



July Activities and Events at Senior Center

June 25, 2018

A variety of educational and entertaining programs are being offered at the Senior Center of York in July. Participation is open to seniors age 55 or better and their spouses, regardless of age. To register for these activities, sign up in person at the Senior Center or call (757) 890-3444. Note: The Senior Center will be closed on Wednesday, July 4.

- **Sign up for Body Renewal today.** The next 12-week session of this group fitness program led by Instructor Dee Davis runs from July 2 through September 21. Classes meet on Mondays, Wednesdays, and Fridays. Participants can sign up for one of three class meeting times at 9, 10, or 11 a.m. The cost is \$60.
- **4th of July Celebration – Friday, July 6, at 11:30 a.m.** Celebrate our independence with food, fun, and fellowship. Suggested donation is \$4 and payable at the time of registration. Registration is held through July 3.
- **AARP Driver Safety Program - Monday, July 9, and Tuesday, July 10.** This program is designed for drivers age 50 or better. Cost is \$15 for members of AARP and \$20 for non-members.
- **Thomas Pandolfi Visit – Friday, July 13, at 1 p.m.** The Senior Center, in partnership with St. Mark Lutheran Church's Sine Nomine Series, presents the thrilling and exceptional piano virtuoso, Thomas Pandolfi. The concert will be held at St. Mark Lutheran Church, 118 Old York-Hampton Highway, Yorktown. For more information and to register, call the Senior Center at (757) 890-3444.
- **July Craft – Monday, July 16, 10 a.m.** Instructor Sheri Greenleaf will lead participants in painting a concrete garden paver. Please register by Thursday, July 12.
- **Triad Ice Cream Social – Wednesday, July 18, at 1 p.m.** The York-Poquoson Triad will celebrate its 14th Anniversary with an educational program and ice cream social. This event is patriotic themed so participants can honor a branch of service by wearing a uniform, t-shirt, hat, or other type of insignia. A prize will be given to the most patriotic outfit. The purpose of Triad is to promote safety awareness programs and educate seniors on crime issues such as frauds, scams, and identify theft. To register, please call the Senior Center at (757) 890-3444 by Monday, July 16.
- **“War Stories and Pizza” - Monday, July 23, from 11:30 a.m. to 1:30 p.m.** Veterans can gather and share stories from military service and enjoy a pizza lunch. Senior Center board member and U.S. Army veteran Buck Rodgers is the program facilitator.
- **Culture Day: “Patriotic Pieces” – Tuesday, July 24, at 1 p.m.** Join us for this fun and informative music appreciation activity that includes listening, learning, and singing songs that show our patriotism. Please register by Monday, July 23.
- **Computer Lab General Use.** Computers in the Senior Center's Computer Lab are available for general use Monday through Friday, 9 a.m. to 3:30 p.m. patrons must sign in at the front

desk to use the computers. The Senior Center is not offering any computer classes during the summer.

Photos attached: Members of the York-Poquoson Sheriff's Office and the Triad program serve ice cream to Senior Center patrons last year.

