

The Senior Center of York will be open Monday through Friday, 9 am to 4:30 pm. Please call the Senior Center to register or register online. All activities are FREE unless otherwise noted. Registration open until 4 days prior to each event unless otherwise noted. Limited Space. For ages 55 and up.

## Monday

### Knitting

April 4, 11, 18 & 25  
1 - 3 pm

Participants should bring their own supplies

### WAR Stories & Pizza



April 25  
11:30 am - 1:30 pm

Veterans, join us for a fun and casual time to share military stories and experiences. Bob Santillan will facilitate this program. Advance sign-up is required for this program. Space is limited.

## Monday & Thursday

### QUILTING

Mondays, April 4, 11, 18 & 25  
Thursday, April 7  
10 am - 3 pm

Participants should bring their own supplies

## Tuesday & Thursday



Tuesdays, April 5, 12, 19 & 26  
Thursdays, April 7, 14, 21 & 28  
1 - 3 pm

## Tuesday



### MAYMONT OUTING

Experience and enjoy a tour of Maymont, a 100-acre Victorian estate and public park in Richmond. We will visit the Maymont mansion, now a historic house museum, and the garden. Please meet at 8 a.m. at the Senior Center, and we will return at approximately 4 p.m. with a late lunch at the Old Chickahominy House in Williamsburg. Fee is \$45 and lunch is on your own at the restaurant. **Please note that this event is comprised of a great deal of walking. Space is limited.**

Tuesday  
April 19  
8 am - 4 pm



**REGISTER BY APRIL 5**

### CARFIT



Helping Mature Drivers Find Their Safest Fit



Tuesday, April 26 • 10 am - 1 pm

**McReynolds Athletic Complex (MAC) • 412 Sports Way**

CarFit is a free community-based educational program designed to help mature drivers assess how well they and their cars "fit" together and what actions they might take to improve that fit. At the CarFit event, a team of trained professionals will complete a 12-point checklist including position of driver's seat, driver's ability to easily reach pedals, and proper adjustment of mirrors. The 12-point check takes about 20 minutes.

Proper fit in your car can greatly increase the driver's safety and the safety of others. The CarFit program was created by the American Society on Aging and developed in cooperation with the American Automobile Association (AAA), AARP, and the American Occupational Therapy Association (AOTA). The MAC is located at 412 Sports Way in Yorktown. Make your CarFit appointment online at [www.yorkcounty.gov/parksandrec](http://www.yorkcounty.gov/parksandrec) or just drive up the day of the event. For information call 890-4102.

5314 George Washington Memorial Highway • Yorktown, VA

Senior Center: 757-890-3444 • Parks & Recreation: 757-890-3500 • [www.yorkcounty.gov/parksandrec](http://www.yorkcounty.gov/parksandrec)

## Tuesday

### ART time

April 5, 12, 19 & 26

10 am - 12 pm

Participants should bring their own supplies

### Music at the center

Acoustic Classic Country Jamming

April 5, 12 (Karaoke), 19 & 26

1:30 - 4 pm

Bring your acoustic instruments to play, sing, or feel free to come listen and enjoy the music.

### Individual Chair Reiki Sessions

April 12 & 26

11 am, 11:30 am or 12 pm

Join Certified Reiki Master Teacher Joyce Dura for an individual Reiki session. Reiki is a holistic technique that uses energy to provide relaxation, bring calmness and stimulate the body's natural healing abilities.

## Tuesdays, Wednesdays, Fridays & Saturdays

### AARP TAX-Aide

Until April 16 • 9 am - 1 pm

Tax preparation will be free of charge and **by appointment only** at the Senior Center of York. Participants should pick up a tax packet only on Tuesdays, Wednesdays, Fridays, and Saturdays between 9 a.m. to 1 p.m. when tax representatives are present and on-site at the Center. After picking up a tax packet, participants should then make an appointment at that time. For the appointment, please bring last year's tax return and all current tax information. If there is inclement weather, tax services may be delayed or canceled. For more information, call 890-3444. In case of inclement weather, please call the Rainout Line at 757-890-3501, extension 36.

## Wednesday

### MAHJONG

April 6, 13 & 27

10 am



### BORED DAY BOARD GAMES

April 6, 13, 20 & 27 • 1 - 4 pm

Have fun competing with each other in these standard board games. Let us know if you might be interested in Scrabble, Monopoly, Chinese Checkers, and more. If you are interested in Brain Busters, solving logic puzzles, Chess Club instruction, or Ping Pong, please call the Center and give us your name and phone number.

### Health & Safety Fair

April 20

9 am - 12 pm

This free event is intended to increase health and safety awareness through health screenings, seminars, and access to organizations that support the health of our community. Screenings will include cholesterol blood pressure, bone density, hearing, vision, skin cancer, balance, diabetes risk assessment and more. Service providers will be on hand with helpful information and to answer your questions. There will be lectures, refreshments, and door prizes. Register online by April 17 at [www.yorkcounty.gov/parksandrec](http://www.yorkcounty.gov/parksandrec) or call 890-3444.

## Thursday

### GARDENING in Small Spaces

April 21 • 10 am

Do you have limited room to plant a garden? Have your past attempts been less than what you had hoped for in growing vegetables and flowers? Join us to learn how intensive gardening techniques can transform your small garden into a success for all of your favorite plants. Other topics that will be touched on will include the best tools, accessibility and reducing physical strain while gardening. Presenter: Master Gardener Nathan Brauner



April 14 & 28 • 1 pm

## QR Code Information

By using your smart phone camera you can connect directly to our website!

To register:



Senior Center website:



### LINE DANCING group

FREE

April 1, 8, 22 & 29

1 - 2 pm

This activity is open for seniors to line dance together in a group

## Friday

### BIRTHDAY BASH

April 15 • 1 pm

Enjoy the music of Entertainer Jack Gorman. Please register online or call the Senior Center at 890-3444

# APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>Senior Center of York</b> 757-890-3444</p> <p><b>Parks &amp; Recreation</b> 757-890-3500</p>	<p><b>ALL TAX-AIDE</b> <b>IS BY</b> <b>APPOINTMENT</b> <b>ONLY</b></p>		<p><b>1 TAX-AIDE</b> Body Renewal 9 &amp; 10 am Line Dancing Group 1 - 2 pm</p>	<p><b>2 TAX-AIDE</b></p> <p style="text-align: right;"></p>
<p><b>4</b> Body Renewal 9 &amp; 10 am Quilting 10 am - 3 pm Knitting 1 - 3 pm Line Dancing Upper Beginner 1 - 2 pm Beginners 2:15 -3:15 pm</p>	<p><b>5 TAX-AIDE</b> Body Renewal 9:30 &amp; 10:45 am Art Time 10 am - 12 pm Canasta 1 - 3 pm Music at the Center 1:30 - 4 pm</p> <p style="text-align: right;"></p>	<p><b>6 TAX-AIDE</b> Mahjong 10 am Bored Day Board Games 1 - 4 pm</p>	<p><b>7</b> Body Renewal 9:30 &amp; 10:45 am Quilting 10 am - 3 pm Canasta 1 - 3 pm</p>	<p><b>8 TAX-AIDE</b> Body Renewal 9 &amp; 10 am Line Dancing Group 1 - 2 pm</p>	<p><b>9 TAX-AIDE</b></p>
<p><b>11</b> Body Renewal 9 &amp; 10 am Quilting 10 am - 3 pm Knitting 1 - 3 pm Line Dancing Upper Beginner 1 - 2 pm Beginners 2:15 -3:15 pm</p>	<p><b>12 TAX-AIDE</b> Body Renewal 9:30 &amp; 10:45 am Art Time 10 am - 12 pm Reiki 11 am, 11 :30 am or 12 pm Canasta 1 - 3 pm Music at the Center 1:30 - 4 pm</p>	<p><b>13 TAX-AIDE</b> Mahjong 10 am Bored Day Board Games 1 - 4 pm</p>	<p><b>14</b> Body Renewal 9:30 &amp; 10:45 am Canasta 1 - 3 pm Bingo 1 pm</p>	<p><b>15 TAX-AIDE</b> Body Renewal 9 &amp; 10 am April Birthday Bash 1pm</p> <p style="text-align: right;"></p>	<p><b>16 TAX-AIDE</b></p>
<p><b>18</b> Body Renewal 9 &amp; 10 am Quilting 10 am - 3 pm Knitting 1 - 3 pm Line Dancing Upper Beginner 1 - 2 pm Beginners 2:15 -3:15 pm</p>	<p><b>19</b> Body Renewal 9:30 &amp; 10:45 am Art Time 10 am - 12 pm Canasta 1 - 3 pm Music at the Center 1:30 - 4 pm Maymount Outing 8 am - 4 pm</p>	<p><b>20</b> Senior Health &amp; Safety Fair 9 am - 12 pm Bored Day Board Games 1 - 4 pm</p>	<p><b>21</b> Body Renewal 9:30 &amp; 10:45 am Gardening in Small Spaces 10 am Canasta 1 - 3 pm</p>	<p><b>22</b> Body Renewal 9 &amp; 10 am Line Dancing Group 1 - 2 pm</p>	<p><b>23</b></p>
<p><b>25</b> Body Renewal 9 &amp; 10 am Quilting 10 am - 3 pm War Stories &amp; Pizza 11:30 am -1:30 pm Knitting 1 - 3 pm Line Dancing Upper Beginner 1 - 2 pm Beginners 2:15 -3:15 pm</p> <p style="text-align: right;"></p>	<p><b>26</b> Body Renewal 9:30 &amp; 10:45 am Art Time 10 am - 12 pm CarFit Event 10 am - 1 pm Reiki 11 am, 11 :30 am or 12 pm Canasta 1 - 3 pm Music at the Center 1:30 - 4 pm</p>	<p><b>27</b> Mahjong 10 am Bored Day Board Games 1 - 4 pm</p> <p style="text-align: right;"></p>	<p><b>28</b> Body Renewal 9:30 &amp; 10:45 am Canasta 1 - 3 pm Bingo 1 pm</p>	<p><b>29</b> Body Renewal 9 &amp; 10 am Line Dancing Group 1 - 2 pm</p>	<p><b>30</b></p> <p style="text-align: right;"></p>

Please see the Senior Center of York calendar of activities for registration dates • [www.yorkcounty.gov/parksandrec](http://www.yorkcounty.gov/parksandrec)