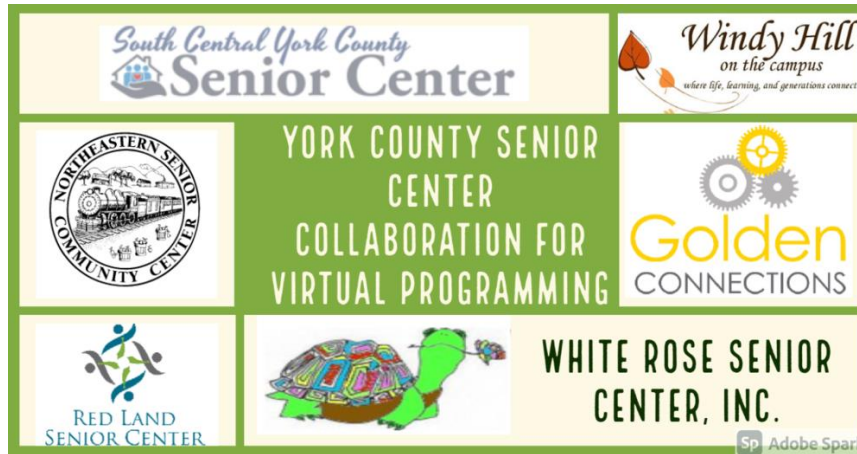


AUGUST 2021 York County Senior Center Virtual Programs – vol.8



Check Out the *AUGUST 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

Monday August 2nd 1:00 Facebook LIVE: PIG RACE

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



Friday August 6th 11:00: zoom FREESTYLE FRIDAY: DIGITAL RIDDLES

<https://us02web.zoom.us/j/81542186575?pwd=b2J2VTICSvVjT0xISERUSUh3WnNhZz09>

Meeting ID: 830 4330 3963

Password: free

Wednesday August 11th 1:00 ZOOM: Zumba Gold® w/ Heather Cintron

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

Meeting ID: 864 769 4924

Password: Dance



Friday August 13th 11:00: zoom FREESTYLE FRIDAY: WHEEL OF FORTUNE

<https://us02web.zoom.us/j/81542186575?pwd=b2J2VTICSvVjT0xISERUSUh3WnNhZz09>

Meeting ID: 830 4330 3963

Password: free



Monday August 16th 1:00 ZOOM: *MindMatters* Lecture

<https://us02web.zoom.us/j/82106325869?pwd=Vlh1bk5lY2lGeTlybWpJdHdKRnVNdz09>

Meeting ID: 821 0632 5869

Passcode: mind

Wednesday August 18th

Way Back Wednesday 1940s Trivia (Email jenna@whiteroseseniorcenter.org for a copy)

1:00 ZOOM: Zumba Gold® w/ Heather Cintron

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

Meeting ID: 864 769 4924

Password: Dance



Thursday August 19th 10:00 ZOOM: Virtual Coffee & Conversations

<https://us02web.zoom.us/j/89458640043?pwd=VlBlckwwOVBrWHhncTVqOTNnRmF4dz09>

Meeting ID: 894 5864 0043

PASSWORD: coffee



Friday August 20th 11:00: zoom FREESTYLE FRIDAY: FAMILY FEUD

<https://us02web.zoom.us/j/81542186575?pwd=b2J2VTICSvVjT0xISERUSUh3WnNhZz09>

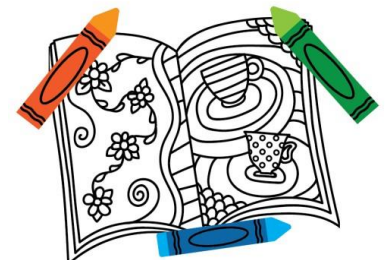


Monday August 23rd Coloring Contest Handout (Email jenna@whiteroseseniorcenter.org for coloring page)

Tuesday August 24th

Return Coloring Contest Handout

jenna@whiteroseseniorcenter.org





White Rose Senior Center, Inc.

27 S. BROAD ST. • YORK, PA. 17403

717-843-9704

Wednesday August 25th

1:00 ZOOM: Zumba Gold® w/ Heather Cintron

<https://us02web.zoom.us/j/8647694924?pwd=d3Rmb2VXMkFGdnhkTFNyTVVIZmI0UT09>

Meeting ID: 864 769 4924

Password: Dance



Friday August 27th 11:00: zoom FREESTYLE FRIDAY: JEOPARDY

2:00 Facebook: Coloring Contest Voting to Begin

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

Monday August 30th Facebook: ALL DAY Coloring Contest Voting Continues

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



Tuesday August 31st 2:00 Facebook: Coloring Contest Winners Announced*

ZUMBA
FITNESS

EVERY WEDNESDAY
@1:00 PM
with Heather Cintron
VIRTUALLY ON ZOOM
Meeting ID: 864 769 4924
Passcode: Dance

\$0
PER CLASS








Made with PosterMyWall.com

ZUMBA
FITNESS

CADA MIERCOLES
@1:00 PM
with Heather Cintron
VIRTUAMENTE EN ZOOM
Meeting ID: 864 769 4924
Passcode: Dance

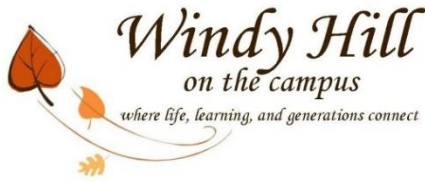
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PER CLASS

Made with PosterMyWall.com

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
1:00 Facebook LIVE: PIG RACE https://www.facebook.com/White-Rose-Senior-Center-239749906468113 		1:00 ZOOM: Zumba Gold® w/ Heather Cintron https://us02web.zoom.us/j/8647694924?pwd=d3Rmb2VXMkFGdnhkTFNyTVVlZml0UT09 Meeting ID: 864 769 4924 Password: Dance 		11:00: ZOOM: Freestyle Friday: Digital Riddles https://us02web.zoom.us/j/81542186575?pwd=b2J2VTICSvVjTOxISERUSUh3WnNhZz09 Meeting ID: 830 4330 3963 Password: free
9	10	11	12	13
		1:00 ZOOM: Zumba Gold® w/ Heather Cintron https://us02web.zoom.us/j/8647694924?pwd=d3Rmb2VXMkFGdnhkTFNyTVVlZml0UT09 Meeting ID: 864 769 4924 Password: Dance 		11:00: ZOOM: Freestyle Friday: Wheel of Fortune https://us02web.zoom.us/j/81542186575?pwd=b2J2VTICSvVjTOxISERUSUh3WnNhZz09 Meeting ID: 830 4330 3963 Password: free 
16	17	18	19	20
1:00 ZOOM: Mind Matters Lecture https://us02web.zoom.us/j/82106325869?pwd=Vlh1bk5lY2lGeTlybWpJdHdKRnVNdz09 Meeting ID: 821 0632 5869 Passcode: mind		Way Back Wednesday 1940s Trivia (Email jenna@whiteroseseniorcenter.org for a copy) 1:00 ZOOM: Zumba Gold® w/ Heather Cintron https://us02web.zoom.us/j/8647694924?pwd=d3Rmb2VXMkFGdnhkTFNyTVVlZml0UT09 Meeting ID: 864 769 4924 Password: Dance	10:00 Coffee & Conversations https://us02web.zoom.us/j/89458640043?pwd=VlBlckwwOVBrWHhncTlVqOTNnRmF4dz09 Meeting ID: 894 5864 0043 PASSWORD: coffee	11:00: ZOOM: Freestyle Friday: Family Feud https://us02web.zoom.us/j/81542186575?pwd=b2J2VTICSvVjTOxISERUSUh3WnNhZz09 Meeting ID: 830 4330 3963 Password: free 
23	24	25	26	27
Coloring Contest Handout (Email jenna@whiteroseseniorcenter.org for a copy) 	Return Coloring Contest 	Return Coloring Contest 1:00 ZOOM: Zumba Gold® w/ Heather Cintron https://us02web.zoom.us/j/8647694924?pwd=d3Rmb2VXMkFGdnhkTFNyTVVlZml0UT09 Meeting ID: 864 769 4924 Password: Dance		11:00: ZOOM: Freestyle Friday: Jeopardy! 2:00 Facebook: Coloring Contest Voting to Begin https://us02web.zoom.us/j/81542186575?pwd=b2J2VTICSvVjTOxISERUSUh3WnNhZz09 Meeting ID: 830 4330 3963 Password: free
30	31	 <h1>AUGUST</h1> 		
Facebook: ALL DAY Coloring Contest Voting*Coloring Contest Voting* https://www.facebook.com/White-Rose-Senior-Center-239749906468113 	2:00 Facebook: Coloring Contest Winners Announced* https://www.facebook.com/White-Rose-Senior-Center-239749906468113 			



White Rose Senior Center, Inc.
 27 S. BROAD ST. • YORK, PA. 17403
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Executive Director: Tammy Miller

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

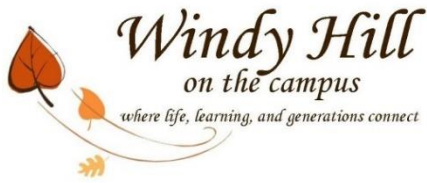
Normal business hours:
Monday – Friday: 8:30 am – 2:30

windyhillonthecampus.org

Facebook: facebook.com/windyhillotc

August Virtual Programs

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



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

Rock Steady Boxing (Mon, Wed, Fri at 9:30 am)

Instructor: Lori DePorter

-Non-contact, boxing-inspired fitness routine geared toward people with Parkinson's disease to lessen their symptoms and lead to a healthier/happier life.

*No boxing experience is necessary, all ages are encouraged and invited to participate

Silver Sneakers Classic (Tues & Thurs at 9 am)

Instructor: Tracy Schuman

-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.

T'ai Chi Chih (Mondays at 9 am)

Instructor: Jack Weaver

-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.

Hatha Yoga (Thursdays – 12:30 pm)

Instructor: Lori Houck-Ruffner

-Hatha Yoga introduces basic yoga poses sequenced in a gentle stream of movements, focusing on: stretching, breathing practices, proper body alignment, and relaxation techniques.

Chair Exercise(Mondays & Wednesdays at 11 am)

Instructor: Risa Anderson (Windy Hill staff member)

-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.