

## HIGHLIGHTS

Thursday January 4<sup>th</sup> 10:00-1:00 **Commodity Supplemental Food Box** for Seniors with the Cheese Distribution (Must come inside for your box), Puzzle Packets

Friday January 5<sup>th</sup> 10:15 **Bingo** by Elite Homecare by Oliver

Tuesday January 9<sup>th</sup> 10:00 **Aetna Birthday Bash**

Friday January 12<sup>th</sup> 10:00 Homeland at Home **Bingo**

Thursday January 18<sup>th</sup> 9:30 **Staff Battle Soup Sale** (\$5.00)

Monday January 15<sup>th</sup> *Martin Luther King*. Center is Closed.

Friday January 19<sup>th</sup> 10:00 **Winter Bingo** (\$1.00)

Friday January 26<sup>th</sup> 9:30 **Bingo Mania** (Cost: \$0.50 per game, \$0.50 per card. \$2.00 Special Games.)

A Huge Thank You to the Yarn Crafters for their donations & time! We raised \$730.00!

*Thank you to everyone who participated in our Deck the Halls Fundraiser! We raised \$1,135.00!*

# 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](http://www.whiteroseseniorcenter.org)



# Zumba Gold®

with Heather Cintron



Every Wednesday  
10:30-11:15

# 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

Deborah Musselman  
Rhodenie Santiago  
Yolanda Adinolfi-Moul  
Susie Mae Bailey  
Veronica Jane Clark  
Michael Moul  
James Schopp

Thomas Duncan  
Robert Amorosino  
Paul Clifford  
Willeas McMillan  
Edwin Day  
Kenneth Barnes

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



## 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*





**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.**

*January 11<sup>th</sup> & January 25<sup>th</sup>*

**You are required to follow the rules. If you do not want 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.

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

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

**WE ACCEPT:**

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



**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 •  

Know the symptoms of COVID-19, which can include the following:



*If you test Positive for Covid or are feeling symptoms!*

Day 0 is the day symptoms started

Day 1 is the first day after symptoms started.

You can end isolation after Day 5, if your symptoms are improving and you are fever free for 24 hours without medication.

If you end isolation, you should wear a mask through Day 10 and avoid people who are more likely to get very sick from Covid.

You can stop with the mask earlier than Day 10 if you take 2 negative tests at least 48 hours apart.



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.

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!



# 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!\**





**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!*

**SECRET PAL:  
2023 SECRET PALS WILL BE  
REVEALED DURING THE REVEAL  
PARTY ON WEDNESDAY JANUARY  
24<sup>TH</sup>, 2024. IT'S IMPORTANT YOU  
KEEP IT A SECRET UNTIL THEN!**



**PLEASE PLAN TO BE HERE OR SEND  
YOUR GIFT IN AHEAD OF TIME.  
REMEMBER, FOR THE REVEAL  
PARTY, YOU ARE COMMITTED TO A  
\$5.00 GIFT. PLEASE DO NOT LET  
YOUR SECRET PAL DOWN. ALSO,  
YOU WILL HAVE THE OPTION TO  
OPT IN FOR A SECRET PAL FOR  
2024.**

## Friday Bingos!



Friday January 5<sup>th</sup>

10:15 Bingo by Elite Homecare by Oliver

Friday January 17<sup>th</sup>

10:00 Bingo by Homeland at Home

Friday January 19<sup>th</sup>

10:00 Winter Bingo (\$1.00)

Friday January 26<sup>th</sup>

9:30 Bingo Mania: Cost: \$0.50 per game, \$0.50 per card. \$2.00 Special Games.)



# January

## New Beginnings

- Day 1: Genesis 1:1-2
- Day 2: Jeremiah 29:11
- Day 3: Job 8:7
- Day 4: Lamentations 3:22-23
- Day 5: Psalm 30:5
- Day 6: Psalm 40:3
- Day 7: Isaiah 43:18-19
- Day 8: Isaiah 40:31
- Day 9: Isaiah 58:12
- Day 10: Ecclesiastes 3:1
- Day 11: Ecclesiastes 3:11
- Day 12: Isaiah 65:17
- Day 13: Ezekiel 11:19
- Day 14: Jeremiah 31:31
- Day 15: Matthew 26:27-28
- Day 16: Hebrews 12:1-2
- Day 17: 1 Peter 1:3
- Day 18: 2 Corinthians 5:17
- Day 19: Galatians 6:14-15
- Day 20: Colossians 3:8-9
- Day 21: Colossians 3:10-11
- Day 22: Romans 6:4
- Day 23: 2 Peter 3:10-11
- Day 24: 2 Peter 3:12-13
- Day 25: Philippians 3:13-14
- Day 26: Ephesians 4:21-22
- Day 27: Ephesians 4:23-24
- Day 28: Romans 12:2
- Day 29: Revelations 21:1-2
- Day 30: Revelations 21:3-4
- Day 31: Revelations 21:5

Commit 10 minutes each day to read each verse, write it out in your journal, meditate on it, and reflect on what it means to you.



## 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

## Housekeeping Rules:

Please do not bring items in to donate. You must not take anything that does not belong to you. Chotz's desk and the podium are both off limits to everyone. You are responsible for cleaning your own table.

## LUNCH LOTTO

Play every day to increase your chance to win! Runs the entire month. \$1.00 per entry. You must be present to win. Winner will be chosen on Wednesday January 31<sup>st</sup>.

If a name of someone who is NOT present is pulled, a second name will be pulled.

## 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 on January 2<sup>nd</sup> and run through January 31<sup>st</sup>.*

*You will also be highlighted in our newsletter for the following month. A new person will be*



# 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

Thursday January 18<sup>th</sup>

10:00 Staff Battle: Soup Sampling

(\$5.00 to taste/vote)



# Soup Cook off

5 Different Soup Recipes will be available for Tasting and Voting!  
Staff will prepare (5) types of Soups  
You will be able to purchase tickets (\$5.00) until sold out- to sample all (5) recipes.

Each soup will be scored on taste!

Every judge receives a soup cook off score card. After tasting each sample, he or she must rate it. May the best cook win! All proceeds benefit WRSC.

# 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 Fall 2023 classes are as follows:

## 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: January 17, 2024

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!



STARS Program Class: **Needlefelted Snowlady** Mary Jane will teach you how to use a barbed needle and wool roving to fashion this cute winter Snowlady. We will make the body and then add mittens, shawl and a fancy bonnet. Many colors will be available for these accessories.

Supplies: Bring a car wash sponge.

Instructor: Mary Jane Miller

Date: January 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: 8 Participants



STARS Program Class: **Valentine Heart Saché** Marti Leader will show you how to create a Valentine Heart Saché. These are adorable and have a scent of lavender in them. You will hand stitch, embroider, and embellish the sachets to make them unique. One will be completed at the class. This is a sweet gift for someone special!

Supplies: Scissors and all other supplies provided by the instructor

Instructor: Marti Leader

Date: January 30, 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: **Heart Plaque** Welcome love on February 14<sup>th</sup> 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

Township Prior to Class

Maximum for Class: 8 participants



**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).**