



# September 2017

## Senior Center of Greater Richmond

### **Full Day “Try Us Out” OPEN HOUSE**



On Tuesday, September 26<sup>th</sup> the Senior Center of Greater Richmond will host an Open House in celebration of Age Wave’s Active Aging Week at one of our locations. You are invited to ‘Try Us Out’ anytime from 10am to 3pm, enjoy our programs, exercise and join us for a light lunch. At 11am we will learn about **Eating Well on a Budget** followed by **Lunch** at noon. At 1pm, enjoy **Ageless Grace Chair Exercise** with Sharon Brewer. At 1:45 you can find out **How Much Mystery Writers Know About Murder** with some real Richmond authors. Our Open House will be at Battery Park Christian Church at 4201

Brook Road, Richmond 23227 (Northside). Our members enjoy a wide variety of programs, trips, arts and crafts and more. Sample our programs, meet our members, enjoy our fun. As a member of the Senior Center, you can register/choose activities at any of our four locations in and around Richmond. If you have any questions about membership, please call the Senior Center Office at 804-353-3171.



### **Volunteer Luncheon – Recognition & Training – Wednesday, September 20<sup>th</sup>**

Meet our new Volunteer Coordinator, current volunteers and learn about available volunteer opportunities. Learn about the perks of volunteering and how the new program will work. We will start at 11:30 and will be finished by 2:30. Battery Park Christian Church. RSVP for a seat at the table. Call for more info. 353-3171.

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### **The Senior Center of Greater Richmond, Inc.**

**Our Mission:** *To positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity and lifelong learning.*

Post Office Box 6521 ♦ Richmond, Virginia 23230 ♦ 804-353-3171 ♦ [SeniorCenterRVA@gmail.com](mailto:SeniorCenterRVA@gmail.com)

## **Coming In September**

**66<sup>th</sup> Annual Chickahominy Pow Wow and Fall Festival** – Enjoy this family friendly event with native dancing and singing, shopping vendor arts. We will meet inside the tribal ground event entrance at 12:30 pm, individuals should car pool. 8200 Lott Cary Road, Providence Forge, VA 23140, 557-3775. Seating is limited bring a lawn chair!

**How Much Do Mystery Writers Know About Murder?** The Cabernet Authors. Sept. 26<sup>th</sup>, 1:45 pm, BPCC.

**American Women Series** with Sue Nelson looks at *Ella Fitzgerald, known as the First Lady of Song*. On Sept. 28<sup>th</sup>, 1pm, at FBC, introduces us to this lady who was born in Virginia. This series introduces us to a different American woman every month. Don't miss this program at the First Baptist Church in September.

### **Health Options Series**

***“Home Care vs. Home Health Care” What are the Differences?*** 10:30am, Sept. 21<sup>st</sup>, FBC.

***“Preventing Shingles & Importance of Testing for Hepatitis C”***. Nan Grotenelli (CareMore) Sept. 22, 1:45pm

**“Eating Well on a Budget”** Sept. 26, 11am, BPCC. Linda Rubin with the Healthy Habits program at Senior Connections, the Capital Area Agency on Aging, brings us a personal look at how we can change old habits and create good new habits to help us stay healthy. BPCC.

**Lucy Corr Dental Clinic Examinations**, Sept. 22, 10am to 12 noon. Must register in advance and qualify for their **FREE dental services**. Four forms need to be completed in advance. Participants must qualify for service: be age 65+, have no dental insurance, not seen by dentist within one year, can be on Medicaid, No Medicare Advantage participants are eligible. Register ASAP. 353-3171

**More information Available on Dental Clinics:** Printed information on other free dental clinics, and discount dental plans will be available from the Senior Center office. Contact Ann 353-3171

**Crafts:** ***Visual Arts Clay Jewelry Making*** starts Friday Sept. 15 - October 19, 10am -12noon,  
Visual Arts Center 1812 W. Main Street Richmond, VA 23220

***Fall Mason Jar Candle Holder*** w/Ann, Sept. 11<sup>th</sup>, 11am, The Arbors; AND

***Decorated Mason Jar Candle Holders*** w/Ann, Sept. 29<sup>th</sup> 11am, BPCC.

**Cards:** ***Explore Canasta with Kitty***, Learn a NEW game! Sept. 15<sup>th</sup> or Sept. 29<sup>th</sup>, 1:45 pm, BPCC.

***New Beginner Bridge Group*** starts Sept. 14<sup>th</sup>, 10am, FBC. ***Bridge Continues*** at BPCC on Fridays.

### **Two Feature Presentations**

***“How Energy Assistance Impacts Seniors”*** Leroy Adkins, Dominion Energy, Sept. 12th 11am, BPCC.

***“Be Prepared for All Disasters”*** w/Anthony McLean, City of Richmond, Sept. 19<sup>th</sup>, 1:45pm, BPCC

**Just for Fun:** ***“Put Your Game Face On”*** Sept. 14<sup>th</sup>, 11am, FBC.

***“Trivia: How Much Do You Know?”*** Sept. 15<sup>th</sup>, 1:45 pm

***“Setting the Table Right – Fancy Napkin Folding”*** Sept. 28<sup>th</sup> 11am, FBC.

**Financial Topics:** ***“Reverse Mortgages”*** with Ann Manalo Sept. 19<sup>th</sup>, 11am, BPCC

**Conversational Spanish Workshop \$10.** Lisa Zajur will teach us more about Conversational Spanish. Join us at 1:45pm to learn. BPCC, 1:45-3pm.

**COMING IN OCTOBER – HEALTHY YOU:** ***“Meet the Possibilities - FUN Resources for Seniors in the Richmond Area Panel”*** with Lewis Ginter Botanical Gardens; The Valentine Museum, Virginia Museum of Fine Arts, Cultural Arts Center of Glen Allen, Virginia Rep Theatre and more. Wednesday, Oct. 25<sup>th</sup>, **Note New Time: 10:30 – 11:30 am**, Brookdale Imperial Plaza Auditorium. Reservations Requested: 804-353-3171.

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## Special Events in September

**Full Day “Try Us Out – OPEN HOUSE Introduction to the Senior Center of Greater Richmond”** is a peek at a day in the life of the Senior Center of Greater Richmond, on Tuesday, Sept. 26<sup>th</sup> from 10am to 3 pm at BPCC. This is our event celebrating Active Aging Week Sept. 25 to Sept. 29<sup>th</sup>. The center at BPCC will be open to the public for them to experience who we are and what we do. Please invite any individuals you feel may be interested in becoming members or anyone needing to get out into the world.

**Bon Secours’s Successful Aging Forum** will take place at West End Assembly of God on September 25<sup>th</sup> from 10am – 3pm. Tickets are limited. The focus this year is the ARTS. **Get your \$10 ticket now.** It has been a **sell out every year** and includes a health expo, wellness education, flu and pneumonia vaccines are available and you will even enjoy a three-course lunch. **Some of us will car pool** from both Battery Park and The Arbors to this event. Make sure you are signed up and have your ticket - \$10. Contact 353-3171.

### Popular Activities Continue 🏠 Open to the Community

**Sequoia’s “Fall into Soups” Cooking Class Series** is back on Sept. 22<sup>nd</sup> at 10:30am BPCC. She will use local ingredients and feature fall ingredients we will all be able to duplicate at home for family and friends.

🏠 **Weight Management Group** will meet on Sept. 29<sup>th</sup> at BPCC at 1:45pm. You make the choices and we support your plan.

🏠 **Diabetes Support Group** continues each month at Battery Park CC, Tuesday, Sept. 12<sup>th</sup>, 10am and also at Peter Paul Development Center on Sept. 14<sup>th</sup> 11am. Bring your questions and concerns to find out how to maintain wellness and enjoy good health even with diabetes or the risk of diabetes. Open to members and community. Call 353-3171.

**Practice your Conversational Spanish** with Joan and Friends most Tuesday and Friday mornings at BPCC. Call for information.

**Exercise** at all locations more than 8 times each week, including walking, floor exercise, chair yoga, chair exercise, zumba, line dancing, and aquatics. There is something for everyone’s taste and ability!

**Pot Luck Lunch.** On Sept. 19<sup>th</sup> we will have a pot luck lunch. Contributors make sure to sign up with your “dish to share” (to feed 6 to 8 people). Choose a Main Dish, Casserole or Vegetable. Only a few Desserts are needed. Sign up at BPCC on your return activity sign-up sheet, by email or by phone.

**Members Meeting with the Director,** Carolyn Comerford, will be Sept. 12<sup>th</sup> at 1:45pm BPCC. Lots of information is shared in these meetings, including opportunities for volunteering and fund raising at future events. Keep up on the latest activities and suggest new ones to try.

### Seeking Volunteers

👤 **Line Dance Enthusiast & Leader** needed...we love to dance. 👤 **Help in the Office on Wednesdays and Thursdays or occasionally.** 👤 Add activities to a website or help us reach out through social media. 👤 Teach a craft.  
 👤 Share a travel experience with our Travel Club. We’d love to hear about your trip!

#### HAVE EXTRAS? WE ARE LOOKING FOR CONTRIBUTIONS OF:

👤 Jewelry Making Supplies or Old Jewelry Pieces      👤 Unused Greeting Cards & All Colors of Sequins & “Bling”

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## September Birthdays

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

Sept 2 Earnest Jean Hudson  
 Sept 3 Gladys Reynolds  
 Yvonne Tunstall  
 Sept 5 Ellen Vann  
 Sept 9 Jane Mikolajczyk  
 Sept 14 Ruth Morgan  
 Sept 17 Donna Marie Moore  
 Jackie Presley  
 Mary Jo Presley



Sept 18 Tejuana Patterson  
 Ulyana Pekar  
 Sept 21 Dorth Edwards  
 Sept 22 Margo Lee  
 Sept 25 Myra Isaacs  
 Sept 27 Harold Moss  
 Sept 28 Rosalind Epps  
 Sept 29 Lenora Taylor  
 Sept 30 Gail Robinson

## Joan's About Town in September

September 2 Harvest Festival 12-5/\$20 Hanover: 550-7516, James Rivers Cellars Winery, 11008 Wash.Hwy.23054  
 September 15-17 "Field Day of the Past" - Rockville, VA (Goochland County): 804-741-8468; 8 AM-11 PM  
 September 16 43<sup>rd</sup> Street Festival of the Arts, Forest Hill at 43<sup>rd</sup> Street, 233-1758, Richmond  
 September 16-17 Stratford Hall- Wine and Oyster Festival: 804-493-8038  
 September 17 Virginia State Fair, Meadow Farms, Hanover, VA  
 September 19-30 Virginia Jazz: The Early years- Valentine Museum Exhibition; 804-649-0711  
 September 23 Chickahominy Pow-Wow, 8200 Lott Cary Rd., Providence Forge, 23140, 804-557-3775  
 September 30 Festival of Grapes and Hops-Petersburg, VA.: 804-733-8131  
 All month: Trolley Car Tour of Richmond Murals  
 Music in the Park- every 2<sup>nd</sup> Sunday until October- Forest Hill Park  
 Virginia Safari Park-Drive thru Zoo-Natural Bridge, VA 504-291-3205  
 Hollywood Casino/Charlestown Races, Charlestown, West VA  
 City Point/Appomattox House, Hopewell, VA  
 Henricus Park- 251 Henricus Park Road, Chester, VA (804) 748-1613

## Thank YOU

*To Our Board and Officers for Their Dedication and Support*  
**And our Hosts and Funders**

The Senior Center of Greater Richmond appreciates the generous support of:

- Genworth Foundation
- Dominion Energy
- ACECF (Altria Companies Employees' Community Fund)
- Senior Connections, the Capital Area Agency on Aging
- Battery Park Christian Church, our host, for our Tuesday and Friday programs
- Peter Paul Development Center hosts seniors on Tuesday and Thursdays
- Richmond's First Baptist Church hosting programs on Thursday
- The Arbors in South Richmond hosting programs on two Mondays each month

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

*We have the VERY BEST MEMBERS!!!!*

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<i>Registration Tab</i>	<b>Closed for Vacation: Aug 28<sup>th</sup> -- Sept 8<sup>th</sup></b>
<p>Mark the activities you would like to attend, fill out the survey and bring it or mail it ASAP:</p> <p><b>StSC</b> <input type="checkbox"/> Mon. 11am Chair Yoga \$5 <input type="checkbox"/> 11 <input type="checkbox"/> 18 No 25th</p> <p><b>BPCC</b> <input type="checkbox"/> Mon 8am WO <input type="checkbox"/> 11 <input type="checkbox"/> 18 <input type="checkbox"/> 25</p> <p><b>VIS ARTS</b> <input type="checkbox"/> 15 <input type="checkbox"/> 22 <input type="checkbox"/> 29 (6 weeks)</p> <hr/> <p>9/11 <b>ARB</b> <input type="checkbox"/> AG Exercise <input type="checkbox"/> Lunch\$ <input type="checkbox"/> Mason Jar Craft</p> <p>9/12 <b>BPCC</b> <input type="checkbox"/> Spanish <input type="checkbox"/> Diabetes Support <input type="checkbox"/> Energy Assistance <input type="checkbox"/> Lunch\$ <input type="checkbox"/> AG <input type="checkbox"/> Members Meeting</p> <p>9/13 <input type="checkbox"/> African American Museum Washington DC. Trip</p> <p>9/14 <b>SwimRVA:</b> <input type="checkbox"/> VAN BYO Lunch</p> <p>9/14 <b>FBC</b> <input type="checkbox"/> Bridge <input type="checkbox"/> Game Face <input type="checkbox"/> WW/O <input type="checkbox"/> Lunch\$ <input type="checkbox"/> Get Your Will Done</p> <p>9/15 <b>BPCC</b> <input type="checkbox"/> Spanish/Joan <input type="checkbox"/> CornHole/PingPong <input type="checkbox"/> Lunch\$ <input type="checkbox"/> WWO <input type="checkbox"/> Spanish/Liza <input type="checkbox"/> Canasta <input type="checkbox"/> Trivia</p> <p>9/19 <b>BPCC</b> <input type="checkbox"/> Spanish/Joan <input type="checkbox"/> CornHole/PingPong <input type="checkbox"/> Reverse Mortgages <input type="checkbox"/> Lunch\$ <input type="checkbox"/> AG <input type="checkbox"/> Disaster Prep</p> <p>9/20 <b>BPCC</b> Volunteer Lunch (need to register) 11:30-2:30</p> <p>9/21 <b>SwimRVA:</b> <input type="checkbox"/> VAN BYO Lunch</p> <p>9/21 <b>FBC</b> <input type="checkbox"/> Bridge <input type="checkbox"/> Home vs Health Care <input type="checkbox"/> BP Check <input type="checkbox"/> WWO <input type="checkbox"/> Lunch\$ <input type="checkbox"/> Travel Club-Antarticia</p> <p>9/22 <b>BPCC</b> <input type="checkbox"/> Bridge <input type="checkbox"/> Spanish/Joan <input type="checkbox"/> LucyCorrDental <input type="checkbox"/> Fall Into Soups <input type="checkbox"/> Lunch\$ <input type="checkbox"/> WWO <input type="checkbox"/> Shingles/HepC</p> <p>9/24 <input type="checkbox"/> Chickahominy Pow Wow and Fall Festival <input type="checkbox"/> Will Drive <input type="checkbox"/> Need Ride</p> <p><i>Please Mail or bring this to the Center as soon as possible.</i></p>	<p>9/25 <input type="checkbox"/> <b>Bon Secuors Successful Aging Forum</b> \$10 ticket <input type="checkbox"/> Will Drive &amp; Share</p> <p>9/26 <b>BPCC</b> <input type="checkbox"/> 10-3 OpenHouse <input type="checkbox"/> Spanish/Joan <input type="checkbox"/> CornHole/PingPong Model <input type="checkbox"/> Budget Eating <input type="checkbox"/> Lunch\$ <input type="checkbox"/> AG <input type="checkbox"/> Mystery Writers/Murder</p> <p>9/28 <b>SwimRVA:</b> <input type="checkbox"/> VAN BYO Lunch</p> <p>9/28 <b>FBC</b> <input type="checkbox"/> Bridge <input type="checkbox"/> Napkin Folding <input type="checkbox"/> WWO <input type="checkbox"/> Lunch\$ <input type="checkbox"/> Ella Fitzgerald</p> <p>9/29 <b>BPCC</b> <input type="checkbox"/> Spanish/Joan <input type="checkbox"/> Bridge <input type="checkbox"/> Mason Jar Craft <input type="checkbox"/> Lunch\$ <input type="checkbox"/> WWO <input type="checkbox"/> WeightMgmt. <input type="checkbox"/> Canasta <input type="checkbox"/> Games</p> <p><b>9/13</b> <input type="checkbox"/> <b>Museum of African American History &amp; Culture \$ Smithsonian \$ SOLD OUT</b></p> <p><b>Oct or Nov.</b> <input type="checkbox"/> <b>Museum of African American History &amp; Culture or Smithsonian On Your Own \$50mbr. \$60 guests</b></p> <p><b>October TBD</b> <input type="checkbox"/> <b>Casino Trip \$ Under Development</b></p> <p><b>12/13</b> NOTE NEW DATE <input type="checkbox"/> <b>Riverside Dinner Theatre Christmas Spectacular \$90 members \$100 guests</b></p> <p><b>2018</b> <input type="checkbox"/> <b>Tropical Costa Rica \$ – February 5-18, 2017</b></p> <p><b>2018</b> <input type="checkbox"/> <b>Shades of Ireland \$ – April 7-16, 2018 (Seats guaranteed with payment in full.)</b></p> <p><b>Remember:</b> If a scheduled event is not of interest to you, you can always try other options: Spanish practice, games, adult coloring, canasta, trivia, puzzles, ping-pong &amp; more.</p> <p><b>Please Complete SURVEY below!!!</b></p> <p><b>Name</b> _____</p>
<p><b>LOOKING BACK &amp; FORWARD</b></p> <p>1. What type of activity would you like to see at the Senior Center which is not offered? _____</p> <p>2. Do you think the Senior Center helps you maintain good health? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>3. How often do you exercise each week (circle one): 1 2 3 4 5 6 7 8 9 10 or more</p> <p>4. Your 2 favorite activities in July &amp; August? _____</p> <p>5. Did you volunteer for the Senior Center of Greater Richmond last month? Yes <input type="checkbox"/> How Many Hours? _____ Which Activities? _____</p> <p>6. Can you encourage another friend or family member to join? _____ Did you know you could earn up to \$30 in membership discounts by encouraging friends to join? (\$10 per new member at your next renewal date)</p> <p>7. Would you like us to send an invitation? Name: _____ Address: _____ Or Email: _____ or telephone: _____</p> <p>8. What trip have you taken with the Senior Center that you would like to see repeated? _____</p>	
<p><b>Mailing Address: Senior Center of Greater Richmond, P.O. Box 6521, Richmond, VA 23230</b></p>	

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