



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

Springettsbury Township and White Rose Senior Center 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 2015 classes are as follows:

**“Needlefelting Pumpkins”** – Learn the fun and easy craft of needlefelting with Mary Jane Miller. You will use wool roving and special barbed needles to create your very own pumpkins to decorate for the fall. You will be amazed at how much fun these are to make and they are wonderful gifts too! **Supplies: Bring small sharp scissors and a 6"x6" "Soft Grip" car sponge (Wal-Mart sells them for about \$1.69) Maximum for the Class: 12.**

**Date and Time:** Tuesday, September 8, 2015 (2:00-4:00 PM)

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

**Registration Fee:** \$10.00 for Springettsbury Township Residents/\$5.00 additional for Non-Residents payable to Springettsbury Township prior to the class.

**“Squish-Squash: Making The Most Out of This Fall Crop”** – Whether your favorite is butternut, pumpkin or zucchini, Deb Bixler will teach you new ways to eat squash, serve squash and store squash for later. You will receive recipes and samples of all shapes and sizes of squash to enjoy for breakfast, lunch, dinner, and dessert! **Maximum for the Class: 30.**

**Date and Time:** Tuesday, September 15, 2015 (2:00-4:00 PM)

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

**Registration Fee:** \$10.00 for Springettsbury Township Residents/\$5.00 additional for Non-Residents payable to Springettsbury Township prior to the class.

**“Cooking Soups with Herbs”** – Deb Bixler will show you how to boost your immune system this Winter by bringing that fresh Summer herb goodness into your Winter soups. You will enjoy Cream of Herb Soup, Immune Boosting Chicken Soup, and more fun, fast, and healthy "take the chill off" of Winter soups! Recipes and samples will be given to all participants. **Maximum for the Class: 30.**

**Date and Time:** Tuesday, October 6, 2015 (2:00-4:00 PM)

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

**Registration Fee:** \$10.00 for Springettsbury Township Residents/\$5.00 additional for Non-Residents payable to Springettsbury Township prior to the class.

“Make Thom the Turkey Tulle Wreath” - Don't rush the Christmas season just yet, Marti Leader will show you how to make an adorable wreath for Thanksgiving! Thom the Turkey Tulle Wreath has colorful fall tulle for his feathers that would look festive on your door.

Supplies: Scissors. Maximum for the Class:10.

Date and Time: Wednesday, October 21, 2015 (2:00-4:00 PM)

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

**Registration Fee:** \$10.00 for Springettsbury Township Residents/\$5.00 additional for Non-Residents payable to Springettsbury Township prior to the class.

“Bingo and Lunch Aroma Buffet and Grill” – White Rose Senior Center and Springettsbury Township offer “Bingo” at Aroma Buffet and Grill. Prizes will be given to all of the winners. Lunch will be served prior to Bingo. Come and join in the fun!

Date and Time: Tuesday, November 10, 2015 (11:00-1:30 PM)

Location: 2801 E. Market St., York, PA

Cost: \$5.00 payable to Springettsbury Township prior to the class for Bingo (No Resident/Non-Resident Differentiation); Lunch is on Your Own. (approximately \$6.50 buffet, \$1.50 beverage; 10% discount if 65+)

“Thanksgiving Side Dishes - Something New for Dinner!” –By popular request, this class will focus on fun, fast, and healthy holiday side dishes that the whole family will love. Deb Bixler will show you some timing techniques to make the day run smoother and Thanksgiving favorites made a new yummy healthier way! Recipes and samples will be given to all participants.

Maximum for the Class: 30.

Date and Time: Tuesday, November 17, 2015 (2:00-4:00 PM)

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

**Registration Fee:** \$10.00 for Springettsbury Township Residents/\$5.00 additional for Non-Residents payable to Springettsbury Township prior to the class.

To register for the classes, complete and detach the Registration Form below. Make your check payable to "Springettsbury Township Recreation". There is a \$10.00 registration fee for each class (except Bingo which is \$5.00) and if you are not a resident of Springettsbury Township there is an additional \$5.00 towards the class with the exception being for Bingo (this is new beginning with the Fall Session of 2012). The money is due prior to the class or program! 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) or Mary Fisher at Springettsbury Township (505-0475).**

**REGISTRATION FORM**

Name \_\_\_\_\_ Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Email \_\_\_\_\_  
 Emergency Contact: Name/Phone \_\_\_\_\_  
 Date of Birth \_\_\_\_\_

Participant's Name	Course Name/Date	Fee - \$10.00 Resident or \$15 Non-Resident/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.com](http://www.springettsbury.com)