

# HIGHLIGHTS

**Circus Dreams Residency Program.** Select Mondays and Fridays at 10:30. Now through December. See Calendar.

**R&K Sub Sale** Orders to take place from October 2nd through October 20th Money/Orders Due: 10/20/23 Sub Delivery: 10/30/23 (Pickup During Lunch Distribution)

**Monday October 2<sup>nd</sup> 10:00** Think First Presented by WellSpan Health  
**Wednesday October 4<sup>th</sup> 10:00-11:00** Flu Clinic Presented by Rite Aid  
**Thursday October 5<sup>th</sup> 10:00-1:00** Commodity Supplemental Food Box for Seniors with the Cheese Distribution (Must come inside for your box)

**Monday October 9<sup>th</sup> Columbus Day,** Center is Closed  
**Tuesday October 10<sup>th</sup> 10:00** Aetna w/ Kiara

**Wednesday October 11<sup>th</sup> 9:30** PA Health & Wellness Trivia w/ Tina,  
10:00 Hot Dog Sale (\$1.50)

Thursday October 19<sup>th</sup> Staff Training, Center is Closed

**Saturday October 28<sup>th</sup> Cash & Gift Card Bingo**

**\$15 in Advance**

**\$20 at the door.**



Tickets include 6 Cards. Extra Strips \$3.00 each or 2/\$5.00. Refreshments available for purchase. No outside food or drinks permitted. Alcohol & Smoking is prohibited. 50/50 Raffles & Door Prizes.

Doors Open at 11:00, Bingo starts at 12:15.

**Tuesday October 31<sup>st</sup> 10:00** Halloween Bash (Wear your Costumes)

If you would like to SPONSOR our OCTOBER 28<sup>th</sup> Cash and Gift Card Bingo, we are looking for donations!!! \$25 Gift Cards or Cash!



# 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)



White Rose Senior Center  
27 South Broad Street  
York PA 17403

**WRSC** Gift Card & CASH  
**B I N G O**

**Saturday  
October 28**

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

**Tickets: \$15 in Advance  
\$20 at the door**

Tickets include 6 Cards. Extra Strips \$3.00 each or 2 for \$5.00. Refreshments available for purchase. No outside food or drinks permitted. Alcohol & Smoking is prohibited.  
50/50 Raffle. Door Prizes.

For More Information, please call: 717-843-9704



*October*

**Fear**

Day 1 – Isaiah 41:10  
Day 2 – 2 Timothy 1:7  
Day 3 – 1 John 4:18  
Day 4 – Psalm 23  
Day 5 – Psalm 34:4  
Day 6 – Proverbs 29:25  
Day 7 – Philippians 4:6  
Day 8 – Psalm 56:3-4  
Day 9 – Joshua 1:9  
Day 10 – Romans 8:15  
Day 11 – Romans 8:38-39  
Day 12 – Isaiah 43:1-3  
Day 13 – Proverbs 19:23  
Day 14 – Psalm 111:10  
Day 15 – Deuteronomy 31:6  
Day 16 – Luke 12:22-24  
Day 17 – Psalm 56:3  
Day 18 – Deuteronomy 7:21  
Day 19 – 1 Peter 5:7

Day 20 – Psalm 27:1-6  
Day 21 – Matthew 10:28  
Day 22 – Isaiah 12:2  
Day 23 – John 14:27  
Day 24 – Proverbs 14:27  
Day 25 – Psalm 112:6-7  
Day 26 – Isaiah 54:17  
Day 27 – Romans 8:31-34  
Day 28 – John 16:33  
Day 29 – Hebrews 13:5-6  
Day 30 – Psalm 91:1-10  
Day 31 – Psalm 91:11-16



alyssajhoward.com



*Welcome to the world*  
**BABY JADEN**

*September 2nd, 2023*



**Congratulations Katie & Justin,  
and Lisa on being a Grandma!**

**6 POUNDS • 11 OUNCES • 21 INCHES**

*Welcome*

*Marcia Bailey  
Elena Badia  
Audrey Glickson  
Diane Passaniti  
Shirley Carr  
Christina Sexton  
Betty Ann Knott  
Milagros Mendez*

*Joanne Martinez  
Melvin McConnel  
Ruth McConnel  
Deb Mills  
Steven Mills  
Wesley Preston  
Kay Cobb  
Andy Wyatt*

**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*

## Skip drinks with added sugars

Added sugars include sugars that are added to foods and drinks, foods packaged as sweeteners (such as table sugar), and sugars from syrups and honey. When you choose drinks with added sugars, it's hard to get all the nutrients you need without getting too many calories. Avoid or limit sugary drinks like:

- Soda
- Sports drinks
- Energy drinks
- Fruit drinks (like fruit punch)
- Sweetened waters
- Sweetened coffee and tea drinks

Calories in sugary drinks add up fast. For example, if you aim for 2,000 calories a day, just 2 servings of fruit punch could add up to almost a quarter of your daily calories! See how many calories are in some popular drinks.

Drink (12-ounce serving)	Total calories
Sweetened tea	115 calories
Regular soda	156 calories
Lemonade	171 calories
Chai latte	180 calories
Fruit drink (like fruit punch)	238 calories
Cafe mocha	290 calories

## What about drinks with low- and no-calorie sweeteners?

Low- and no-calorie sweeteners — like in “diet” sodas and sugar-free syrups — can help cut down on added sugars and calories. But experts aren't sure if they can help manage your weight in the long term. If you have questions about how to manage your weight, talk with your doctor or a registered dietitian.

And to learn more about low- and no-calorie sweeteners, go to [fda.gov/food/food-additives-petitions/high-intensity-sweeteners](https://www.fda.gov/food/food-additives-petitions/high-intensity-sweeteners).



## What about fruit juice?

Most of the time, **choose whole fruits** instead of juice. Whole fruits have fiber you need to stay healthy. If you do drink juice:

- Choose 100% fruit juice — which doesn't have any added sugars
- Have a small serving — aim for 4 ounces or less
- Try mixing 100% fruit juice with plain or sparkling water to reduce calories

Note that fruit juice isn't recommended for children ages 1 to 2 years — and it's especially important not to give juice to kids younger than 1.

## R&K Sub Sale



Orders to take place from October 2<sup>nd</sup> through October 20<sup>th</sup>

**Money/Orders Due: 10/20/23**

**Sub Delivery: 10/30/23**

(Pickup During Lunch Distribution)

**Pretzel Sandwiches: \$6.00 Subs: \$7.00**

**\*\*\*Prices have increased\*\*\***

### Subs:

*Italian*

*Ham*

*Turkey*

*Roast Beef*

*American*



### Pretzel Sandwiches:

*Italian*

*Ham & Cheese*

*Ham & Swiss*

*Turkey & Cheese*

*Roast Beef & Cheese*

*Sweet Lebanon Bologna & Cheese*

*Chicken Salad*

*Egg Salad*

*Tuna Salad*

“R&K Subs uses only authentic Italian breads from local Italian bakeries such as ATV Bakery in Reading, and Seven Brothers in Camp Hill. Our meats, cheeses and produce come fresh from top-rated local vendors. R&K Subs stands behind all of our products, guaranteeing freshness and outstanding taste in every bite.”



## ThinkFirst To Prevent Falls

- Who:** Adults of all ages who have sustained a fall in the past, who have a concern of falling, and adults who want to prevent falls in the future.
- What:** Falls are the leading cause of injury for people over age 65. This FREE program was designed to help individuals recognize their concerns about falling and the hazards in their home and community that contribute to falls. The program is a 2.5-hour presentation that will discuss fall prevention topics such as home safety, safety in the community, talking with your physician, nutrition, the significance of exercise, vision and medications.
- When:** Tuesday October 3<sup>rd</sup>, 2023 10:00-11:30am.
- Where:** White Rose Senior Center
- Cost:** FREE
- Contact:** Haley Smith, CTRS- Recreational Therapist  
Email: [thinkfirst@wellspan.org](mailto:thinkfirst@wellspan.org)  
Phone: 717-812-6476

This class will be presented by the  
ThinkFirst National Injury Prevention Foundation.

**ThinkFirst**  
National Injury Prevention Foundation

## CIRCUS DREAMS

Circus brings us all together by learning something new and engaging, through the spirit of play and collaboration. There is something about the circus that draws us back every time and it's not a big secret. It's simple! The circus is fun. Staying active is important for health and learning circus technique is also a great way to keep our minds sharp. In this 12 week program you'll learn theatrical clowning, juggling, hooping, feats of balance, and poi spinning from circus artists Jenny Hill and Chris Tamburro. This inspiring circus experience culminates in a group celebration that demonstrates the joy, dedication, and collaborative effort that is inherent in circus arts. This will be open to the attendance of family, friends, and community members. We look forward to meeting you under the Big Top at White Rose!

Sessions are the following Mondays and Fridays, from 10:30 - 11:30. Wear comfortable clothing and shoes for movement.

Sept. 18, 22, 25, 29  
Oct. 2, 13, 16, 20, 23, 27, 30  
Nov. 3, 6, 13, 17, 27  
Dec. 1, 4, 8, 11, 15, 18



Teaching artists Chris Tamburro, left, of Lancaster City, and Jenny Hill, of East Greenville in Montgomery County, encourage creativity as seniors celebrate the culmination of a 14-week circus-themed residency at Golden Connections Community Center in York Township, Wednesday, Aug. 17, 2022. Dawn J. Sagert photo



**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!*

Asbury  
United Methodist Church  
**ORGAN REDEDICATION CONCERT**

**SUNDAY, OCTOBER 1, 2023  
2:00 PM**

featuring

CHRISTOPHER HOULIHAN



CONCERT ORGANIST

John Rose College Organist and Director of Disfranchised Choir of Chapel Music  
Trinity College, Hartford, Connecticut

**340 E. MARKET ST. ~ YORK, PA  
717-843-0733**

The 11:00 service will be followed by a covered dish luncheon and the concert will begin at 2PM. Please bring a covered dish, salad or vegetable. Meat, drinks and dessert will be provided! A sign-up sheet is available at the information desk. Please indicate how many will attend and what dish you will bring to share.



# 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 10:00am. (time subject to change based on delivery time from Central PA Food Bank). 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 120 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.

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.

# Thanksgiving Basket

*Sign Up Procedure through YORK GIVING*

*Go to the York Giving website at [www.yorkgiving.com](http://www.yorkgiving.com)*

*Click- How to sign up for a Meal!*

*Sign Up begins Tuesday October 10<sup>th</sup>, 2023*

*Sign Up ends Friday November 3<sup>rd</sup>, 2023*

*Delivery Sign Up Ends Friday October 27<sup>th</sup>, 2023*

Thanksgiving Turkey and Basket pickup is November 18<sup>th</sup>, 2023 from 10 am to 2 pm,

## What you will receive:

a frozen turkey based on the size of your family, stuffing, canned vegetables, canned fruit, potatoes, gravy, and a boxed dessert.

**Pickup Instructions** This year's location is York Expo Center - Memorial Hall West. Clients who drive should enter via the Highland Ave gate. Clients who walk should enter via Market Street Pedestrian Entrance at Memorial Hall. Pickup time is 10am to 2pm on Saturday, November 18th. Once you are registered, you will receive a postcard in the mail after November 8. **YOU MUST BRING THIS POSTCARD WITH YOU TO THE EXPO CENTER IN ORDER TO RECEIVE YOUR TURKEY AND TRIMMINGS.** If you don't receive it, report to Client Services at York Expo Center on pick up days.

## Delivery Instructions

Delivery is available for clients who are homebound and those who lack their own transportation.

Delivery to York Housing apartment buildings at 100 Pleasant Acres Rd, Affordable Housing Advocate buildings at 1243 W. King St. and 1500 Rodney Rd along with 401 Ridge Ave. will be made on Saturday, November 18. A limited number of additional client residents for Saturday delivery are available when signing up for your meal. All other deliveries will be made on Sunday, November 19, 2023.



## Welcome to wholecare.

Come learn about how you can get over **\$20,000** worth of benefits for things like dentures, glasses or contacts, groceries, utilities, transportation and more.



### Highmark Wholecare 2024 Benefits



WHEN:

10/17/2023

10:00am



WHERE:

White Rose Senior Center  
27 S Broad St  
York, PA 17403

## Questions?

Billie Jo Kane  
Your Local Medicare Expert

717.392.9454

[HighmarkWholecare.com/Medicare](http://HighmarkWholecare.com/Medicare)



# RITE AID FLU CLINIC

Wednesday  
October 4th  
10:00 - 11:00

RITE AID WILL BE JOINING US FOR A FLU SHOT CLINIC.  
PLEASE COMMIT TO RECEIVING YOUR FLU SHOT AT  
WHITE ROSE SENIOR CENTER!

BE PREPARED TO FILL OUT A SCREENING AND BRING A  
PHOTOCOPY OF YOUR INSURANCE CARD ON THE DAY OF  
THE CLINIC.



**Sign Up Today! Call or stop by  
White Rose Senior Center**

717-843-9704

## Ameri Health Caritas



### October 25<sup>th</sup> Heart Health

This presentation outlines steps to prevent heart disease and stroke, risk factors, heart disease basics, and the effects of heart disease. Also covers symptoms and healthy habits.

### November 7<sup>th</sup> Adult Dental Health

This presentation gives general information about oral hygiene and how it can affect your health.

### November 13<sup>th</sup> Medicine Safety

This presentation educates participants on what medications they are taking, why they are taking them, and what instructions mean.

### December 11<sup>th</sup> Hygiene

This covers the basics of personal hygiene!

### December 18<sup>th</sup> Poison Prevention

Poison Prevention: Be Safe, not sorry! This is a two-tiered presentation outlining how to recognize poisons, where they may be found, how poisoning can occur, how to prevent it, and what to do in a poison emergency.

## 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: Christmas Card Ornaments

Mary Jane will show you how to recycle those old Christmas or greetings cards you have been keeping by making them into these fun ornaments. Using circles cut from the cards we will bend and glue them into round or oblong glittered ornaments for your tree or to give away as gifts. This is a fun and easy craft and can be made with any size circles.

Supplies: Paper Scissors, Pencil, White Glue, any old Christmas or Greetings Cards you have. Don't worry if you don't have any, Mary Jane will bring many along to the class.

Instructor: Mary Jane Miller  
Date: October 3, 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: No Sew Christmas Ornament

Becky Hickey will teach you how to make this Easy NO SEW Christmas ornament. This folded fabric quilted Christmas ball is super easy to make. A different type of beautiful hand-crafted Christmas ornament which looks stunning on your mantle, bookshelf, as a table decoration or hung from your Christmas tree. Supplies: All supplies provided by the instructor

Instructor: Becky Hickey  
Date: October 10, 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: 10 Participants



### STARS Program Class: Fall Gourd Stack

In this workshop, Linda Stinnette we will show you how to make this creative Fall Gourd Stack. Each stack has different shaped small gourds of which you will be painting and decorating to your liking. Gourd shapes are different and depending on your choice and the shapes, they could be painted as cats, pumpkins, witch face, owls....it will be up to you and your awesome imagination! Come prepared to have some fall fun and do not forget to "imagine"!

Supplies: All supplies provided and are pre-drilled with a wood slice.

Instructor: Linda Stinnette  
Date: October 18, 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



## CHECK OUT THE S.T.A.R.S. PROGRAMS

### Bingo 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: October 24, 2023  
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!

### STARS Program Class: Origami Christmas Tree

The holiday season is coming. Who doesn't enjoy decorating their home to look festive. Join your S.T.A.R.S. friends and Becky Hickey and learn how to make an Origami Christmas Tree. These folded paper origami trees make the perfect Christmas Decoration. They are such a quick and easy project. Make these magical Origami Christmas trees with a few folds and snips of paper. Each participant will complete an 11" white tree enhanced by a flameless votive candle. Join us and learn to make this pretty decoration to grace your holiday table or bookshelf.

Supplies: Paper Scissors. All other supplies will be provided by Becky.  
Instructor: Becky Hickey  
Date: November 7, 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: 10 Participants



### STARS Program Class: Little Drummer Boy Diorama Ornament

Using rubber stamps, Mary Jane Miller will show you how to make this charming Christmas Ornament. We will stamp, cut, color and glue to put all the pieces together for this ornament. Fun and stress-free class for those that would like to make a unique Diorama to display.

Supplies: Paper Scissors, White Glue, Crayons or Color Pencils if you have them. Mary Jane will provide all the stamping supplies and tools we will need for class.

Instructor: Mary Jane Miller  
Date: November 14, 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



**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).**