The interview will take about **1 hour**.
- It will take place **by phone or video conference**.
- Each participant will receive a **\$20 gift card** in exchange for their time!
- All responses will be kept confidential, and will only be reported together with other responses.
- **Recruitment incentives are available for organizations interested in partnering with us.**

For more details, or with any questions, please contact Astrid Uhl, phone: 215-204-8673 | email: AgeConnect@temple.edu



School of
Social Work

This project is funded by the PA Department of Health COVID-19 Health Disparities Grant.

SENIOR FUN:

Hey Seniors! Do you want to meet some new friends? Socialize? Snack and play Bingo for fun? Join Lori & 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!

Bring a Bingo Dabber!

Tuesday July 11th

Tuesday August 15th

Tuesday September 12th



July 27th at NOON



The White Rose Senior Center Board of Directors will be holding their Annual Meeting on Thursday July 27, 2023. The Board of Directors values the voice and feedback of the center membership. If you have comments for the board please provide them in writing to Lisa Krout, Executive Director or email them to her at

lisa@whiteroseseniorcenter.org.

Your comments will be made part of the record of the Annual Meeting.


Home Medical Alert System

- Covers Entire Home
- 2-Way Speakerphone
- Fall Detection Option



**As low as
\$27.45 / Month**

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 **1-855-272-1010**

 **medicalcarealert.com**

How It Works



**1. Press The
Button**

Mrs. Jones,
do you need
help?



**2. Speak To
An Operator**



**3. Help Is
On The Way**



Come join us on Wednesday July 19th
@ 10:30 am

at White Rose Senior Center
Penn Pest will be discussing common
household Pests and how you can
prevent them!



If you feel as though you may have bed bugs, **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, 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!

Blood Pressure Checks Provided by:



The 1st Wednesday of each month!
July 5th @ 9:30



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!!!

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 Spring 2023 classes are as follows:

STARS Program Class: Needlefelted Simeon Shephard – Part 1

Mary Jane Miller will teach you how to needlefelt this cute shepherd holding his lamb. Using a special barbed needle and roving we will make the body in the first class. In the second class we will dress him in his shepherd clothing along with making his staff and lamb. Some needle felting experience is helpful. Supplies: Car Wash Sponge

Instructor: Mary Jane Miller

Date: July 25, 2023

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: Needlefelted Simeon Shephard – Part 2

Mary Jane Miller will teach you how to needlefelt this cute shepherd holding his lamb. Using a special barbed needle and roving we will make the body in the first class. In the second class we will dress him in his shepherd clothing along with making his staff and lamb. Some needle felting experience is helpful.

Supplies: Car Wash Sponge

Instructor: Mary Jane Miller

Date: August 1, 2023

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: Decorative Wine Bottles with Twine

Let's see how creative we can be! Judy Enders will show us how to recycle glass bottles (wine, olive, whiskey) to make a decorative item for your home. Judy will provide all of the supplies and accessories!

Supplies: Tacky Glue and Scissors

Instructor: Judy Enders

Date: August 8, 2023

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: Decorative Gourd Bowl

Linda Stinnette will show you how to make this creative decorative gourd bowl during this workshop. Using your own personal design made of twine, you will create a textured effect on the bowl which will then be embossed with foil and add color if desired. Edges will be finished with woven grass roping that will be hot glued on. All supplies will be provided. Bring your ideas and creativity for this unique workshop!

Supplies: Scissors

Instructor: Linda Stinnette

Date: August 23, 2023

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: 10 Participants



STARS Program 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 30, 2023

Day: Wednesday

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!



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 this form or one you find online that you printed off, or that is in the Springettsbury Township Bulletin. (Currently they are located at 3501 N. Sherman St. Ext., York, PA 17402 – Wastewater Treatment Plant)
3. 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.

Mail your Registration Form and Check (if applicable) to:

Springettsbury Township
1501 Mt. Zion Rd.
York, PA 17402

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