



# July 2017

## Senior Center of Greater Richmond

### Senior Safety Day

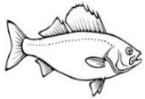
Our 3<sup>rd</sup> Annual Senior Safety Day on July 20<sup>th</sup> will be held at Richmond's First Baptist Church (corner of Monument and Boulevard.) This event is a partnership between our Senior Center, the Office of the Attorney General Mark Herring and First Baptist. Last year we had more than 300 seniors attending workshops, winning prizes, eating a great lunch and meeting people with resources and services for seniors. This year, we will introduce some new topics, lots of new sponsors, vendors and resources and a number of new seniors from Richmond and surrounding counties. Our EVENT sponsor will be Dominion Energy Share.



At the event we will hear a lot about **Living Safely in Our Homes**. Each participant will choose two morning breakout sessions of their choice for the event from list including: Emergency Planning, Food Safety, Safeguards Against Scams/Frauds/ID Theft, Driving Safely, DeCluttering for Safety, Smart Phone Safety, Senior Energy Assistance Programs, Impacts of Prescriptions & Alcohol on Aging Adults, an afternoon presentation on Changes To Make Your Home Safer, plus many Community & Regional Resources. Since we expect seniors of all ages, some working, some retired and most enjoying their "Senior Hood" to the fullest, we will be providing lunch, lots of vendors, resources and giving you opportunities to make some new connections. Join us for ideas, challenges, prizes and more.

Register for this fun event by: Email: [SeniorCenterRVA@gmail.com](mailto:SeniorCenterRVA@gmail.com) ♦ Phone: 804-353-3171

On line: <https://SeniorSafetyDay2017.EventBrite.com>



**Only a Few Seats Left – JULY 14<sup>TH</sup> Hampton Fishing Trip – Make Reservation today with a check (\$68 members \$78 non-members) to reserve a seat. Last year was great fun!!!**



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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.**

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***In This Issue***  
**NEW**  
**In July**

**NEW Health Options Series** is featuring **Palliative vs. Hospice Care: The Differences**. 10 am, July 6<sup>th</sup> FBC.

**Discussions:** July 6<sup>th</sup> 1pm at FBC: There will be a follow-up to last months **“File of Life – What is Needed & Why”** and a presentation on all the facts about affordable **Senior Guaranteed Life Insurance**.

**Crafts:** Alice Ealey intern from J. Sargent Reynolds Community College will coordinate two craft classes. On Friday July 7<sup>th</sup> she will teach us how to Redesign a Dated Hat at 10am. Bring one of yours to embellish. On Tuesday July 11<sup>th</sup> she will help us Design Unusual Jewelry (rings, bracelets & hairbands) at 1:45pm. BPCC

**Baking with Alice!** Alice also will be creating her secret pound cake recipe on July 14<sup>th</sup>, 10am and when done we will transform it into Alice’s Strawberry Shortcake, which we will eat at lunch.

**Legal Shield: A Legal Services Option** will be discussed. This is an alternate way to properly prepare legal documents all of us should have in place, such as wills, trusts and powers of attorney. July 14<sup>th</sup> 11am, BPCC

**“Let’s Consider”** Join a lively discussion on 3 newsworthy issues. Friday, July 7<sup>th</sup>, 2pm at BPCC

**The Historical Society of Virginia** will be the destination for the Genealogy Group on July 13<sup>th</sup> at 10am.

**Summer Movie Fun** is still happening at Battery Park on July 14<sup>th</sup> at 1:45pm with a showing of **“Hidden Figures”** the story of the NASA Ladies that made such a contribution to the Space Program.

**Senior Life Planning Series** continues. On July 18<sup>th</sup> join us to participate in a workshop on **Probate Facts: Wills vs. Trusts & Who Needs What**. Also open to community. At 1:45pm at BPCC.

**“Healthy Habits” Series** with Linda Rubin will begin on July 25<sup>th</sup> and continue into the fall. This is a personal look at how to change the bad habits and create good new habits to keep us healthy at 11am. BPCC

**“DaVinci – The Experience” The Science Museum of Virginia** on July 26<sup>th</sup> will enable our members take a more comprehensive look at Leonardo DaVinci and his contributions during the renaissance as a poet, sculptor, painter sand architect with this interactive self-guided tour. The tickets are \$17 ea. with a group of 10 or more! **Sally Bell’s new restaurant location** is located across the street at 2337 W. Broad St., 23220, and we will meet there at 11:30am for a self-pay lunch. This will be much fun and a relaxing afternoon!

**“American Women”** is a continuing series from Sue Nelson. On July 27th, Sue will be introducing us to **Rachael Carson**, known as the mother of the modern Environmental Science and the first scientist to connect the dangers of DDT to disruptive health issues. First Baptist Church, Suite 280, at 1pm. Every month a different American Woman is featured.

**“50 Shades of Cabernet”** authors will discuss their refreshing **“mysteries by the glass” anthology** in this **“What Local Mystery Authors Offer You”** and reflect on the popularity of Virginia-themed mysteries at 1:45pm July 25<sup>th</sup> BPCC. If you’ve ever thought about writing, now is your chance to get advice from the pros!

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**[No. Chesterfield – Introduction to the Senior Center at The Virginian, 11am, 300 Twin Bridge Lane, 23235](#)**

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New in September - Mark Your Calendars

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**New Beginner Bridge Group** will be forming in September at First Baptist Church!! Need 4 people to start! Contact the office to let us know of your interest. Generally, the play time will be morning hours on Thursdays.

**Bon Secours's Successful Aging Forum** will take place at West End Assembly of God on September 25<sup>th</sup> from 10am – 3pm. The Senior Center has access to only 20 tickets. Reserve your \$10 ticket now. It has been 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.

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**Dinner Theatre \$ – A Riverside Christmas Spectacular – Wednesday, Dec. 6<sup>th</sup>, Fredericksburg, \$90-\$105 TBD**

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*In Memory of  
Elizabeth Albright and Alice Hawkins who recently passed.  
Our prayers and sympathy go out to their families and friends.*




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### **Popular Activities Continue**

**Exercise** at all locations more than 8 times each week. **Weight Management Group** will meet on July 21st at BPCC at 1:45pm. You make the choices and we support your plan.

**“Try Us Out”** is a comprehensive overview of all that our Senior Center of Greater Richmond has to offer. There will be three in July: July 7<sup>th</sup> at 11am, Battery Park Christian Church (make sure to register for lunch which is on us); and The Arbors July 24<sup>th</sup> at 11am followed by a brunch.

**“Introduction to the Senior Center of Greater Richmond” at the Virginian** in No. Chesterfield, 300 Twin Bridge Lane, 23225, July 12<sup>th</sup> at 11am. You just need register in advance.

**Travel Club – San Francisco** will be discussed on July 13<sup>th</sup> at 1pm at FBC by our own **Joan Galimore**.

**Diabetes Support** continues each month at Battery Park CC, Tuesday, July 11<sup>th</sup> 10am and also at Peter Paul Development Center. Bring your questions and concerns to find out how to maintain wellness and good health even with diabetes or the risk of diabetes. Contact us for info. Open to members and community.

**Pot Luck Lunch.** On July 18<sup>th</sup> we will have a pot luck. Make sure to sign up with your dish to share (feeding 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.

Our **Conversational Spanish Club** continues to use Spanish as often as possible with practice sessions and games on Tuesdays and Fridays at 10am with Joan.

**Sequoia's Chef's Choice Cooking Class** is back on July 28<sup>th</sup> at 10:30am BPCC. She will use local ingredients and feature summer fare that will tempt us and make us want to recreate the dishes for family and friends.

**Members Meeting with the Director**, Carolyn Comerford, will be July 28<sup>th</sup> at 11am BPCC. Lots of information is shared in these meetings as well as opportunities for volunteering and fund raising at future events.

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**Coming the First Week of August – Volunteer Meeting and Lunch**  
**Wednesday, August 2, at BPCC from 11:30am to 1:30pm. If you have volunteered during the last year, please make sure you SIGN UP before the end of July.**

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## ***New Orleans – NEW Dates – October 2 – 6, 2017 – Dates Approaching Fast***

**In October 2017**, join 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.

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### **Volunteer Wish List** FOR MONTH OF JULY

- ‡ Line Dance Enthusiast and Dance Leader      ‡ Senior Safety Day Event Volunteers - Call Micki 353-3171
  - ‡ Have you traveled somewhere special and would share your trip experiences? Our Travel Club needs you!
  - ‡ Do you have a special talent or hobby? Would you share it with us? Call Ann today 353-3171.
  - ‡ Arts & Craft Leaders – for painting (any kind), jewelry making, card decorating or YOUR SPECIALITY!
- 

ARE YOU DE-CLUTTERING? WE ARE LOOKING FOR CONTRIBUTIONS OF:

- ‡ Jewelry Making Supplies or Old Jewelry      ‡ Unused Greeting Cards & *All Colors* of Sequins & Bling
- 

**BPCC will be closed from Monday August 28<sup>th</sup> through Friday September 8<sup>th</sup>**

but... we will have 2 (self-pay) Lunches and Movie Outings just for fun! Watch the calendar!

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### July Birthdays

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



July 1	Olive Wintz	July 8	Paula Brown
July 1	Thomas Folly	July 11	Chris Stoute
July 1	Joyce Hicks	July 13	Linwood Jones
July 4	Lynda Merry	July 15	Lillie Stephens
July 4	Marcita Penick	July 21	Gloria Arvinger
July 6	Hilda Laws	July 22	Audrey Lisbon
July 6	Sharon Robinson	July 22	Juliet Rathnam
July 8	Paula Brown	July 30	Sonja White

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### **Joan's About Town in JULY**

July 1	<b>Meadow Farms Living History</b> Demonstration. Crump Park, Henrico, Noon-3:30, FREE 501-5520
July 4 <sup>th</sup>	<b>Baseball and Fireworks</b> at The Diamond, Boulevard, RVA. <b>Music and Fireworks</b> at the Carillon, Byrd Park, RVA <b>"Red, White and Lights"</b> , 4pm FREE, Meadow Farms, Crump Park
July 7-23	<b>Play "She Loves Me"</b> 2:30pm at the Cultural Arts Center, Glen Allen
July 8	<b>Movie "Sully"</b> 2pm, Henrico Theater, Nine Mile Road, Richmond, VA
July	<b>Senior Bowling Leagues</b> , Shrader Lanes, Mondays 1-3pm, 755-1342
July	<b>Pinochle</b> , 3 <sup>rd</sup> Wednesday, Noon-5pm, Eastern Henrico Recreation Center
July	<b>Mattaponi Indian Reserve</b> , Pocahontas' Necklace, 1409 Reservation Cir., Westpoint, VA 769-2194
July	<b>Appomattox Courthouse National Historical Park</b> , (434) 352-8999

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### **Thank YOU**

*Event Sponsors of our Senior Safety Day on July 20<sup>th</sup> 2017: Dominion Energy Share, and Anthem HealthKeepers, Caremore, Senior Connections, The Capital Area Agency on Aging*

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*To Our Board and Officers for Their Dedication and Support*

**And our Hosts and Sponsors:**

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

- **Genworth Financial**
- **ACECF (Altria Companies Employees' Community Fund)**
- **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**
- **First Baptist Church hosting programs on Thursday**
- **The Arbors in South Richmond on Mondays**

*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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