

Calendar for January & February 2017

PLEASE NOTE: Programs in italics are off-site. **Programs in bold are open to the public.**
Programs are subject to change, and we are adding new things all the time. For more up-to-date information, please call the Center at 434.974.7756, check our website at www.seniorcenterinc.org, or visit our Facebook page.



January						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Every SUNDAY

1:00 Mah Jongg
1:30 Sunday Movie
2:00 Scrabble

The Genius of Thomas Jefferson: Brilliance in Backwater Virginia
with historian Rick Britton
Tuesdays, March 7–April 4
3:00–4:00 pm
Thomas Jefferson—through much study and hard work—grew to become one of our most brilliant Founding Fathers, a polymath who pursued an array of interests and achieved a mind-boggling list of accomplishments. Explore his most famous achievement along with many of his lesser-known enterprises.
\$70 / \$80
Call the travel office or register online.
Open to the community.

Every MONDAY

8:45 **Tai Chi** \$
9:00 Hiking, *Racquetball* \$, **BeMoved** \$
9:15 *Fashion Square Walking Group*
9:30 Current Affairs
9:45 **Primetime Fitness** \$
9:50 *Aerobic Dance* \$
10:00 Writing for Healing & Growth \$
Sew & Sews
Getting Better at Bridge
10:30 Chair Yoga
10:45 *Jazzercise Lite* \$
11:00 **Parkinson's Yoga** \$
12:30 Chess Club
1:15 *Water Workout* \$
1:30 Mah-Jongg [Chinese]
2:30 Member Social
4:00 *Member Social Dinner* \$
6:45 **Pickleball** \$

1st Monday

1:00 Senior Council

1st & 3rd Monday

2:00 Bunko

2nd Monday

1:00 **Piedmont Pastelists**
All Things Digital

Every TUESDAY

9:00 Full Life Fitness
Mani/Pedicures \$, *Bowling* \$
9:30 **Primetime Fitness** \$
Retreads (thru Nov.)
10:00 **Ceramics** \$
Medicare Consulting (by appt.)
10:15 *Water Workout* \$
10:30 **Arthritis Exercise** \$
10:45 Second-Wind Band \$ (resumes 1/24)
12:00 Men's Poker, Beginner's Bridge
1:00 Tuesday Social Bridge
2:00 **Ballroom Dance** \$ (beg)
(Ladies free the 1st Tuesday!)
Pickleball \$
3:00 **Ballroom Dance** \$ (adv)
(Ladies free the 1st Tuesday!)
6:00 Singles' Schmooze \$

1st Tuesday

11:00 **Hearing Screenings**
12:00 **Try It Out Tuesday** (exception: Jan 10)

2nd Tuesday

9:00 **Good Life Design Collaborative**
10:00 **Money & You with Jorgen Vik**

3rd Tuesday

10:00 **Elder Law - Doris Gelbman, Esq.**

Every WEDNESDAY

8:00 Hiking
9:00 **BeMoved** \$
8:45 **Tai Chi** \$
9:00 *Racquetball* \$
9:15 Fashion Square Walking
9:30 Crafty Ladies, Dominoes,
Seated Massage \$
9:45 **Primetime Fitness** \$
10:00 *Bowling* \$
10:30 **First-Wind Band** (resumes 1/25)
10:45 *Jazzercise Lite* \$
12:00 Canasta, **TOPS**, Poker,
Pickleball \$
1:00 Scrabble, Mah-Jongg
1:15 *Water Workout* \$
1:30 **Ageless Grace** \$
3:00 Knit-Wits
6:30 **International Folk Dancing,**
Line Dance (beg)
7:30 **Tai Chi** \$, **Line Dance** (adv)

1st Wednesday

9:30 Kingfishers Fishing Club
11:00 Book Group
5:00 Travel Buddies

2nd Wednesday

1:30 **Senior Statesmen of Virginia**

3rd Wednesday

10:00 **Hearing Health**
11:30 **Monthly Luncheon** \$
2:00 **Cville Time Bank Orientation**

4th Wednesday

1:30 **Windows Workshop**

Every THURSDAY

9:00 Party Bridge,
Ivy Creek Walking Group
Ageless Grace \$
9:15 *Fashion Square Walking Group*
9:30 **Primetime Fitness** \$
Retreads (thru Nov.)
10:15 *Aerobic Dance* \$
10:00 **AA**, Recorder Lessons
10:15 *Water Workout* \$
10:30 **Arthritis Exercise** \$
10:45 **Parkinson's Yoga** \$
11:15 Craft Idea Think Tank
12:00 Men's Poker
12:30 Duplicate Bridge
1:00 Albemarle Carvers, Pinochle,
Apple/Mac Users Group,
Financial Counseling (by appt.),
3:15 Chair Yoga
4:30 **Medicare Consulting** (by appt.)
5:00 **Pickleball** \$

1st Thursday

10:45 **Parkinson's Caregivers Support**
4:00 **Duplicate Bridge Forum**

2nd Thursday

4:00 **Essential Tremor Support Group**

1st & 3rd Thursday

1:00 Ladies' Poker
3:00 Socrates Cafe

2nd & 4th Thursday

10:00 Investment Visions
2:00–4:00 Le Cercle Français

Every FRIDAY

8:45 **Tai Chi** \$
9:00 Full Life Fitness
Mah-Jongg, Racquetball \$
9:30 Friday Art Group
9:45 **PrimeTime Fitness** \$
Northside Walking
9:50 *Aerobic Dance* \$
10:30 **Bingo** +
10:45 Flashbacks \$ (resumes 1/27)
Jazzercise Lite \$
11:00 *Water Workout* \$
12:00 Writing for Pleasure
1:00 Still Sharp Singers \$ (resumes 1/13)
Fun Time Line Dancing (beg)
2:15 **Pickleball** \$
2:30 Barbershop Belles & Beaux
Line Dancing (adv)
3:00 **Bereavement Support Group**

1st & 3rd Friday

10:00 Investors' Forum

2nd Friday

10:00 **Religion, Science & Spirituality**

Every SATURDAY

9:30 **Tennis**
1:00 *Pickleball* \$

See other side for
program notes and
trip descriptions

Winter Hours
through Feb. 28

The Center
closes at 6:30 pm
on Tuesdays and
Thursdays.

Special Events ... New series, events, one-time wonders, and more.

Note: Check for updated calendars at the Center and online as we add new programs, events, and trips—and as topics for recurring programs evolve!

Jan. 1 - Center Closed

Jan. 2 - Center Closed

Jan. 3–24 - 1:00–3:00 pm - **Drawing Class** ... continued

Jan. 4 - 5:00–6:00 pm - Dietetic Interns - FREE (registration required)

Jan. 27 - Noon–2:00 pm
Writing for Pleasure Coffeehouse
FREE

Feb. 19 - 2:00–3:30 pm
Grumpy Old Men Doing Shakespeare FREE

Feb. 6 - 11:30 am–12:30 pm
A Bite of Nutrition with Madeline
FREE

Jan. 17-Feb. 14–2:00 pm (5 lessons)
Mah Jongg Lessons - Members free;
Guests \$25

Jan. 18 - 6:00–7:00 pm - **Hope for Health**
(encore of Jan. 16) FREE

Jan. 6–27 - 12–2 pm - **Drawing Class**
... continued

Feb. 1 - 5:00–6:00 pm - Dietetic Interns - FREE (registration required)

Feb. 8 - 1:30–2:30 pm - **Hope for Health Series** FREE

Feb. 15 - 6:00–7:00 pm - **Hope for Health Series** (encore of Feb. 8) FREE

Feb. 24 - Noon–2:00 pm
Writing for Pleasure Coffeehouse
FREE

Feb. 25 - 6:00 pm
Grand Gala

JAN.
FEB.

PROGRAMS

Please see other side for full schedule!

SPECIAL EVENTS

LUNCHEONS

Open to all. Get tickets online or call 974.7756.

• **WED., JAN. 18, 11:30 AM–1:00 PM**

Reservation deadline: *Wed., Jan 11.*

CATEC caters a French-inspired menu of bacon leek quiche, Beef Burgundy, roasted vegetables, scalloped potatoes, and orange cardamom Madeleines and éclair. Members \$13; Guests \$14.

• **WED., FEB. 15, 11:30 AM–1:00 PM**

Reservation Deadline: *Wednesday, Feb. 10.*
Menu TBA. Members \$13; Guests \$14

GRUMPY OLD MEN DOING SHAKE-SPEARE - Free & open to the public.

SUNDAY, FEB. 19, 2:00–3:30 PM

Don't miss this all-male cast of 55+ year-olds as they present a *Comedy of Errors*. Inspired by Boomie Pedersen's research, this production stems from an investigation of aging, the arts, community, and memory. Join in an engaging discussion afterwards.

PHYSICAL WELL-BEING A BITE OF NUTRITION WITH

MADÉLINE - Free & open to the public

• **MONDAY, JAN. 9, 11:30–12:30 PM**

Learn how and why to change your food to get long-lasting energy.

• **MONDAY, FEB. 6, 11:30–12:30 PM**

Topics for discussion will be blood sugar, carb identification and counting, and more. Bring in recipes you want to make healthy and walk away with a few new recipes!

HOPE FOR HEALTH

Free & open to the public.

MON., JAN. 16, 1:30–2:30 PM

WED., JAN. 18, 6:00–7:00 PM (ENCORE)

Dr. Wes Howard discusses how to avoid the common causes of death. Learn ways to break away from the cycle and move towards regaining health and even reversing diseases.

WED., FEB. 8, 1:30–2:30 PM

WED., FEB. 15, 6:00–7:00 PM (ENCORE)

Dr. Wes Howard discusses The Diet Wars. How do you make sense of the confusing information about diets? Hear pros and cons of popular diets from a medical viewpoint, plus

a clear understanding of what foods produce optimal health for the human species.

HEARING HEALTH with Dr. Kristin Koch of Evolution Hearing. Free & open to the public.

• **WED., JAN. 18 10:00–11:00 AM**

Top 10 Questions to Ask Before Purchasing Hearing Aids - Whether you've been wearing hearing aids for years or are just thinking about it, you'll benefit from attending!

• **WED., FEB. 15, 10:00–11:00 AM**

Comparing Apples to Oranges in Hearing Aids - The hearing aid world is confusing. Top of the line, middle level technology, \$7,000, \$595 ... how do you know what to do? Educate yourself about the hearing aids that are now available.

LIFELONG LEARNING

ALL THINGS DIGITAL

Free & open to the public.

• **MONDAY, JAN. 9, 1:00–2:30 PM**

Ray Sprouse discusses how to live safely at home through technology.

• **MONDAY, FEB. 13, 1:00–2:30 PM**

PERSONAL & FINANCIAL DIGITAL SECURITY - Pete Cross discusses what you can do to avoid hacking, identity theft, viruses, malware, phishing, pop-up scams, and credit card fraud.

BRIDGE FOR BEGINNERS

TUESDAYS, NOON–1:00 PM

Practice the skills you learned in lessons and Getting Better at Bridge in this playing/learning environment. Novices, paired with experienced players, will be encouraged to ask for help with bidding and "play of the hand" in a relaxed, informal setting. When players feel they are ready to play regulations hands, they may transition into the Tuesday Social Bridge group. *Members free.*

GOOD LIFE DESIGN COLLABORATIVE

Free & open to the public.

• **TUES., JAN. 10, 9:00–10:30 AM**

Clinical Trials at UVA - Leticia Murray, UVA Clinical Trials Recruitment and Outreach Specialist, will discuss trials for which UVA is currently recruiting participation. She'll also give an overview of past trials.

• **TUES., FEB. 14, 9:00–10:30 AM**

Active Shooter! - What you should do to save yourself and those around you if a gunman suddenly starts shooting in a public area.

MONEY & YOU WITH JORGEN VIK

Free & open to the public.

• **TUES., JAN. 10, 10:00–11:30 AM**

The Year Ahead: To what extent can we really use predictions when we plan our finances?

• **TUES., FEB. 14, 10:00–11:30 AM**

Is "60/40" still a good investment balance? Traditional portfolio balances call for 60% stocks and 40% bonds. Under current circumstances, should you reconsider?

SENIOR STATESMEN OF VIRGINIA

Free & open to the public.

• **WED., JAN. 11, 1:30–3:00 PM**

Marshie Agee, communication liaison for the Insurance Institute for Highway Safety, discusses *Vehicle Safety: Today and Tomorrow.*

• **WED., FEB. 8, 1:30–3:00 PM**

Brittany "Bee" Thorp, associate director of philanthropy for the Local Food Hub, and Kate Collier, co-founder and co-owner of Feast!, will be the guest speakers.

RELIGION, SCIENCE & SPIRITUALITY

Free & open to the public.

• **FRIDAY, JAN. 13, 10:00–11:30 AM**

A History of Christian-Muslim Relations - How did we get to today's dire conflict between Islam and the West? Since the medieval period, the balance of power has been at the root of the relationship. What about Salafi-jihadism, the basis of modern Jihadism spawned in the mountains of the Hindu Kush in the 1920s as the old Caliphate fell apart?

• **FRIDAY, FEB. 10, 10:00–11:30 AM**

Are Dogs "Human"? - If being human means that we have an ethical sense, are there domesticated dogs that exhibit such a sense? Dogs trained to sniff human life under rubble work until their paws bleed to get people out. Dogs are members of the military, serve in the White House Secret Service, and help people with illnesses or handicaps. In all cases they do it by bonding to their human handler. Find out just how "human" dogs are. Bring your stories.

MAH JONGG LESSONS - AMERICAN

TUESDAYS, JAN. 17–FEB 14, 2:00 PM

Clarence Edson teaches the basics of American Mah Jongg in a five-class series. Members free, Guests \$25

DORIS GELBMAN, ELDER LAW ATTY.

Free & open to the public.

• **TUES., JAN. 17, 10:00–11:30 AM**

Having THE Conversation: Aging Parents and Adult Children

Have you recently noticed some changes in your parents? That's often a sign that your roles as parents and child are about to undergo some changes, too. As parents age, adult children may need to shift into the role of caregiver. This switch can sometimes be tricky to navigate. Older parents and their adult children are encouraged to attend!

• **TUES., FEB. 21, 10:00–11:30 AM**

"Advocating for Friends or Family Members in Healthcare Settings"

Often a sick or frail person is unable to make decisions about his or her own care. When that happens, a friend or family member has to step in and deal with healthcare professionals. How do you pick a provider or facility? When does Medicare or other insurance pay? How does the billing work? What rights do patients and long-term care residents have? Get answers to these questions and more!

WRITING FOR PLEASURE COFFEE

HOUSE Free & open to the public.

• **FRIDAY, JAN. 27, 12:00–2:00 PM**

Join us for our first New Year program planning meeting! Open to anyone who has attended and/or plans to attend in the coming year. Input and ideas requested by January 20th, either by drop-off to our suggestion box or email to hansie2021@gmail.com.

• **FRIDAY, FEB. 24, 12:00–2:00 PM**

Artist, poet, and writer Joan Z. Rough will talk about the personal journey of wrath, forgiveness, and growth detailed in her book, *Scattering Ashes: A Memoir of Letting Go.*

TRAVEL

TRAVEL OFFICE DIRECT LINE: 434.974.6538

All trips are open to the public. For trip details and pricing, call the travel office at 434.974.6538 or email linda@seniorcenterinc.org.

DAY TRIPS

VMFA - FABERGE COLLECTION

TUESDAY, JANUARY 10, 8:30AM

Enjoy a visit the beautiful Virginia Museum of Fine Arts to see the collection of Faberge and Russian Decorative Arts, plus the "Jasper Johns and Edvard Munch: Love, Loss and the Cycle of Life" exhibit. This collection of over 120 works includes paintings, drawings and prints that traces the route Johns traveled in relation to Munch's work. Lunch on your own.

RIVERSIDE DINNER THEATER - MILLION DOLLAR QUARTET

WED., JAN. 25, 9:30AM

This Tony and Drama Desk Award-winning musical dramatizes the now-famous 1956 impromptu recording session at Sun Record Studio in Memphis during which Elvis Presley, Johnny Cash, Carl Perkins, and Jerry Lee Lewis met by chance and began talking and jamming together. The rest is rock and roll history. Hit songs include *Blue Suede Shoes*, *Folsom Prison Blues*, *Great Balls of Fire*, *Hound Dog*, and *See You Later Alligator*. Lunch is included.

TRAVEL CLASS

THE GENIUS OF THOMAS JEFFERSON: BRILLIANCE IN BACKWATER VIRGINIA

WEDS., MAR. 7, - APR 4, 3:00–4:00 PM

Local Historian Rick Britton presents this 5-week series. Despite being born in the Virginia backcountry, Thomas Jefferson grew to become one of America's most brilliant Founding Fathers. In this class, we'll examine his most famous and notable achievement—authorship of the Declaration of Independence—and we'll explore many of his lesser-known accomplishments. We'll also learn about Jefferson's foray into the fascinating science of paleontology. Join us to discover more about "The Genius of Thomas Jefferson!"

GETAWAYS

GREAT PARKS, GHOST TOWNS & SEDONA'S RED ROCKS - Mayflower Tours APRIL 27–MAY 5

Travel the lonely roads of the Mojave and Sonoran Deserts, from the salt pans of the lowest place in North America to ghost towns perched high atop mined-out mesas. You'll experience stark Death Valley, quirky Sedona, and the enchanting places in between.

AFRICAN SAFARI ADVENTURE - Mayflower Tours

MAY 12–24

Get ready for the adventure of a lifetime—a safari across two African countries! Experience elephants, giraffes, wildebeests, rhinos, and other animals roaming their natural habitats.

CHÂTEAU DE COURTOMER - FRANCE SEPTEMBER 29–OCTOBER 6

Spend a week in Normandy at the exquisite Chateau de Courtomer while you explore the region with day trips to Mont-Saint-Michel, Giverny, the Loire Valley, and the beaches of Normandy. Offered in conjunction with Home Comfort Travel.

AUTUMN FOLIAGE IN NEW ENGLAND & CAPE COD - Mayflower Tours

OCTOBER 8–15

Leaf peeping featuring Martha's Vineyard and Mount Washington Cog Railway. Enjoy the tranquil backroads of Vermont, the monumental mansions of Rhode Island, gingerbread cottages of Martha's Vineyard, and the history of Boston while taking in the best autumn colors New England has to offer.

IRELAND COAST TO COAST - Mayflower Tours NOVEMBER 8–18

From its bustling, historic capital of Dublin to its quaint villages, Ireland is yours to explore. Visit the scenic countryside of Killarney and the historic Blarney Castle. The beauty of the Connemara surrounds you and is the perfect setting for your two-night castle stay. Experience all that Ireland has to offer.