

### Older Americans Month (May) Events

**Loudoun County Area Agency on Aging** will do a Senior Citizens Day/Volunteer Recognition combination event on **May 11** with food and dancing.

**Prince William Area Agency on Aging** has a HUGE picnic every year with over 400 older Virginians from our area. This year it is on **May 11** at Camp Snyder in Haymarket.

**Rappahannock Area Agency on Aging (RAAA)** has an "Open House" at each meal center so that family members of program participants can visit, have lunch and receive information from their Nutrition Services Coordinator and director about the state of agency operations. RAAA also holds an annual volunteer banquet in May which is a gathering of all our Congregate Meal Center participants and program volunteers. RAAA uses the event to thank the volunteers for their service over the past year. All these events will have Older Americans Month themes.

**New River Valley Agency on Aging** has an "internal" event planned for May. It is an event for our Congregate Meal participants and public officials will be invited. They believe there will be other activities in partnership with others.

**Fairfax Area Agency on Aging's** Commission on Aging has asked the Board of Supervisors for a proclamation in honor of older adults and their caregivers, incorporating this year's fun federal theme "Never Too Old to Play!" The intention is to honor older adults for their county-wide contributions and also acknowledge the county's commitment to developing programs that allow them to continue giving.

**Mountain Empire Older Citizens, Inc.** will have their 36th annual MEOC Walkathon on the first Sunday in May (**May 6**) which last year raised \$177,600 for their Emergency Services Program. It is always a great day with a great spirit. There are a large number of participants representing all sectors of the region--business, elected officials, Vintage Virginians, faith community, high school students, concerned supporters of all ages, etc. The walk is followed by a picnic and a good time is had by all--people are very proud of supporting this cause and feel very personally connected with MEOC and those they serve. It is a day that always gladdens the Executive Director's heart.

**Rappahannock- Rapidan Community Services** reports that five senior centers will promote Older Americans Month with activities including a "Senior Olympics" event at each site. Aging Together intentionally holds its annual Community Conversations around that time, as well.

**Arlington Agency on Aging** is hosting its 35th annual Senior Law Day on May 17.

**Eastern Shore Area Agency on Aging** reports their biggest event is the "Senior Prom" on May 15, which is exactly what it sounds like. The CEO reports that they decorate a hall, seniors dress up, they dance and have a D.J., they crown a King and Queen, and they have a meal and exhibits

afterwards. It is an annual event that the seniors really enjoy. They also do a mini senior health fair in May.

**Senior Connections** reports the following Older Americans Month activities:

**Public Input Sessions on our Strategic, Age Wave and Area Services Plans** (All sessions start at 10 a.m. with opportunity to have lunch with the Café Participants and members of the Agency's Advisory Council at Noon)

#### **Senior Law Day**

- **May 9** (9-4) at Senior Connections, 24 East Cary Street, Richmond  
Life-planning documents (Simple Will, Durable Power of Attorney, and/or Advance Medical Directive) are prepared at no cost to eligible older adults or persons with disabilities. All documents are prepared and executed on-site. Legal services provided by volunteer attorneys in a confidential setting.

#### **Annual Seniors Luncheon and Health/Wellness Exhibits**

- May 15 at Second Baptist Church at 3300 Broad Rock Boulevard, Richmond (Partnership with the Richmond Chapter of the National Caucus and Center on the Black Aged for approximately 450 seniors) Exhibits at 10:30 a.m. Lunch at Noon

#### **Annual Meeting of the Board of Directors and Advisory Council and Agency's Open House**

- May 22 at Senior Connections, 24 East Cary Street, Richmond (Annual Meeting at 1:30 p.m., Open House 2:30 to 4:30 p.m. to showcase Agency Programs, Activities with Partners, Volunteer Initiatives and Veterans Mobile Health Unit)

**Bay Aging** reports the following activities during Older Americans Month:

- Each of Bay Aging's 12 senior centers holds special events for their participants, volunteers, and guests
  - events include guest speakers, games and special entertainment provided by churches and civic organizations within each community
  - over 300 seniors are expected to attend these special events
- Press release submitted to all local newspapers in honor of our older adults
- Receive proclamations from county Boards of Supervisors recognizing the contributions of older adults in their communities

**Piedmont Senior Resources** reports the following activities have been planned for all Congregate Sites throughout the month of May in observance of Older Americans Month:

- Recognition of all Seniors and the contributions they have made to our Congregate Sites
- Special programs at each site presented by the site members. These programs have been selected by the participants. The programs are as follows:
  - Talent Show
  - Fashion Show
  - Hat Show
  - Shoe Show
- Planting of spring flowers for each participant
- Shopping and Dining Trips

**Shenandoah Area Agency on Aging** will hold a fundraiser in Clarke County -- a chicken barbecue prepared by the Ruritans on May 19, plus entertainment and a silent auction. The last time they did this, they sold 300 tickets.

**Appalachian Agency for Senior Citizens, Inc.** is planning a second annual Open House/Spring Fling on Saturday, May 19 to showcase the agency. There will be businesses, elected officials, music, vendors, games, a car show and a free community health fair will be sponsored by a local hospital. AASC is also offering special events during the month at the Senior Congregate Nutrition Sites and throughout the community. Proclamation for Older American's Month is supported by the four county Board of Supervisors.

**Peninsula Agency on Aging, Inc.** sponsors numerous events at congregate dining sites during Older American's Month and will forward a finalized calendar as soon as it is available.

**Jefferson Area Board for Aging** has embraced the theme for Older Americans Month this year, "Never Too Old to Play," which encourages older Americans to stay engaged, active, and involved in their own lives and in their communities. Below is a snippet of the activities that will be occurring at our sites in May:

**Mary Williams Community Center**

A sightseeing tour and picnic at the beautiful Blue Ridge on Wednesday, May 30 to celebrate Older Americans Month because no matter what our age, we can always keep exploring!!  
10am-2pm (call to reserve a spot).

**Nelson Community Center**

The Nelson Center is hosting Senior Awareness Day. It will be held Friday, May 25 from 11:00 to 2:00. All centers will be invited. Different Nelson community organizations will be on-site offering information and valuable resources for all attendees, the young and young at heart! Fun games and great food also will be available for those who attend!

### **Greene Community Center**

The Greene Center will host the “Never too Old to Play” Day! on **May 9** at 10:00 AM. This day will feature various Olympic activities and competitions involving both our seniors and youth from the local homeschool programs. Basketball, bowling, Corn Hole Toss and much more just to name a few! Games, prizes and an Ice Cream social will occur with more details to come as the plans evolve!

### **Fluvanna Community Center**

Fluvanna will be kicking up their heels on May 16th! The plan is to host a “Dance with Fluvanna” involving the Sheriff’s Department and Parks & Rec wherein members of the Fluvanna center will participate in dance contests with staff from each of the above departments resulting in fun and laughs for all! Prizes will be awarded to best dancers overall.

### **Esmont Community Center**

The Esmont seniors are showing us “Its Never to Old to Play” by hosting and participating in a Hat Fashion show on May 24th! The Esmont folks will create and wear their most favorite hat and walk the runway for all to see! More details to come!

### **Scottsville Community Center**

On Wednesday, May 16, the Scottsville members will take a tour of Claire Mellow's garden followed by a cookout sponsored by the Scottsville Senior Skippers. Croquet will be available for those interested to play. The Scottsville folks will be working with Albemarle Parks and Rec on creating and planting flower gardens around the building with the plan being to create a courtyard between the Community Center and the Scottsville Apartments in coordination with Piedmont Housing Facility.

### **Louisa Community Center**

On May 17<sup>th</sup> at 11:00, the Louisa Center in coordination with Shining Star Childcare is hosting a Carnival Day! Stations will be set and seniors will be paired with the little ones as they play all kinds of games including parachute, kickball, cornhole and more!! Come join in on the fun as it states, you are “never too old to play!”