



## Senior Center Announces November Programs

October 22, 2009

### FOR RELEASE AT WILL

A variety of educational and entertaining programs are being offered at the Senior Center of York in 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 a.m. to 4:30 p.m. The center is closed all county holidays.

Reservations are required for all sessions and are accepted on a first-come, first-serve basis. To register, stop by the center or call 898-3807. For more information, please visit [www.yorkcounty.gov/comser/srcenter](http://www.yorkcounty.gov/comser/srcenter).

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

**Scrapbooks & Greeting Cards, Monday, Nov. 9 from 9 a.m. to 12 noon.** 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 Nov. 6.

**Culture Day, The First Armistice, Tuesday, Nov. 10 at 1 p.m.** 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 18<sup>th</sup> Anniversary Open House Celebration, Friday, Nov. 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 Dec. 4. For more information and to register, please call 898-3807.

**AARP Driver Safety Program, Nov. 16 & 17.** This program is designed for driver's age 50 or better, and will take place on Monday, Nov. 16 from 12:45 – 4:45 p.m. and Tuesday, Nov. 17 from 12:30 – 4:30 p.m. 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, Nov. 18 at 12:45 p.m.** 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, Nov. 19 at 10 a.m.** 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 Nov. 18.

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

**Computer General Use.** The computers are available for general use Monday through Friday from 9:30 a.m. to 3:30 p.m., 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 beginning Nov. 20 at 898-3807 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.

**Craft Activities.** Why not take advantage of some of the ongoing craft activities taking place at the center every month? For more details, please call the center at 898-3807. The following is our current schedule of activities:

- \* **Knitting and Crochet Class:** Mondays, 1 to 3 p.m.
- \* **Art Class:** Our Art Class is currently filled, but please check back regularly for openings. The class meets Tuesdays from 10 a.m. to 3 p.m. with Instructor Myrna Graham, and is for beginners through advanced artists.
- \* **Quilters:** Meet on Thursdays from 1 to 3 p.m.

### **Mark Your Calendar!**

**Medicare Check-up?” Dec. 4, at 12:45 p.m.** 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, please call the Senior Center at 898-3807 by Dec. 1.