



York County
NEW YORK



THE

BSE R V E R

November 2009

ISSUE NO. 184

YORKTOWN, The Senior Center of York has scheduled a variety of educational and entertaining programs for November. Participation is open to seniors age 55 or better and their spouses, regardless of age.

The Center is located in the Washington Square Shopping Center at 5314 George Washington Memorial Highway (Rt. 17), and is open Monday through Friday from 9 am to 4:30 pm. Reservations are required for all activities, and are offered on a first-come, first-serve basis. To register, stop by the Center or call 898-3807. For more information, visit the Center's website at: www.yorkcounty.gov/communityservices.

November Birthday Bash Friday, November 6 at 1 pm
Come enjoy the musical style of patron Brenda Shaye as she plays the piano and engages participants in sing-alongs. Remember you can attend whether you are celebrating a birthday or not. Cake and beverage will be served. Please call 898-3807 to register **by November 5**.

Scrapbooks & Greeting Cards, Monday, November 9 from 9 am to 12 pm - Join us as Cathy Fowler of Creative Memories shows how to make beautiful cards and assists you with your scrapbook. These cards along with your personalized scrapbook create lasting memories and make wonderful gifts for your loved ones. For more information and to register, please call 898-3807 **by November 6**.

Culture Day, The First Armistice, Tuesday, November 10 at 1 pm - In honor of Veteran's Day, Historian, Author and TV/Radio Personality John Quarstein will give a talk exploring how World War I was considered the War to End All Wars, and yet, as veterans' groups prepared to commemorate the first Armistice, the Treaty of Versailles set the stage for a violent 20th Century. The speaker will also discuss how the world stills lives within the legacy of this conflict. Please register for this program by calling 898-3807.

Senior Center's 18th Anniversary Open House Celebration, Friday, November 13 from 1 to 3 p.m.
You are cordially invited to come celebrate and commemorate 18 years with us. Exhibits created by Senior Center patrons will be on display, and appetizers will be served. The Center's Angel Tree will also be up during this event, and we ask that each person who takes an angel bring in a poinsettia plant for a York County Meals on Wheels recipient by December 4. For more information and to register, please call 898-3807.

AARP Driver Safety Program, November 16 & 17 - This program is designed for drivers age 50 or better, and will take place on Monday, November 16 from 12:45 – 4:45 pm and Tuesday, November 17 from 12:30 – 4:30 pm. **The cost for this program is now \$12 for members of AARP and \$14 for non-members. Note: membership registration cannot be processed the day of a class.** Fees should be paid by check and made out to AARP prior to the course. Registration may be made in person at the Senior Center or by mail. There is **no "behind the wheel"** driving performed in this program. AARP membership is not required for registration. Drivers age 55 or better must attend both classes to receive the state mandated three-year automobile insurance reduction. Many insurance companies are giving insurance reductions to drivers age 50+ with the same attendance requirements. Those less than age 55 should check with their insurance company to see if they are entitled to the three-year insurance reduction. Class enrollment is **limited to 25**.

Health Day, "Everything You Need to Know on the H1N1 Virus" Wednesday, November 18 at 12:45 pm
A group of Registered Nurses from Virginia Commonwealth University will lead an informative talk on the history of the H1N1 influenza virus. They will also provide information on the current strain, symptoms of the regular flu versus the H1N1, and who should be vaccinated. No vaccinations will be administered at this program. For more information and to register, call the Senior Center at 898-3807.

A Breakfast of Thanks, Thursday, November 19 at 10 am - Come join us for a continental breakfast and hear some words of inspiration from Senior Pastor Feild Russell of Yorkminster Presbyterian Church. Please call 898-3807 to register **by November 18**.

"Dogs & Songs" Friday, November 20 at 1 pm - Come be amazed by Jake and Levi, the "Incredible Wonder Dogs" as they count, do math problems, and even reads minds under the instruction of Owner Don Shenck. Mr. Shenck will also perform a medley of songs. Please register **by November 18**.



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November 2009



The following calendar lists the ongoing activities offered to Senior Citizens at the Center. Activities and times are subject to change. For current information on classes, special events, trips, etc, call 898-380Z. The Center is open Monday-Friday, from 9:00 AM to 4:30 PM. The Center is closed all County Holidays. For more details, visit our website at www.yorkcounty.gov/communityservices.

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:45-12:15 BODY RECALL 9:30-11:30 CRAFTS UNLIMITED 9:30-12:00 MAH JONGG 1:00-3:00 KNITTING & CROCHET CLASS	3 9:30-11:30 BEG. COMPUTER 10:00-1:30 DINING CLUB 10:00-3:00 ART CLASS 12:45-1:30 SENIOR-CISE 1:00-2:00 ADV. LINE DANCING 1:00-4:15 CANASTA	4 8:45-12:15 BODY RECALL 10:00 SCY BOARD MEETING 10:00-1:30 DINING CLUB 12:30-1:30 BLOOD PRESSURE CHECK 1:00-4:00 BRIDGE	5 8:45-9:45 ADV. BEG. LINE DANCING 10:00-11:00 TAI CHI CLASS 10:00-3:00 QUILTERS CLUB 1:00-3:00 BINGO-SCY 1:00-3:00 MATINEE IDLERS 1:00-4:15 CANASTA	6 8:45-12:15 BODY RECALL 10:00 SCY BOARD MEETING 10:00-12:00 BEG. ART 1:00 BIRTHDAY BASH 1:00-2:00 ADV. LINE DANCING 1:00-2:30 BEG. COMPUTER 3:00-4:30 INTERMEDIATE COMPUTER
9 8:45-12:15 BODY RECALL 9:00-12:00 SCRAPBOOKS & GREETING CARDS 9:30-12:00 MAH JONGG 1:00-3:00 KNITTING & CROCHET CLASS	10 9:30-11:30 BEG. COMPUTER 10:00-1:30 DINING CLUB 10:00-3:00 ART CLASS 10:00 TRIAD MEETING 12:45-1:30 SENIOR-CISE 1:00 CULTURE DAY - "THE FIRST ARMISTICE" 1:00-2:00 ADV. LINE DANCING 1:00-4:15 CANASTA	11 <div style="border: 2px solid red; padding: 5px; text-align: center; color: white; font-weight: bold;"> Sorry We're CLOSED </div> VETERAN'S DAY	12 8:45-9:45 ADV. BEG. LINE DANCING 10:00-11:00 TAI CHI CLASS 10:00-3:00 QUILTERS CLUB 1:00-3:00 BINGO-SCY 1:00-3:00 MATINEE IDLERS 1:00-4:15 CANASTA	13 8:45-12:15 BODY RECALL 10:00-12:00 BEG. ART 10:00-1:30 DINING CLUB 1:00-3:00 OPEN HOUSE 1:00-2:00 ADV. LINE DANCING 1:00-2:30 BEG. COMPUTER 3:00-4:30 INTERMEDIATE COMPUTER
16 8:45-12:15 BODY RECALL 9:30-11:30 CRAFTS UNLIMITED 9:30-12:00 MAH JONGG 12:45-4:45 AARP DRIVER SAFETY 1:00-3:00 KNITTING & CROCHET CLASS	17 9:30-11:30 BEG. COMPUTER 10:00-1:30 DINING CLUB 10:00-3:00 ART CLASS 12:30-4:30 AARP DRIVER SAFETY 12:45-1:30 SENIOR-CISE 1:00-2:00 ADV. LINE DANCING 1:00-4:15 CANASTA	18 8:45-12:15 BODY RECALL 10:00-1:30 DINING CLUB 12:30-1:30 BLOOD PRESSURE CHECK 12:45 HEALTH DAY - "EVERYTHING YOU NEED TO KNOW ON THE H1N1 VIRUS" 1:00-4:00 BRIDGE	19 8:45-9:45 ADV. BEG. LINE DANCING 10:00 A BREAKFAST OF THANKS 10:00-11:00 TAI CHI CLASS 10:00-3:00 QUILTERS CLUB 1:00-3:00 BINGO-SCY 1:00-3:00 MATINEE IDLERS 1:00-4:15 CANASTA	20 8:45-12:15 BODY RECALL 10:00-12:00 BEG. ART 10:00-1:30 DINING CLUB 1:00 "DOGS & SONGS" 1:00-2:00 ADV. LINE DANCING 1:00-2:30 BEG. COMPUTER 3:00-4:30 INTERMEDIATE COMPUTER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>23</p> <p>9:30-11:30 CRAFTS UNLIMITED MAH JONGG 1:00-3:00 KNITTING & CROCHET CLASS</p>	<p>24</p> <p>9:30-11:30 BEG. COMPUTER 10:00-1:30 DINING CLUB 10:00-3:00 ART CLASS 12:45-1:30 SENIOR-CISE 1:00-2:00 ADV. LINE DANCING 1:00-4:15 CANASTA</p>	<p>25</p> <p>12:30-1:30 BLOOD PRESSURE CHECKS 1:00-4:00 BRIDGE</p>	<p>26</p>  <p>Thanksgiving Holiday</p>	<p>27</p> 
<p>30</p> <p>9:30-11:30 CRAFTS UNLIMITED 9:30-12:00 MAH JONGG 1:00-3:00 KNITTING & CROCHET CLASS</p>				

HEALTH CARE PROVIDERS

Free Family Medicine Clinic
1620 Old Williamsburg, Rd.
Yorktown, VA 23690
Phone: (757) 886-0608
Monday 9:00—11:00 AM
Thursday 5:30—8:00 PM
Pediatrician available
3rd Thursday of each month

DINING CLUB

Meets Tuesday, Wednesday, and Friday
from 10:00 AM to 1:30 PM.
Lunch is served from 11:30 AM to 12:30 PM.
If you are age 60 or older, or the spouse of someone who attends, and you would like to participate, call the Peninsula Agency on Aging at 873-0541 to register or for more information.

YORK COUNTY MEALS ON WHEELS

This program serves those who are homebound and unable to obtain adequate nutrition. If you would like to participate in this program, call the York County Coordinator at 898-4252.

SENIOR CENTER EMERGENCY &

INCLEMENT WEATHER POLICY
The Center will be closed if York County Schools are: (1) Closed or (2) If there is a delayed start.
Announcements of this nature will be made as appropriate over local RADIO STATION WXGY-FM 99.1 and TV stations.

SENIOR CENTER OF YORK

The Center is open Monday through Friday from 9 am to 4:30 pm and is located at 5314 George Washington Memorial Highway (Rt. 17), Washington Square Shopping Center, in Grafton.

For more information, please call 898-3807.

Participation is open to all seniors age 55 or better and their spouses.

Mark your Calendar

Medicare Check-up?" December 4, at 12:45 pm - Lisa Walker from Bay Aging will answer your questions on Medicare, Medicare Part D, and discuss benefit programs you may be eligible for to help pay Medicare deductibles and premiums. If you require individual assistance in selecting a Medicare Part D plan you will need to bring your prescriptions and your Medicare Card with you. The Virginia Insurance Counseling and Assistance Program (VICAP) is a free program that assists consumers with medical benefit problems with Medicare, Medicaid, medical bill paying and long term care insurance. For more information and to register, call the Senior Center at 898-3807 by December 1.

The Center will be closed on Wednesday, November 11, in observance of Veteran's Day.

The Dining Club will be closed on November 25.

The Center will be closed November 26 & 27 for Thanksgiving.

A Big Thanks

Thank you to all the volunteers for your support of our 2009 Annual Fundraiser. \$2,040.90 was raised for this event! We appreciate each and every one of you who helped to make this event such a success!

Recipe Collection

If you have a recipe to share, please drop it in our Recipe Drop box from **November 2 through the end of November**. We are going to print your recipes on index cards and distribute them in December for the holidays. The collection will range between \$3 to \$5. All proceeds will benefit the Senior Center of York.

Rockettes Show

Starting Monday, November 2, please call us at 898-3807 to register for going to see the Radio City Rockettes at Norfolk Scope on Friday, December 4 for a 1 p.m. show. Estimated cost is \$70 which we would need immediately to hold our seats. **Limited transportation for 12-13 people.**

Craft Activities: Why not take advantage of some of the ongoing craft activities taking place at the Center every month? New participants are always welcome! *For more details, please call the Center at 898-3807.*

Knitting and Crochet Class **Mondays, 1 to 3 pm**

Art Class

* Our Art Class is currently full, but please check back regularly for openings.

Tuesdays, 10 am to 3 pm

Art Class will meet Tuesdays with Instructor Myrna Graham. This class is for everyone, beginner or advanced. Come explore your interests and techniques.

Quilters

Thursdays, 1 to 3 pm

Computer Classes and General Computer Use - The computers are available for general use Monday through Friday from 9:30 am to 3:30 pm, unless the lab is reserved for programmed activities. To use the computers you must sign in at the Senior Center front desk. For more information on fall Computer Classes, call us to see if there are any spaces available.



*****Computer Help Wanted** - We are looking for some volunteer computer instructors. If you can be of assistance and are interested, please contact the Senior Center at 898-3807.

