



## **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 2015 classes are as follows:

“One Pot - One Bowl Meals” – Clean up in a breeze with these one pot or one meal bowl meals and desserts. Deb Bixler will show you how to make full course dinners in one pan! (*Luv It!!!*) She will make One Pot Burrito Bowls the whole family will love, a Drunken Banana Crisp and one recipe that throws away the pot all together! Food samples and recipes for all! Maximum for the Class: 30.

Date and Time: Tuesday, June 16, 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 a Ladder Yarn Necklace” - Mary Jane Miller will show you how to make a fashionable necklace using yarn and beads. Using a crochet hook, students will learn to do a simple stitch. After doing several lengths of yarn, you will add beads and finish the necklace. This is a fun and easy project. No crocheting experience needed! Supplies: Crochet Hook size G or H, scissors, 12" ruler or yardstick. Maximum for the Class: 15.

Date and Time: Tuesday, June 23, 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.

“All American Barbeque” –These traditional barbeque recipes will make you want to whistle “Yankee Doodle!” Deb Bixler will be preparing London Broil, a couple of Classic Salads, Grilled Sweet Potatoes, RWB Smoothies and the All American Trifle will wash down nicely with some Country Lemonade! Recipes and samples will be given to all participants. Maximum for the Class: 30.

Date and Time: Tuesday, July 14, 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 a Kumihimo Bracelet” - Marti Leader will show you how to make a Kumihimo Bracelet. This is an ancient art of Japanese board braiding. It is Zen-like and relaxing and engaging without requiring concentration. You will use a variety of seed beads to make a beautiful summery bracelet to keep for yourself or give to a friend! Supplies: Twizzers. Maximum for the Class:10.

Date and Time: Wednesday, July 22, 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.

“Ancient Grains and Super Greens!” –This class will teach you a few new recipes made with grains and greens which you may not have tried before. Deb Bixler will bring Quinoa, Kale, Kamut, Edamame, Chia, Broccoli, Millet, and more all served up for you to try in many forms including a Veggie Frittata and a meatless main dish. Recipes and samples will be given to all participants. Maximum for the Class: 30.

Date and Time: Tuesday, August 4, 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.

“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, August 18, 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+)

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

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)