

SENIOR CENTER of YORK

MARCH



REGISTER ONLINE NOW!



Pre-registration is required for all activities due to Virginia Guidelines on phased openings.
Registration open until 4 days prior to each event. Please call the Senior Center to register or register online.
All activities are FREE unless otherwise noted. **LIMITED SPACE.**

Mondays



March
1, 8, 15, 22, 29
1 - 3 pm
Suite 3



March
1, 8, 15, 22, 29
9 am - 12 pm
Suite 3



Tuesday/Thursday

2
SESSIONS!

BODY Renewal

LIMITED SPACE
COST: \$25

This is a fun and invigorating group exercise with sitting and standing movements. Pre-registration is required.

Tuesdays & Thursdays

March 9 - April 1

Session 1: 9:30 - 10:15 am

Session 2: 10:45 - 11:30 am

Suite 4

Plants as Medicine

Thursday, March 25

10:30 am • Suite 3

Learn about the power of plants and how they can be used to improve human health with VCE ANR Agent Megan Tierney. Plants impact our food, water and shelter needs as well as mental and physical health.



FREE



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS



Thursdays, March 4 - April 22

2 - 4 pm • Suite 3

Participants learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. Deadline to register is March 1.

LIMITED SPACE

Recreating Responsibly: Social Distancing • Face Mask Required • Temperature Checks • Wellness Surveys

5314 George Washington Memorial Highway • Yorktown, VA

Senior Center: 757-890-3444 • Parks & Recreation: 757-890-3500 • www.yorkcounty.gov/parksandrec

* MONDAY	TUESDAY	* WEDNESDAY	THURSDAY	* FRIDAY
1 Knitting Quilting	2 Body Renewal	3	4 Body Renewal Matter of Balance	5
8 Knitting Quilting	9 Body Renewal	10 Art Time St. Patrick's Day Bingo	11 Body Renewal Matter of Balance	12 March Birthday Bash
15 Knitting Quilting	16 Body Renewal	17 Ping Pong	18 Body Renewal Matter of Balance	19
22 Knitting Quilting	23 Body Renewal	24 Art Time Bingo	25 Body Renewal Matter of Balance Plants as Medicines"	26
29 Knitting Quilting	30 Body Renewal	31		

*COVID VACCINATION CLINIC • MONDAY, WEDNESDAY & FRIDAY • BY APPOINTMENT ONLY THROUGH VA DEPARTMENT OF HEALTH

Wednesday



March 10



March 24

1 pm - 3 pm • Suite 3
Pre-registration is required
Limited Space!



March 10 & 24
10 am - 12 pm
Suite 3



March 17
10 am & 11 am
Suite 3

Friday

BIRTHDAY
BASH



with Jack Gorman

Join us for the musical entertainment of Jack Gorman. Mr. Gorman will perform your classic favorites from the early 1900's up until now, including a few tunes for St. Patrick's Day.

March 12
1 pm • Suite 3

AARP TAX-Aide

FREE Tax Service offered by AARP.

This year this program will be done by **appointments only**.
To schedule an appointment, please call 869-6535.
Appointments will be held at the Tabb Library.