

Historic Triangle Senior Center

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

Spring 2009

Volume 13 Issue 3

From the Executive Director 2

Upcoming Exciting Trips & Adventures 2

Spring into Shape with Wii Exercise 2

Recognition of our Sponsors and Donors 3

Board of Directors

Chairman
Douglas Panto
Vice Chairman
Ed Golden
Treasurer
David Dinsmore
Secretary
Sharon Bryson

Seth Benton
William Carmine
Nelia Heide
Robert Mann
Cynthia Odden
Gerald Patesel
Tabitha Patterson
Nancy Rivolta
Ken Ruzzkowski
Gary Schechter
Minnie Sippio
Peter Walentisch
Barbara Watson

Executive Director
Lisa Gibson

Please support the vital programs of the Senior Center by sending in your tax deductible contribution today!

The Senior Times

‘JOY’ Singers Spread Happiness Around Town!



There is a new group spreading ‘Joy’ around town!

The Senior Center ‘Joy Singers’ (Just Older Youth) is led by Chuck McHose, Program Director at the Historic Triangle Senior Center. The group has performed at residential communities in the area and at socials at the Senior Center.

Currently, there are sixteen performers in the ‘Joy Singers.’ The members enjoy music, fellowship, and service together.

Anyone who loves to sing old favorites is encouraged to join. Singing with others is a great way to stay young at heart.

Please call the Senior Center at 259-4187 for rehearsal times and performances.

Doris Dawson: Outstanding Leader and Volunteer by Helen Kopp



Two years ago, some seniors expressed an interest in starting a line dancing group. A request for a volunteer was placed in the *Virginia Gazette*. Doris Dawson replied and has been teaching ever since.

Tai Chi Classes for Seniors: Improve balance, flexibility

Developed in China more than 2,000 years ago, Tai Chi (tie-chee) is often described as “meditation in motion.” The participants perform a series



of postures and movements in a slow, graceful manner. Each movement gradually flows into the next.

The Mayo Clinic reports that Tai Chi can help reduce stress, increase flexibility, improve muscle strength and definition, and increase energy and stamina.

According to the Journal of the American Geriatrics Society, Tai Chi cut the risk of falling almost in half, after only 15 weeks of classes, for people ages 70 and older. Tai Chi was more effective than yoga or palates for this age group!

Eighteen seniors are currently enjoying Tai Chi classes at the Senior Center. If you are interested in signing up for the next session, call the Center at 259-4187.

The class started with three dancers and now has over fifty! The ‘Good Time Dancers’ entertain at assisted living homes and at Senior Center Socials. Practice is held at the Quarterpath Recreation Center on Tuesdays, 10 a.m.-noon.

Doris, thank you so much for your service and dedication. We appreciate your work!

From the Executive Director: Lisa Gibson



The Senior Center is celebrating its 13th anniversary this year! I am so proud to be a part of this organization. As I look back upon my first three years as the executive director, I want to thank the board, staff, donors, funders, and volunteers.

The Senior Center is a vital link in the continuum of services in our community. We are the only senior center which serves Greater Williamsburg. Our programs have never been stronger and we have never served so many clients. Therefore, we need your support more than ever in this economy.

Ask how you can 'Leave a Legacy' by remembering the Senior Center in your will. Call 757-903-8765.

Please support our programs by sending in your tax deductible contribution today. We will recognize your donation in our next newsletter and annual report!

Spring into Shape with the Popular Wii Game at the Senior Center!

The Senior Center has a new Nintendo Wii Gaming System, a popular, low-impact exercise tool for all ages.

The player uses a light weight Wiimote (a remote control which senses motion) to play sports such as bowling and tennis. For example, to play tennis, the user must physically swing the Wiimote as if it were a real tennis racket. The player's movements are simulated on the TV screen.

Many seniors who were active in sports when they were younger have been forced into a more sedentary lifestyle after developing hip, shoulder and knee pain. The limited mobility that comes with arthritis pain has forced them to give up athletics and become spectators.

Unfortunately, a lack of daily physical activity can lead to obesity, a major factor in developing Type 2 diabetes. Persons with Type 2 diabetes are at increased risk for heart disease, eye complications, stroke, kidney disease, and foot problems.

The popular Nintendo Wii system has put the fun back into exercise and physical therapy! Across the country, seniors are participating in bowling tournaments, tennis, golf, and other sports, and having the time of their lives!

Call 259-4187 to check out a demonstration of the new Wii System.

(Special thanks to the Williamsburg Community Health Foundation for supporting our healthy aging programs like Tai Chi and Wii.)



This senior is NOT at a bowling alley! He is playing Wii Bowling! The bowling pins shown here are actually being displayed on a flat screen TV.

★ **Congratulations to Our** ★
★ **New Year's Eve Lottery** ★
★ **Winners:** ★
★ Matthew Efland 1st \$2,500 ★
★ Louise Imfeld 2nd \$1,500 ★
★ Chuck Harman 3rd \$1,000 ★

<u>Upcoming Trips and Socials</u>	<u>Date</u>	<u>Cost/Person</u>
Lewis Ginter Gardens	May 5	\$14 (Lunch On Your Own)
Smith Island, Maryland	June 4	\$49 Boat Trip and Buffet Included
Barbeque Social	June 19	\$10 per person
Overnight trip, Amish Country, Lancaster PA	July 17 & 18	\$285 for double room, \$325 single
Colonial Downs Race Track	July 25	\$48 Jockey Room Seating and Buffet



Join us for a "stomping" good time at a wine festival in September! Watch for more details.

We are working on plans to provide motor coach transportation for all our trips (starting in August).

Please call the Senior Center at 259-4187 for more information about trips, classes, and socials.

In Appreciation Of Our FY 09 Sponsors

Diamond
Chambrel

- Platinum**
 Humana Marketpoint
 Morningside Assisted Living
 Senior Advocate
 Spring Arbor
 Universal Synergy Group

Gold
Care Advantage, Inc.

- Silver**
 Bayada Nurses
 Brookside
 Comfort Keepers
 Home Instead Senior Care
 Howell Creative Group
 Mobility Center of Virginia
 Riverside Health Systems
 Golden Years/Golden Changes
 Sentara Home Care
 Susan I. Jean & Associates
 Williamsburg Landing

- Bronze**
 Consulate Health Care of Williamsburg
 Hearing Health Care Centers
 Heritage Commons
 Patriots Colony
 Williamsburg Retina Center

Senior Center Society

07/08 - 03/09

Gold

- James and Joyce Cross
 Lisa Gibson
 Robert Mann
 Nelia and Walter Heide
 Ken Ruskowski

Silver

- William Carmines
 David Dinsmore
 Douglas Panto
 Gary Schechter

Bronze

- Lois D. Brissey
 Sharon Bryson
 Cheryl Ann and Barry Crane
 Judith Ewell
 June Kasperek
 Helen Kopp
 Tabitha Patterson
 John and Rosario Robbins
 Marie Rodrique
 Minnie Sippio
 Marion and Bill Watson
 Ralph Williams

If you need help learning to use the computer, classes are available. Call (757) 259-4187.

and *Click on Events!*
www.theseniorcenter.org

trips and socials, go to
 To see a list of

and *Click on Calendar!*
www.theseniorcenter.org

simply go to
 such as bridge and Mah Jong,
 To view our weekly activities

Our website is easy to use!



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. 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, Maj Jong, Tai Chi, book club, Spanish classes, Jamming Group, “Joy” Singers, bridge, luncheons, and more.

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

Ready...Set...Garden! Join us for ‘Seeds N Weeds’ on Thursdays at 1:00 p.m. Call 259-4187 to sign up.



May 14

Roses

June 11

Lawn Care

July 9

Draught Hearty Plants



Variety really is the spice of life.



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

springarborldiving.com



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

