

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 Registration open until 4 days prior to each event unless otherwise noted. For ages 55 and up.

## Monday, Wednesday & Friday BODY Renewal *with Dee*

November 8 - December 20  
9 am & 10 am  
Schedule varies with holidays  
**\$35**  
6 Weeks

## Tuesday & Thursday BODY Renewal *with Maria*

November 9 - December 16  
9:30 am & 10:45 am  
Schedule varies with holidays  
**\$25**  
5 Weeks

### Monday

## QUILTING

November 1, 8, 15, 22 & 29  
10 am - 3 pm

Participants should bring their own supplies

## Knitting

November 1, 8, 15, 22 & 29  
1 - 3 pm

Participants should bring their own supplies

Limited Space

## LINE DANCING

Schedule may vary  
due to holidays

**\$25**  
5 Weeks

November 1 - December 6 • Registration deadline: October 29

**UPPER BEGINNERS 1:00 pm:** Instruction will be provided for those who know basic steps and have taken line dance classes before. In this class, participants will learn at least two dances at a moderate to faster pace.

**BEGINNERS 2:15 pm:** For those who want to learn line dancing. This class teaches basic steps at a slow to moderate pace.

### Tuesday

## ART time

November 2, 9, 16 & 30  
10 am - 12 pm

Participants should bring their own supplies

## BRAIN BUSTERS

& Logic Puzzles

November 9 & 30  
1 - 3 pm

Come solve puzzles that will stimulate your brain.

## Individual Reiki Sessions

November 2 & 30  
11:00 am, 11:30 am & 12:00 pm

Certified Reiki Master Teacher Joyce Dura will provide individual sessions of this holistic technique that promotes energy, relaxation and more. Space is limited.

## YOGA

November 9 - December 7  
12:30 - 1:30 pm

Registration: October 18 - November 5

**\$25**  
5 Weeks

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

In honor of

# VETERANS DAY

**Culture Day**

this month, come out and support our veterans as they share their stories and experiences while serving in the military.

November 16 • 1 pm

## Tuesday & Thursday



November  
2, 4, 9, 16, 18 & 30

1 - 3 pm

## Wednesday



### BORED DAY BOARD GAMES

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.



### MEXICAN TRAIN DOMINOES

November 3



### Jokers and Marbles

November 10

If you are interested in Chess Club instruction, Mah Jongg, or Ping Pong, please call the Center at 890-3444 and give us your name and phone number.

## Medicare Update

November 17 • 1 - 3 pm

The Medicare open enrollment period began October 15 and goes through December 7. Depending on your circumstances this may be the only time during the year that you may be able to enroll in or switch to another Medicare Advantage plan or Medicare Part D prescription plan. It is important to review your plan each year. A representative from the Virginia Insurance Counseling Assistance Program (VICAP) will give an overview of 2022 changes and answer your questions on Medicare and Medicare Part D. VICAP is a free program that assists consumers 60 and over and their families with benefit issues with Medicare, Medicaid, medical bill paying and long-term care insurance.

Register online by November 15

## Thursday



November 4 & 18 • 1 pm

## Friday



**FREE**

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

group

November 5 & 19 • 1 - 2 pm



November 11 • 9 - 10 am

The Senior Center of York will hold a flu clinic for seniors age 55 over. Time slots will be reserved on a first-come, first-served basis. Most major insurances can be billed. You will need to bring your insurance information, a photo ID, and complete the informed consent for vaccination and assessment form. If you do not have insurance the out-of-pocket cost is \$40.99 for the standard flu vaccine and \$72.99 for the high dose, which is recommended for people 65 years of age and older. Please note the Center will be closed for all other programs that day. **Register online by November 10.**



November 12 • 1 pm

Help us celebrate our 30th anniversary by coming in to relive sweet memories and special moments with a tour of the Center and some pictorial highlights! Our theme will be resiliency with a brief special presentation at 1:30 p.m. Music provided by Jon Durfee. For this event, please wear masks and practice social distancing. Space is limited.

**Please pre-register online by November 8.**



November 19 • 11 am - 1 pm

Stop by the front desk for a little goody bag of fun. Limited items; first come first served