



FEBRUARY 2017

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

February Celebrates African American History

In 2017, we can celebrate the African American Legacy with a new Black History Museum and Cultural Center in Richmond and a brand new National Museum of African American History and Culture in Washington DC, our newest addition to the Smithsonian. At the Senior Center of Greater Richmond, we recognize that history has ignored many of the important names and events in African American History and we are pleased to both learn about it and celebrate it. After all, African American History is the part of every American's history. President Barack Obama said at the opening of this new museum on the Mall, "It reaffirms that all of us are America — that African-American history is not somehow separate from our larger American story, it's not the underside of the American story, it is central to the American story. That our glory derives not just from our most obvious triumphs, but how we've wrested triumph from tragedy, and how we've been able to remake ourselves, again and again and again, in accordance with our highest ideals. I, too, am America."

In September we will visit that museum in Washington and this month we will have an opportunity to learn about Black History, enjoy healthy African American soul food, attend the Elegba Dancers and "Message from a Slave", and enjoy the freedom that we all have to be who we are and be proud.

Carolyn Comerford, Director

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TRY US OUT

If would like to know more about the Senior Center you can "Try Us Out", just by registering in advance for an activity at our Northside location: Battery Park Christian Church at 4201 Brook Road. A special "Try Us Out" presentation will be held on Friday, February 3rd at 11am. Please call to register for the presentation and lunch or to select another activity to Try Us Out: 804-353-3171.

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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New Activities Scheduled

“American Women” is a new series from Sue Nelson. Sue has identified more than 100 American women that she will research for this project. This month we will consider Justice Sandra Day O’Conner Supreme Court Justice. As the first female justice on the Supreme Court, she would serve for 24 years. She faced some of the challenges that many women face in her personal life. Learn how cancer and caregiving change her life’s journey. First Baptist Church (FBC) on 2/23 at 1pm.

HEALTHY YOU at Brookdale Imperial Plaza on 2/22 at 11am will focus on “Prescriptions and Seniors” with Dr. Emily Peron of the VCU Department of Geriatric Pharmacology. Individuals can sit with a consultant to discuss their specific pharmaceutical question. A don’t miss event. Advance registrations requested.

“Creating a Slide Show” on your computer in Power Point. This class will give you a bit of the basics of creating a slide show in MS Power Point of digital pictures. No individual instruction will be given. Please register in advance, so we have materials. FREE.

Senior Life Planning, a Series. This series will introduce a plan and let you help us decide what needs to come first. At this session, we will discuss the importance of looking forward to something, many somethings. But the reality of Senior Life Planning is simple, we need to plan for the unexpected, the expected, prioritize our preferences and take care of business. The business of life includes decisions about how we want to live when we are not as healthy as we want to be and maybe in need of care. The business of life is knowing that at some time we will not have life and we need to plan for how we want to make that transition as well. Barry Green will lead this series and have professionals join him from time to time to talk about the details. This introductory session will include cookies and hot chocolate or tea. Join us to look ahead at the good stuff. 2/22/17 at 2pm at Battery Park Christian Church. Bring a dream!!!!!!!

Strength & Balance Exercise Class at 8 am at Battery Park Christian Church, every Monday, is increasing stamina and strength and improving balance. Both staff and members wake up with this class on Mondays with Cynthia Rustin. Open to all.

Entertainment. *RETRO, A Musical Experience*, will bring us the music we remember from our own personal history. Retro will perform at the ARBORS in South Richmond for us on Monday, February 6th. If you haven’t visited the ARBORS, you may want to check us out. This group at the ARBORS is a part of your senior center.

Nikki Nicholau’s CROATIA will introduce a new destination for our adventurers. Nikki travelled to Croatia this past year and will share it’s surprising beauty with us at the First Baptist Church on 2/16/2016 at 1pm at our **Travel Club**. If you loved Nikki at the Virginia Historical Society or with her photos of the “Cars of Cuba” you will love this presentation.

Levels of Care. The seniors at First Baptist Church will learn more about levels of care of the elderly with a presentation on February 2nd at 1pm. Learn about what is available and what it means.

A Patchwork Quilt Pillow will launch a new craft project you can take home. BUT first, you have to make it. We received a pile of samples and we plan to put them to use. Irene Pittman has volunteered to help us get started, but each participant **needs to bring their own pair of scissors, needles and pins in a plastic baggie maked with their name.** Sign up!

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

In October 2017, some members will explore 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 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 since it is one of the most popular offered by Collette. 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**.

Spanish Workshops and Practice Continue

Lisa Zajur continues to guide us and Joan Galimore continues to encourage and sometimes nudge us into practicing and using Spanish every day. On February 3rd Joan will meet with members who want to practice and plan dates in the month for conversation and practice at BPC. On February 24th, we will have another class with Lisa, from the Institute of Spanish Language and Culture Institute, here in Richmond. That class is **\$8 if you are a returning student and \$15, if you are attending for the first time**. Call for information or assistance: **804-353-3171**

Membership Meeting with the Director. February 10, 2017 from 10 am to 12 noon

By popular request, we are putting time aside, just to talk and share ideas. In February, we meet on the 10th from 10 – 12 in the Fellowship Hall at BPC. In addition to a survey, that day, we will have a chance to talk about upcoming events, discuss concerns and offer some ideas.

Familiar Activities Continue

Diabetes Support continues on Tuesday, February 7th at BPC. 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. **353-3171**

Pot Luck Lunches continue to be a favorite activity at BPC. The next is on Friday, February 10th. Please sign up and **select** the type of dish (to feed at least 6 or 8), you plan to bring: **Main Dish, Casserole** (a main dish substitute), **Veggies**, Appetizer or Dessert. Sign up at BPC on a sign-up sheet, by email, in person or by phone. Call **353-3171**.

Strength & Balance Exercise Class at 8 am at Battery Park Christian Church, every Monday, is increasing stamina and strength and improving balance. Both staff and members wake up with this class on Mondays with Cynthia Rustin. Open to all.

Check Your Calendar...If you need more info, call the Center 353-3171

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Trips and Special Events Being Planned – Trip Policy

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 your 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 purchase of travel insurance.

ELEONE DANCERS – APRIL 20TH TICKETS ARE AVAILABLE NOW!!!

We have 15 tickets for the Eleone Dancers at the Cultural Arts Center at Glen Allen for April 20th. Tickets have been purchased and will be assigned on a "First Come, First Serve" basis. The cost is \$10 per ticket. This is an easy drive, so no transportation will be provided. It is a great opportunity for ride sharing. Everyone who experienced this event last year said it was definitely worth attending.

New Computer Classes from Techstar Tutors

Techstar Tutors will be offering two new computer classes in February. We will learn **How To Move Pictures from Your Camera to Your Computer** \$ on February 9th at First Baptist Church from 10:30 am to 11:30 am. The second program will be **Creating A Slide Show of Photos** \$ the next day at Battery Park Christian Church on February 10th from 2 pm to 3 pm. If you have a **laptop, bring it with you**, hands on experience beats lecture every time.

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 the class.

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, if 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.*

Lunches at the Senior Center

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.

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

REACH OUT

In February and March you will earn a 1.5 points toward your next membership renewal, if you bring in a new member (Annual Member or at least 3 months of Monthly Membership)

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Senior Center Exercise – February

Mondays: Weights & Balance Workout with Cynthia Thomas Rustin at **Battery Park Christian Church.**
8am

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,

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

We Celebrate Our Birthdays for the Month



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

Happy Birthday

February 5 Alice Hawkins
February 5 Bettie Simms
February 12 Joan Cuffie
February 12 Mary Thomas
February 17 Judith Collins

February 17 Barbara Marsh
February 20 Loretta Morris
February 23 Shirley Lockhart
February 27 Phyllis Smith

Joan's About Town

Feb 4th Senior Center -- *Maryland Live-* Casino Trip

Feb. 11th Elegba Folklore Society, 7-9 PM- African Dance, Music & Oral Tradition, 9 Mile Road- (804) 644-3900 (See Senior Center Schedule)

Feb. 14th Sweetheart Dance, Henrico County, Bellmont Rec. Center, 12-3 PM-FREE

Feb. 18th *Legendary Dance Night*, 7-9 PM- Non-stop soul music and dancing, Eastern Henrico Rec Center; (804) 652-1450 -\$10.00

February Black History Trolley Tours- (804) 343-1850

February *Speakeasy Restaurant*, Leigh Street- Consider having lunch

February *Black History Museum* and Cultural Center (Richmond)

February Explore the Maggie Walker House- (804) 771-2017

February Experience the *African American Tours of Richmond* -(804) 683-6630

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In March, The Ringling Brothers Barnum and Bailey Circus Comes to Richmond for the Last Time

We said goodbye to the elephants during the last visit to Richmond, now the whole show is closing. If you want to go, let us know. We are checking on tickets...yes they are expensive. Right now there are no group discounts, but we are checking. I haven't seen the circus in a long time, but I still feel that it will be a loss. Think about it.

Three African American Performances You Might Want to See

“Message From A Slave” Pine Camp will host **The Heritage Ensemble Theatre Company** as they present *“Message from a Slave”*, which tells the story of a woman’s journey from a life of freedom into slavery and the trials and tribulations she goes through. The play opens on Thursday, February 9 at 8 p.m. Other show times include: February 10, 11, 16, 17, and 18 at 8 p.m. and February 15 at 10 a.m. Tickets can be purchased at <http://messagefromaslave.bpt.me/> **See Carolyn before the 3rd of February if you want tickets.** Seniors \$12, Groups of 10 or more \$10 ea. We can go on the 15th at 10am as a group, if you are interested.

Elegba Dancers will perform on February 11th at 7pm at 305 E. Nine Mile Road, Henrico 23075. This free event will feature Elegba Folklore Society's dancers, drummers, singers, spoken word artists and masquerades bring the culture of West Africa to you in this interactive concert. All ages and backgrounds, the spirit and openness of Elegba will enchant you. Rideshare encouraged. Please make your decision early so we can reserve tickets.

Eleone Dancers perform at the Glen Allen Cultural Center on April 20. We have 15 tickets at \$10 each for the center. Peter Paul has 15 as well. A number have been reserved. Please make your decision and reserve your tickets with your \$10 payment. Members Only.

Our Sponsors and Hosts

Senior Center of Greater Richmond appreciates the generous support of:

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- Bon Secours Richmond Health System
- ACECF (Altria Companies Employees Community Fund)
- 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
- Heritage Oaks hosting programs in South Richmond/North Chesterfield.

Thank you to all of our members to support our center with love, donations and participation. You're the BEST.

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