



MAY 2024



# HIGHLIGHTS

Give Local York May 2<sup>nd</sup> & 3<sup>rd</sup>

R&K Sub & Sandwich Sale. Orders to take place from Wednesday May 1st

**Money/Orders Due: May 13<sup>th</sup>**

**Sub Delivery: Wednesday May 22<sup>nd</sup>**

(Pickup During Lunch Distribution)

Pretzel Sandwiches: \$6.00 Subs: \$7.00

Thursday May 2<sup>nd</sup> 9:30-1:00 **Commodity Supplemental Food Box for Seniors, Puzzle Packets**

Friday May 3<sup>rd</sup> 10:00 **Give Local Bingo** (\$10 for 20 Games)

Monday May 13<sup>th</sup> 9:30 **Mother's Day Tea** (Must Sign Up)

Friday May 31<sup>st</sup> 10:00 **Music & Dancing w/ DJ Chris Wagman**

*FRESH EXPRESS: May 9<sup>th</sup> & May 23<sup>rd</sup>*



MAY 2024



# 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)



MAY 2<sup>nd</sup> & 3<sup>rd</sup>



# Zumba Gold®

with Heather Cintron



Every Wednesday  
10:30-11:15

# Welcome

John W. Smith

Louise Hannon

Kerry Beaverson

Cletus Kemmick

Lorena Williams

John Hervey

Lora Holman

Kenneth Merritt

Jeannette Greiman

Vanessa Shearer

Mary "Chris" Fisher

Sandra Fink

Geraldine Jordan

Bryan Fink

Linda Glusco

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**



Bible Study with  
Ken Gilbert

EVERY FIRST AND  
THIRD WEDNESDAY  
9:30-10:30

## White Rose Senior Center Staff

*Lisa Krout Executive Director*

*Jenna Wray Program Coordinator*

*Brendaliz 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.***

*Thursday May*

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



**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 at the door (TO GO), it is important that you are here on time to ensure you receive your meal. **Please note**, we will do our best to serve you in the order you come to the door. After **11:45** 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!***

As a reminder, lunches are paid by YCAAA and the cost is \$3.75 (For York County Seniors 60+). Funding is based on meals served! Donations are always welcome!

# Apply for the Property Tax/Rent Rebate Program

Older adults and people with disabilities 18 and older in Pennsylvania may be eligible to receive up to \$1,000 in rebates.

## About the Property Tax/Rent Rebate Program

The Property Tax/Rent Rebate Program supports homeowners and renters across Pennsylvania. This program provides a rebate ranging from \$380 to \$1,000 to eligible older adults and people with disabilities age 18 and older.

This program is supported by funds from the Pennsylvania Lottery and gaming.

## How Much Money Can I Receive?

Homeowners and renters in Pennsylvania may be eligible to receive up to \$1,000 through a standard rebate. The amount of money you will receive is based on your income. Some applicants may qualify for supplemental rebates as well.

Income	Maximum Rebate
\$0 - \$8,000	\$1,000
\$8,001 - \$15,000	\$770
\$15,001 - \$18,000	\$460
\$18,001 - \$45,000	\$380

## How to Apply

There are a few ways to apply for the program: online, by mail, or in-person. [Learn more about your application options.](#)

## Application Deadline

Applications for 2023 Property Tax/Rent Rebates are due by June 30, 2024.



As the rooster crows early morn, the Green Dragon comes alive every Friday morning in the little country town of Ephrata in Lancaster County.

## Green Dragon Farmer's Market: A True Lancaster County Experience!

Millions of shoppers have visited this treasured Lancaster County Amish market since 1932! Enjoy a beautiful Friday morning at Lancaster's favorite local farmer's market! **The Green Dragon Farmers Market & Auction** sits humbly on a spacious 60-acre site in the heart of Amish Country. Since its inception in 1932, we've grown to become one of the largest flea markets on the East Coast.

Some of Green Dragon's best offerings are the 30+ acres of free parking, an incredible [indoor and outdoor shopping](#) experience, and of course, our specialty vendors!

With seven large market buildings and over a hundred local vendors, you're sure to find whatever you're looking for at this prized Lancaster farmer's market!

**Friday May 10<sup>th</sup> (Bring Money for shopping & Lunch) Rabbit Transit (\$13.50, must be 65+) Space is limited! Must pay when signing up! Refunds only issued if trip is cancelled.**



# 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!\**

Mark your calendars! **VOUCHERS**  
 Wednesday JUNE 12<sup>th</sup> 9-11:30 &  
 Wednesday August 7<sup>th</sup>

### 2024 Senior Farmers Market Nutrition Program



Eligible seniors can receive \$50 worth of vouchers for purchase of fresh fruit and vegetables grown in PA. Vouchers are redeemable June 1 – Nov 30 at participating Farmers Markets throughout PA.

Distribution will be **IN-PERSON ONLY** from June 1 – September 30, or until supplies last. **No application needed. VOUCHERS WILL NOT BE MAILED.**

**ELIGIBILITY:** Seniors must show proof of age & York County residency at distribution site.  
 (PA driver's license or PA ID are recommended)

- Must be 60 years of age by December 31, 2024
- Must be a York County resident
- 2024 Gross Annual Income can be no more than:
  - \$ 27,861/ year; or \$ 2,322/ month for an individual
  - \$ 37,814/ year; or \$ 3,151/ month for a 2 person household
  - \$ 47,767/ year; or \$ 3,980/ month for a 3 person household

(Pending final notification from PA Dept. of Agriculture)

**PROXY FORMS** are required for an eligible senior authorizing another person to pick up the vouchers for them. *This includes POA's, spouses, family members, etc.*

**IDENTIFICATION FOR BOTH THE SENIOR AND PROXY IS REQUIRED!**

**2024 Proxy forms are available:**

- On our website [www.ycaaaa.org](http://www.ycaaaa.org)
- York County Senior Centers
- York County Area Agency on Aging office:  
 2401 Pleasant Valley Rd, York PA 17402  
 (717) 771-9610 for directions or questions.

Seniors living in nursing homes, personal care homes, or other residential facilities where meals are provided are not eligible.

Sponsored by the York County Area Agency on Aging, in conjunction with the PA Department of Agriculture.

← SEE DISTRIBUTION SCHEDULE ON REVERSE SIDE →



# Senior of the Month: Tonya Derhousova

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.

## Senior of the Month:

**HELLO**  
My name is Antonida  
I am from Ukraine  
Nickname Tonya/Tonia  
Zodiac Pisces

**FUN FACTS**

- Completed Seamstress School
- Worked as Crane Operator for 26 Years
- Became a US Citizen in 2020
- Loves to travel, knit, go for walks
- Loves Gardening

**FAVORITE COLORS**

- # Pink
- # Golden
- # Olive Green

**FAVORITE FOODS**

- Fruits
- Soup
- Fish
- Veggies

**FAVORITE QUOTE**

N/A

## 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

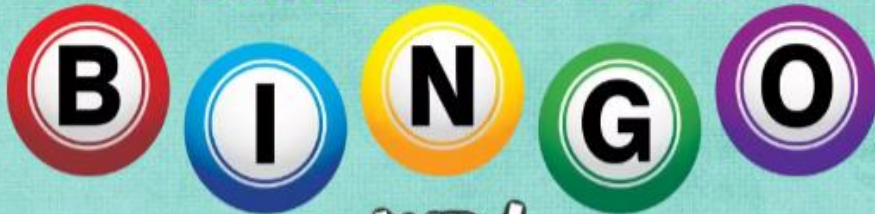
**Volunteer with York Fresh Food Farms for the 2024 growing and farmer's market season!**  
Volunteers have the opportunity to get involved in the farm and/or farmer's market operations. Call or email to apply.

717.515.4799 • yorkfreshproduce@gmail.com • 150 Willis Rd. • yorkfreshfoodfarms.org



27 South Broad Street, York PA 17403

# White Rose Senior Center's Cash & Gift Card



Saturday

JULY

13

doors open @ 11  
Bingo starts @ 12

\$20 Advanced Tickets,  
\$25 At The Door

Refreshments available for purchase.  
Extra Strips \$3.00, 50/50 Raffle, Small  
Games of Chance.



Lisa Krout:  
717-843-9704

## R&K Sub Sale



Orders to take place from Wednesday May 1st

**Money/Orders Due: May 13<sup>th</sup>**

**Sub Delivery: Wednesday May 22<sup>nd</sup>**

(Pickup During Lunch Distribution)

Pretzel Sandwiches: \$6.00 Subs: \$7.00

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."

# GIVE LOCAL YORK

Thursday May 2<sup>nd</sup> @ 9pm through Friday May 3<sup>rd</sup>



Give Local York is a 24 hour "Day of Giving" in York, PA. The monies raised for White Rose Senior Center go to support the activities and operations for the Center. The pandemic caused a shortage in our general fundraising for the year so we are blessed to have received these donations!

**In 2023 we reached our goal of \$15,000.**

*(More than 330 Non-Profits in our local community raised \$4.64 Million)*

**This year, our goal is \$20,000 and we cannot reach our goal without you! Mark your calendars!**

## REAL ID in Pennsylvania

Beginning **May 7, 2025**, Pennsylvanians will need a REAL ID-compliant driver's license, photo ID card, or another form of federally-acceptable identification (such as a valid passport or military ID) to board a domestic commercial flight or enter a federal building or military installation that requires ID.

REAL IDs are now available to Pennsylvanians who want them. This guide will help you decide if you need a REAL ID, and provide information on what documents you will need and steps you can take to get an optional REAL ID.

### What Is REAL ID?

REAL ID is a federal law that affects how states issue driver's licenses and ID cards if they are going to be acceptable for federal purposes, such as boarding a domestic commercial flight, or entering a military installation or federal facility that requires ID.

Beginning May 7, 2025, Pennsylvanians will need a REAL ID-compliant license, identification card, or another form of federally-acceptable identification (such as a valid passport or military ID) to: Board domestic commercial flights. Enter a military base. Enter a federal facility that requires ID at the door.

## DO I HAVE TO GET A REAL ID?

### **No. REAL ID is optional for Pennsylvania**

**residents.** You will be able to get either a REAL ID driver's license or identification card, or a standard driver's license or identification card.

If you do not get a REAL ID, you must have an alternate form of federally-acceptable identification (valid passport, military ID, etc.) to board domestic commercial flights and enter certain federal facilities after May 7, 2025.



# 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 2024 classes are as follows:

## STARS Program Class: Needlefelted Fairy Godmother

Mary Jane will teach you how to make this whimsical fairy for spring. Using special barbed needles and wool roving, you will needlefelt the body and then add her gown, give her a fancy hairdo and lastly add that special magical wand!

Supplies: Bring a car wash sponge

Instructor: Mary Jane Miller

Date: May 7, 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: Mandala Painted Pots

Join us to learn how to create a truly pretty painted terra cotta flowerpot. No artistic ability necessary. Becky Hickey will show you how to use acrylic paints which come in a range of shades and are easy to work with. The paint will dry to a waterproof finish. This is the perfect complement to showcase your herbs, flowering annuals, succulents or create a decorative candle holder or desk accessory. Painting design ideas will be provided. Becky will supply the 4-inch terra cotta pots, the paints, brushes, and hair dryers.

Supplies: All supplies will be provided by the instructor.

Instructor: Becky Hickey

Date: May 14, 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



**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).**

# 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!*

**Stay home  
when sick**



**FRIENDLY REMINDER: IF YOU ARE SICK, PLEASE REFRAIN FROM COMING TO THE CENTER UNTIL YOU ARE FEELING WELL. Reduce the spread of germs by WASHING YOUR HANDS OFTEN AND THOROUGHLY, and by STAYING HOME WHEN YOU ARE FEELING UNDER THE WEATHER.**

Thank you for your cooperation 😊

# Older Americans Month 2024



## Powered by Connection

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

Join us in promoting the benefits of connecting with others.

## Showcase Days:



Friday May 3<sup>rd</sup> @ 10:00 **Give Local Bingo**  
Cost: \$10 for 20 Games

Monday May 13<sup>th</sup> @ 9:30 **Mother's Day Tea**  
All Women Included (Must Sign Up)

Tuesday May 21<sup>st</sup> @ 10:00 **Taco Tuesday**  
Walking Tacos (Must Sign Up)- Donations Accepted

Tuesday May 28<sup>th</sup> @ 10:00 **Memorial Day Potluck**  
Bring a dish to share! Must be store bought. Please see sign up sheet!

Friday May 31<sup>st</sup> @ 10:00  
**Music & Dancing with DJ Chris**

*Please make sure you sign up!*