

Tuesday Club January 2010

Welcome to the New Year and Decade!

For snow conditions, we follow the York Suburban High School schedule. If the high school is closed, Tuesday Club is cancelled. If they are on a two-hour delay, we may still meet. However, Iris will use her discretion and may institute a phone tree for cancelling the group if she thinks it is warranted. Members have agreed to make calls to one or two other members of the group to pass along this information.

Tuesday, January 5th

10:30 a.m. - Current Events with Iris. Today, we take a look back at the important news and events of 2009, and how it impacts us going into 2010. Join us for a lively and fun discussion and find out what your friends think! Always interesting and current!

11:45 a.m. - Light lunch and social time

12:30 p.m. - Current Events - Part 2

Sunday, January 10th

1-3 p.m. JCC Annual Open House. Plan on spending a warm relaxing afternoon with us and to share with community members about our wonderful group!

Tuesday, January 12th

10:30 a.m. - We are joined by Desiree Hung, Associate Director of Advocacy for the PA AARP (Association of Retired Persons) regarding how the current health care debate and bill can and will impact the health and well-being of mature adults

11:45 a.m. - Light lunch and social time

12:30 p.m. - Are you aware that in 2010 you may be making a \$250 payment to Social Security in lieu of a cost-of-living increase? Desiree joins us this afternoon to discuss this and to answer your questions regarding issues affecting you at the state and federal level.

Tuesday, January 19th

10:30 a.m. - Do your bones ache in this cold weather? Do you have Osteoporosis or fear you could get it? Learn tips for staving off Osteoporosis and how to stay safe in this cold weather. We will be joined by a health care professional on this topic.

11:45 a.m. - Light lunch and social time

12:30 p.m. - We have been enjoying the *Funniest Moments of Comedy* video series put out by Reader's Digest. Today, we will view another hilarious video. Remember, we can laugh our way to better health! :)

Tuesday, January 26th

10:30 a.m. - Today, we will begin to learn about the fascinating *Secret Lives of Great Artists*. What your teachers never told you about master painters and sculptors will be revealed and we will be entertained, enlightened and amazed!

11:45 a.m. - Light lunch and social time

12:30 p.m. - The JCC's Diversity Acceptance Director, Cathy Bollinger, will join us today to share important insights into how we view those who are different from us, and how to appreciate those differences. Our Diversity Department continues to win state and national awards for its innovative programs in schools. This work improves the lives of everyone here in York County.

Member
\$15 Annual Fee
(due by Sept. 15th)
plus Free Tuesdays

Non-Member
\$15 Annual Fee
(due by Sept. 15th)
plus \$5.00 per
Tuesday

Non-members are asked to register at the Front Desk prior to the program. Punch cards are available, \$50.00 for 10 punches. Financial assistance is available for the program fees. Call Mary Baum for an appointment if you think you may qualify.

Everyone is

