



## **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 Summer 2011 classes are as follows:

“The Be American-Eat American Patriotic Party” Everything we make today will be **Red, White & Blue**. These patriotic foods are bound to become family favorites. Deb Bixler will make Red, White and Blue Potato Salad; Red, White and Blue Punch; Red, White and Blueberry Pie; and Uncle Sam's favorite Ice Cream will top them all! Samples and the recipes will be provided to all! Maximum for the Class: 30.

Date and Time: Tuesday, June 14, 2011 (2:00-4:00 PM)

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

Registration Fee: \$10.00 payable to Springettsbury Township prior to the class.

“What's at the End of Your Fork?” – Grace Lefever from Sonnewald Natural Foods will be present to give and show you pointers on nutrition, exercise, how to take care of your body and keep healthy! Grace is an excellent and informative speaker on organics and healthy living!

Date and Time: Wednesday, June 22, 2011 (2:00-4:00 PM)

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

Registration Fee: \$10.00 payable to Springettsbury Township prior to the class.

“Celebrate the Battle of Gettysburg” – The Battle of Gettysburg took place on July 1<sup>st</sup> - 3<sup>rd</sup>. Deb Bixler will prepare the foods that the soldiers from both sides ate in the field. Brunswick Stew, Hardtack Soup, Yankee Red Flannel Hash, and more Civil War Era recipes will be shared and samples will be provided to all! Maximum for the Class: 30.

Date and Time: Tuesday, July 12, 2011 (2:00-4:00 PM)

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

Registration Fee: \$10.00 payable to Springettsbury Township prior to the class.

“Card Extravaganza!” – Marti Leader will show you how to make four unique summer/flower themed cards. Two will be Iris Paper Folding and two will be Paper Folding cards. The Paper Folding technique can be used in scrapbooking projects. Ink pads and chalks will be used to decorate and embellish your cards. Bring: Scissors, a Pencil, an Adhesive-like a Tape Runner, and Scotch Tape. Maximum for the Class: 15.

Date and Time: Tuesday, July 19, 2011 (2:00-4:00 PM)

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

Registration Fee: \$10.00 payable to Springettsbury Township prior to the class.

“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 (Soup and Salad Bar plus a Beverage) will be served prior to Bingo.

Date and Time: Tuesday, August 2, 2011 (11:00-1:30 PM)

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

Cost: \$5.00 Registration Fee for Bingo; Lunch is on Your Own – 18% gratuity will be added to your bill.

Registration Fee: \$5.00 payable to Springettsbury Township prior to the class.

“Let’s Go Camping!” Summer is all about the great outdoors so in this class, Deb Bixler will focus on some of your favorite camping and picnic recipes. Join us and be ready to eat some of our all time favorites: S’mores, Country Lemonade, Watermelon, Trail Mix and more. Samples and the recipes will be provided to all! Maximum for the Class: 30.

Date and Time: Tuesday, August 16, 2011 (2:00-4:00 PM)

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

Registration Fee: \$10.00 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). 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/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)