

The Senior Pride

The Peninsula Foster Grandparent Program Newsletter

January 2014

A Word from the Director

The FGP Program is very fortunate to have volunteers, site supervisors and community partners like you serving the neediest in our communities. Your work helps to ensure the deepest impact and highest quality service for our communities. And your commitment to our vision and mission is the driving force behind our work. I am grateful for your ongoing partnership and commitment. I would like to encourage our volunteers to continue serving four additional hours per week. Your willingness to serve the additional hours demonstrates your commitment to the program. Furthermore; I am looking forward to seeing you all at the annual MLK Day of Service on January 16, 2014. I encourage you to invite your family and friends.

I want to wish everyone a happy and successful New Year.

Take Care,

-Jason S. Samuels



January

Olivia Brown, Larry Eley, Mildred Gray, Ellen Hazzard, Jack Johnson, Thomasina Lowery, Gwen Odom, & Pearl Whitsett

February

Cleo Byrd, Elouise Davis, Pearl Gaines, Lossie Goode, Gertrude Johnson, Charlotte Kelley, Tulie Oliver, Shirley Pryor, Alfreda Ward, & Joann Wright

March

Carlotta Burton, Brenda Chester, Yvonne Cobb, Leslie Anne Eldredge, Margaret Ellis, Eunice Holland, Helen Mitchener, Mary Redden, Valerie Stokes & Naomi Washington

Register Today!!! Register Today!!! Register Today!!!

February 21st In-Service

Northampton Community Center

Forum on Aging – Discover Your Inner Fountain of Youth

Tuesday, March 4, 2014

from 7:30 am – 12:30 pm

Ferguson Arts Center in Newport News

Mandatory meeting...Lunch will not be provided.

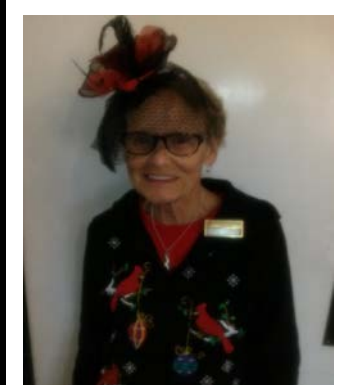
Call 727-1857

to register for both in-services.

Limited Transportation available!

cRaZy HaTs

From Our Winter Recognition Breakfast



Tune in to Hampton Cable Channel 47- Cox 47 and FIOS 23 to hear an interview by our own Gina Lewis on the city's cable television show "Round Robin". Gina talks about our Martin Luther King Day of Service. The show airs daily at 8 a.m., noon, and 6 p.m as well as on YouTube!

The 4-Hour Gift

Last May, as appreciation for service to the Foster Grandparent Program, each active volunteer was awarded 4-hours of personal leave time. The expiration date to use this award is quickly approaching. Please keep in mind that the time must be arranged with your site supervisor and used before 3/30/2014

Things To Do In Hampton Roads for Seniors...

Hampton- Call 727-8311 for more information

The Lunch Bunch - Meet new people and explore local eateries around town at this monthly outing. No registration required. Call for location. Lunch meeting held the First Friday of each month at 12:30PM.

Line Dance - Learn and develop line dancing skills and get in shape while moving to the beat. The fun atmosphere will bring a smile while pumping your heart to fitness. Community performances are provided by the group upon request. Line Dance I for basics is held Tuesdays and Thursdays at 10:00 AM. Line Dance II, designed for those with prior experience, is held on Wednesdays at 1:00PM. Both classes are open to all.

Square Dancing - Learn the basics and more of square dancing. Join the Hobson Team of instructors for some jubilant fun and good exercise to boot. Performances scheduled upon invitation. Held Mondays 12-2PM.

Seniorcise - Instructor led a low impact chair exercise program for the mature adult geared toward keeping you fit and flexible. Held Mondays, Tuesdays and Thursdays at 11:00AM.

Walk Away the Pounds - Get fit with this total body workout walking program. Video instruction for 1-4 miles for muscle conditioning and more. Held Monday-Fridays at 9:00AM.

James City / Williamsburg Community Center

5301 Longhill Road, Williamsburg, Virginia, (757) 259-4187

--**Tai Chi:** An ancient martial arts form, Tai Chi is great at improving balance and helping to prevent falls. This class requires a minimum of 10 people per session. If you are interested, please contact the senior center at 757-259-4187.

--**The Days of Our Lives:** Discussion group in which participants share memories about a particular era or topic like the 1950s, summertime, etc. Meets 1st Thursday at 1:00 p.m.

--**Wii Exercise:** This popular video games allows you to get the benefits of exercise without the strain on your muscles. Great for people with arthritis. We currently offer bowling and chair yoga.

--**Creative Arts:** 1/2 Price Scholarships available for Art Programs at James City/Williamsburg Community Center, Quarterpath Recreation Center, This Century Art Gallery, Paint on Pottery Too, and keyboard classes at Parker Piano Outlet.

--**Readers Theater:** The parts in a short play are divided among performers who read from the script. Emphasis is on reading with an expressive voice and gestures. No memorization is required.

Newport News

BINGO Blast

Fridays at 10:00 am

Pre-registration required. \$3 for lunch - or bring your own.

Bring three \$1 prizes (NO food items).

Call 591-4853, Brittingham-Midtown Community Center

Games Galore with Potluck

Saturdays at 10:00 am

Call 886-7907, Denbigh Lee-Hall Senior Center

African American History Program

Call 591-4850, North Newport News Community Center

A Journey Through a Nightmare (Celebrating Black History Month)

Call 886-7907, Denbigh Lee-Hall Senior Center

Faculty members at Aberdeen Elementary have created a market project in hopes of further educating their students in the handling and counting of coins. The project will include small items that will be offered for sale to the students and they, in turn, will pay for the items with plastic coins. The types of things needed are any items you think 6-8 year olds would be interested in purchasing like little toys, erasers, pencils, coloring books, crayons, handmade items or whatever else comes to mind. If you know of anyone who would be interested in contributing to this endeavor, would you please contact Ms. Ashley Ferguson (1st grade teacher) at aferguson@hampton.k12.va.us

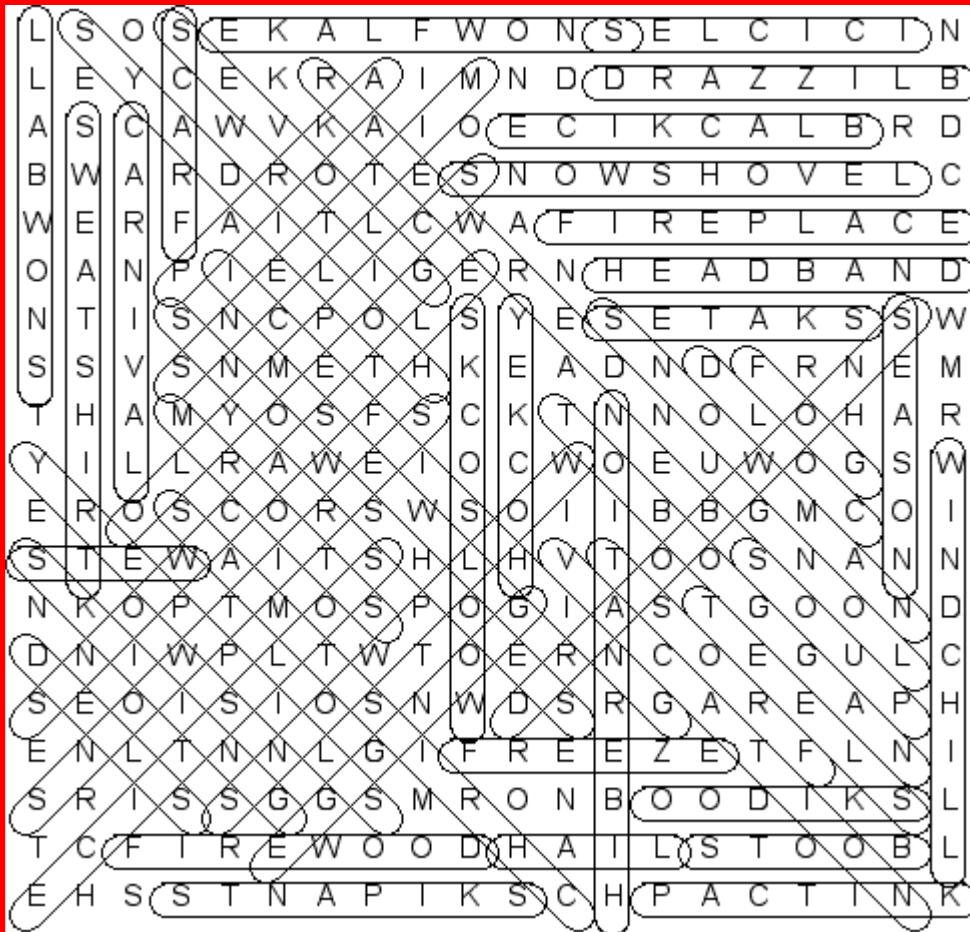
Winter

Find and circle all of the Winter related words that are hidden in the grid.
The remaining letters spell a Japanese proverb.



- | | | | |
|-----------|----------------|-------------|------------|
| BLACK ICE | HAIL | SEASON | SNOWBOARD |
| BLIZZARD | HEADBAND | SKATES | SNOWFLAKE |
| BOOTS | HIBERNATION | SKI DOO | SNOWMAN |
| CARNIVAL | HOCKEY | SKI PANTS | SNOWSHOES |
| CHRISTMAS | HOLIDAYS | SKIING | SOLSTICE |
| COLD | ICE FISHING | SLED | SOUP |
| EGG NOG | ICICLES | SLEET | STEW |
| FIREPLACE | KNIT CAP | SLIPPERY | STORM |
| FIREWOOD | LONG UNDERWEAR | SNOW CASTLE | SWEATSHIRT |
| FOG | MITTENS | SNOW PLOW | TOBOGGAN |
| FREEZE | OLYMPICS | SNOW SHOVEL | VACATION |
| FROST | PARKA | SNOW TIRES | WIND CHILL |
| GLOVES | SCARF | SNOWBALL | WOOL SOCKS |

This is the solution to the puzzle.



- | | | | |
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The hidden sentence is:

ONE KIND WORD CAN WARM THREE WINTER MONTHS

AARP Foundation Tax-Aide, the largest free volunteer-run tax service assistance program in the nation, is looking for volunteers to serve as tax preparers and greeters. Last year alone, more than 35,000 volunteers assisted 2.6 million taxpayers. Preparers are trained so no experience is necessary.

- Are you a seasoned volunteer?
- Are you interested in an organized volunteer opportunity?
- Want to use your math skills?
- Are you bilingual? Your English and Spanish skills are urgently needed.

Sign up to volunteer at www.aarp.org/taxvolunteer and join one of the most effective grassroots volunteer programs in the nation. You'll be helping low- to moderate-income taxpayers (especially those 60 and older) in your own community with much needed tax preparation assistance that's free, individualized and has no strings attached, making sure they get all the deductions and credits they deserve.

Peninsula Foster Grandparent Program Staff

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