

Registration Tab

ACTIVITY SCHEDULE \*See Newsletter

Mark the activities you would like to attend, cut off this section and send, call or mail it;

SUNDAY	MONDAY (2 Sites) St. Stephens StSC, The ARBORS (ARB)& Heritage Oaks (HO)	TUESDAY Battery Park CC Fellowship Hall BPCC	WEDNESDAY See Newsletter For Info	THURSDAY (2 Sites) Swim/RVA/Aquatics Center SwimRVA First Baptist Church FBC	FRIDAY (2 locations) Battery Park CC Fellowship Hall BPCC & Visual Arts Center Of Richmond Vis Arts	SAT.
February 2 <sup>nd</sup> –Weight Management Support Group February 3 <sup>rd</sup> thru March 10 <sup>th</sup> -Beaded Jewelry-Visual Arts Ctr. February 4 <sup>th</sup> -- Maryland Live! Casino Trip \$50 February 15 <sup>th</sup> – ENGAGE at Visual Arts Center February 14 <sup>th</sup> -- !2 -3 Sweetheart Dance at Belmont CC February 21 <sup>st</sup> —Senior Life Planning – Dreams & Reality February 22 <sup>nd</sup> – 11am Pharmaceutical Drugs &Seniors February 24 <sup>th</sup> – Conversational Spanish with Lisa Zajur \$8			1	9:15-3:00 SwimRVA Thursday GRAP 2 10:00 Line Dancing 11:00 Chair/Exercise 12:00 BYO Lunch 12:30 Aquatics Exercise *U Turn Van 10-3 First Baptist Church FBC 10 Walking Club 10:30 Valentine Cards 11:30 Wellness W/O 12-1 Lunch \$ 1-3 Levels of Care for Seniors –A Panel Discussion	10-12 Vis Arts Series–Beaded Jewelry 1of 6 3 9-10 Walk BPCC 10-11 Valentine Cards for Someone Special 10-12 Bridge and Optional Activities 11-12 “Try Us Out” 12-1 Lunch \$ Chef Salad 1-2 Senior Wellness W/O 2-3 Weight Management 2-3 Spanish Practice with Joan	4 Maryland Live * Casino Trip
5 ChairYoga \$5 StSC 6 8 AM Exercise BPCC NEW ARB - Arbors 10-2 10 AgelessGraceExercise 11 Valentine Cards 12 Lunch \$ 1 “Retro” Musical Experience	7 BPCC 9-10 Walk 10-11 Diabetes Support Group 11-12 Cooking Healthy African American Soul Food 12-1 Lunch \$ “What We Made” 1-2 AgelessGraceExercise 2-3 Bingo with First Light	8 9:15-3 Swim RVA Thursday GRAP 9 Same Schedule (See 1 <sup>st</sup> Week in Month) Same Transport Options 10-3 First Baptist Church FBC 10-10:30 Walk 10:30 Tech Tutors-Moving Pics from Camera to Computer \$ 11:30 Wellness W/O 12-1 Lunch \$ 1-3 Genealogy	9 10-12 Vis Arts Series–Beaded Jewelry 2of 6 10 9-10 Walk BPCC 10-12 Membership Meeting- Talk w/the Director 10-12 Bridge Group and Optional Activities 12-1 Lunch \$ Pot Luck (Signup!) B’day Cake 1-2 Wellness W/O 2-3 TechTutors: Creating A Photo Slide Show\$	11 Elegba Dancers 7 PM Henrico Theatre FREE	2/11 HenricoTheatre <input type="checkbox"/> ElegbaDancers Free 7pm 2/13 HO <input type="checkbox"/> AG Exercise <input type="checkbox"/> Word Mastery <input type="checkbox"/> Lunch\$ 2/14 BPCC <input type="checkbox"/> Knitting <input type="checkbox"/> Other Options <input type="checkbox"/> Lunch\$ <input type="checkbox"/> AG <input type="checkbox"/> Life Stories <input type="checkbox"/> Sweathart Dance 2/15 <input type="checkbox"/> VisArtsEngage <input type="checkbox"/> HeritageTheatre\$ 10 am Free 2/16 SwimRVA: <input type="checkbox"/> SwimRVA <input type="checkbox"/> VAN BYO Lunch 2/16 FBC <input type="checkbox"/> Dolls <input type="checkbox"/> W/O <input type="checkbox"/> Lunch\$ <input type="checkbox"/> Travel Club 2/17 BPCC <input type="checkbox"/> Bridge/Other <input type="checkbox"/> Ukuleles	
12 ChairYoga \$5 StSC 13 11am \$5 StSC 8 AM Exercise BPCC NEW NEW 10-11:30 HeritageOaks (HO) 10 Ageless Grace Exercise 10:45 Word Mastery 11:30 Lunch \$	14 BPCC 9-10 Walk 10-12 Knitting Club w/Sue 10-12 Other Options 12 Lunch \$ Chef’s Choice 1-2 AgelessGraceExercise 2-3 Recording Life Stories 12-3 Sweetheart Dance-Belmont	15 10-12 ENGAGE at the Visual Arts Center for the Natasha Bowdoin Exhibit Appreciate & Try It Fun! Or Heritage Ensemble Theatre 10 am.at Pine Camp “Message from a Slave” \$	16 9:15-3 Swim RVA Thursday GRAP 16 Same Schedule (See 1 <sup>st</sup> Week in Month) Same Transport Options 10-3 First Baptist Church FBC 10 Walk 10:30 Doll Collections: “Hitty” 11:30 Wellness W/O 12-1 Lunch \$ 1-2:30 Travel Club – Nikki Nicholau on Croatia	17 10-12 Vis Arts Series–Beaded Jewelry 3of 6 17 9-10 BPCC Walk BPCC 10-12 Bridge or Other Options 11-12 Ukuleles with Angie Pizzeck 12-1 Lunch \$ Soup 1-2 Wellness W/O 2-3:30 Diversity and Inclusivity With The Virginia Center for Inclusive Communities	18 <input type="checkbox"/> Lunch \$ <input type="checkbox"/> W/O <input type="checkbox"/> Diversity/Inclusivity 2/20 ARB <input type="checkbox"/> AG <input type="checkbox"/> Plates <input type="checkbox"/> Lunch\$ <input type="checkbox"/> Black History 2/21 BPCC <input type="checkbox"/> Black History <input type="checkbox"/> Lunch \$ <input type="checkbox"/> AG <input type="checkbox"/> Lunch\$ <input type="checkbox"/> Life Planning 2/22 BIP <input type="checkbox"/> Healthy You – Prescriptions & Seniors 2/23 SwimRVA: <input type="checkbox"/> SwimRVA <input type="checkbox"/> VAN BYO Lunch 2/23 FBC <input type="checkbox"/> Sleep <input type="checkbox"/> W/O <input type="checkbox"/> Lunch\$ <input type="checkbox"/> Amer Women 2/24 BPCC <input type="checkbox"/> Bridge/Optional <input type="checkbox"/> Quilting/BringTools	
19 ChairYoga 20 11am \$5 StSC 8 AM Exercise BPCC NEW ARB - Arbors 10-2 10 AgelessGraceExercise 11 Colorful Healthy Plates 12 Lunch \$ 1 Black History Presentation	21 BPCC 9-10 Walk 10:30-12 About Black History 12 Lunch \$ Beans & Bread 1-2 AgelessGraceExercise 2-3 Senior Life Planning - Dreams and Reality	22 Healthy YOU 22 11 am Prescriptions and Seniors Dr. Peron – VCU Department of Pharmacology (Geriatric) Brookdale Imperial Plaza Auditorium Reservations 353-3171	23 9:15-3 Swim RVA Thursday GRAP 23 Same Schedule (See 1 <sup>st</sup> Week in Month) Same Transport Options 10-3 First Baptist Church FBC 10 Walk 10:30 Talking About Sleep 11:30 Wellness W/O 12-1 Lunch \$ 1-3 American Women – Sandra Day O’Conner	24 10-12 Vis Arts Series–Beaded Jewelry 4of 6 24 9-10 Walk BPCC 10-12 Bridge and Optional Activities 10-12 Patchwork Quilting A Pillow, Bring Your Own: Scissors, Needles, & Pins 12-1 Lunch \$ Soup 1-2 Wellness W/O 2-3 February Conversational Spanish: Lisa Zajur \$8 per class 2-3 Optional Activities Available	25 <input type="checkbox"/> Lunch \$ <input type="checkbox"/> W/O <input type="checkbox"/> Spanish <input type="checkbox"/> Optional 2/27 HO <input type="checkbox"/> AG Exercise <input type="checkbox"/> Brain Games <input type="checkbox"/> Lunch \$ 2/28 BPCC <input type="checkbox"/> ClutterWorkshop <input type="checkbox"/> Lunch\$ <input type="checkbox"/> Investments 2/4 <input type="checkbox"/> Maryland Live Casino & Mall Trip \$ 4/5 <input type="checkbox"/> DC Cherry Blossom Cruise \$ 4/20 <input type="checkbox"/> Eleone Dancers \$ Limited Seats 9/13 <input type="checkbox"/> National Museum of African American History & Culture (Smithsonian) \$ INTEREST 10/16-20 <input type="checkbox"/> New Orleans Tour \$ INTEREST	
26 Chair Yoga 27 11am \$5 StSC 8 AM Exercise BPCC NEW NEW 10-11:30 HeritageOaks (HQ) 10 AgelessGraceExercise 10:45 Brain Games 11:30pm Lunch \$	28 BPCC 9-10 Walk 10-12 Workshop on Decluttering With Ann (Handouts) 12 Lunch \$ Sandwiches 1-2 Wellness Workout 2-3 Investment Club with Ann Manalo	COMING IN MARCH – APRIL 2017 March 15 -- Faberge Tour at VMFA March 22 <sup>nd</sup> – 11am You and Your Allergies – Healthy YOU April 20 <sup>th</sup> -- 10am -- Eleone Dancers at the Cultural Center of Glen Allen \$10 Limited seats September 13 <sup>th</sup> – National Museum of African American History and Culture \$ October 16 <sup>th</sup> – 20 <sup>th</sup> -- New Orleans Tour \$				See SURVEY on back!!!! Remember: If the scheduled event is not interesting, you can always try other options: knitting projects, Spanish practice, games, adult coloring, puzzles and more. NAME: _____

REGISTER FOR ALL ACTIVITIES and Lunches

804-353-3171 ▪ [SeniorCenterRVA@gmail.com](mailto:SeniorCenterRVA@gmail.com) ▪ [SeniorCenterOfGreaterRichmond.org](http://SeniorCenterOfGreaterRichmond.org)

**Mondays (The Arbors, Heritage Oaks & St. Stephens):**

◆ The Arbors (ARB) at 7608 Forest Hill Avenue, Richmond, VA 23225 ◆ Heritage Oaks Retirement Community (HO) at 1100 German School Rd, Richmond, VA 23225 ◆ St. Stephen's Episcopal Church for Chair Yoga at 6000 Grove Avenue, Richmond 23226.

**Tuesdays & Fridays:** Battery Park Christian Church (BPCC), 4201 Brook Road, Fellowship Hall, Richmond, VA 23227, Peter Paul Development Center, 1708 North 22<sup>nd</sup> Street, Richmond 23223

**Wednesdays:** Activities Vary. See Schedule. 4<sup>th</sup> Wednesday: Brookdale Imperial Plaza(BIP), Auditorium, 1717 Bellevue Rd., Richmond VA 23227

**Thursdays (First Baptist, SwimRVA and Peter Paul Development Center):**

- ◆ First Baptist Church of Richmond(FBC) - 2709 Monument Ave, Richmond, VA 23220 ◆ Peter Paul Development Center, 1708 North 22<sup>nd</sup> Street, Richmond 23223
- ◆ SwimRVA or GRAP(SwimRVA) – 5050 Ridgedale Pkwy., Richmond, VA 23234 in North Chesterfield. VAN Pickup & Return to UTURN for 3 to 10 members by Advance Reservation: 353-3171

**Fridays & Tuesdays:**

- ◆ Battery Park Christian Church(BPCC) 4201 Brook Road, Fellowship Hall, Richmond, VA 23227
- ◆ Visual Arts Center (VisArts) (September – May) 1812 W Main St., Richmond, VA 23220, parking available next to and in the rear of building.

**Tuesdays and Thursdays:** The East Center at Peter Paul Development Center(PPDC), please call for a current schedule: 804-353-3171

Meals

Meals at The Arbors, First Baptist Church, Heritage Oaks\* & Battery Park Christian Church: All meals are \$3 each at all of these meeting locations. This is a small part of the cost of the meal.

Effective December 1, 2016 members going to the Aquatics Center will need to bring their own lunches. (Heritage Oaks residents do not pay for meals.)

Addresses and Richmond Area Locations

(ARB) The Arbors, 7608 Forest Hill Avenue, Richmond, VA 23225

(BPCC) Battery Park Christian Church, 4201 Brook Road, Fellowship Hall, Richmond, VA 23227

(BIP) Brookdale Imperial Plaza • Healthy YOU Seminar: Auditorium • 1717 Bellevue Ave, Richmond, VA 23227

(FBC) First Baptist Church of Richmond, 2709 Monument Ave, Richmond, VA 23220

(HO) Heritage Oaks Retirement Community at 1100 German School Rd, Richmond, VA 23225

(PPDC) Peter Paul Development Center, 1708 N. 22nd St, Richmond, VA 23223 (If you want a Peter Paul Development Center Activity Schedule, please contact us: 804-353-3171)

(StS) St. Stephen's Episcopal Church, 6000 Grove Avenue, Richmond, VA 23226

SwimRVA (Greater Richmond Aquatics Partnership), (GRAP), 5050 Ridgedale Pkwy., Richmond 23234 (North Chesterfield)

(VisArts) Visual Arts Center – 1812 W Main St., Richmond, VA 23220 (Parking in the rear or on the street.)

SwimRVA VAN Pickup and Return: UTURN, 2101 Maywill St, corner of Maywill and Thalbro (1 block from Staples Mill and from Broad St.). Park and meet in Parking Lot on the Maywill side. Please call 353-3171 to get contact information for the coordinator for the location and to arrange for van transport to SwimRVA.

SwimRVA Schedule: UTURN Pickup 9:15AM – Leave GRAP: 1:45pm Arrive UTURN: 2:30 – 2:45pm (approximately)

**SPECIAL EVENTS or TRIPS:** See Flyers or Newsletter

For Information or to Register for all Activities – 804-353-3171 - [SeniorCenterRVA@gmail.com](mailto:SeniorCenterRVA@gmail.com) - [SeniorCenterOfGreaterRichmond.org](http://SeniorCenterOfGreaterRichmond.org)

In appreciation of funding support from Bon Secours Richmond Health Systems, Senior Connections, the Capital Area Agency on Aging and Genworth Financial.

And the Altria Companies Employee Community Fund (ACECF)

Hosting partners: The Arbors, Battery Park Christian Church, First Baptist Church, Heritage Oaks and Peter Paul Development Center.

Program partners: Greater Richmond Aquatics Center (SwimRVA), Visual Arts Center of Richmond, Brookdale Imperial Plaza, Humana, and Aetna

Greater Richmond Senior Safety Day Partners: First Baptist Church and the Office of the Attorney General.

Senior Safety Day Sponsors: Aetna Better Health of Virginia, Virginia SMP Program: Preventing Health Fraud and Senior Connections, the Capital Area Agency on Aging

**LOOKING BACK & FORWARD**

Rating Scale: 1 needs improvement - 5 excellent.

1.If you have a chronic health condition(s), what is it?

Would you say it is under control? Yes No

2. What Sr. Center health related activities are most important to you?

3. Do you exercise with us? If not, where do you exercise?

4. If you are female, have you had a mammogram in the past 1 ½ years? Yes No

5. Have you had a colonoscopy in the past 5 years? Yes No

6. Have you seen your doctor in the past year? Yes No

7. Do you think the Senior Center helps you maintain good health? Yes  No

8. Your 2 favorite activities in January:

\_\_\_\_\_  
\_\_\_\_\_

9. Did you volunteer for the Senior Center of Greater Richmond last month?

Yes  How Many Hours? \_\_\_\_\_

Which Activities? \_\_\_\_\_

10. Would you be interested in volunteering? Yes  Need More Info:

\_\_\_\_\_  
\_\_\_\_\_

11. Are you interested in one of our planned Collette Tours? (which one) \_\_\_\_\_

12. Suggestions: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_