

# SENIOR CENTER of YORK

# SEPTEMBER 2025



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

### CHAIR YOGA TUESDAY, SEPTEMBER 2 - 30 12:30 - 1:30 PM

Stretching, proper breathing, and movements that reduce stress and bring overall health. The fee is \$30.

### MEDITATION THURSDAY, SEPTEMBER 4 - OCTOBER 2 12:30 - 1:30 PM

Visualization, breath awareness, and mindful body relaxation with gentle stretching. The fee is \$20.

### A Sweet Treat for You MONDAY, SEPTEMBER 8 • 9 - 11 AM

In honor of National Senior Center Month, join us for a free Krispy Kreme donut and coffee. Also, make sure you enter your name in our drawing for a chance to win a prize.

### CULTURE DAY: AFRICAN SAFARI TRAVELS WEDNESDAY, SEPTEMBER 10 • 1 PM

Lions, zebras, and giraffes, oh my! Patron Judy McDowell will give a delightful presentation on her African Safari adventures to Zambia, Zimbabwe, Botswana, and South Africa. Join us for a fun discussion & pictorial of these native animals in their lush habitats.

### *Introduction to Italic Calligraphy* WEDNESDAY, SEPTEMBER 10, 17, & 24 • 6 - 8 PM

This three-week session will focus on creating beautiful cursive lettering using Zig calligraphy markers, ink, and dip pens. Participants will learn the basic strokes and enjoy developing skills to create a simple project with elegant writing. Please be advised that ink may get on your clothing. **The fee is \$20.**

### **Diamond Art Painting** THURSDAY, SEPTEMBER 11 & 18 • 9 - 11 AM

Make a beautiful Diamond Art design painting such as a landscape, animal, or flower with Patty Peck. Space and supplies are limited. Please choose one session.

### September Craft MONDAY, SEPTEMBER 15 • 10 AM - 12 PM

Make a floral watercolor design with Kathy Wahl. Your creation will also include a small metal oval frame. Registration Required. Space and supplies are limited.

### SEPTEMBER BIRTHDAY BASH FRIDAY, SEPTEMBER 19 • 1 PM

Join us for Americana singer/songwriter Lana Puckett and Kim Person. This renowned and gifted female duo is known for their vocal styles, intricate guitar skills, and amazing vocal harmonies. As a friendly reminder, you do not have to be celebrating a birthday to join us for the fun.

### Monday Movie **MRS. DOUBTFIRE** MONDAY, SEPTEMBER 22 • 1 PM

Enjoy the 1993 comedy-drama "Mrs. Doubtfire." A recently divorced voice actor disguises himself as an elderly female housekeeper to spend time with his children. Brought to you by the York County Library.

### HEALTH DAY: CANCER AWARENESS PROGRAM TUESDAY, SEPTEMBER 23 • 11 AM

This cancer program will focus on early detection and prevention. Learn about common cancers that may affect older adults, including blood, prostate, and thyroid. Keri Houser with Riverside Cancer Care Network will share information on risk factors, symptoms, and available screening options. **Register by September 21.**

### 28TH ANNUAL SENIOR SAFETY SUMMIT *"Empowering Seniors for a Safe & Resilient Future"* TUESDAY, OCTOBER 7 • 8 AM - 1 PM

Join Peninsula Seniors and Law Enforcement Together (SALT) at Northside Christian Church for a morning focused on Senior Safety. Speakers across the state will share information to help seniors stay safe. Enjoy resource exhibitors, a grab-and-go breakfast, a box lunch, and door prizes. **Register by October 1. The fee is \$7.**

### Lancaster, PA Trip

TUESDAY, OCTOBER 21 - THURSDAY, OCTOBER 23

Explore the beautiful sites and sounds of Lancaster, Pennsylvania. This 3 day, 2 night excursion includes a wonderful performance of Noah, guided tour of the Amish Countryside with stops along the way. **See front desk for more details. Register by October 1.**

### Medicare 2026 Update & Changes FRIDAY, OCTOBER 24 • 11 AM

A certified counselor from the Virginia Insurance Counseling Program (VICAP) will be here to explain what's new and answer your questions. Don't miss opportunity to get clear unbiased help. **Register by October 22**

# CALENDAR OF EVENTS

## SEPTEMBER 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>1</b>  <b>SENIOR CENTER CLOSED</b>		<b>2</b> 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 AARP: Driver Safety 12:30-1:30 Chair Yoga 1:00-3:00 Canasta 2:00-4:00 Tech Tuesday		<b>3</b> 9:00-9:45 Body Renewal 10:00 National Mahjong 10:00-10:45 Body Renewal 1:00-4:00 Board Games		<b>4</b> 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 Meditation 1:00-3:00 Canasta 1:30-4:00 Classic Country Jamming		<b>5</b> 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	
<b>8</b> 9:00-9:45 Body Renewal 9:00-11:00 A Sweet Treat for You 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 2:00-4:00 Recipe Workshop		<b>9</b> 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 2:00-4:00 Brain Busters		<b>10</b> 9:00-9:45 Body Renewal 10:00 National Mahjong 10:00-10:45 Body Renewal 1:00 Culture Day: African Safari Travels 1:00-4:00 Board Games 6:00-8:00 Introduction to Italic Calligraphy		<b>11</b> 9:00-11:00 Diamond Art Painting 9:15 Mahjong WP 9:30-10:15 Body Renewal 10:45-11:30 Body Renewal 12:30-1:30 Meditation 1:00 Bingo 1:00-3:00 Canasta 1:30-4:00 Classic Country Jamming		<b>12</b> 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	
<b>15</b> 9:00-9:45 Body Renewal 9:30 National Mahjong 10:00-10:45 Body Renewal 10:00-12:00 September Craft 10:00-3:00 Quilting 11:15-12:15 Up Beg Line Dancing 1:00-3:00 Knitting		<b>16</b> 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>17</b> 8:00 Norfolk Zoo Outing 9:00-9:45 Body Renewal 10:00 National Mahjong 10:00-10:45 Body Renewal 1:00-4:00 Board Games 6:00-8:00 Introduction to Italic Calligraphy		<b>18</b> 9:00-11:00 Diamond Art Painting 9:15 Mahjong WP 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>19</b> 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	
<b>22</b> 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		<b>23</b> 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 Cancer Awareness Program 12:30-1:30 Chair Yoga 1:00-3:00 Canasta 2:00-4:00 Brain Busters		<b>24</b> 9:00-9:45 Body Renewal 10:00 National Mahjong 10:00-10:45 Body Renewal 1:00-4:00 Board Games 6:00-8:00 Introduction to Italic Calligraphy		<b>25</b> 9:15 Mahjong WP 9:30-10:15 Body Renewal 10:45-11:30 Body Renewal 12:30-1:30 Meditation 1:00 Bingo 1:00-3:00 Canasta 1:30-4:00 Classic Country Jamming		<b>26</b> 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	
<b>29</b> 9:30 National Mahjong 10:00-3:00 Quilting 11:30-1:30 War Stories & Pizza 11:15-12:15 Up Beg Line Dancing 1:00-3:00 Knitting		<b>30</b> 10:00-1:30 Dining Club 10:00-12:00 Art Time 12:30-1:30 Chair Yoga 1:00-3:00 Canasta	<b>WAR STORIES &amp; PIZZA</b> <b>MONDAY, SEPTEMBER 29</b> <b>11:30 AM - 1:30 PM</b> Registration for Veterans will be held September 2 - 26.						