



# June 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 (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 attendees 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.** We will be announcing other sponsors and vendors later in June and on our website.



Calling All Seniors!

At the event we will hear a lot about **Living Safely in Our Homes.** Each participant will choose workshops or presentations of their choice for the event from list including: Emergency Planning, Safeguards Against Identity Theft, Driving Safely, Reducing Clutter, Community & Regional Resources, Protecting Your Electronic Devices, and more. 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>

**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, June 2nd at 11am. Please call to register for the presentation and join us for lunch. 804-353-3171. If this doesn't work for you, call to find out other ways you can "Try Us Out."

**JULY 14<sup>TH</sup> Hampton Fishing Trip. Make Reservation with a check (\$68 members \$78 non-members) to reserve a seat.**

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#### **New Orleans Trip in 2017**

**October 2017**, join several of 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.

#### ***NEW* In June**

**“Let’s Consider”** is a new program that will bring discussion to 3 important and newsworthy issues every other month. On June 1<sup>st</sup> at 10:30 am at First Baptist Church we will be looking at timely topics of concern for Richmond and surrounding central Virginia areas.

**Summer Movie Fun** at First Baptist Church June 1<sup>st</sup> at 12:30 pm. Starting during lunch, we will be viewing the highly acclaimed award winning film “Slumdog Millionaire.”

**“Impact of Change on Older Adults” Support Group.** On June 6<sup>th</sup> at 11am, the BSmart Behavioral Health Team will conduct this support group that addresses the effects of change on us as we age. Find out how change can disrupt health, cause extra stress, inhibit sleeping and generally make you feel unwell. BPPC

**GAMES for Alzheimer’s \$** will be a day of fun and luck! We will play games for a token fee and half of the pot at the end of the day will be donated to the Alzheimer’s Association Tuesday June 6<sup>th</sup>, 1:45 pm.

**American Women”** is a continuing series from Sue Nelson. On June 29<sup>th</sup>, 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. Do you have someone you would like featured?

**Senior Life Planning Series** continues. On June 20<sup>th</sup> Join us to participate in a facilitated workshop on **“5 Wishes Your Family Will Want to Know You May Want.”** There is a \$2 charge for the personal workbook to take home which will make the entire process simpler. Also open to community. At 1:45 pm at BPPC.

**Crafts: Sculpty** with Linda Rubin at First Baptist Church on June 22<sup>nd</sup> at 10 am. She will be conducting a class on sculptured bookmarks made out of clay using jumbo paperclips. The designs are adorable and perfect for little gifts for friends or family. **Watercolor Painting** with Gabriella Pepe will be featured on the morning of June 20<sup>th</sup> from 10-12 am. at Battery Park Christian Church. **Folding Decorative Napkins** will be featured as a craft class at FBC on June 29<sup>th</sup> at 10 am.

**June’s HEALTHY YOU** will address **“Health Issues that Affect Your Driving”** at 11 am at Brookdale Imperial Plaza Auditorium presented by Haley Glynn of the Mid-Atlantic AAA Foundation for Safety & Education. Reservations are required. Please call 353-3171 or submit your activities form.

**NEW Discussions:** June 18<sup>th</sup> 1 pm at FBC: **“File of Life – What is Needed & Why”** and June 15<sup>th</sup> at 1 pm, **“Get the Nitty Gritty – Vitamins & Supplements.”**

**“Navigating the Rules of Travel” More on Meds, Shots, & Papers** with Gaby will be held on June 16<sup>th</sup> at BPPC at 1:45 pm. A must for anyone traveling domestically or internationally this summer.

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“**All About Therapies**” will be presented by HealthSouth. Sheila Stells will facilitate this program on June 15<sup>th</sup> at 10am at First Baptist Church. “**Stroke and Heart Attack Awareness and the Differences**” will also be presented by HealthSouth at Battery Park Christian Church at 1:45 pm on Tuesday June 27<sup>th</sup>.

**TRIVIA** will be included twice in June’s calendar. On Friday June 9<sup>th</sup> at BPCC we will have a *Trivia Contest “You can win a prize”* and on Tuesday, June 13<sup>th</sup> at 1:45 pm you can participate in our “*Hollywood Movies that We Love” Discussion and Trivia Contest*, hosted by our own Glenda Bland.

**Summer Dress Up:** ClothesMentor will share 2017 summer/colors/trends/accessories June 30<sup>th</sup> 1:45pm BPCC.

## Popular Activities Continue

**Exercise** at all locations more than 8 times each week. **Weight Management Group** will meet on June 23rd at BPCC at 1:45 pm. You make the choices and we support your plan.

**Travel Club – Panama Canal, Central America and Costa Rica** will be discussed on June 22<sup>nd</sup> at FBC at 1 pm. This is a must attend for anyone planning on going to the Caribbean this year or on our 2018 Costa Rica Trip.

**Members Meeting** with the Director, Carolyn Comerford, will be June 16<sup>th</sup> at 11 am BPCC. Lots of information is shared in these meetings, and opportunities for volunteering at future events will be discussed.

**Diabetes Support** continues on Tuesday, June 13<sup>th</sup> 10am at Battery Park CC and each month at Peter Paul Development Center. This month we will be having a special visit from a Doctor. Bring your questions and concerns to find out how to maintain wellness and good health even with Diabetes or the risk of Diabetes. At risk individuals can avoid diabetes, find out how! Contact us for info, open to members and community.

**Integrated Healing Program and Massages** with Lisa will continue 1:45pm at BPCC on Friday June 23rd. Massages are \$1 per minute but you must register.

**Pot Luck Lunch.** On June 20<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. **On Friday, June 2nd<sup>th</sup>**, **Lisa Zajur** will refresh and increase your conversational skills \$. Celebrate your new language skills and come join us.

**Investing Club. 5 Things You Need to Know** with Ann Manalo. June 27<sup>th</sup> at 11am. Battery Park CC

## June Birthdays

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



June 1	Irene Braxton Pittman	June 20	Virgie Paulette Lee Archie
June 6	Marcella Price	June 21	Elizabeth Albrecht
June 7	Pauline Cooper	June 23	Celestine Taylor
June 8	Millie Hill	June 24	Dorothy Ward
June 9	Jan Atkinson	June 25	Mabel Toler
June 11	Johnnie Marguerite Boyd	June 26	Peggy Wiles
June 13	David Lafler	June 27	Christine Cooper
June 18	Delmore Walker	June 30	Margaret Goodwin

## Joan’s About Town in JUNE

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June 19 **"Juneteenth Festival" A Freedom Celebration** - 644-3900 Dogwood Dell Festival of Arts  
 June 1-4<sup>th</sup> **41<sup>st</sup> Annual Greek Festival** St.Constantine&HelenGreekOrthCathedral 358-5996 Try Takeout  
 June 3<sup>rd</sup> **Ashland Strawberry Faire** Randolph-Macon College, 204 Henry Street, Ashland, VA 23005  
 Phone 804-617-5655 (ASF); Free, family friendly arts and crafts ;[ashlandstrawberryfaire.com](http://ashlandstrawberryfaire.com)  
 June 4<sup>th</sup> **Broad Appetit** 100-400 West Broad St, 305-0601: [broadappetit.com](http://broadappetit.com)  
 2nd Sunday **"Music in the Park"** Forest Hill Park, RVA: Stone House @ Forest Hill; June 11<sup>th</sup>, 6 PM  
 Month Long **Friday Cheers** - Brown's Island: 788-6466  
**Historic Canal Cruises**, Kanawha Canal River Basin, RVA

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### ***Yves Saint Laurent Collection & Mellon Jewelry Collection at the Virginia Museum of Fine Arts***

On June 14<sup>th</sup> we will be meeting for lunch (on your own) at the Best Café at the VMFA from 11:30-12:30 pm. Upon arriving at the café, we will each purchase our own \$18 ticket for the Yves St. Laurent self-guided tour. This collection features over 100 examples of haute couture & ready to wear garments – some never shown publicly before. The Mellon Jewelry Collection, a free self-guided tour that will be closing two days from our visit. We may, if you are inclined, visit both collections that afternoon.

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### **CAT Theatre Show - "The Green Bathroom"**

*"The church ladies have never been able to figure out what is causing the horrible smell in the ladies' lounge."*  
 We will be gathering at Battery Park Christian Church after lunch on Friday, June 9<sup>th</sup> no later than 1:00 pm to travel by member shared cars to the CAT Theatre at 319 N. Wilkinson Road, 23227, (which is nearby) for the play "The Green Bathroom." The tickets are \$10 and need to be paid to the office as soon as possible. There will be NO Exercise in the afternoon on June 9<sup>th</sup>.

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### **Tricycle's Sequoia is Back for A Cooking Class**

Sequoia Ross was one of our favorite presenter at the Joy of Wellness in April. On June 30<sup>th</sup> s from 10:30 to 12 noon she will be back for a cooking class. The menu will use local ingredients and feature Good Carb Multi Grain Waffles with Almond Butter drizzle and Raspberry Orange Sunrises, a beverage.

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## **Thank YOU**

**To Our Joy of Wellness Vendors:**

**Van Go Transportation - CareMore - Dominion Resources - HealthSouth - JenCare  
Riverside PACE - Senior Connections - SMP Program - Clear Captions**

**Advertisers: BrightStar Care –In our NEW Newsletter coming in September**

**Event Sponsor of our Senior Safety Day on July 20<sup>th</sup> 2017: Dominion Energy Share**

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

**And a Special Thank You to Genworth Foundation for a recent \$5000 Grant!**

**And our Hosts and Sponsors:**

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

- **Bon Secours Health System**
- **ACECF (Altria Companies Employees Community Fund)**

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- **Genworth Financial**
- **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**
- **Brookdale Imperial Plaza** hosting our **Healthy YOU Seminars**
- **First Baptist Church** hosting programs on **Thursday**
- **The Arbors** hosting programs in **South Richmond** on **Mondays**

*Thank you to all of our members who support our center with love, donations and participation.*

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