



DECEMBER 2016

News for PrimeTimers and Active Adults from the Senior Center of Greater Richmond

The Holidays at Senior Center of Greater Richmond – Our Luncheon

Happy Holidays, Merry Christmas, Happy Chanukah and Habari Gani, for Kwanzaa celebrants. So many special religious and cultural holidays and festivals are celebrated during this season. Happy Holidays is bland, but it does allow us to celebrate the holiday or festival of our choice at this event. This is a season of reflection and joy, of promise and good will. Let us celebrate that in our own way but also be inclusive.

HOLIDAY LUNCHEON. Our 2nd Annual Holiday Event will celebrate our year at Senior Center of Greater Richmond on December 14, 2016. Held at Battery Park Christian Church in the Fellowship Hall, it will be open to our members who register in advance, from 11am to 2pm (4201 Brook Road, at the corner of Brook and Bellevue. Parking is available off of Bellevue behind the church). Space is limited so you need to register in advance. Harold Moss will be our D.J. and members of the Senior Center will entertain us with music and dance. A Holiday Gift Exchange is optional (If you bring one, you get one – suitable for male or female).

Volunteers are needed for Dec. 13th and Dec 14th preparation and clean up. (Call to volunteer.)

Closed for the Holiday

The Senior Center of Greater Richmond will be closed for the Holidays from December 23 – January 1. We wish you a very happy holiday. If you have any questions about the holiday schedule, please let us know.

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See our Web Site for Photos

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

Try Us Out

If you are NEW to the Senior Center you can “Try Us Out” for free just by registering in advance at our New Location: The Heritage Oaks Retirement Community/HO, Monday, December 12th; or **“Try Us Out”** on Friday, December 2nd at BPCC. Please call to register.

New Activities Scheduled

This month, we have added some new activities. Times and location addresses are listed on our schedule, only the location and date is listed here. For information contact us at 804-353-3171 or SeniorCenterRVA@gmail.com Register by mail, in person at a site, on line or by phone/email.

Dominion GardenFest of Lights at Lewis Ginter Botanical Gardens. On the 21st, some members will meet at the Lewis Ginter Botanical Gardens at 11am to enjoy the lights and have lunch (\$)with friends in the Café. (\$7 Ginter Members \$11 Non-Ginter Members Plus \$ for lunch.)

The Valentine Museum History Project will present the popular program “The History of Hats” at The Arbors on Monday December 5th, and on Thursday December 8th at First Baptist Church. Join us.

Investing Safety. Amanda Blanks will present information on **Investing Safely** on December 16th (BPCC). This class was rescheduled from November. It is a must for investors.

Investing Club. Ann Manalo of Manalo Financial Planning will meet with our **Investing Club** on December 20th (BPCC). This group is tracking some portfolios as they learn the ABCs of investing. Don’t miss it.

Retrieving Pictures from Your Smart Phone. This Beginners class will prepare you to move photographs from your smart phones or tablets using a USB drive on December 9th at BPCC. (Bring your own USB drive to class.) \$ (Cost is based on the size of class from \$5 to \$15). No more than 6 participants. **Must** register in advance.

Smart Phone Training. At First Baptist Church on Thursday, December 15th, we will explore a little about Smart Phones. You must bring your smart phone. \$ (Cost is based on the size of class from \$5 to \$15). No more than 6 participants. Space is limited. **Must** pre-register

On-Line Shopping with Judith. A beginner’s class that talks about safe practices when you shop on line. Limited to 6 participants. REGISTER to hold your seat. Free. Friday, December 2nd at BPCC.

Holiday Wreath Making. Create your own holiday wreath. Dec. 6th \$5 Register

New Orleans Trip in 2017 and Ireland and Costa Rica in 2018 Announced for Senior Center Members and Friends

In October, Jerad Welch of Collette Tours introduced us to a *New Orleans Trip scheduled for October 2017*. This 5 day trip will both guide us through the Jazz Capital of the World, New Orleans, LA. The trip includes planned meals at world-known restaurants, a stay in a famous hotel and even a cooking class. Free time, activities and optional side activities are also available. Call for information. **804-353-3171**.

Our trip to *Ireland in April 2018* is quickly filling up quickly since it is one of the most popular on the Collette Schedule. This trip will take Senior Center Travelers to Dublin, Kilkenny, Blarney Castle, the Cliffs of Moher, Galway and Castle Stay among other places in the Republic of Ireland. Some of our members are signing up this week to hold their seats on this trip. Don’t let them have all the fun. Call for information. **804-353-3171**.

In February 2018, some of our seniors will take advantage of a scheduled trip to Costa Rica and enjoy early fall in this lovely tropical country. Relish the beauty of the Monteverde Cloud Forest and view a volcano from Lake Arenal. Visit Nature preserves and more. Learn about conservation programs in this very progressive country in Central America. Call 804-353-3171.

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Popular Activities Continue

Self Defense Workshop with Frank Rustin on Monday, December 12th, at Battery Park Christian Church (BPCC) in the Great Room. Please register in advance. Call for information. (Not ADA Accessible.)

Ukuleles and Fun. Have you ever wanted to play a ukulele. This is your chance. You will actually play some familiar songs during this class. Angie brings ukuleles for us. Plan to have fun: Battery Park on December 16th and at The Arbors on December 19th.

The Virginia Museum of Fine Arts (VMFA). If you go to First Baptist on the 22nd you will work out and go to one of our favorite places, the Virginia Museum of Fine Arts and have lunch at the Best Café. Lunch is self-pay and self-choose and self-pay. Afterwards, you can tour or shop at your leisure.

Knitting Group with Sue Nelson will continue to work on a pattern of their choice (one of several beginner or intermediate designs) on Tuesday, December 20th at BPCC. Use any optional or open time to continue work on your project.

Cooking Classes. You can make a Tasty Dessert at BPCC on Tuesday, December 13th, or at the Arbors on Monday, December 19th.

Our Travel Club has moved to the First Baptist Church/FBC where we will enjoy each month on the 3rd Thursday from 1-3 pm. Find out what travel story will be shared this month and what may be coming in the future.

Holiday Crafts. Lynda Rubin will introduce Glass Painting at FBC on the 1st. Extra Additional glasses will be available for decoration and purchase.

Christmas Crafts on December 6th. At 10, Ann will introduce a Christmas/Holiday Craft (Free). At 2pm, you can create your own wreath with Jacqueline (\$5) at BPCC.

Walkers continue to build stamina at First Baptist and at Battery Park. Some days we may just add some spice to your morning workout, join us to hear the music.

Diabetes Support continues on Tuesday, December 13th at BPCC. This is a very focused group working on maintaining wellness and good health with Diabetes. A similar group meets at Peter Paul Development Center, call us for more information.

Conversational Spanish continues with a brush up class with Lisa Zajur on Friday, December 2nd, at BPCC. Practice sessions are available with Joan Galimore by request. December's workshop will be \$5.

Pot Luck Lunches continue to be favorite at BPCC. Please sign up and select the type of dish (to feed at least 6 or 8) you will bring: Main Dish, Casserole (a main dish substitute), Veggies, Appetizer, Dessert.

Senior Center Locations

We meet on a regular basis at the following locations (abbreviations in parenthesis): Battery Park Christian Church (BPCC), First Baptist Church (FBC), Peter Paul Development Center (PPDC), The Arbors (ARB), Heritage Oaks (HO), SwimRVA (the Aquatics Center), the Visual Arts Center (VisArts), and Brookdale Imperial Plaza. See the back of your calendar for addresses. Call us for information.

Trips Being Planned – Make a Note

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During December, we will release plans for some of our 2017 day trips. A trip to the popular casino, Maryland Live, is planned for Saturday, February 4th. A two day trip to the African American Museum and Culture Center, a new Smithsonian Museum is planned for March and a number of area outings and small events are planned for January, February, March and more. More information in December. Be on the lookout for more information which will be posted in our sites before they are sent to members who are not regularly attending.

Everyone should understand our travel policy. If you sign up for a trip, we do not hold your seat until you have paid for the trip. If you wait until the last minute, you may not have a seat. If you cancel a Senior Center day trip or Senior Center planned trip, we only refund your money if you find a replacement who takes the trip. If the Senior Center cancels a trip, all paid reservations will be reimbursed.

There are no cancellations, but you can replace yourself on the trip by getting someone else who hasn't signed up to take the reserved seat. This is a reasonable policy and there will be NO exceptions.

Longer trips, like the ones to New Orleans, Ireland and Costa Rico through a Tour Company , like Collette, have their own policies related to cancellation and encourage the use of travel insurance.

Nutrition, Weight Management and Exercise Is Working

Our Fitness and Nutrition Program Coordinator, Cynthia Thomas Rustin, reports that a number of our members are starting to see weight loss from managing their diet with goals in mind, making changes they can and by exercising on a regular basis. Our recent fitness testing showed improvements in flexibility and stamina. We have observed such a dramatic improvement in flexibility and stamina in our wellness workout classes, we look forward to great improvements showing up at our next testing cycle in May or June. Remember these are your goals, your bodies and your abilities that YOU want to improve. If you are not a part of this effort, you can be, just let us know. You decide what you want to do and YOU make it happen. We just stand by and give you information, classes and cheer you on...of course we plan to celebrate with you as well.

Technical Computer, Smart Phone and Tablet Classes

Recently we have offered computer, smart phone and eTablet classes to our members. We will continue doing that through volunteers and through TechTutors. When we have a TechTutor class, we are charged a set fee for a 1 to 6 person class. Our active members voted to offer the classes and agreed that participants would pay ½ of the cost of the class. So a class could be \$30 if only one person took it or \$5 per person if 6 people take it.

When we have a volunteer teaching the class, there is no charge to our participants. As we increase volunteers, we have increased opportunities without increased participation costs. By the way, could you volunteer to facilitate or help with a class on crafts or other activity, it would allow us to offer more and spend less. *It's your Senior Center, remember.*

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Exercise – In December

Mondays: Chair Yoga at 11am with Celine Burn at **St. Stephens Church**.

Mondays: Exercise will start the day at 10am with Ageless Grace at **The Arbors** in South Richmond on the 1st and 3rd Mondays. On the 2nd and 4th Mondays, starting in January, exercise will be at 10am at **Heritage Oaks** in South Richmond/North Chesterfield.

Tuesdays: Walking Club. Ageless Grace with Sharon Brewer. Keep your joints lubricated and moving, at Battery Park Christian Church in the Fellowship Hall.

Thursdays: Line Dancing, Chair Exercise and Aquatics Exercise at the Greater Richmond Aquatics Center (SwimRVA) in North Chesterfield. At the Aquatics Center, when you come to one of our workshops in the morning, you can stay all day, swimming or exercising as much as you want. This is an expansion of our Aquatics Center program.

Thursdays: First Baptist Church. Walking at 10 am and a great Wellness Workout starts at 11am with Cynthia Rustin.

Fridays: Walking at 9am at Battery Park Christian Church. Senior Wellness Workout at 1pm with Cynthia Thomas Rustin at Battery Park Christian Church, **Self-Defense** at Battery Park Christian Church. (See dates in December Schedule)

Tuesdays and Thursdays: Chair Yoga and Chair Exercise are scheduled regularly on Tuesdays and Thursdays at the Senior Center East meeting at Peter Paul Development Center.

To Register contact us: 353-3171 SeniorCenterRVA@gmail.com

Lunches at the Senior Center

SwimRVA: Lunches will no longer be provided at the Aquatics Center. Please Bring Your Own Lunch (BYO)

The Arbors or Battery Park Christian Church: Meals are \$3 each. BYO lunches allowed.

East Center at Peter Paul Development Center: Lunches are served on Tuesday and Thursdays.

Richmond's First Baptist Church: Lunch is served by the church. Members pay \$3.each. No outside food.

Heritage Oaks: SCGR Members (who do not live at Heritage Oaks) pay \$3 each.

We Celebrate Our Birthdays for the Month



Seniors and PrimeTimers at the Senior Center of Greater Richmond are celebrating their birthdays:

Dec. 8 Colleen Brown	Dec. 19 Gwendolyn Cottman and Jerlean Yuille
Mabel Brooks and Grace Brown	Dec. 22 Mabel Smithers
Dec. 10 Rachel Woodall	Dec. 25 Bettye Jenkins and Ursula Davis
Hazel Mitchell and Wilhemenia Smart	Dec. 26 Millie McRae
Dec. 13 Hazel Newsome	Dec. 27 Vera Rubis
Dec. 17 Ruth Ellerbe	Dec. 29 Carolyn Comerford
Dec. 18 Kitty Hanley and Carol Weaver	

*Happy
Birthday*

In Sympathy

Our Sympathy goes out to Olive Wintz and her family. Olive lost her granddaughter in November.

Our sympathy, also, goes out to Martha Donahue who lost her aunt in November.

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Two Holiday Opportunities

- “Finding Christmas” at West End Assembly of God, December 10 at 1:30. Deadline payment, Dec. 5th (401 N. Parham Road, Richmond 23229) We have 15 tickets at \$20 each.
- “Jazz Nativity” Gayton Baptist Church, Saturday Dec 3rd at 4pm \$10 (13501 N. Gayton Road, Henrico23233) We have 10 tickets at \$10 each.

Joan’s About Town

November

Dec 1-3	“It’s a Wonderful life”- Henrico Theater, Nine Mile Road, Richmond, VA
Dec 1-4	Bizarre Bazaar Christmas Craft/Gift Collection-Richmond Raceway, Laburnum Ave
Dec 2	Grand Illumination-James Center, Richmond, VA
Dec 3	Christmas Parade, Broad Street (Science Museum and 7 th Street)
Dec 4	Old Fashioned Christmas, Maymont Park, Richmond, VA ; 358-78166
Dec 6	“Let it Snow” Holiday Concert, Richmond Center Stage
Dec 8	Mayor’s Senior Holly Ball, Altria Theater, Richmond, VA
Dec 9 & 10	(2 PM & 7 PM) “Home Alone” Movie-Henrico Theater, Nine Mile Road
Dec 10	Sir Thomas Dale’s Colonial Christmas, Henricus Park, Chester, VA
Dec 10	(4-8 PM) James River Parade of Lights, along the James River (Osborne Turnpike, Henricus Park, Dutch Gap, Richmond Boat Terminal, etc.
Dec 11	Annual Court End Christmas- Open House for Valentine Museum, White House of the Confederacy, John Marshall House, VA. State Capitol, music, carriage rides (FREE)
Dec 11-12	Everything Christmas, Lancaster Pennsylvania, Amish-Dutch country (804-379-6500)
Dec 12	Henrico Concert Band Holiday Concert-Henrico Theater, Nine Mile Road
Dec 12	National Symphony Orchestra, Kennedy Center, Washington, D.C.
Dec 16 th	(10 AM & 7 PM) “Polar Express” Movie- Henrico Theater, Nine Mile Road,
Dec 17	(10 AM & 11:30 AM) “A Christmas Carol”, Cultural Arts Center, Glen Allen, VA
Dec 20	(7:30 PM) Henrico Pops Chorus Holiday Concert (FREE- Call 652-1460)
Dec 31	Kwanzaa Festival, location TBD- Call (804) 644-3900
Dec-Jan	Tacky Lights Tour- trolley car tour

Our Sponsors and Hosts

Senior Center of Greater Richmond appreciates the generous support of:

- **Bon Secours Richmond Health System**
- **Genworth Financial**
- **Peter Paul Development Center**
- **City of Richmond**
- **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
- **WELCOME: Heritage Oaks** hosting new programs in South Richmond/North Chesterfield on December 12th.

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