

SENIOR CENTER of YORK

February 2023



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. Limited Space. For ages 55 and up.

SPECIAL EVENTS THIS MONTH

AARP[®] TAX-AIDE
BY APPOINTMENT ONLY

TUESDAYS, WEDNESDAYS, FRIDAYS,
& SATURDAYS
9 AM - 1 PM
FEBRUARY 1 - APRIL 15

Appointments can be made when participants pick up a tax packet at the Senior Center during the above dates and times. Participants should bring last year's tax returns and all current tax information to the appointment.

DRIVER SAFETY

AARP Real Possibilities

WEDNESDAY
FEBRUARY 8 & 22
12:30-4:30 PM

Join us for these two Wednesdays of safety training. The cost for this two-day session is \$20 for members and \$25 for non-members. Payments should be in cash or check.

Senior Center Outing:
"84, Charing Cross Road"
SUNDAY, FEBRUARY 5 • 2 PM

The Williamsburg Players will present this true, charming story of a twenty-year correspondence between a struggling New York writer, Helene, and Frank of a London bookstore. Transportation is provided; meet at the Senior Center at 12:30 pm. The fee is \$35.

Seating is
Limited!

Valentine's
DAY
Bingo

FRIDAY, FEBRUARY 10
1 PM

Join us for this special bingo celebration with fun, friends, and prizes! JenCare Senior Medical Center will be assisting with the event.

FEBRUARY CRAFT

MONDAY, FEBRUARY 13 • 10 AM- 12 PM

Have fun learning to create colorful, paper bouquets of Kusudama Origami flowers with Kathy Wahl. Space and supplies are limited. Registration required.

CHAIR YOGA

TUESDAYS, FEBRUARY 14 - MARCH 14 • 12:30-1:30 PM

Come experience the wonderful benefits of Chair Yoga with gentle, flowing exercises that promote stretching, proper breathing and meditative movements that reduce stress and brings overall good health. Mats are optional. Fee is \$30.

Meet and Greet:
Sheriff Montgomery
FRIDAY, FEBRUARY 17 • 11 AM

Ron Montgomery began his official duties as the York-Poquoson Sheriff on January 1. Join us for a meet and greet with light refreshments sponsored by the York-Poquoson Triad. Register online or call by February 16.

FEBRUARY BIRTHDAY BASH

FRIDAY, FEBRUARY 17 • 1 PM

Enjoy this entertaining birthday bash with the wonderful vocalist Billy Mitchell.

Teddy Roosevelt

WEDNESDAY, FEBRUARY 15 • 1 PM

In honor of Presidents' Day, the topic will be about the character Teddy Roosevelt. The discussion will cover Duty and Honor, his time as a Rough Rider, and his feelings as a Father as his children follow his example and enlist in World War I.

CULTURE DAY

Doris "Dorie" Miller

TUESDAY, FEBRUARY 21 • 1 PM

In the face of danger, Doris "Dorie" Miller, an African American sailor, stepped up and defended his country in a way no person of color in the US Navy had done before. His heroic story looks at the segregated Navy of the past and how his actions helped spur the integration of the US Navy. Presented by Ed Moore, The Mariners' Museum and Park

LINE DANCING

BEGINNER
12:30-1:30 PM

MONDAYS, FEBRUARY 27 - March 27

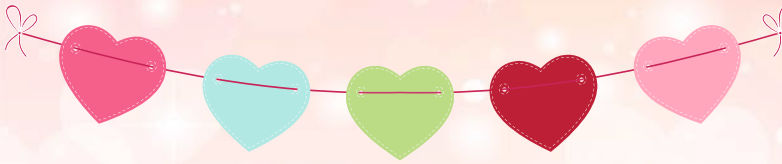

Do you want to learn line dancing and have some fun? Beginner class teaches the basic steps at a slow to moderate pace. Upper Beginner taught at a moderate to faster pace. Fee is \$30.

UPPER BEGINNER
11:15 AM-12:15 PM

5314 George Washington Memorial Highway • Yorktown, VA
Senior Center: 757-890-3444 • www.yorkcounty.gov/parksandrec

CALENDAR OF EVENTS

FEBRUARY 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
									
				1 9:00-9:45 Body Renewal 9:00-1:00 AARP: Tax Aide 10:00 Mahjong 10:00-10:45 Body Renewal 1:00-4:00 Board Games		2 9:30-10:15 Body Renewal 10:45-11:30 Body Renewal 1:00-3:00 Canasta 1:00 Bingo 1:30-4:00 Music Thursdays		3 9:00-9:45 Body Renewal 9:00-1:00 AARP: Tax Aide 10:00-10:45 Body Renewal 1:00-2:00 Line Dancing Group	
6 9:00-9:45 Body Renewal 9:30 Mahjong 10:00-10:45 Body Renewal 10:00-3:00 Quilting 11:15-12:15 Line Dancing: UB 1:00-3:00 Knitting	7 9:30-10:15 Body Renewal 9:00-1:00 AARP: Tax Aide 10:00-12:00 Art Time 10:45-11:30 Body Renewal 12:30-1:30 Chair Yoga 1:00-3:00 Canasta 2:00-4:00 Tech Tuesday	8 9:00-9:45 Body Renewal 9:00-1:00 AARP: Tax Aide 10:00 Mahjong 10:00-10:45 Body Renewal 12:30-4:30 AARP: Driver Safety 1:00-4:00 Board Games	9 9:30-10:15 Body Renewal 10:00 Quilting 10:45-11:30 Body Renewal 1:00-3:00 Canasta 1:30-4:00 Music Thursdays	10 9:00-9:45 Body Renewal 9:00-1:00 AARP: Tax Aide 10:00-10:45 Body Renewal 1:00 Valentine's Bingo					
13 9:00-9:45 Body Renewal 9:30 Mahjong 10:00-10:45 Body Renewal 10:00-3:00 Quilting 10:00-12:00 February Craft 11:15-12:15 Line Dancing: UB 1:00-3:00 Knitting	14 9:30-10:15 Body Renewal 9:00-1:00 AARP: Tax Aide 10:00-12:00 Art Time 10:45-11:30 Body Renewal 11-12 Individual Reiki 12:30-1:30 Chair Yoga 1:00-3:00 Canasta	15 9:00-9:45 Body Renewal 9:00-1:00 AARP: Tax Aide 10:00 Mahjong 10:00-10:45 Body Renewal 1:00-4:00 Board Games 1:00 Culture Day: Teddy Roosevelt	16 9:30-10:15 Body Renewal 10:45-11:30 Body Renewal 1:00-3:00 Canasta 1:00 Bingo 1:30-4:00 Karaoke	17 9:00-9:45 Body Renewal 9:00-1:00 AARP: Tax Aide 10:00-10:45 Body Renewal 11:00 Sheriff Meet-and-Greet 1:00 February B-day Bash					
		21 9:30-10:15 Body Renewal 9:00-1:00 AARP: Tax Aide 10:00-12:00 Art Time 10:45-11:30 Body Renewal 12:30-1:30 Chair Yoga 1:00 Culture Day: Doris Miller 1:00-3:00 Canasta	22 9:00-9:45 Body Renewal 9:00-1:00 AARP: Tax Aide 10:00 Mahjong 10:00-10:45 Body Renewal 12:30-4:30 AARP: Driver Safety 1:00-4:00 Board Games	23 9:30-10:15 Body Renewal 10:00 Quilting 10:45-11:30 Body Renewal 1:00-3:00 Canasta 1:30-4:00 Music Thursdays	24 9:00-9:45 Body Renewal 9:00-1:00 AARP: Tax Aide 10:00-10:45 Body Renewal 1:00-2:00 Line Dancing Group				
27 9:00-9:45 Body Renewal 9:30 Mahjong 10:00-10:45 Body Renewal 10:00-3:00 Quilting 11:15-12:15 Line Dancing: UB 11:30-1:30 War Stories & Pizza 12:30-1:30 Line Dancing: Beg. 1:00-3:00 Knitting	28 9:30-10:15 Body Renewal 9:00-1:00 AARP: Tax Aide 10:00-12:00 Art Time 10:45-11:30 Body Renewal 11-12 Individual Reiki 12:30-1:30 Chair Yoga 1:00-3:00 Canasta	SAVE THE DATE: Diabetes Self-Management Program TUESDAYS, MARCH 7 - APRIL 11 2-4:30 PM Are you a person living with diabetes or know someone who is? Learn to manage your diabetes and meet others going through similar experiences in this six-week workshop series. Sessions are interactive and teach the skills needed for day-to-day management of diabetes, including information on preventing complications, menu planning, monitoring blood sugar levels, stress, exercise, and relaxation.							