

A variety of educational and entertaining programs will be offered at the Senior Center of York during October. Participation is open to seniors age 55 or better and their spouses, regardless of age. The center is located in the Washington Square Shopping Center at 5314 George Washington Memorial Highway (Rte. 17), and is open Monday through Friday from 9 am to 4:30 pm. The center is closed on all county government holidays. Registration is required for all sessions and are accepted on a first-come, first served basis. **To register, please stop by the center or call 890-3444.** For more information, please visit [www.yorkcounty.gov/parksandrec](http://www.yorkcounty.gov/parksandrec).

The Senior Center is scheduled to begin renovations beginning October 11 and will be closed on Monday, October 14 and Tuesday, October 15.

The Senior Center will be CLOSED on Friday, October 18th. in observance of Yorktown Day.



**Friday, October 4, at 1 pm**

Join us for the Senior Center talent show! We have lined up a variety of fun acts featuring music, drama, comedy, and more! Come out and support our community talent! Refreshments provided. Please sign up at the front desk.

**Bored Day Board Games: "Drop In"**  
**Tuesday, October 8 & 22, at 1 pm**

Try your hand at cards and various board games. Feel free to bring any games you may have too. Please register at the front desk so we can have an accurate count of the number of players and indicate the games you would like to play.



**Flu Shot CLINIC**

**Friday, October 11, from 9:30 to 11:00 am**

Remember to mark your calendars to register for your free annual flu shot. Please call or stop by the Senior Center to reserve a time slot. Time slots will be reserved on a first-come, first-served basis. No fee or Medicare billing will be involved.



**Thomas Pandolfi Visit**

**Friday, October 11, at 1:30 pm**

The Senior Center of York in partnership with St. Mark Lutheran's Church's Sine Nomine Series, will present once again the thrilling and exciting piano virtuoso! Mr. Pandolfi is sought after by many audiences for his passionate artistry and amazing technique. The concert will be held at St. Mark Lutheran Church, which is located at 118 Old-York-Hampton Highway, Yorktown VA 23692. For more information and to register, call the Senior Center.

**Seniors and Law Enforcement Together Presents the 24th Annual**

## SENIOR SAFETY SUMMIT

**Tuesday, October 15, from 8 am to 1 pm**

The Senior Safety Summit will bring together seniors from across the Peninsula for a morning of engaging lectures on how they can stay safe and protect themselves. The theme is "Safely Surviving the 21st Century." A shredder truck will be on site from 7:30-10:30 am for secure disposal of your sensitive documents. A continental breakfast and box lunch is provided. Northside Christian Church is located at 1300 George Washington Memorial Highway, Yorktown (accessed by either Emerson Lane or Coventry Blvd.) The registration fee is \$3. Register online at [www.yorkcounty.gov/parksandrec](http://www.yorkcounty.gov/parksandrec) or pick up a form at the Senior Center. The online registration fee is waived. Please call 890-3500 for more information.

**Health Day, "How to Reduce Stress"**

**Wednesday October 16, at 10:30 am**

Join us as we continue our self-help workshop series with Wellness Lifestyle Entrepreneur, Alison Manternach, as she presents "How to Reduce Stress." You will learn why it's good to have some stress, and how to assess areas of your life for stress to help you discover tips on reducing stress. Mark your calendar for the final workshop in the series offered at 10:30 a.m. on Tuesday, November 12, Habitual Living. For more information and to register, call the Senior Center.

**Culture Day, "A Quick History of Pirates"**

**Wednesday, October 16, at 1 pm**

Curator Marc Nucup with the Mariner's Museum will trace the history of pirates from Mediterranean corsairs to the Age of Buccaneers and Golden Age of Pirates through modern pop culture pirates. Please join us for this swashbuckling time and sign up at the front desk. Please feel free to dress in costume.

**Save the Date: Senior Center 28th Anniversary,  
Friday, November 15 at 1 p.m.**

**Please call the Senior Center at 757-890-3444 or visit the front desk for information or to sign up/register for ALL programs.**

# SENIOR CENTER OF YORK

Hours: Monday-Friday ♦ 9 am - 4:30 pm ♦ 5314 George Washington Memorial Highway (Rt.17)  
(Washington Square Shopping Center) ♦ 757-890-3444 ♦ <https://www.yorkcounty.gov/parksandrec>

## WEEKLY CALENDAR

The following calendar lists the ongoing activities offered to Senior Citizens at the Center. Activities and times are subject to change.  
For current information on classes, special events, trips, and more, please call 890-3444.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-12:00 BODY RENEWAL 9:30-4:00 CRAFTS UNLIMITED 9:30-12:00 MAH JONGG 1:00-3:00 KNITTING & CROCHET CLASS	10:00-1:30 DINING CLUB 9:30-11:30 INTERM. COMPUTER 10:00-1:30 DINING CLUB 1:00-2:30 BEG. COMPUTER 10:00-12:30 ART CLASS 11:00-12:00 YOGA/TAI CHI 1:00 ADV. LINE DANCING 1:00-4:15 CANASTA	9:00-12:00 BODY RENEWAL 10:00-1:30 DINING CLUB 12:30-1:30 BLOOD PRESSURE CHECK 12:30-3:00 MAH JONGG 12:30-4:00 BRIDGE	10:00-4:30 QUILTERS CLUB 1:00-3:00 CANASTA 1:00-3:00 BINGO!	9:00-12:00 BODY RENEWAL 10:00-1:00 DINING CLUB 1:00-2:00 ADV. LINE DANCING
<b>14th CLOSED RENOVATIONS</b> <b>21st 10 am</b> October Craft <b>21st 12:30-4:45 pm</b> AARP Driver Safety Program	<b>8th 1 pm</b> Bored Day Board Games <b>15th CLOSED RENOVATIONS</b> <b>15th 8am -1pm</b> Senior Safety Summit <b>22nd 1 pm</b> Bored Day Board Games <b>22nd 12:30-4:30 pm</b> AARP Driver Safety Program <b>29th 10:30 am</b> Program of All-Inclusive Care for the Elderly-PACE	<b>16th 10:30 am</b> Health Day, "How to Reduce Stress" <b>16th 1 pm</b> Culture Day, "A Quick History of Pirates"	<b>31st 1-2 pm</b> Treasure Hunt	<b>4th 1 pm</b> Senior Talent Show <b>11th 9:30-11am</b> Flu Shot Clinic <b>11th 1:30pm</b> Thomas Pandolfi <b>18th CLOSED YORKTOWN DAY</b> <b>25th 1 pm</b> Trivia

### October Craft

**Monday, October 21, at 10 am**

Bring to life a pair of whimsical pumpkins made of quick wood and paints with Kathy Wahl. Please register by October 17 so we have adequate materials on hand for this project. Space is limited.

### AARP Driver Safety Program

**Monday, October 21, and Tuesday, October 22**

Join us for this popular, two-day safety training from AARP. This regular program at the Senior Center is designed for drivers age 50 or better. This session will take place on Monday, October 21, from 12:30 to 4:45 pm and on Tuesday, October 22, from 12:30 to 4:30 pm. The cost for the two-day program is \$15 for members of AARP and \$20 for non-members. Fees should be paid by check and made out to AARP. Class registration may be made in person at the Senior Center, by mail, or by calling 890-3444. NOTES: AARP membership, which cannot be processed the day of a class, is not required for class registration. There is no "behind the wheel" driving performed in this program. Drivers age 55 or better must attend both days of classes in a session to receive the state mandated three-year automobile insurance reduction. Many insurance companies are giving insurance reductions to drivers age 50+ with the same attendance requirements. Those less than age 55 should check with their insurance company to see if they are entitled to the three-year insurance reduction.

### Trivia

**Friday, October 25, at 1 pm**

Come try your hand at trivia with facilitator and quiz master Frank Green. There will be questions on York County, Virginia history, sports, geography, music, and a little Halloween trivia. Prizes!

### Program of All-Inclusive Care for the Elderly-PACE

**Tuesday, October 29, at 10:30 am**

Senior care decisions are never easy, especially when dealing with complex health issues that require multiple services. InnovAge PACE, the Program of All-inclusive Care for the Elderly helps to provide healthcare and social services so seniors can remain living in their homes. Join Tiffany Andrews-Franklin to learn all about this healthcare alternative for seniors and a social activity with prizes. To register, call the Senior Center at 890-3444.

### Treasure Hunt

**Thursday, October 31, from 1 to 2 pm**

Join us at the Center's front desk to have fun looking for various items throughout the Senior Center. Please sign up at the front desk by October 29 to participate. Goodies provided.

## COMPUTER LAB GENERAL USE

Computers in the Senior Center's Computer Lab are available for general use Monday – Friday from 9 am to 4:30 pm. Patrons must sign in at the front desk to use the computers.

### MARK YOUR CALENDAR: November Birthday Bash, Post Oktoberfest, Friday, November 1, at 1 pm

Experience a post Munich Oktoberfest with Entertainer Dan Smith. Mr. Smith will perform a medley of German, Bavarian folk and polka songs, and more. Participants are invited to sing along and to dance. Remember you do not have to be celebrating a birthday to join in on the fun! October and November birthdays will be recognized at this event. Please sign up at the front desk by October 30.

**Please call the Senior Center at 757-890-3444 or visit the front desk for information or to sign up/register for ALL programs.**