

Senior Connection

Historic Triangle Senior Center

Monday,

- 8:30 a.m.-11:30 a.m. Walkabout: Indoor Track
10:00 a.m. Beginning & Intermediate
Bridge (Periodic)
10:05 a.m. PACE II: Exercise Class
1:00 p.m. Bridge

Tuesday,

- 9:00 a.m.-5:00 p.m. Computer Skills
11:05 a.m. PACE I

Wednesday,

- 8:30 a.m.-11:30 a.m. Walkabout: Indoor Track
10:00 a.m. Spice of Life Series
11:00 a.m. - 2:00 p.m. ... Lunch Bunch
11:00 a.m. Bingo
10:30 a.m. (1st) Silver Surfers: Internet Classes
6:30 p.m. (1st & 3rd) Silver Surfers: Internet Classes

Thursday,

- 9:00 a.m. Happy Sewing Circle
9:00 a.m. - 5:00 p.m. Computer Skills
10:30 a.m. (2nd, 4th) Pet Therapy
10:00 a.m. (2nd) Blood pressure by Brookside
11:05 a.m. PACE I
11:00 a.m.- 2:00 p.m. Lunch Bunch

Friday,

- 8:30 a.m.-11:30 a.m. Walkabout: Indoor Track
9:30 a.m. Bridge
11:00 a.m.- 2:00 p.m. Lunch Bunch
11:30 a.m. - 1:30 (4th). Quarterly Senior Social
(Sept, Dec)
1:00 p.m. Bridge

For more information on these activities, or to register for the newsletter, call the Senior Lounge at 259-4187 from 10:00 a.m. to 4:00 p.m., Monday-Friday.

Wednesday Spice of Life Series...

Join us for this multifaceted series of topics ranging from container gardening and cooking for one to advance directives and reflexology.

- 1st - Seeds, Weeds, & Beyond
2nd - News You Can Use
3rd - Health and Well Being
4th - In Good Taste

PROJECT SAFETY FORUM

Come out for the collaborative forum on disaster preparedness and safety issues on November 10, 2004 at JCWCC. Interactive workshops, presentations on a variety of topics, displays from area service providers, and FOOD!!! Learn safety techniques for the winter months.

ANNUAL SENIOR HEALTH FAIR

Stroke screenings, immunizations/flu shots, blood pressure checks and more. Plan on attending this valuable community event which offers a wide variety of community health resources. October 22, 2004, 8:30-12noon at the James City Williamsburg Community Center @ 5301 Longhill Road.

ANNUAL HOLIDAY DINNER & DANCE

Mark your calendars now for our gala holiday event replete with fine food and live entertainment provided by Good Sounds. This year we will celebrate on December 10, 2004 at the Center from 5:30-8:30pm. Please phone 259-4187 in November to register.

MEDICAL ESCORT SERVICE

WHEN: Monday-Friday

WHO: Senior residents of Williamsburg, James City County, or Bruton District of York County

WHERE: Doctor's appointments, hospital, clinics, and Olde Towne Medical Center

CALL: 259-4182. Please allow 48 hours notice to schedule or cancel.

TRIPS, TRIPS, and More TRIPS!!

Local inexpensive day trips as well as deluxe motor coach day, overnight and extended excursions. Please call 259-4187 for more info.

VOLUNTEERS

Volunteer opportunities abound in our community. Please call our volunteer coordinator at 259-4209 for further assistance.