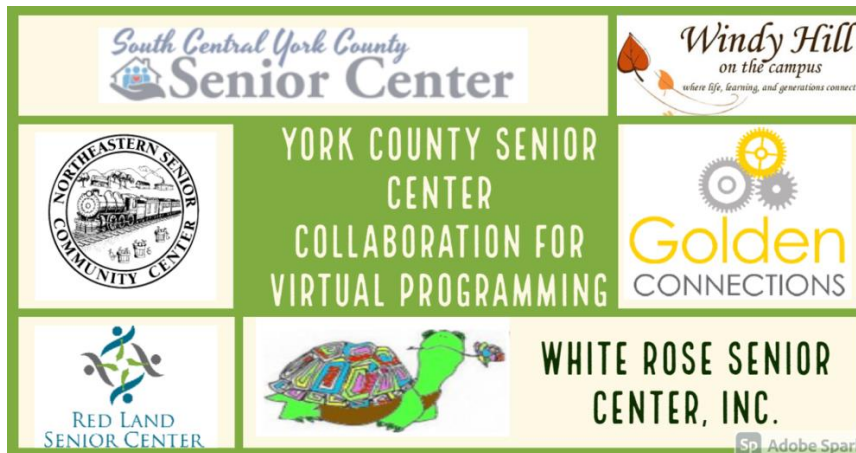


September 2021 York County Senior Center Virtual Programs – vol.9



Check Out the *SEPTEMBER VIRTUAL PROGRAMS* Being Offered by York County Senior Centers...

So More People Can Stay Connected!!!

Lisa Krout, from White Rose Senior Center, and Jenna Ericson from Windy Hill on the Campus are coordinating the links for this Pilot Project from the York County Senior Centers who would like to participate. Many Centers in York County are doing Zoom, Facebook Live, and other platforms and we have decided to collaborate together to offer more programs and possibilities for our Older Adults in York County who maybe homebound or possibly isolated.

Each Center who wants to participate email Lisa with their programs for the upcoming month. She compiles a brochure of activities and then sends it out to each Center to distribute to their members. Jenna uploads all of the activities from each Center to a landing page on Windy Hill's website ([Virtual Programs at Other Centers - Windy Hill On The Campus](#)). You can also find the information on the York County Area Agency on Aging's website and Facebook page as well as many York County Senior Center's sites.

We have noticed more attendees to the activities and like all good things, it takes time to grow! Please share this with any older adult you may know. We envision this project continuing even after the pandemic ends. We desire to connect to every 60-year-old in York County!

What do You Need to Participate in the Virtual Programs?

1. Either a computer, a tablet or a smart phone.
2. Internet connection.

If you do not have a device (computer or a tablet), **TECH OWL** offers **FREE** devices for loan. Call 717-737-3477 or 1-800-998-4827 for additional information.



**Borrow
an iPad,
a computer,
gadgets and more**

If you or someone you know:

- **lives in Pennsylvania and**
- **is a senior citizen, or**
- **has a disability**

TechOWL can help you try out new equipment for free.



Your local TechOWL specialist will:

- **Work with you to select the right device.**
- **Load the software and apps that you need and want.**
- **Support and teach you throughout the process.**

All devices can be borrowed for 4 weeks with an option for longer.

**Don't miss out on important visits with
your doctors, grandchildren and friends, especially during this time.**

**More information about the Assistive Technology Lending Library program
can be found on the TechOWL website:**

**More information about the Assistive Technology Lending
Library program can be found on the TechOWL website:**

<https://techowlpa.org/library/>

OR CONTACT: Tel 800-204-7428 (voice) Email

techOWL@temple.edu





White Rose Senior Center, Inc.

27 S. BROAD ST. • YORK, PA. 17403
717-843-9704

Wednesday September 1st 11:15 **ZOOM: Zumba Gold® w/ Heather**

Cintron <https://us02web.zoom.us/j/8647694924?pwd=d3RMb2VXMkFGdnhkTFNyTVViZml0UT09>

Meeting ID: 864 769 4924

Password: Dance



Friday September 3rd 2:00: **ZOOM: Freestyle Friday: Digital Riddles**

<https://us02web.zoom.us/j/81542186575?pwd=b2J2VTICSVVjT0xISERUSUh3WnNhZz09>

Meeting ID: 830 4330 3963

Password: free

DIGITAL RIDDLES

Tuesday September 7th **Simple Actions You Can Take to Help Prevent Suicide**
(Handout)

2:00 **Facebook Live: Digital Riddles**

<https://www.facebook.com/White-Rose-Senior-Center-239749906468113>

Wednesday September 8th

Self-Care Strategies for Resilience (Handout)

11:15 **ZOOM: Zumba Gold® w/ Heather Cintron**

<https://us02web.zoom.us/j/8647694924?pwd=d3RMb2VXMkFGdnhkTFNyTVViZml0UT09>

Meeting ID: 864 769 4924

Password: Dance



Friday September 10th 12:00 **Facebook: Suicide Prevention** all-day virtual event.

<https://www.facebook.com/White-Rose-Senior-Center-239749906468113>

2:00: **ZOOM: Freestyle Friday: Bingo**

<https://us02web.zoom.us/j/81542186575?pwd=b2J2VTICSVVjT0xISERUSUh3WnNhZz09>

Meeting ID: 830 4330 3963

Password: free

Tuesday September 14th **"Pass the Plate" Photo Challenge**

(make a difference in the fight against hunger)

<https://www.facebook.com/White-Rose-Senior-Center-239749906468113>



Wednesday September 15th **Way Back Wednesday *1930's* Trivia**

(email jenna@whiteroseseniorcenter.org)

11:15 **ZOOM: Zumba Gold® w/ Heather Cintron**

<https://us02web.zoom.us/j/8647694924?pwd=d3RMb2VXMkFGdnhkTFNyTVViZml0UT09>

Meeting ID: 864 769 4924

Password: Dance

Thursday September 16th 10:00 **ZOOM: Coffee & Conversations**

<https://us02web.zoom.us/j/89458640043?pwd=VlBldkwwOVBrWHhncTVqOTNnRmF4dz09>

Meeting ID: 894 5864 0043

Password: coffee





White Rose Senior Center, Inc.

27 S. BROAD ST. • YORK, PA. 17403

717-843-9704

Friday September 17th 11:00 Facebook: Music Hour- Celebrate National Country Music Day
<https://www.facebook.com/White-Rose-Senior-Center-239749906468113>



2:00 ZOOM: Freestyle Friday: Wheel of Fortune

<https://us02web.zoom.us/j/81542186575?pwd=b2J2VTICSVVjT0xISERUSUh3WnNhZz09>

Meeting ID: 830 4330 3963

Password: free

Monday September 20th **Are you at risk for Falling?** NCOA's Falls Check Up Assessment Tool.

(email jenna@whiteroseseniorcenter.org)

Fall Prevention Week

Tuesday September 21st 2:00 Facebook: 6 Steps to Prevent a Fall

<https://www.facebook.com/White-Rose-Senior-Center-239749906468113>

Wednesday September 22nd 11:15 ZOOM: Zumba Gold® w/ Heather Cintron

12:00 Facebook: Newsletter Trivia Winners Announced

2:00 Facebook: Debunking the Myths of Older Adult Falls

<https://www.facebook.com/White-Rose-Senior-Center-239749906468113>



Thursday September 23rd 2:00 ZOOM: Fall Prevention Lecture: You Have The Power To Prevent A Fall

<https://us02web.zoom.us/j/82865267210?pwd=SUhUWmt0TjZXbmNvdmh3YmxhCZ3dLZz09>

Meeting ID: 828 6526 7210

Passcode: fall

Friday September 24th 11:00 Facebook Live: Football Race

<https://www.facebook.com/White-Rose-Senior-Center-239749906468113>

2:00 ZOOM: Freestyle Friday: Family Feud

<https://us02web.zoom.us/j/81542186575?pwd=b2J2VTICSVVjT0xISERUSUh3WnNhZz09>

Meeting ID: 830 4330 3963

Password: free



Monday September 27th **Fall Tree Decorating Contest** (Return by Monday October 4th. Judging to begin 10/04/21 on Facebook at 2:00)

(email jenna@whiteroseseniorcenter.org for your copy to participate)

Wednesday September 29th 11:15 ZOOM: Zumba Gold® w/ Heather Cintron

<https://us02web.zoom.us/j/8647694924?pwd=d3RMb2VXMkFGdnhkTFNyTVViZml0UT09>

Meeting ID: 864 769 4924

Password: Dance



Thursday September 30th 12:00 Facebook: Keys to Aging Well Winners Announced

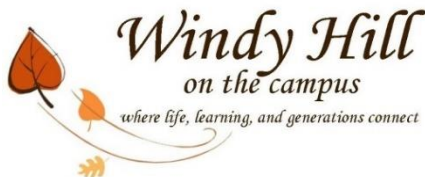
<https://www.facebook.com/White-Rose-Senior-Center-239749906468113>



Monday	Tuesday	Wednesday	Thursday	Friday
		1 11:15 ZOOM: Zumba Gold® w/ Heather Cintron https://us02web.zoom.us/j/8647694924?pwd=d3Rmb2VXMkFGdnhkTFNyTVViZmI0UT09 Meeting ID: 864 769 4924 Password: Dance	2 	3 2:00: ZOOM: Freestyle Friday: Digital Riddles https://us02web.zoom.us/j/8154218657?pwd=b2J2VTICSvVjI0xISERUSUh3WnNhZz09 Meeting ID: 830 4330 3963 Password: free
		8 Self-Care Strategies for Resilience (Handout) 11:15 ZOOM: Zumba Gold® w/ Heather Cintron https://us02web.zoom.us/j/8647694924?pwd=d3Rmb2VXMkFGdnhkTFNyTVViZmI0UT09 Meeting ID: 864 769 4924 Password: Dance	9 	10 12:00 Facebook: Suicide Prevention all-day virtual event. https://www.facebook.com/White-Rose-Senior-Center-239749906468113 2:00: ZOOM: Freestyle Friday: Bingo https://us02web.zoom.us/j/8154218657?pwd=b2J2VTICSvVjI0xISERUSUh3WnNhZz09 Meeting ID: 830 4330 3963 Password: free
6 Labor Day Center is CLOSED *Suicide Awareness Week* 	7 Simple Actions You Can Take to Help Prevent Suicide (Handout) 2:00 Facebook Live: Digital Riddles https://www.facebook.com/White-Rose-Senior-Center-239749906468113	15 Way Back Wednesday *1930's* Trivia (email jenna@whiteroseseniorcenter.org) 11:15 ZOOM: Zumba Gold® w/ Heather Cintron https://us02web.zoom.us/j/8647694924?pwd=d3Rmb2VXMkFGdnhkTFNyTVViZmI0UT09 Meeting ID: 864 769 4924 Password: Dance	16 10:00 ZOOM: Coffee & Conversations https://us02web.zoom.us/j/89458640043?pwd=VjBldkwwOVBrWHhncTQOTNnRmF4dz09 Meeting ID: 894 5864 0043 Password: coffee	17 11:00 Facebook: Music Hour- Celebrate National Country Music Day https://www.facebook.com/White-Rose-Senior-Center-239749906468113 2:00: ZOOM: Freestyle Friday: Wheel of Fortune https://us02web.zoom.us/j/8154218657?pwd=b2J2VTICSvVjI0xISERUSUh3WnNhZz09 Meeting ID: 830 4330 3963 Password: free
13 	14 "Pass the Plate" Photo Challenge (make a difference in the fight against hunger) https://www.facebook.com/White-Rose-Senior-Center-239749906468113	22 11:15 ZOOM: Zumba Gold® w/ Heather Cintron 12:00 Facebook: Newsletter Trivia Winners Announced 2:00 Facebook: Debunking the Myths of Older Adult Falls https://www.facebook.com/White-Rose-Senior-Center-239749906468113	23 2:00 ZOOM: Fall Prevention Lecture: You Have The Power To Prevent A Fall https://us02web.zoom.us/j/82865267210?pwd=SUhUWmtOTjZXBmNvdmh3YmxhZz09 Meeting ID: 828 6526 7210 Passcode: fall	24 11:00 Facebook Live: Football Race https://www.facebook.com/White-Rose-Senior-Center-239749906468113 2:00: ZOOM: Freestyle Friday: Family Feud https://us02web.zoom.us/j/8154218657?pwd=b2J2VTICSvVjI0xISERUSUh3WnNhZz09 Meeting ID: 830 4330 3963 Password: free
20 Are you at risk for Falling? NCOA's Falls Check Up Assessment Tool. (email jenna@whiteroseseniorcenter.org) Fall Prevention Week	21 2:00 Facebook: 6 Steps to Prevent a Fall https://www.facebook.com/White-Rose-Senior-Center-239749906468113	29 11:15 ZOOM: Zumba Gold® w/ Heather Cintron https://us02web.zoom.us/j/8647694924?pwd=d3Rmb2VXMkFGdnhkTFNyTVViZmI0UT09 Meeting ID: 864 769 4924 Password: Dance	30 No Meals Served 12:00 Facebook: Keys to Aging Well Winners Announced  https://www.facebook.com/White-Rose-Senior-Center-239749906468113	September is National Senior Center Month The Keys to Aging Well. Collect Your Keys for each Activity for a chance to win the grand prize of two Visa gift cards 
27 Fall Tree Decorating Contest (Return by Monday October 4 th . Judging to begin 10/04/21 on Facebook at 2:00) (email jenna@whiteroseseniorcenter.org for your copy to participate)	28 	29 11:15 ZOOM: Zumba Gold® w/ Heather Cintron https://us02web.zoom.us/j/8647694924?pwd=d3Rmb2VXMkFGdnhkTFNyTVViZmI0UT09 Meeting ID: 864 769 4924 Password: Dance	30 No Meals Served 12:00 Facebook: Keys to Aging Well Winners Announced  https://www.facebook.com/White-Rose-Senior-Center-239749906468113	September is National Senior Center Month The Keys to Aging Well. Collect Your Keys for each Activity for a chance to win the grand prize of two Visa gift cards 



White Rose Senior Center, Inc.
27 S. BROAD ST. • YORK, PA. 17403
717-843-9704



Executive Director: Tammy Miller

1472 Roth's Church Road,
Spring Grove, PA 17362
717-225-0733

Normal business hours:
Monday – Friday: 8:30 am – 2:30

windyhillonthecampus.org

Facebook: facebook.com/windyhillotc

September Virtual Programs

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>
<u>9 am – Zoom</u> <u>T'ai Chi Chih</u> <u>Meeting ID:</u> <u>814 3316 9989</u> <u>Passcode: 1472</u>	<u>9 am – Zoom</u> <u>Silver Sneakers Classic</u> <u>Meeting ID:</u> <u>821 3661 1618</u> <u>Passcode:</u> <u>1472</u>	<u>9:30 am – Zoom</u> <u>Rock Steady Boxing</u> <u>Meeting ID: 327 891 3252</u> <u>Passcode: 4xuDHP</u>	<u>9 am – Zoom</u> <u>Silver Sneakers Classic</u> <u>Meeting ID:</u> <u>821 3661 1618</u> <u>Passcode: 1472</u>	<u>9:30 am – Zoom</u> <u>Rock Steady Boxing</u> <u>Meeting ID:</u> <u>327 891 3252</u> <u>Passcode: 4xuDHP</u>
<u>9:30 am – Zoom</u> <u>Rock Steady Boxing</u> <u>Meeting ID: 327 891 3252</u> <u>Passcode: 4xuDHP</u>		<u>11 am – Facebook Live</u> <u>Chair Exercise</u> <u>Facebook.com/windyhillotc</u>	<u>12:30 pm – Zoom</u> <u>Hatha Yoga</u> <u>Meeting ID:</u> <u>827 1847 4772</u> <u>Passcode: 1472</u>	<u>11 am – Facebook Live</u> <u>Chair Exercise</u> <u>Facebook.com/windyhillotc</u>
<u>11 am – Facebook</u> <u>Chair Exercise</u> <u>Facebook.com/windyhillotc</u>				



Windy Hill on the Campus's Regularly-occurring Program Descriptions

<p><u>Rock Steady Boxing (Mon, Wed, Fri at 9:30 am)</u> <u>Instructor: Lori DePorter</u> <u>-Non-contact, boxing-inspired fitness routine geared toward people with Parkinson's disease to lessen their symptoms and lead to a healthier/happier life.</u> <u>*No boxing experience is necessary, all ages are encouraged and invited to participate</u></p>	<p><u>Silver Sneakers Classic (Tues & Thurs at 9 am)</u> <u>Instructor: Tracy Schuman</u> <u>-45-60-minute low-intensity workout designed to increase muscle strength, range of motion and improve activities for daily living. A chair is used for seated exercises and standing support. Exercises can be modified depending on fitness levels.</u></p>
<p><u>T'ai Chi Chih (Mondays at 9 am)</u> <u>Instructor: Jack Weaver</u> <u>-One hour of mindfulness moving meditation with soft, flowing and easy-to-learn movements/poses. Benefits include: peace of mind, improved health, and experiencing joy.</u></p>	<p><u>Hatha Yoga (Thursdays – 12:30 pm)</u> <u>Instructor: Lori Houck-Ruffner</u> <u>-Hatha Yoga introduces basic yoga poses sequenced in a gentle stream of movements, focusing on: stretching, breathing practices, proper body alignment, and relaxation techniques.</u></p>
<p><u>Chair Exercise(Mondays, Wednesdays & Fridays at 11am)</u> <u>Instructor: Risa Anderson (Windy Hill staff member)</u> <u>-30-minutes of low-impact exercise focusing on moving all the joints in your body to help ease pain and build stability and improve balance. You will need a sturdy chair (preferably without arms), hand weights, and a Pilates ring or throw pillow for resistance.</u></p>	



RED LAND SENIOR CENTER

717-938-4649 · rlscdirector@gmail.com · www.redlandseniorcenter.org

Please be sure to call or email the center to register for any of this month's programs. Upon registration, Jen will send you the Zoom link(s), or simply use the meeting IDs and passcodes listed below. As always, iPads with Zoom installed are available to borrow from the center. If you need help learning how to use Zoom, please call and we will get you set up.

Prize Bingo - Join us at the center for a few games of prize bingo on Tuesdays at 12:30 PM. Or hop on Zoom to get in on the fun. Meeting ID: 841 9313 4471 Passcode: 959933



Craft - We will make a fall wreath on 9/28 at 12:45 PM. Come to the center to participate or hop on Zoom to join in. Meeting ID: 838 9369 0604 Passcode: 20283. Sign up by 9/22 so we may provide you with supplies.

WITF Mind Matters - Advance Care Planning is not just about old age. At any age, a medical crisis could leave you too ill to make your own health care decisions. Even if you are not sick now, developing an advanced care plan and making health care plans for the future are important steps toward making sure you get the medical care you would want, even when doctors and family members are making the decisions for you. It is important to have a conversation, regardless of age, about your wishes with your loved ones and your primary care provider. Knowing your preferences might take some of the burden off family and friends. Dr. Vipul Bhatia will present on 9/8 at 12:45 PM. Meeting ID: 899 9460 1339 Passcode: 507393



September Coloring Contest - Our next coloring contest will be distributed on 9/22 during lunch or download it from the programs tab of our website. Be sure to turn in your entry by 9/29. Then go to our Facebook page to see the winner announced live at 6:30 PM on 9/29!



NORTHEASTERN SENIOR COMMUNITY CENTER

P.O. Box 386 131 Center Street Mount Wolf, PA 17347
(717) 266-1400

E-mail address: seniorstars@nassc.org

Website: [http:// www.mtwolf.org/SeniorCenter/](http://www.mtwolf.org/SeniorCenter/)

Facebook: www.facebook.com/Northeastern-Senior-Center

ZUMBA GOLD WITH HEATHER CINTRON

Join us for this fun exercise class every Tuesday @ 9am

Join Zoom Meeting

<https://us02web.zoom.us/j/8647694924?pwd=d3RMb2VXMkFGdnhkTFNyTVViZml0UT09>