

# SENIOR CENTER of YORK

February  
2024



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

### **AARP**® TAX-AIDE BY APPOINTMENT ONLY

**TUESDAYS, WEDNESDAYS, FRIDAYS, & SATURDAYS  
FEBRUARY 2 - APRIL 13 • 9AM - 1PM**

Schedule your appointment and pick up your tax packet. Citizens should bring last year's tax returns and all current information to the appointment.

### **FEBRUARY CRAFT**

**MONDAY, FEBRUARY 5 • 10 AM - 12 PM**

Paint a nautical themed oyster shell with Kathy Wahl. This will be a fun gift for you or a loved one. Space and Supplies are LIMITED!

### **AARP**® DRIVER SAFETY

**TUESDAY, FEBRUARY 6 & 13 • 12:30 - 4:30 PM**

Join us for these two Tuesdays for safety training. This two-day session costs \$20 for members and \$25 for non-members. Payments should be cash or check.

### **MEDITATION**

**THURSDAY, FEBRUARY 8 - MARCH 7 • 12:30-1:30 PM**

This session will provide many techniques, including learning to use visualization, breath awareness, and mindful progressive body relaxation with gentle stretching. Participants can practice exercises on a chair or mat. Fee is \$20.

### *Valentine's Day* **BINGO**

**FRIDAY, FEBRUARY 9 • 1 PM**

Join us for this special bingo celebration with fun, friends, and prizes! **Register by February 7.**

### **CHAIR YOGA**

**TUESDAY, FEBRUARY 13 - MARCH 12 • 12:30-1:30 PM**

Enjoy the fantastic benefits of Chair Yoga with gentle flowing exercises that promote stretching, proper breathing, and meditative movements that reduce stress and bring overall good health. Mats are optional. Fee is \$30.

### *The Secret Love Life of Birds*

**WEDNESDAY, FEBRUARY 14 • 11:30 AM**

When it comes to rivalry, competition, and fidelity, birds can make the "finding love" reality shows look tame by comparison! Birds have almost as many strategies as people do for courtship. Come get a closer look at the love life of birds!

### **Social Media Safety & Awareness**

**FRIDAY, FEBRUARY 16 • 1 PM**

In today's digital age, understanding the intricacies of social platforms is crucial for safeguarding oneself and others from potential risks. Deputy Kevin Taylor will cover different aspects of social media safety and the dos and don'ts.

### *FEBRUARY BIRTHDAY BASH*

**WEDNESDAY, FEBRUARY 21 • 12:30 PM**

Come cherish the love songs of yesteryear with sensational Vocalist Billy Mitchell.

### *Finding Truth in Our Hidden Stories*

**FRIDAY, FEBRUARY 23 • 1 PM**

Look, listen, and learn about the hidden stories of creative, courageous, and tenacious African American heroes. Allow yourself to travel onboard a storytelling journey with Performance Artist and storyteller Melody Harris.

### **LINE DANCING**

**FEBRUARY 26, MARCH 4, 18, 25 & APRIL 1  
11:15 AM - 12:15 PM • UPPER BEGINNER  
12:30-1:30 PM • BEGINNER**

Beginner class teaches the basic steps at a slow to moderate pace. Upper Beginner classes are taught at a moderate to fast pace. **Fee is \$30. \*No class will be held on March 11.**


### **Compassion & Choices:**

**Medical Aid in Dying  
TUESDAY, FEBRUARY 27 • 11 AM**

Join Dr. Angela Herring for a thought-provoking conversation to gain a deeper understanding of the complexities centered around the topic of medical aid in dying.

# CALENDAR OF EVENTS

## FEBRUARY 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>SAVE THE DATE:</b> <ul style="list-style-type: none"> <li>Tina Turner Tribute, Richmond, VA, April 6</li> <li>Pennsylvania Amishlands, May 7-9</li> </ul>						<b>1</b> 9:30-10:15 Body Renewal 10:45-11:30 Body Renewal 1:00-3:00 Canasta 12:30-1:30 Meditation 1:00 Bingo 1:30-4:00 Music Thursdays		<b>2</b> 9:00-1:00 AARP Tax Aide 9:00-9:45 Body Renewal 10:00-1:30 Dining Club 10:00-10:45 Body Renewal 1:00-2:00 Line Dancing Group	
<b>5</b> 9:00-9:45 Body Renewal 10:00-10:45 Body Renewal 10:00-3:00 Quilting 10:00 February Craft 11:15-12:15 Upper Beg Line Dancing 1:00-3:00 Knitting		<b>6</b> 9:00-1:00 AARP Tax Aide 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 12:30-4:30 Driver Safety 1:00-3:00 Canasta 2:00-4:00 Tech Tuesday		<b>7</b> 9:00-1:00 AARP Tax Aide 9:00-9:45 Body Renewal 10:00 Mahjong 10:00-10:45 Body Renewal 1:00-4:00 Board Games 1:30-4:00 Diabetes Workshop		<b>8</b> 9:30-10:15 Body Renewal 10:00-3:00 Quilting 10:45-11:30 Body Renewal 12:30-1:30 Meditation 1:00-3:00 Canasta 1:30-4:00 Music Thursdays		<b>9</b> 9:00-1:00 AARP Tax Aide 9:00-9:45 Body Renewal 10:00-10:45 Body Renewal 1:00 Valentine's Day Bingo	
<b>12</b> 9:00-9:45 Body Renewal 10:00-10:45 Body Renewal 10:00-3:00 Quilting 11:15-12:15 Upper Beg Line Dancing 1:00-3:00 Knitting 2:00-4:00 Recipe Workshop		<b>13</b> 9:00-1:00 AARP Tax Aide 9:30-10:15 Body Renewal 10:00-12:00 Art Time 10:00-1:30 Dining Club 10:45-11:30 Body Renewal 12:30-4:30 Driver Safety 12:30-1:30 Chair Yoga 1:00-3:00 Canasta		<b>14</b> 9:00-1:00 AARP Tax Aide 9:00-9:45 Body Renewal 10:00 Mahjong 10:00-10:45 Body Renewal 11:30 Love Life of Birds 1:00-4:00 Board Games 1:30-4:00 Diabetes Workshop		<b>15</b> 9:30-10:15 Body Renewal 10:45-11:30 Body Renewal 12:30-1:30 Meditation 1:00-3:00 Canasta 1:45-4:00 Karaoke		<b>16</b> 9:00-1:00 AARP Tax Aide 9:00-9:45 Body Renewal 10:00-10:45 Body Renewal 10:00-1:30 Dining Club 1:00 Social Media Safety	
<b>19</b>  <b>PRESIDENT'S DAY</b> <b>SENIOR CENTER CLOSED</b>		<b>20</b> 9:00-1:00 AARP Tax Aide 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		<b>21</b> 9:00-1:00 AARP Tax Aide 9:00-9:45 Body Renewal 10:00 Mah Jong 10:00-10:45 Body Renewal 12:30-1:30 February Birthday Bash 1:00-4:00 Board Games 1:30-4:00 Diabetes Workshop		<b>22</b> 9:30-10:15 Body Renewal 10:00-3:00 Quilting 10:45-11:30 Body Renewal 12:30-1:30 Meditation 1:00-3:00 Canasta 1:30-4:00 Music Thursdays		<b>23</b> 9:00-1:00 AARP Tax Aide 9:00-9:45 Body Renewal 10:00-10:45 Body Renewal 10:00-1:30 Dining Club 1:00 Our Hidden Stories	
<b>26</b> 9:00-9:45 Body Renewal 10:00-10:45 Body Renewal 10:00-3:00 Quilting 11:15-12:15 Upper Beg Line Dancing 11:30-1:30 War Stories & Pizza 1:00-3:00 Knitting		<b>27</b> 9:00-1:00 AARP Tax Aide 9:30-10:15 Body Renewal 10:00-1:30 Dining Club 10:00-12:00 Art Time 10:45-11:30 Body Renewal 11:00 Compassion & Choices 12:30-1:30 Chair Yoga 1:00-3:00 Canasta		<b>28</b> 9:00-1:00 AARP Tax Aide 9:00-9:45 Body Renewal 10:00 Mahjong 10:00-10:45 Body Renewal 1:00-4:00 Board Games 1:30-4:00 Diabetes Workshop		<b>29</b> 9:30-10:15 Body Renewal 10:45-11:30 Body Renewal 12:30-1:30 Meditation 1:00-3:00 Canasta 1:00 Bingo 1:30-4:00 Music Thursdays			