Joy of Wellness Day
Saturday, April 29th, 9:00 am -3:00 pm
The 2nd annual Joy of Wellness Day will be held on Saturday, April 29th, at Battery Park Christian Church in Northside. This free health and wellness event is open to seniors and active adults (aged 50 and up) throughout the Richmond region. Speakers will include Dr. Mitchell Waskin of the Foot and Ankle Center speaking on: “The Aging Foot”. Dr. Colin A. Mudrick, a member of the Joint Replacement Team, of Tuckahoe Orthopedics, will present on “Reconstructive Surgery of the Hip and Knee”, and Sequoia Ross of Tricycle Gardens will tempt us with information about appealing and tasty nutrition, called food, after lunch. Our own, Cynthia Thomas Rustin of the World Fitness Dance Academy, will keep us moving with energizing workouts.

Saturday, April 29th, 9:00 am-3:00 pm, Joy of Wellness, at Battery Park Christian Church, 4201 Brook Road, Richmond, VA 23227. Drop Offs: at Church. Parking with a shuttle service: ACCA Shriners Temple parking lot at 1712 Bellevue Ave, a few blocks away. Shuttle services are available from 8 to 3:30pm. Volunteers needed. Contact the Senior Center of Greater Richmond for more information. 804-353-3171 or email: SeniorCenterRVA@gmail.com

“HOLD The DATE” July 20th, 2017  3rd ANNUAL Senior Safety Day
This very popular event will be held at Richmond’s First Baptist Church on July 20th from 9 to 3 at 2709 Monument Avenue, in the Museum District of Richmond. HOLD the DATE for this event, by registering in advance at 804-353-3171 or email: SeniorCenterRVA@gmail.com. You can even ask for a reminder or volunteer to help with this popular event.

A Big Favorite Day Trip Scheduled – Fishing on July 14th $   See Flyer

“Try Us Out”
If you would like to know more about the Senior Center you can “Try Us Out”, just by registering in advance for an activity at our Northside location: Battery Park Christian Church at 4201 Brook Road. A special “Try Us Out” presentation will be held on Friday, May 5th at 11am. Please call to register for the presentation and join us for lunch. 804-353-3171. If this doesn’t work for you, call to find out other ways you can “Try Us Out.”

New Orleans Trip in 2017 – Save $100 by Registering before May 16th
October 2017, join several of Senior Center members on this exciting trip to the Jazz Capital of the World, New Orleans. This 5-day trip will both guide us through the city and let us savor its flavor. The trip includes planned meals at world-famous restaurants, a stay in a famous hotel in the French Quarter and a cooking class. Free time, activities and optional side activities are also available. Members get a “Travel Bonus”. Find out more by calling 353-3171.

JAZZ at St. Paul’s. On May 3rd and 17th you can join us for lunch and a rare jazz experience at St. Paul’s Episcopal Church and 9th and Grace Streets. Ride share, personal cars or GRTC Transportation is recommended. $10 per person with reservations through the Senior Center. 6 seats available. When they
go, we may reserve more seats, but don’t delay. We can only guarantee 6 tickets at each event. On May 3rd we will enjoy music by Pieces of the Puzzle from the Appomattox Governor’s School and food from Boka Grill and Growlers. On May 17th, Jazz be performed by Middle Eastern Soul and food will be created by Coriander.

**Change, Grief and Aging.** On May 2nd at 11am, the BSmart Behavior Health Team will re-introduce a support group we enjoyed last year. Attend to find out more about why change can cause grief. BPCC

**American Women** is a continuing series from Sue Nelson. On May 11th, Sue will introduce us to Delores Huerta, who co-founder of the United Farm Workers with Cesar Chavez. See her role in making a difference. First Baptist Church, Suite 280, at 1pm. Every month a different American Woman.

**Senior Life Planning Series continues.** On May 16th, a panel will introduce “donating life” through organ, eye and body donation options. Join us to learn the details about programs that allows some to plan for a special legacy. Open to Senior Center and community seniors. At 2pm at Battery Park Christian Church.

**Egg Craft.** Ulyana P. will introduce decorated egg craft on May 16th at Battery Park Christian Church 10am. Please bring at least one partial or full bottle of nail polish to share. Limited to 12 crafters.

**“Look First” Traffic Safety for Seniors.** Haley Glynn will bring our drivers up to date at three of our locations. Check the schedule for dates and times. Be sure to attend at least one session for your driving safety. Find out more about other options if you feel you need to brush up on driving and traffic safety.

**Jewelry Repair and Using Miscellaneous Bits and Pieces.** Replace and repair your old jewelry (no soldering). Or, choose to make something new with your bits and pieces. May 23rd at 2pm Battery Park CC.

**African American Women – Their Role in History and Family:** On May 9th at 2 pm. at Battery Park Christian Church, William House, will share a story about the special role that African American mothers played in African American history and culture. Rescheduled from April.

**Decluttering … Step 2 or 1 with Ann.** More about Decluttering Battery Park C.C. 10:30-12:00pm, May 30.

**Ice Cream and Glen Campbell’s “I’ll Be Me”**. Travel with Glen Campbell and his family through two years of Alzheimer’s in this special movie which will make you laugh and cry, just like Alzheimer’s. Let us know you are coming so we can have enough ice cream (ask for low fat or low sugar when you register).

**Investing Club. A Recession Proofing Plan** with Ann Manalo. May 23rd at 11am. Battery Park CC.

**The PACE Model.** In May, Kim Fauerbach will tell us more about the Riverside PACE model, designed to provide a combination of health and day care for seniors who need that level of care. BPCC 5/12 11am.

**Ballroom Dancing with Gloria.** May 5th at 2pm. FREE. Join Ballroom Dance instructor, Gloria, to learn and practice dance. Don’t miss the opportunity to Dance with Us. BPCC

**Celebrate Cinco De Mayo at La Casita Restaurant** at 5204 Brook Road. Enjoy Mexican snacks and appetizers, courtesy of Carolyn. 4-5:30pm. Join us for Fun, Spanish or Latino Style.

**CAR FIT. Open to ALL seniors!** May 23 from 9 – 12. Battery Park CC in Parking Lot. By Appointment ONLY for YOU and YOUR CAR. Have the expects help you determine if you and your car are ready to drive safely, together. Great Program. Call for more information. 804.353.3171 or SeniorCenterRVA@gmail.com.

### Popular Activities Continue

**Members Meeting** with the Director, Carolyn Comerford, will be May 30th at 2pm at BPCC. Join us to share questions, concerns and good ideas. Find out about plans.

**Diabetes Support** continues on Tuesday, May 10th at 10am at Battery Park CC and each month at Peter Paul Development Center. This group focuses on maintaining wellness and good health with Diabetes or the risk of Diabetes. Those at risk can avoid diabetes by changing their lifestyle! Contact us for information.
**Exercise** at all locations more than 8 times each week. **Weight Management Group** will meet on May 26th at BPCC at 2 pm. You make the choices, we support your plan.

**Massages and Integrated Healing** with Lisa will continue 2pm at BPCC. Massages ($1 per min.). Register.

**BIRTHDAYS and Pot Luck.** On May 26, we will have a pot luck and celebrate **January, February, March, April and May Birthdays.** If you had a birthday this year or have one planned this month, bring a candle for the cake. Sign up with your dish to share (feeding 6 to 8 people). No desserts this month. Main Dish, Casserole or Veggies ONLY. Sign up at BPCC on a sign-up sheet, by email or by phone.

**All Kinds of Art and Crafts** continue. Check the schedule for flower craft, Jewelry repair, cards with ling, and more. VisArts art classes end this month and resume in September.

Our **Conversational Spanish Club** continues to use Spanish as often as possible with practice sessions and games on **Tuesdays and Fridays.** **On the 12th, Lisa Zajur** will refresh and increase your conversational skills. Celebrate your new language skills go to Qué Pasa ¡Celebra la vida!

**Remember to fill out and return the tear-off activities schedule & survey from your calendar.**

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**Birthdays This Month**

Members of the Senior Center of Greater Richmond are celebrating their birthdays:

- **May 2**  Inez Cocke  May 14  Julia Ganzie
- **May 10**  Miranda Turner  May 16  Robert Wood
- **May 11**  Lillian Frimpter  May 25  Ella Martin

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**Follow Up Appointments on Powers of Attorney**

Our Senior Life Planning volunteer, Tim Hastings, has offered to put some time aside to work with our members and guests who came to our Life Planning for Seniors Workshops on Powers of Attorney. He will be available on Fridays from 1 to 3pm, this month. If you want an appointment, **please contact our office at 353-3171** at least one full day before he comes. If no appointments are scheduled by before Thursday at 2pm, we will cancel the planned visit for the next day. If you have an appointment, bring your partially filled or filled copy of the Power of Attorney form you want to discuss.

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**Dementia and Alzheimer’s Caregivers Workshop Series May and June**

**OPEN TO THE COMMUNITY.** This series of three workshops for Caregivers looks closely at Alzheimer’s and Dementia. This is a free series, presented by the Alzheimer’s Association, with consecutive workshops on May 18th, May 25th and June 8th from 10am to 11:30am. Participants are invited to join the Senior Center members for exercise and/or lunch following the workshops (Lunch will be $3 per person), if convenient. **REGISTER in Advance! 353-3171 or SeniorCenterRVA@gmail.com**

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**See Joan’s About Town in JUNE**

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**Thank YOU**

**Our Joy of Wellness Vendors:**
- Van Go Transportation - Providing Shuttle Transportation
- CareMore - Dominion Resources - HealthSouth - JenCare - Riverside PACE - Senior Connections - SMP Program Virginia Agencies on Aging - World Fitness and Dance Academy

**Advertisers:** BrightStar Care –In our NEW Newsletter coming in September

**Sponsors of our Senior Safety Day Event on July 20th 2017:** Dominion Energy Share
Our Board and Officers for Their Dedication and Support

Our Sponsors and Hosts

Senior Center of Greater Richmond appreciates the generous support of:

• Bon Secours Health System
• ACECF (Altria Companies Employees Community Fund)
• Genworth Financial
• Peter Paul Development Center host seniors from the Church Hill community.
• Senior Connections, the Capital Area Agency on Aging
• Battery Park Christian Church, our host, for our Tuesday and Friday programs
• Brookdale Imperial Plaza hosting our Healthy YOU Seminars
• First Baptist Church hosting programs on Thursday
• The Arbors hosting programs in South Richmond on Mondays

Thank you to all of our members who support our center with love, donations and participation.

You’re the best!