

January 2021 Schedule

All are welcome, Henrico residency is not required!

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

January 5 at 11 am

Navigating Community Resources

Have you ever been in a situation where you had no idea where to turn or what resources are available to you? Henrico's Advocate for the Aging will be informing and guiding you to resources and services in Henrico County and beyond.

January 12 at 11 am

Journaling Basics with John Countryman

This session is a structured, positive and productive way for individuals to express, process, and understand themselves during the time of COVID-19. The only materials you will need are a journal and writing utensil. **This is part 2 from the December 1st session.

January 19 at 11am

Financial Safety presented by the Office of the Attorney General

Join David Malakouti, Community Outreach Coordinator for the Office of the Attorney General. This presentation will discuss how you can protect yourself from scams targeting your finances. Learn about resources and what you should do if you suspect scammers.

January 26 at 11am

2021 New and Notable Releases Book Talk

Mysteries! Histories! Memoirs! Thrillers! Romance! These are just a few of the genres we will feature in this book talk series led by library staff from the Henrico County Library. This quarterly book talk series is designed to keep you ahead of the curve on 2021's most buzzed-about titles by highlighting releases coming soon to an HCPL branch near you!

February 2021 Schedule

February 2 at 11 am

Honoring Choices presents *Advance Care Planning*

Honoring Choices Virginia is out to change the way we look at planning our future medical decisions. Starting the conversation can be the most difficult part. Join Honoring Choices for a presentation on how to start the conversations and create your own advance medical directive. Regardless of age, we all need to have a plan!

February 9 at 11 am

VCU Gerontology Master's Student Session

Learn more about what VCU Gerontology students are up to in making Richmond a livable, stable and engaged place to grow older. We will hear from Natalie Mansion, a masters student and recent Age Wave Scholar, on her experiences with gerontology and longevity.

February 16 at 11 am

Valentine's Day Trivia

Join us for a morning of trivia related to the month of LOVE! We will be playing a variety of trivia games from Jeopardy to BINGO to some tough Brain Busters. **Register by February 12th to receive your BINGO card.**

February 23 at 11am

Richmond Reads Book Talk

Phil Ford, from the Henrico County Mobile Library Service presents: "Richmond Reads". Ever wanted to get to know the city of Richmond a little better? The River City has a fascinating history and we will explore some of it together through a variety of great books and other library materials.

March 2021 Schedule

March 2 at 11 am

The Valentine Museum presents *Women in the Wickham House*

Join The Valentine Museum on a tour through the Wickham House as you explore the fascinating stories of the women who inhabited the historic home during the 19th century. This tour will discuss new research into the lives of the women who lived and worked in the home and the stark contrast between their lives as mothers, daughters and enslaved laborers.

March 9 at 11 am

VCU Gerontology Master's Student Session

Learn more about what VCU Gerontology students are up to in making Richmond a livable, stable and engaged place to grow older. We will hear from Natalie Mansion, a masters student and recent Age Wave Scholar, on her experiences with gerontology and longevity.

March 16 at 11am

Senior Connections Programs and Services

Join Senior Connections, The Capital Area Agency on Aging to learn all about the programs, services and resources offered for our region's older adults. Senior Connections is dedicated to helping older adults maintain their independence and quality of life as we age.

March 23 at 11am

Page-to-Screen: All Creatures Great and Small

Read, watch, and plan to join Kimberly Bridges from Henrico County Public Library for a discussion of All Creatures Great and Small as we celebrate the 50th anniversary season of Masterpiece on PBS with an all-new screen adaptation of James Herriot's book about the heartwarming adventures of a veterinary surgeon working across England's Yorkshire Dales.

March 30 at 11am

***Aging in Place* presented by My Virtual OT**

As we age, our typical routines may become more difficult and our homes may become less safe. Join *My Virtual OT* for a presentation on how to make your home safe as you age including simple steps you can take to ensure you and your space function appropriately.