



ACTIVITY SCHEDULE See Newsletter for more information.

SUNDAY	MONDAY (3 Locations) St. Stephens StSC, The ARBORS (ARB)&BPCC	TUESDAY Battery Park CC Fellowship Hall BPCC	WEDNESDAY See Newsletter For Info on Meeting Locations & Events	THURSDAY (2 Locations) Swim/RVA/Aquatics Center SwimRVA First Baptist Church FBC	FRIDAY (2 locations) Battery Park CC Fellowship Hall BPCC & VisualArtsCenterOfRichmond VisArts Sept-May	SAT.	
2	3 All Senior Center Sites are Closed Today.			5 9:15-3:00 SwimRVA Thursday GRAP 10:00 Line Dancing 11:00 Chair/Exercise 12:00 BYOLunch 12:30 Aquatics*UTurnVan <hr/> 10-2:30 First Baptist Church FBC 10-11:30 Health Options Series Hospice vs. Palliative Care 11:30 Wellness WO/Cynthia 11-12 BP Check 12-1 Lunch \$ 1-2:30 Senior Guaranteed Life Insurance & File of Life Follow-up	6 7 8 9-11 Walk /Bridge/Other/Spanish w/Joan 10-12 Re-Designing Hats (Bring an old hat) 11-12 "Try Us Out" 12 Lunch\$ Barbeque Plate 1-2 Wellness Workout w/Cynthia 2-3 Three Current Topical Issues: Let's Discuss *Beginner Bridge Group forming in September at First Baptist on Thursday: Sign-Up Now!		
9	10 11 12 8AM Exercise BPCC Wellness W/O w/Cynthia <hr/> 11am ChairYoga \$5 StSC <hr/> ARB - Arbors 10-1 10 AgelessGraceExercise 11 "Food As Medicine" 12 Lunch \$	11 12 13 14 BPCC* 9-10 Walk/Options/Spanish w/Joan 10-11 Diabetes Support 12-1 Lunch\$ Wraps 1-1:45 Ageless Grace Exercise 1:45-3 Jewelry Making – Rings & Bracelets & Hairbands w/Alice	12 13 14 15 Introduction to the Senior Center of Greater Richmond The Virginian at 11am 300 Twin Bridge Lane Richmond, VA 23235 (Located In North Chesterfield)	13 14 15 16 9:15-3:00 SwimRVA Thursday GRAP <u>Same schedule & Transport (See 1st Week)</u> 10-2:30 First Baptist Church FBC 10-11:30 Travel Club – San Francisco w/Joan 11:30 Wellness W/O w/Cynthia 12-1 Lunch \$ 1-2:30 Genealogy – Historical Society Visit	14 15 16 17 Hampton Fishing Trip BPCC* 9-11 Walk/Bridge/Other/Spanish w/Joan 10-11 Baking Pound Cake w/Alice 11-11:30 Legal Shield: Legal Services Option 11:30-12 Creating Strawberry Shortcake 12 Lunch \$ Spaghetti and Salad 1-1:45 Wellness W/O w/Cynthia 1:45 MOVIE "Hidden Figures" NASA Math Ladies		
16	17 18 19 8 AM Exercise BPCC Wellness W/O w/Cynthia <hr/> 11am ChairYoga \$5 StSC	18 19 20 21 BPCC* 9-10 Walk/Options/Spanish w/Joan 11-12 "Corn Hole Toss Fun" 12-1 Lunch\$ Pot Luck 1-1:45 Ageless Grace Exercise 1:45-3 Senior Life Planning – Probate Facts+Wills vs.Trusts Who Needs What	19 20 21 22 Set-up for Senior Safety Day 12 noon to 3 pm First Baptist Church Please Volunteer to Help!	20 21 22 23 Senior Safety Day First Baptist Church 2709 Monument Ave., VA 23220 9 am – 2:30 pm Speakers – Vendors – Lunch – Drawings – Breakout Sessions	21 22 23 24 BPCC* 9-11 Walk/Bridge/Other/Spanish w/Joan 11-12 Weight Management w/Cynthia 12 Lunch\$ Cold Plate 1-1:45 Wellness W/O w/Cynthia 1:45-3 Trivia "Great Lines from Great Movies" What Movie Would You Like for Next Movie Day?	22	
23	24 25 26 27 8 AM Exercise BPCC Wellness W/O w/Cynthia <hr/> 11am ChairYoga \$5 StSC <hr/> ARB - Arbors 10-1 10 Ageless Grace Exercise 11 Introduction to Senior Center of Greater RVA 12 Brunch	25 26 27 28 29 BPCC* 9-10 Options/Spanish w/Joan 11-12 "Looking at Sugar" w/Linda Rubin 11-12 Blood Pressure Check w/Cindy 12-1 Lunch\$ Chef's Choice 1-1:45 Ageless Grace Exercise. 1:45-3 "Local Authors in Your Own Backyard – "50 Shades of Cabernet"	26 27 28 29 Science Museum of VA Da Vinci Experience Sculptor – Painter – Architect \$17 ea. w/10 people or \$24 ea. Meet for Lunch: Sally Bells \$ Self-pay at 11:30am 2337 W. Broad Street, 23220	27 28 29 30 9:15-3:00 SwimRVA Thursday GRAP <u>Same schedule & Transport (See 1st Week)</u> 10-3 First Baptist Church FBC 10-11:30 Vacation Celebration 11:30 W/O w/Cynthia 12-1 Lunch \$ 1-3 American Women – Rachel Carson, author of <u>Silent Spring</u> , & an Environmental Scientist	28 29 30 31 BPCC* 9-11 Walk/Bridge/Other/Spanish w/Joan 10:30-12 Cooking Class – Sequoia Ross's Chef's Choice of Summer Favorites 12 Lunch\$ "What We Made!" 1-1:45 Wellness Workout with Cynthia 1:45-3 Membership Meeting w/Director	29	
30	31 32 33 8 AM Exercise BPCC Wellness W/O w/Cynthia <hr/> 11am ChairYoga \$5 StSC	... For All Volunteers Wednesday, Aug. 2nd Volunteer Meeting & Lunch 11:30am to 1:30pm Sandwiches Make Sure You Sign Up in July		 Calling All Seniors!		Senior Safety Day – Register Right Away Thursday, July 20 th , 9 am to 2:30 pm FREE with Advance Registration First Baptist Church (2709 Monument Ave., Richmond) ♦ Lunch Included Changes That Make Homes Safer ♦ Living Without Clutter ♦ How Universal Design Can Help You Live Safely Safeguards Against Identity Theft ♦ Emergency Planning ♦ Community and Regional Resources ♦ Driving Safety 804-353-3171 ♦ SeniorCenterRVA@gmail.com ♦ Online: https://SeniorSafetyDay2017.EventBrite.com	

REGISTER FOR ALL ACTIVITIES and Lunches 804-353-3171 ■ SeniorCenterRVA@gmail.com ■ SeniorCenterOfGreaterRichmond.org

*BPCC Other options are available each morning and afternoon. Create your own option! Create your own fun!

Locations, Addresses and Van Info on Page 2 (*See Newsletter)

For Information or to Register for all Activities (including lunches) – 804-353-3171 - SeniorCenterRVA@gmail.com - SeniorCenterOfGreaterRichmond.org

Locations by Day of the Week

Mondays (The Arbors, & St. Stephens): ♦ The Arbors (ARB) at 7608 Forest Hill Avenue, 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

Tuesdays & Thursdays: Peter Paul Development Center, 1708 North 22nd Street, Richmond 23223; from June 20 – August 24, 2017 PPDC will meet at First African Baptist Church, 2700 Hanes Ave., Richmond, VA 23222

Wednesdays: Activities Vary. See Schedule. **4th 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 22nd Street, Richmond 23223 (see above for temporary dates)

♦ SwimRVA or GRAP (SwimRVA) – 5050 Ridgedale Pkwy., Richmond, VA 23234 in North Chesterfield. **VAN Pickup & Return to UTURN for 3 to 10 members (Reservation: 353-3171)**

Fridays & Tuesdays: ♦ Battery Park Christian Church(BPCC) 4201 Brook Road, Fellowship Hall, Richmond, VA 23227

Fridays and Thursdays ♦ Visual Arts Center (VisArts) (September – May) 1812 W Main St., Richmond, VA 23220, parking available next to and in the rear of building. As scheduled.

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 & Battery Park Christian Church: Members give a donation of \$3 each of these meeting locations (to help defray a portion of the cost of the meal).

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 (Turn on Bellevue and park behind the church)

(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

(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).

From June 20 – August 24, 2017 PPDC will meet at First African Baptist Church, 2700 Hanes Ave., Richmond, VA 23222

(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.

Call 353-3171. 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

In appreciation of funding support from the Altria Companies Employee Community Fund (ACECF), Genworth Foundation, and the Senior Connections, the Capital Area Agency on Aging,

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

Program partners: Greater Richmond Aquatics Center (SwimRVA), Visual Arts Center of Richmond

NOTICE of Vacation: We will Not Meet at First Baptist Church in August

BPCC will be closed from Monday August 28th through Friday September 8th ... but we will have two (self-pay) Lunches and Movie Outings just for fun!

August 2, 2017 – Wednesday – Volunteer Luncheon and Meeting with Director – 11:30 pm to 1:30 pm, Lunch – Sandwiches – RSVP in July

Beginner Bridge Group forming at First Baptist Church Location in September – Call 804-353-5171

Other Options are available at BPCC each morning and afternoon. Create Your Own Option! Create Your Own Fun!