

# SENIOR CENTER of YORK



## 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

# Knitting CLUB

April  
5, 12, 19, 26  
1 - 3 pm  
Suite 3

# QUILTING CLUB

April  
5, 12, 19, 26  
9 am - 12 pm  
Suite 3

### Tuesdays

# APRIL CRAFT

Tuesday, April 6  
10 am • Suite 3

Learn a fun technique making beautiful flowers with Kathy Wahl.  
Participants will cut, assemble and create spring flowers to brighten your day.

Health Series **Safe and Sound**

**FREE**

Tuesday, April 20  
1 pm • Suite 3

**LIMITED SPACE**

Occasionally, a citizen may have concerns for an elderly person who is not answering phone calls or the door. Deputy Alan Bartnikowski with York Poquoson Sheriff's Office will discuss the protocol for a non-emergency, wellness check call. In addition, Jenni Overbay with York Fire and Life Safety will talk about a special program, "Heads Up", which provides emergency response personnel with knowledge of preexisting conditions or situations when dispatched to a location.

**Mondays/Wednesdays**

**LIMITED SPACE**

**COST: \$25**

**Tuesdays/Thursdays**



# Outside BODY Renewal

412 Sports Way  
Yorktown, VA 23692

**Mondays & Wednesdays**  
April 5 - April 28

10:00 - 10:45 am  
McReynolds Athletic Complex

# BODY Renewal

**2 SESSIONS!**

**Tuesdays & Thursdays**  
April 6 - April 29  
Session 1: 9:30 - 10:15 am  
Session 2: 10:45 - 11:30 am  
Suite 4

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

**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](http://www.yorkcounty.gov/parksandrec)

* MONDAY	TUESDAY	* WEDNESDAY	THURSDAY	* FRIDAY
			1 Body Renewal Matter of Balance	2
5 Knitting Quilting Body Renewal (MAC)	6 Body Renewal April Craft	7 Body Renewal (MAC)	8 Body Renewal Matter of Balance	9
12 Knitting Quilting Body Renewal (MAC)	13 Body Renewal	14 Art Time Bingo Body Renewal (MAC)	15 Body Renewal Matter of Balance	16
19 Knitting Quilting Body Renewal (MAC)	20 Body Renewal Health Series, "Safe and Sound"	21 Ping Pong Body Renewal (MAC)	22 Body Renewal Matter of Balance	23
26 Knitting Quilting Body Renewal (MAC)	27 Body Renewal	28 Art Time Bingo Body Renewal (MAC)	29 Body Renewal	30 Birthday Bash

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

## Wednesday



April 14  
Sponsored by



April 28

1 pm • Suite 3

Pre-registration is required.

**LIMITED SPACE**



April 14 & 28  
10 am - 12 pm  
Suite 3



April 21  
10 am & 11 am  
Suite 3

## Friday

**BIRTHDAY BASH**



with Vocalist Billy Mitchell

Vocalist Billy Mitchell will perform a medley of your favorite songs and classic hits! Remember you do not have to be celebrating a birthday to come join in on the fun. Space is limited.

April 30  
1 pm • Suite 3

**AARP** TAX-Aide

**CURRENTLY THERE IS A WAITING LIST FOR THIS SERVICE.**

Those interested can drop by the Tabb Library on Tuesday, Wednesday, Friday or Saturday between 10:30 a.m. to 2:30 p.m. to receive a packet and to be added to the waiting list.