

Historic Triangle Senior Center

Enriching the quality of life for all seniors in the Historic Triangle

Winter 2008

Volume 13 Issue 2

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Check out our new website:

www.theseniorcenter.org

The Senior Times

HTSC Receives Grants from Three Local Funders

The Historic Triangle Senior Center has received a grant for \$200,000 from the Williamsburg Community Health Foundation (WCHF) for the RIDES program. RIDES provides non-emergency medical transportation for seniors 55 and older and the disabled of any age who live in Greater Williamsburg.

Riverside Health Systems Foundation has awarded \$10,000 for RIDES and the Williamsburg Community Trust has awarded \$1,000 for RIDES. The \$11,000 will be used to provide scholarships for clients who need financial assistance and for matching funds for a recently acquired, brand new wheel chair accessible vehicle. (See above.)

Since November of 2005, RIDES has provided over 17,000 one way transports to over 400 clients. RIDES uses a combination of paid and volunteer drivers to provide services.

To schedule a ride or to volunteer for the program, call 757-345-6166.

The Senior Center also received \$22,887 from WCHF to implement a program called "Healthy Aging: A New Perspective." Programs will include Tai Chi, Wii Exercise, chorus, and art.

Call the Senior Center at 757-259-4187 for more information.



New 13 passenger wheel chair accessible van.

What the Senior Center Means to Me: by Helen Kopp



When I moved to Williamsburg as an independent senior seven years ago, I wanted to join a group where I could volunteer, make friends, and continue my exercise routine. I found it all at the Senior Center!

I was able to volunteer at the receptionist's desk, join a bridge group, and continue exercising. I took advantage of the day trips and luncheons, as well as numerous other activities. At that time, there were computer classes and a large sewing group which are still strong today.

Many new activities have become available such as the book club, Mah Jong, Music Jamming, painting, Spanish, and line dancing. Now that our activities are listed on our new website, we are getting more new members!

I hope we will be able to find more space to keep up with our growth. The Senior Center means so much to so many. Stop by and visit us. We would love to see you!

5301 Longhill Road Williamsburg, VA 23188 Phone (757) 259-4187 Fax (757) 259-4199
www.theseniorcenter.org



Variety really is the spice of life.



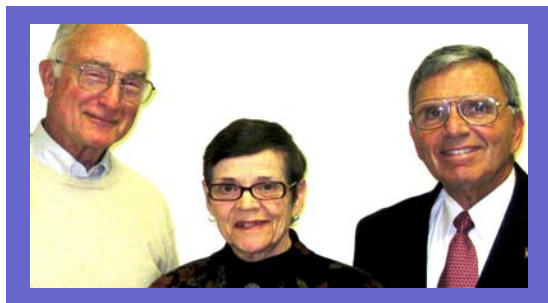
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of Williamsburg
RESIDENTIAL ASSISTED LIVING

Just one way Spring Arbor defines "quality of life."

You will never be bored at Spring Arbor. Our Activities Coordinator has a few things planned every day, giving you choices ranging from taking in a movie to playing cards, from exercising in the wellness room to creating your own garden. No matter what you choose, you get the opportunity to spend time with friends and enjoy life. The more there is to do, the more there is to enjoy. Come discover how having something to look forward to is a great way to start the day here at Spring Arbor.

Call for a tour today. 757-565-3583
springarborliving.com

An **HHHUNT** Community • 935 Capitol Landing Rd, Williamsburg, VA 23185



Three new board members join HTSC.

Three new board members have been appointed to the HTSC Board.

Gary Schechter, retired surgeon, will serve on the Development Committee.

Nancy Rivolta, educator at Williamsburg Landing, will help implement new programs.

Robert Mann, retired architect, will serve as the Chairman of the Facility Committee.

Welcome to all!

You Responded... and We're Listening

The Senior Center recently conducted a survey of our clients. Respondents were asked to choose which of 55 programs were of interest to them. 234 surveys were completed. A total of 1,980 boxes were checked off! At least 20 people expressed an interest in **each** of the following programs:

- | | |
|--------------------------|------------------------|
| Support Groups | Women's Groups |
| Gardening/Landscaping | Bird Watching |
| Floral Arrangement | Yoga |
| Men's Group | Falls Prevention |
| Tai Chi | Coffee group |
| Improving Balance | Ballroom Dancing |
| Trips to Cultural Events | Day trips |
| Art Appreciation | Overnight trips |
| Art Classes | Cruises |
| Overnight trips | Choir |
| Dinner Events | Music Appreciation |
| Fishing | Foreign Language Class |
| Cooking Classes | Movies |
| Estate Planning | Bridge Tournaments |
| Driver Safety | Luncheons |
| Picnics | Walking |
| Digital Photography | Computer Classes |
| Book Group | Trivia Competition |

Thank you to all who completed the survey! Your feedback allows us to serve you better as we complete our strategic plan.

For more information about programs at the Senior Center, call Chuck McHose, Program Director, at (757) 259 4187.

See you at the Center!

**Check out our new website at
www.theseniorcenter.org**

Special Events	Date	Cost/Person
Holiday Dinner and Dance	December 5, 2008	\$7
Holiday Lights Display and Dinner	December 8, 2008	\$15
Abby Aldrich Rockefeller Folk Art Museum and Bassett Hall	January 22, 2009	\$3 w/Good Neighbor Pass \$12 w/o pass
Maymont Flower Show	February 19, 2009	\$12
Spring Social	March 20, 2009	\$7
Berkeley and Shirley Plantations in Charles City and lunch on your own at Blue Heron	March 24, 2009	\$25
Trip to DC to see Cherry Blossoms and Memorials	April 1, 2009	\$65



Senior Center Sewing Group Donates Items to Local Humane Society

The Senior Center Sewing Group recently presented pet blankets to the Heritage Humane Society. Present from the Senior Center, to the left, are Jane Liang and Magdalene Staples. Tabitha Mattingly, Animal Care Manager, on the right, is holding two cuddly kittens.

The Sewing Group makes items for several local agencies including Olde Town Medical Center, Avalon, FISH, Consulate Health Care Center, and the Veterans Hospital. The group meets on Thursday mornings. For more information, call (757) 259-4187.

Senior Center Society July–October 2008

Gold

James and Joyce Cross

Robert Mann

Ken Ruskowski

(in memory of Leonard and Eleanor Ruskowski)

Silver

William Carmines

David Dinsmore

Nelia and Walter Heide

Gary Schechter

Bronze

Lois D. Brissey

Cheryl Ann and Barry Crane

Judith Ewell

June Kasparek

Helen Kopp

John and Rosie Robbins

Ralph Williams

The Senior Center is a 501c3 nonprofit agency.

Donations are tax deductible.

From the Executive Director: A Year In Review



**Executive Director
Lisa Gibson**

So much has happened in the last year! Our programs and client base have grown dramatically. Everyone is excited about the incredible changes happening at the Senior Center. I would like to thank my staff, board and volunteers for their assistance in making this a truly great year.

The Senior Center promotes the health, well being, and independence of seniors in Greater Williamsburg. We are changing people's lives! Thank you so much to all who have contributed over the last fiscal year.

Listed on the next page are donors who made contributions during July 1, 07 through June 30, 2008.

The Senior Center is a nonprofit agency. Donations are tax deductible.

We rely on the generosity of our donors to provide quality programs and services. Your generosity makes a difference in the quality of lives of our local seniors. Please make your donation today to be recognized in our next newsletter!

Highlights from FY 07/08

Clients Served:

The Senior Center served over 600 clients through social and recreational programs. RIDES provided transportation to over 200 clients.

Client Surveys: RIDES

- 83% of RIDES clients surveyed reported that their health had improved as a result of using the RIDES service.
- 89% said their independence had improved.
- 78% said their overall sense of well being and outlook on life had improved.
- 100% of clients rated the program as "good to excellent" in meeting their needs.

Client Surveys: Senior Center

83% of seniors surveyed reported an improvement in health, overall well being, and feelings of connection to their community as a result of attending the Center.

Quarterly Events:

- Fall: Lunch with Jim Baker, Guest Magician
- Winter: Holiday Dinner and Dance
- Spring: "What's Happening at the Senior Center?"
- Summer: Luau

Trips:

- Ingleside Winery
- White House Tour
- Holiday Lights, Newport News
- Boxwood Inn
- Maple Syrup Festival, Highland Co.
- Norfolk Botanical Gardens
- Washington, DC Zoo
- "Miss Hampton" Boat Cruise

Website Redesigned:

www.theseniorcenter.org

Awards:

Williamsburg Community Health Foundation Healthcare Hero Award, Evangeline Smith, RIDES employee; \$10,000 award, RIDES.

Volunteer Luncheon:

75 volunteers were honored at Crown Plaza.

Programs:

- Mah Jong
- Walk-A-Bout
- Line Dancing
- Bridge
- Computer Class
- Seeds & Weeds
- Sewing Group
- Painting
- Table Games
- Book Group
- Spanish
- Jamming in the Lounge
- Arthritis Exercise
- Senior Health Fair
- RIDES

In Memory

- Helen Eaton
- Lucenia Hargrave
- Ramon Lemos
- Ann Loveridge
- Elizabeth Massey
- Robert Moore
- Robert Murden

In Honor

- Kay and Herm Nash

Senior Center Society FY 07/08

Diamond

Nelia and Walter Heide

Gold

Silver

Lisa Gibson

Bronze

Gert and Joseph Berthiaume

Lois D. Brissey

Cheryl Ann and Barry Crane

David Dinsmore

Ed Golden

John Greenman

Paula and Lee Hougen

Helen Kopp

Kay Nash

Cynthia Odden

Douglas Panto

Lillian Scaffè

Josephine and Richard Schatzel

Ralph Williams

Contributors FY 07/08

Donald and Kathleen Adam

James and Edna Baker

Seth Benton

Cosmo D. and Jane Bitetti

D. Turner Blanks

Russell Bowman

Sharon Bryson

Morgan Cartwright

Lucille Cody

Marie Costello

Jean Danylko

Michael Dente, Sr.

Dale Firestone

Bettie Hargrave Faris

Rosie Heinrichs

Robert and Sylvia Hunt

John Keating

John and Nancy Hickok

Warren and Jane Kennedy

Fred Kienle

John Kipps

Noah Lemos

George Lockett, Jr.

Jane McCaulley

Tessie McNally

Myrtle McRoy

Burr and Eleanor Miller

Florence Moore

Robert and Ursula Murden

Terry and Carolyn O'Connor

Jean Ripley

John and Rosie Robbins

Sara Rumsey

Minnie Sippio

Bette Mae Schintzel

Ernest and Fran Schwab

Mamalay Sein

Claire Sleight

Eugenia Smith

Eleanor J. Taylor

Harry Walker

Verle Walker

Barbara Watson

Marion Watson

Jenny Wible

Robert and Cathleen Winters

Peter Zucker

MON	TUE	WED	THU	FRI
Senior Walk Indoor Track 8:30-11:30 am Maj Jong 9:00 am *AFEP 2 11:05-11:55 Bridge 12:30 pm Spanish Class 3:00	Computer Class Windows 9:00 am-noon Dominoes 10:00 am Line Dancing 10:00 am Quarterpath *AFEP 1 11:15 am-noon Computer Class 1:00-4:00 pm Word/Excel	Senior Walk Indoor Track 8:30-11:30 am Table Games 1:30	 Sewing Group 9:00 am-noon Joy Singers 10:00 am *AFEP 1 11:15 am-noon Book Club 3rd Thursday 1:30 pm Jamming in the Lounge! 3:30-5:30 pm	Senior Walk Indoor Track 8:30-11:30 am Bridge 9:30 am *AFEP 2 11:05-11:55 Bridge 1:00 pm

* Arthritis Foundation Exercise Program



Seniors Make Rain Barrels at Senior Center.

HTSC Seniors Do Their Part to Help Local Environment

Efficient water use is becoming increasingly important in James City County and around the nation. One way to save money while helping the environment is by using a rain barrel.

A rain barrel collects and stores rainwater from your roof. You can use a garden hose, perforated hose for drip irrigation, or watering can to water lawns, gardens, and indoor plants. Rain water is better for your plants than tap water because it lacks chlorine and fluoride.

Rain barrels cost \$80-\$180 in stores, but you can make one at the Center or purchase one from us for only a fraction of that! In addition, the James City Service Authority will refund the purchase price of up to 4 rain barrels (with a maximum of \$50 per rain barrel) to residents of the county.

Call JCSA at (757) 253- 6859 for more info or go to www.bewatersmart.org.

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Get a Lift...**

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for Seniors and the Disabled



**It's a great feeling
to help those in need**

So, give a lift... and get a lift!

Call (757) 345-6166 to volunteer
or schedule a ride.

Proceeds benefit the Senior Center.
Need not be present to win
Drawing on December 31, 2008.

\$2,500 First prize
\$1,500 Second prize
\$1,000 Third prize

3 CASH Prizes:

Buy tickets online at
www.theseniorcenter.org
or call (757) 259-4181.

Only 200 tickets will be sold.
Ticket price \$100.
New Year's Eve Raffle

Historic Triangle Senior Center
5301 Longhill Road
Williamsburg, VA 23188

Q&A About the Senior Center

Where is the Senior Center? The Senior Center is located in the James City/Williamsburg Community Center at 5301 Longhill Road, Williamsburg. The Center is located behind the elevator to the left as you enter the building.

Who attends? Any senior 55 and older who lives in James City County, Williamsburg, or the Bruton District of York may attend.

What is there to do? You name it! Trips, computer classes, sewing group, dances, Maj Jong, bridge, luncheons, and more.

How much does it cost? There is no cost for most activities. There are small fees for computer classes and trips, but scholarships are available.

How can I find out more? Call the Senior Lounge at (757) 259-4187 or drop by Monday-Friday, 9:00-4:00. You can also visit our website at www.theseniorcenter.org.

Join us at the Senior Center
for singing and good times.

Join the "JOY"
(Just Older Youth)
Singers at the Senior Center!
Thursday 10:00 a.m.

Call (757) 259-4187
for more information



Tai Chi Class is coming to
the Senior Center soon!