

SENIOR CENTER of YORK

MARCH 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

Diamond Art Sun-Catchers

MONDAY, MARCH 9 • 10 AM - 12 PM

Participants will have fun making beautiful sun-catchers including butterflies, hummingbirds, and dragonflies. Please sign up as space and supplies are limited.

Monday Movie: Thelma

MONDAY, MARCH 9 • 1 PM

Come to the Senior Center for a screening of "Thelma," a comedic action thriller movie inspired by real events, hosted by the York County Library. The story is about a 93-year-old grandmother who falls for a phone scam but decides to fight back and recover her money. "Thelma" uses humor and heart to look at aging, independence, and family.



WEDNESDAY, MARCH 11 & 18 • 12:30 - 4:30 PM

Join us for these two Wednesdays for safety training. The cost for this two-day session is \$20 for members and \$25 for non-members. Payments should be cash or check.

GOLD PROGRAM

THURSDAY, MARCH 12 • 11 AM

Are you feeling lucky? Is there a pot of gold at the end of the rainbow for you? Join us as Carlos Britos of Edward Jones discusses investments and helps participants determine whether physical or market gold, as well as other precious metals, are a good option for your financial goals.

MARCH BIRTHDAY BASH

FRIDAY, MARCH 13 • 1 PM

Celebrate St. Patrick's Day with the wonderful Irish, Celtic, and Americana music of folk singers Bob and Jeanne! Participants are invited to sing-along. Friendly reminder, you do not have to be celebrating a birthday to join in on the fun.



WEDNESDAY, MARCH 18 • 6 PM

Learn the writings of Celtic Uncial with Mary Arndt. We will be using calligraphy markers as well as pen and ink. Please do not wear nice clothing as there is a possibility of getting ink on your clothes. Aprons are encouraged but not necessary.

Paper Bunnies Craft

THURSDAY, MARCH 19
9 - 11 AM

Hop into creativity with a paper bunny garland activity with Michele and Susan.

Decoupage Eggs

MONDAY, MARCH 30
10 AM - 12 PM

Just in time for Easter, have fun decorating Decoupage eggs with Sohelia.

DANCER-CISE

THURSDAY, MARCH 19 - APRIL 23* • 2:30 - 3:30 PM

Have fun exercising while enjoying simple dance movements that energize you and make you smile.
*No class on March 26. The fee is \$30.

SPACE & SUPPLIES LIMITED-REGISTRATION REQUIRED.

HEALTH DAY: What You Need to Know about a Hospital Stay & Care Choices

FRIDAY, MARCH 20 • 11 AM

A hospital stay can be confusing and stressful. This presentation will help you understand how to advocate for yourself or a loved one. It also explains your right to choose post-hospital care, including home health and hospice services, rather than feeling limited to hospital-recommended providers.

CHAIR YOGA

TUESDAY & THURSDAY • MARCH 24 - APRIL 23
12:30 - 1:30 PM

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

CULTURE DAY: MOON MATH

WEDNESDAY, MARCH 25 • 1 PM

Kris Peters, Museum Educator at the Hampton History Museum, will give an informative discussion of the early manned spaceflight missions and about the complex work of many female mathematicians, including Dorothy Vaughn, Mary Jackson, and Katherine Johnson, as featured in "Hidden Figures."

FERGUSON CENTER Dirty Dancing

TUESDAY, MARCH 17

Relive the romance, music, and magic of "Dirty Dancing" in this unforgettable live-to-film concert experience. Meet at the Senior Center at 5:30 pm. The fee is \$55.

Virginia Air & Space Science Center

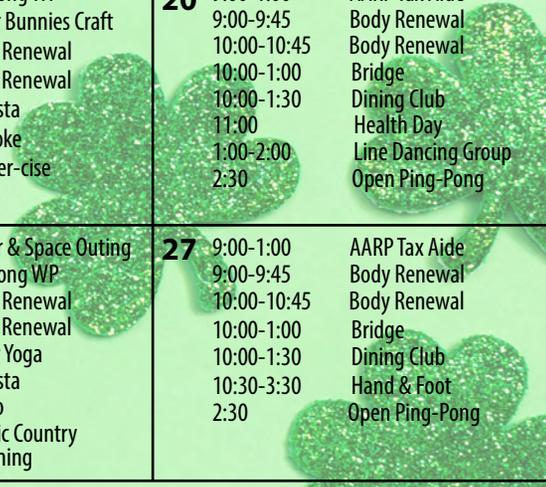
THURSDAY, MARCH 26

Discover the past, present and future of space exploration and science innovation. Meet at the Senior Center at 9:00 am. The fee is \$25, Lunch on your own.

5314 George Washington Memorial Highway • Yorktown, VA 23692
Senior Center: 757-890-3444 • www.yorkcounty.gov/parksandrec

CALENDAR OF EVENTS

MARCH 2026

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | | | | | |
|-----------|--|---|-----------|--|--|--|---|--|-----------|--|---|-----------|---|--|
| 2 | 9:00-9:45 9:30 10:00-10:45 10:00-3:00 11:15-12:15 1:00-3:00 | Body Renewal National Mahjong Body Renewal Quilting Up Beg Line Dancing Knitting | 3 | 9:00-1:00 9:30-10:15 10:00-12:00 10:00-1:30 10:00-1:00 10:45-11:30 12:30-1:30 1:00-3:00 2:00-4:00 | AARP Tax Aide Body Renewal Art Time Dining Club Bridge Body Renewal Chair Yoga Canasta Tech Tuesday | 4 | 9:00-1:00 9:00-9:45 10:00 10:00-10:45 1:00-4:00 | AARP Tax Aide Body Renewal National Mahjong Body Renewal Board Games | 5 | 9:15 9:30-10:15 10:00-3:00 10:45-11:30 12:30-1:30 1:00-3:00 1:30-4:00 2:30-3:30 | Mahjong WP Body Renewal Quilting Body Renewal Chair Yoga Canasta Classic Country Jamming Dancer-cise | 6 | 9:00-1:00 10:00-1:30 10:00-1:00 10:30-3:30 1:00-2:00 2:30 | AARP Tax Aide Dining Club Bridge Hand & Foot Line Dancing Group Open Ping-Pong |
| 9 | 9:00-9:45 9:30 10:00-10:45 10:00-3:00 10:00-12:00 11:15-12:15 1:00 1:00-3:00 2:00-4:00 | Body Renewal National Mahjong Body Renewal Quilting Diamond Art Sun-Catchers Up Beg Line Dancing Monday Movie Knitting Recipe Workshop | 10 | 9:00-1:00 9:30-10:15 10:00-12:00 10:00-1:00 10:00-1:30 10:45-11:30 12:30-1:30 1:00-3:00 | AARP Tax Aide Body Renewal Art Time Bridge Dining Club Body Renewal Chair Yoga Canasta | 11 | 9:00-1:00 9:00-9:45 10:00 10:00-10:45 12:30-4:30 1:00-4:00 | AARP Tax Aide Body Renewal National Mahjong Body Renewal AARP: Driver Safety Board Games | 12 | 9:15 9:30-10:15 10:45-11:30 11:00 12:30-1:30 1:00-3:00 1:00 1:30-4:00 2:30-3:30 | Mahjong WP Body Renewal Body Renewal Gold Program Chair Yoga Canasta Bingo Classic Country Jamming Dancer-cise | 13 | 9:00-1:00 9:00-9:45 10:00-10:45 10:00-1:00 10:00-1:30 10:30-3:30 1:00 2:30 | AARP Tax Aide Body Renewal Body Renewal Bridge Dining Club Hand & Foot Birthday Bash Open Ping-Pong |
| 16 | 9:00-9:45 9:30 10:00-10:45 10:00-3:00 11:15-12:15 1:00-3:00 | Body Renewal National Mahjong Body Renewal Quilting Up Beg Line Dancing Knitting | 17 | 9:00-1:00 9:30-10:15 10:00-1:30 10:00-12:00 10:00-1:00 10:00-1:30 10:45-11:30 12:30-1:30 1:00-3:00 5:30 | AARP Tax Aide Body Renewal Dining Club Art Time Bridge Body Renewal Chair Yoga Canasta Ferguson Outing | 18 | 9:00-1:00 9:00-9:45 10:00 10:00-10:45 12:30-4:30 1:00-4:00 6:00 | AARP Tax Aide Body Renewal National Mahjong Body Renewal AARP: Driver Safety Board Games Calligraphy | 19 | 9:15 9:00-11:00 9:30-10:15 10:45-11:30 1:00-3:00 1:45-4:15 2:30-3:30 | Mahjong WP Paper Bunnies Craft Body Renewal Body Renewal Canasta Karaoke Dancer-cise | 20 | 9:00-1:00 9:00-9:45 10:00-10:45 10:00-1:00 10:00-1:30 11:00 1:00-2:00 2:30 | AARP Tax Aide Body Renewal Body Renewal Bridge Dining Club Health Day Line Dancing Group Open Ping-Pong |
| 23 | 9:00-9:45 9:30 10:00-10:45 10:00-3:00 11:15-12:15 1:00-3:00 | Body Renewal National Mahjong Body Renewal Quilting Up Beg Line Dancing Knitting | 24 | 9:00-1:00 9:30-10:15 10:00-12:00 10:00-1:00 10:00-1:30 10:45-11:30 12:30-1:30 1:00-3:00 | AARP Tax Aide Body Renewal Art Time Bridge Dining Club Body Renewal Chair Yoga Canasta | 25 | 9:00-1:00 9:00-9:45 10:00 10:00-10:45 1:00 1:00-4:00 | AARP Tax Aide Body Renewal National Mahjong Body Renewal Culture Day: Moon Math Board Games | 26 | 9:00 9:15 9:30-10:15 10:45-11:30 12:30-1:30 1:00-3:00 1:00 1:30-4:00 | VA Air & Space Outing Mahjong WP Body Renewal Body Renewal Chair Yoga Canasta Bingo Classic Country Jamming | 27 | 9:00-1:00 9:00-9:45 10:00-10:45 10:00-1:00 10:00-1:30 10:30-3:30 2:30 | AARP Tax Aide Body Renewal Body Renewal Bridge Dining Club Hand & Foot Open Ping-Pong |
| 30 | 9:30 10:00-12:00 11:15-12:15 11:30-1:30 1:00-3:00 | National Mahjong Decoupage Eggs Up Beg Line Dancing War Stories & Pizza Knitting | 31 | 10:00-12:00 10:00-1:30 12:30-1:30 1:00-3:00 | Art Time Dining Club Chair Yoga Canasta |  <p>CHANGE YOUR CLOCKS DAYLIGHT SAVING TIME BEGINS: SUNDAY, MARCH 8</p> | | | |  <p>AARP TAX-AIDE TUESDAY, WEDNESDAY, FRIDAY, & SATURDAYS NOW - APRIL 15 • 9 AM - 1 PM LIMITED APPOINTMENTS</p> | | | | |