

SENIOR CENTER of YORK

JANUARY 2026



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

SPECIAL EVENTS THIS MONTH

Dee Body Renewal Maria

JANUARY 5 - MARCH 27
MONDAY, WEDNESDAY,
& FRIDAY
9 - 9:45 AM OR 10 - 10:45 AM
FEE: \$80

JANUARY 6 - MARCH 26
TUESDAY & THURSDAY
9:30 - 10:15 AM
OR 10:45 - 11:30 AM
FEE: \$65

LINE DANCING: UPPER BEGINNER

MONDAY, JANUARY 5, 12, 26 · FEBRUARY 2, & 9
11:15 AM - 12:15 PM

Refresh your memory of older dances and learn some new ones with Cindy. *No class on January 19.* **The fee is \$30.**

CHAIR YOGA

TUESDAY & THURSDAY · JANUARY 6 - FEBRUARY 5
12:30 - 1:30 PM

Stretching, proper breathing, and movements that reduce stress and bring overall health. **The fee is \$55.**

DANCER-CISE

THURSDAY, JANUARY 8 - FEBRUARY 5 · 2:30 - 3:30 PM

Have fun exercising while enjoying simple dance movements that energize you and make you smile. Fee is \$30.

Diamond Art Jewelry

FRIDAY, JANUARY 9 · 10 AM - 12 PM

Enjoy making a variety of small, oval, and dangling double sided diamond art earrings with Patty Peck. Registration required-Space and supplies are limited.

Monday Movie: The Proposal

MONDAY, JANUARY 12 · 1 PM

We invite you to enjoy the romantic comedy "The Proposal", presented by the York County Library at the Senior Center. A New York editor faces deportation and hilariously pretends to be engaged to her assistant to stay in the U.S.

CULTURE DAY:

Waters of Hope & Despair
WEDNESDAY, JANUARY 21 · 1 PM

Learn and discuss the major influences and impact that Africans and African Americans have had on the Chesapeake Bay since the early 1600s through today. Wisteria Perry of the Mariners Museum and Park will be joining us for this informative discussion.

HEALTH DAY:

Research Updates & Brain Health

FRIDAY, JANUARY 23 · 11 AM

Learn about recent research breakthroughs for treatments and diagnosing Alzheimer's Disease and Brain Health initiatives from the Alzheimer's Association with Douglas Pantos.

Book Club

FRIDAY, JANUARY 23 · 1 PM

Our first book club meeting will be held to discuss interests and explore ideas for this new activity.

"Rockabilly Rumble" Outing

THURSDAY, JANUARY 29 · 7:30 PM

This foot-stomping show celebrates the 1950s and features hits from artists like Elvis Presley, Johnny Cash, Roy Orbison, and more at the Ferguson Center of the Arts. Participants should arrive at the Senior Center at 5:30 pm. **Fee is \$15.**

JANUARY BIRTHDAY BASH

FRIDAY, JANUARY 30 · 1 PM

Listen to the wonderful music of Flute Frenzy. There will be a variety of song choices. Friendly reminder, you do not have to be celebrating a birthday to join in on the fun.



TAX-AIDE

Check with us the last week in January for more information about making tax appointments.

CALENDAR OF EVENTS

JANUARY 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
SAVE THE DATE Hampton History Museum Outing WEDNESDAY, FEBRUARY 25 See front desk for more details.						1  <i>New Years Day</i> SENIOR CENTER CLOSED		2 10:00-1:30 Dining Club 1:00-2:00 Line Dancing Group 2:30 Open Ping-Pong 3:30-4:30 Adult Coloring	
5 9:00-9:45 Body Renewal 9:30 National Mahjong 10:00-10:45 Body Renewal 10:00-3:00 Quilting 11:15-12:15 Up Beg Line Dancing 1:00-3:00 Knitting		6 9:30-10:15 Body Renewal 10:00-12:00 Art Time 10:00-1:30 Dining Club 10:45-11:30 Body Renewal 12:30-1:30 Chair Yoga 1:00-3:00 Canasta 2:00-4:00 Tech Tuesday		7 9:00-9:45 Body Renewal 10:00 National Mahjong 10:00-10:45 Body Renewal 1:00-4:00 Board Games		8 9:15 Mahjong WP 9:30-10:15 Body Renewal 10:00-3:00 Quilting 10:45-11:30 Body Renewal 12:30-1:30 Chair Yoga 1:00-3:00 Canasta 1:30-4:00 Classic Country Jamming 2:30-3:30 Dancer-cise		9 9:00-9:45 Body Renewal 10:00-10:45 Body Renewal 10:00-12:00 Diamond Art Jewelry 10:00-1:30 Dining Club 1:00-2:00 Line Dancing Group 2:30 Open Ping-Pong 3:30-4:30 Adult Coloring	
12 9:00-9:45 Body Renewal 9:30 National Mahjong 10:00-10:45 Body Renewal 10:00-3:00 Quilting 11:15-12:15 Up Beg Line Dancing 1:00 Monday Movie 1:00-3:00 Knitting 2:00-4:00 Recipe Workshop		13 9:30-10:15 Body Renewal 10:00-1:30 Dining Club 10:00-12:00 Art Time 10:45-11:30 Body Renewal 12:30-1:30 Chair Yoga 1:00-3:00 Canasta		14 9:00-9:45 Body Renewal 10:00 National Mahjong 10:00-10:45 Body Renewal 1:00-4:00 Board Games		15 9:15 Mahjong WP 9:30-10:15 Body Renewal 10:45-11:30 Body Renewal 12:30-1:30 Chair Yoga 1:00 Bingo 1:00-3:00 Canasta 2:30-3:30 Dancer-cise		16 9:00-9:45 Body Renewal 10:00-10:45 Body Renewal 10:00-1:30 Dining Club 1:00-2:00 Line Dancing Group 2:30 Open Ping-Pong 3:30-4:30 Adult Coloring	
19 WE WILL BE CLOSED ON MARTIN LUTHER KING JR. DAY 		20 9:30-10:15 Body Renewal 10:00-12:00 Art Time 10:00-1:30 Dining Club 10:45-11:30 Body Renewal 1:00-3:00 Canasta		21 9:00-9:45 Body Renewal 10:00 National Mahjong 10:00-10:45 Body Renewal 1:00 Culture Day: Waters of Hope & Despair 1:00-4:00 Board Games		22 9:15 Mahjong WP 9:30-10:15 Body Renewal 10:45-11:30 Body Renewal 12:30-1:30 Chair Yoga 1:00-3:00 Canasta 1:45-4:15 Karaoke 2:30-3:30 Dancer-cise		23 9:00-9:45 Body Renewal 10:00-10:45 Body Renewal 10:00-1:30 Dining Club 11:00 Health Day: Research Updates & Brain Health Book Club 1:00 Open Ping-Pong 2:30 Open Ping-Pong 3:30-4:30 Adult Coloring	
26 9:00-9:45 Body Renewal 9:30 National Mahjong 10:00-10:45 Body Renewal 10:00-3:00 Quilting 11:15-12:15 Up Beg Line Dancing 11:30-1:30 War Stories & Pizza 1:00-3:00 Knitting		27 9:30-10:15 Body Renewal 10:00-12:00 Art Time 10:00-1:30 Dining Club 10:45-11:30 Body Renewal 1:00-3:00 Canasta		28 9:00-9:45 Body Renewal 10:00 National Mahjong 10:00-10:45 Body Renewal 1:00-4:00 Board Games		29 9:15 Mahjong WP 9:30-10:15 Body Renewal 10:45-11:30 Body Renewal 12:30-1:30 Chair Yoga 1:00 Bingo 1:00-3:00 Canasta 1:30-4:00 Classic Country Jamming 2:30-3:30 Dancer-cise 5:30 Rockabilly Rumble		30 9:00-9:45 Body Renewal 10:00-10:45 Body Renewal 10:00-1:30 Dining Club 1:00 Birthday Bash 2:30 Open Ping-Pong 3:30-4:30 Adult Coloring	