



## Senior Center of York Announces October Activities and Events

September 27, 2016

A variety of educational and entertaining programs are being offered at the Senior Center of York in October. 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 all county holidays. Reservations are required for all sessions and are accepted on a first-come, first-served basis. To register, stop by the Senior Center or call 890-3444. For more information, please visit [www.yorkcounty.gov/CountyGovernment/CommunityServices/SeniorCenterofYork.aspx](http://www.yorkcounty.gov/CountyGovernment/CommunityServices/SeniorCenterofYork.aspx)

**Note: The Senior Center will be closed Wednesday, October 19, in observance of Yorktown Day.**

**October AARP Driver Safety Sessions - October 3-4, and October 31-November 1.** This popular 2-day safety training from AARP is a regular program at the Senior Center designed for drivers age 50 or better. The first session will be offered Monday, October 3, and Tuesday, October 4, while the second session will run on Monday, October 31, and Tuesday, November 1. The Monday schedule for each session runs from 12:30 to 4:45 p.m., while each session's Tuesday class is scheduled from 12:30 to 4:30 p.m. 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 phone, or by mail. 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 the first and second day 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. To register please call the Senior Center at 890-3444.

**Registration Extended for Chronic Disease Self-Management Workshop beginning Tuesday, October 4.** This free, six-week program will be held at the Senior Center of York on Tuesdays, October 4 through November 8, from 2 to 4:30 p.m. The Chronic Disease Self-Management Program was devised through research performed by the School of Medicine at Stanford University.

and is designed to enhance regular treatment and disease-specific education for persons with chronic illnesses, including arthritis, diabetes, heart disease, lung disease, depression, and many others. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. The program is co-sponsored by the Peninsula Health District and the Peninsula Agency on Aging. Materials are included. To register or for more information, please call the Senior Center at 890-3444.

**Coloring Book Craze Each Tuesday in October at 10 a.m.** Join us in the enjoyable coloring fad that's sweeping the country! Patron Laurel Vander Jeugd will lead this program, in which 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 890-3444.

**Flu Shot Registration - Wednesday, October 5, beginning at 9 a.m.** Remember to mark your calendars to register for your annual flu shot. Please either call the Senior Center at 890-3444 or stop by to **reserve a time slot** for your free shot. Time slots will be reserved on a first-come, first-served basis. **The flu shots will be administered on Tuesday, November 1, from 9:30 a.m. to 11:00 a.m.** No fee or Medicare billing will be involved.

**October Birthday Bash - Friday, October 7, at 1 p.m.** Join us for the wonderful bluegrass sounds of Ralph Motley and the "Last Minute Grass." Remember, you do not have to be celebrating a birthday to come join the fun! Cake and beverage served. To register please call the Senior Center at 890-3444.

**Culture Day: "All Hallows' Eve" - Tuesday, October 11, at 1 p.m.** During the Civil War, Halloween was not as we know it today. However, all of the makings of our modern-day Halloween were falling into place. Come celebrate autumn and learn about the history of Halloween with Historical Interpreter Vanessa Cole as she discusses the role of the "Autumn Play Party." The program will feature songs, games, and stories. To register please call the Senior Center at 890-3444.

**Scrapbooking - Monday, October 17, from 10 a.m. to 12 noon.** Bring in your pictures, scrapbooks and materials. Patron Nancy Beaton will be on hand to 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 October 14. To register please call the Senior Center at 890-3444.

**"A Taste of Germany" - Tuesday, October 18, at 1:30 p.m.** Learn interesting facts about the culture of Germany while enjoying Accordionist Andy Armano as he entertains us with a variety of German songs, polkas, and waltzes! To register please call the Senior Center at 890-3444.

**"Medicare Check-up" - Wednesday, October 26, at 12:45 p.m.** - Each year Medicare Part D Plans may have cost and coverage changes. This makes it important for seniors to review their plan during the open enrollment period that begins October 15 and continues through December 7. On October 26, representatives with the Virginia Insurance Counseling Assistance Program (VICAP) will give an overview of 2016 changes and answer your questions on Medicare and Medicare Part D. They will also discuss benefit programs you may be eligible for to help pay Medicare deductibles and premiums. The VICAP is a free program that assists consumers with medical

benefit issues with Medicare, Medicaid, medical bill paying, and long-term care insurance. Call the Senior Center at 890-3444 to **register by Tuesday, October 25.**

**Computer Lab General Use.** Computers in the Center's Computer Lab are available for general use Monday – 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 890-3444.

**Coming Soon: Senior Center of York Trips!** Planning for upcoming trips is underway and some opportunities will be announced in November. Meanwhile, patron input is also solicited, so please call or come by the front desk and let us know where you and your friends would like to visit!

**Meeting Break for the “Jam-Along & Sing-Along” Program.** This informal evening program will take a break from meeting until further notice. It brought senior acoustical musicians of all skill levels together to play some of their favorite songs. Others could also enjoy singing along, listening, and taking part in the fun and camaraderie. The program ran from May-September on the second and fourth Mondays of the month. If interested in attending this program in the future (as a player, singer or listener!), please call the Senior Center at 890-3444 to receive updates.

**Mark Your Calendar:** Senior Center of York 25<sup>th</sup> Anniversary! Please mark your calendar for Friday, November 4, at 1 p.m. to join us for this very special event!

**Photo attached:** Participant Desiree Benton displays her pictures for scrapbooking. Join us for scrapbooking at the Senior Center of York on Monday, October 17, from 10 a.m. to 12 noon. Please call us at 890-3444 for more information on this activity and other programs offered at the Senior Center.

