

SENIOR CENTER of YORK

JANUARY



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



January
4, 11 & 25
10 am - 2 pm
Suite 4



January
4, 11 & 25
10 am - 2:30 pm
Suite 3

Tuesday/Thursday

COST
\$25

BODY Renewal

LIMITED SPACE

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

Tuesdays & Thursdays
January 5 - 28
10:45 - 11:30 am
Suite 4



Thursday
January 28
1 pm • Suite 4

The York County Library and the Senior Center of York will present the 2019 live-action Disney adventure "Dumbo." This movie tells the beloved classic story where differences are celebrated, family is cherished and dreams take flight. This movie stars Danny DeVito, Colin Farrell, Michael Keaton and Eva Green.

FREE



A MATTER OF BALANCE

LIMITED SPACE

at the Senior Center of York

Tuesdays, January 12 - March 2 (8 weeks) • 2 - 4 pm • Suite 4

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. This program is designed to reduce the fear of falling and increase activity levels among older adults. 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. To register and for more information, call the Senior Center at 890-3444 by January 6. Masks and social distancing 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 January 1, 2021 New Years' Day • CLOSED
4 Knitting Quilting	5 Body Renewal	6 Ping Pong	7 Body Renewal	8
11 Knitting Quilting	12 Body Renewal Matter of Balance	13 Art Time Bingo	14 Body Renewal	15 January Birthday Bash
18 Martin Luther King Jr. Day CLOSED	19 Body Renewal Matter of Balance	20 TRIVIA! Ping Pong	21 Body Renewal	22
25 Knitting Quilting	26 Body Renewal Matter of Balance	27 Art Time Bingo	28 Body Renewal Movie: DUMBO	29

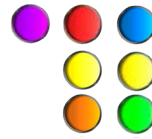
Wednesday

LIMITED
SPACE

January 13 & 27

1 pm - 3 pm • Suite 4

Pre-registration is required and participants
can sign up for **ONE** date only.



January 13 & 27

10 am - 12 pm

Suite 3



Suite 4

The Center is looking for a few
ping pong players. If you are interested,
please call us at 890-3444.

January 6, 13, 20 & 27
(Register up to 1 day prior)

9 - 9:45 • 10 - 10:45 • 11 - 11:45 am

TRIVIA

January 20 • 1 pm • Suite 3
Enjoy trivia about history, music, television,
radio and more with Frank and Karen.



Friday

BIRTHDAY BASH

with
Johnny & Lynne

January 15
1 pm • Suite 4

Mark Your Calendar



**A
HISTORY
LESSON
TO
REMEMBER**

Culture Day, "A History Lesson to Remember"

Friday, February 19 • 1 pm

Join us as *Dr. Rebertha Pope-Matthews* presents her
innovative, written project through the power of spoken
word "We Remember 1619." This project, accompanied by
an electrifying musical track, highlights the contributions
of African Americans to America from 1619 to 2020.

Dr. Pope-Matthews finds joy in her performances that
are designed to be historical, cultural, and empowering.