



CHECK OUT THE S.T.A.R.S. PROGRAMS “Senior Time Activities for Residents of Springettsbury”

Springettsbury Township, White Rose Senior Center, and the York County Area Agency on Aging are proud to bring you a variety of classes to adults 50 and over.

“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 2009 classes are as follows:

“Junk Food Heaven” – We all love snacks! Snacks can be just as good as dinner and Deb Bixler will show you how. We will make snack foods that are healthy...or at least healthier! Samples and the recipes will be provided to you.

Date and Time: Thursday, September 17, 2009 (2:00-4:00 PM)

Location: Commonwealth Fire Company

2045 N. Sherman St., York, PA

Registration Fee: \$5.00 payable to Springettsbury Township

“Bingo at Hoss’s Steak & Sea House” – Join in the Fun! White Rose Senior Center and Springettsbury Township offer “Bingo” at the East York Hoss’s. Prizes will be given to all of the winners. Lunch will be served prior to Bingo.

Date and Time: Tuesday, September 22, 2009 (11:00-2:00 PM)

Location: 3604 E. Market St., York, PA

Cost: \$2.00 Registration Fee for Bingo; Lunch is on Your Own – 18% gratuity will be added to your bill.

“Super Foods for Super Seniors” – Living a long and healthy life is all about choosing the foods that give you life long good health. Deb Bixler will teach you how to cook nutritionally dense Fall Super Foods so that you can be a Super Human! She will prepare Super Turkey left-over recipes and Super Fall Veggies. The recipes and samples will be supplied to everyone.

Date and Time: Thursday, October 15, 2009 (2:00-4:00 PM)

Location: Commonwealth Fire Company

2045 N. Sherman St., York, PA

Registration Fee: \$5.00 payable to Springettsbury Township

“Make a Fall Door Decoration” – Brenda Moore will show you how to make a beautiful fall door decoration to place in your home, on your door or to give as a gift. Bring: wire cutters. Maximum for the class: 15.

Date and Time: Wednesday, October 28, 2009 (2:00-4:00 PM)

Location: Springettsbury Township Farmhouse

1501 Mt. Zion Rd., York, PA

Registration Fee: \$5.00 payable to Springettsbury Township

“Make an Iris Paper Folded Christmas Tree & Snowman Collage Card” – Jean Ann Lehman will teach you the art of folding paper and placing it on Die Cuts to resemble the Iris of a camera lens. This technique makes for a beautiful card that someone special will cherish! Bring: scissors, a glue stick, adhesive tape or double stick tape, and scotch tape.
Maximum for the Class: 15.

Date and Time: Tuesday, November 3, 2009 (2:00-4:00 PM)

Location: Springettsbury Township Farmhouse
1501 Mt. Zion Rd., York, PA

Registration Fee: \$5.00 payable to Springettsbury Township

“Holiday Breakfast Buffet” – Is there any better time than the holidays to give your family the gift of good health? Holidays do not have to be all about gluttony and poor food choices. Deb Bixler will show you how to make your family the special breakfast that they deserve. Samples and recipes will be given at the class.

Date and Time: Thursday, November 19, 2009 (2:00-4:00 PM)

Location: Commonwealth Fire Company
2045 N. Sherman St., York, PA

Registration Fee: \$5.00 payable to Springettsbury Township

To register for the classes, complete and detach the Registration Form below. Make your check payable to "Springettsbury Township Recreation". There is a \$5.00 registration fee for each class. Please mark the class or classes you are signing up for in the memo section of your check.

Mail your Registration Form and Check (if applicable) to:
 Springettsbury Township
 1501 Mt. Zion Rd.
 York, PA 17402

For additional questions, contact Lisa Krout at White Rose Senior Center (843-9704)

REGISTRATION FORM

Name _____ Address _____
 City, State, Zip _____
 Home Phone _____ Work Phone _____ Email _____
 Emergency Contact: Name/Phone _____

Participant's Name	Course Name/Date	Fee - \$5.00/class	Office Use Only
			Check #
			Receipt #
			Cash

Waiver of liability: I, the above named candidate for participation in the above named activity, hereby, waive any claim for bodily injury or property damage against the Springettsbury Township Recreation Department, its agents, servants and/or employees while a participant in the above named activity.

_____ Do not send cash. Make checks **Total Payment \$** _____
 Signature of payable to Springettsbury
 Participant Township Recreation.
 1501 Mt. Zion Rd., York, PA 17402

___ Check here if this is the **first time** you have registered for any activity with us. Additional registration forms are available for downloading from the following website:
www.springettsbury.co