

July 2020 Schedule

All are welcome, Henrico residency is not required!

Registration is required! Contact Sara Morris at mor141@henrico.us or 804-291-6284

July 7 at 11 am

Longevity U: Globe Trotting Longevity

Gerontologist Alexa van Aartrijk will take us on a trip around the world to the places where unique cultures live long, healthy, happy lives. This time we'll visit Okinawa, Japan and provide a wrap up discussion. How do we make our own "Blue Zone" with where we are and what we have? Travel the world to the places where unique cultures live long, healthy, happy lives. Learn about these fascinating people and places, and how they live to be 100+!

July 14 at 11 am

Mental Fitness: Let's Write a Haiku

Faithea Foster, from the YMCA of Greater Richmond's Active Older Adult program presents Mental Fitness: Let's Write a Haiku! This activity is designed to connect with others, sharpen your mind and most of all FUN!

July 21 at 11am

July Journeys Book Talk

Matt Phillips, from the Henrico County Public Library presents July Journeys! Travel the world with your Henrico Library card! We will highlight different ways the library can help you explore our planet from the comfort of your favorite chair or couch. No passport required!

July 28 at 11 am

Community Voice: Housing Resource Center

Let's talk about it! Expert facilitators from Virginia Community Voice are hosting a series of conversations about what home means to us. Let's talk about housing, home, and community. Today we'll learn about the new Housing Resource Center.

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