



## Senior Center of York Announces November Activities and Events

October 31, 2016

A variety of educational and entertaining programs are being offered at the Senior Center of York in November. Participation is open to seniors age 55 or better and their spouses, regardless of age. The Senior 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 a.m. to 4:30 p.m. The Senior Center is closed on all county holidays.

Reservations are required for all sessions and are accepted on a first-come, first-served basis. To register, stop by the Center or call (757) 890-3444. For more information, please visit [www.yorkcounty.gov/CountyGovernment/CommunityServices/SeniorCenterofYork.aspx](http://www.yorkcounty.gov/CountyGovernment/CommunityServices/SeniorCenterofYork.aspx)

**The Senior Center will be closed on the following days in November: Veterans Day - Friday, November 11; Thanksgiving Holidays - Thursday, November 24, and Friday, November 25.**

**Coloring Book Craze Tuesdays, November 1, 8, and 15 at 10 a.m.** Join us in the enjoyable coloring fad that's sweeping the country! Patron Laurel Vander Jeugd will lead this program. Participants will use more advanced designs and patterns while learning new coloring techniques that make their pictures even more beautiful. To register, please call the Senior Center at (757) 890-3444.

**Senior Center's 25<sup>th</sup> Anniversary Silver Celebration - Friday, November 4, at 1 p.m.** In honor of our silver anniversary, the public is cordially invited to come celebrate the Senior Center's 25 memorable years of growth, enjoyable and educational programs, activities, and special events, and above all, meeting wonderful people and making lasting friendships! The celebration will begin with a program and afterwards guests will have the opportunity to view videos, talk to instructors and participants about the Senior Center's program offerings, and enjoy visiting with others. Light refreshments will be served. Please sign up for this event by calling (757) 890-3444.

**Scrapbooking - Monday, November 7, from 10 a.m. to 12 p.m.** Bring in your pictures, scrapbooks, and materials. Patron Nancy Beaton will assist with this activity, which is scheduled just in time for the holiday seasons. There will be a variety of paper, stickers, borders, and designs for you to make your own creations. **Please sign up by Friday, November 4.** Call the Senior Center at (757) 890-3444 to register.

**Shipwrecks & Maritime Archaeology - Wednesday, November 9, at 1 p.m.** Shannon Ricles, Education and Outreach Coordinator for the National Oceanic and Atmospheric Administration's Monitor National Marine Sanctuary will discuss how maritime heritage has shaped our nation. Ms. Ricles will highlight the Civil War's USS *Monitor* and World War II's Battle of the Atlantic off the North Carolina coast. Ms. Ricles will present the first images of a newly discovered German

U-boat and merchant ship that sank during a battle off Cape Hatteras in 1942.

**December Christmas Luncheon Registration - November 14 - 30.** Be sure to register for the annual Christmas Luncheon scheduled for December 2! Registration begins Monday, November 14, and will end on Wednesday, November 30, or when all spaces are full.

**2016 Senior Center Art Exhibit at the Gallery at York Hall - November 14 - December 11.** Visit the Gallery at York Hall, located at 301 Main Street in Yorktown, to view the delightful displays and exhibits of the Senior Center's crafters!

**Triad Safety Bingo - Wednesday, November 16, at 1 p.m.** In its on-going effort to provide safety awareness, the York-Poquoson Triad is sponsoring Safety Bingo. Sheriff Danny Diggs will call traditional bingo and share some important safety tips. Participation is free, but **space is limited and registration is required by November 12.** Join us for a fun and informative game of bingo. Refreshments will be served. Please register by calling the Senior Center at (757) 890-3444.

**November Birthday Bash - Friday, November 18, at 1 p.m.** Join us for "Something Different," with Brad and Ashley. This father/daughter musical duo performs old standard music of the 1960s and 1970s to contemporary music by popular artists. Remember, you do not have to be celebrating a birthday to come join the fun! Cake and beverage will be served. To register, please call the Senior Center at (757) 890-3444.

**November Craft - Monday, November 21, at 10 a.m.** Instructor Kathy Wahl will help participants create a wonderful snowman in a cup using quick wood and paints. We need an accurate county so that we can purchase supplies, so please register by Thursday, November 17.

**Diabetes: Are You At Risk? Tuesday, November 29, at 12:45 p.m.** Have you been told you are at risk for developing Type 2 diabetes or are you pre-diabetic? Are you concerned you may be at risk? If you answered yes to either of these questions, you should know that diabetic prevention is proven, possible, and powerful! November is Diabetes Awareness Month and a great time for you to learn more about the risk factors for developing diabetes and the small steps you can take to help prevent the disease. Join members from the Coalition for Chronic Condition Awareness, Resources and Education for an informative session. You will have an opportunity to complete a diabetes risk assessment. Call the Senior Center at (757) 890-3444. **Registration deadline is Monday, November 28.**

**Computer Lab General Use.** Computers in the Senior Center's Computer Lab are available for general use Monday through Friday from 9 a.m. to 3:30 p.m. Patrons must sign in at the front desk to use the computers. Note: The lab is reserved for computer classes on Tuesdays. For more information, please call the Senior Center at (757) 890-3444.

**Mark Your Calendar: Singing with Children from Seaford Elementary School - Tuesday, December 6, at 10:30 a.m.**

**Photo attached:** Pictured are father and daughter pair Brad and Ashley of "Something Different" entertaining patrons at the Senior Center of York. This duo will return to the center on Friday, November 18, at 1 p.m. for the November birthday bash. Please call (757) 890-3444 to sign up for this program and for information about other activities at the Senior Center.

