

# Doris Miller Community Center (DMCC)

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Bridgette Barnes - Active Lifestyles Center Supervisor

Janice Miller - Recreation Leader

## DAILY SCHEDULED PROGRAMS

10am - 5pm, Monday through Thursday

### MONDAY

- 10:00A Wisdom in Motion Walking Group
- 10:30A Coffee, Tea, Snacks & Current Events
- 11:00A Active Lifestyles Fifty & UP-Exercises
- 11:30A Arts and Crafts
- 12:45P Socializing & Games

### TUESDAY

Open Recreation

### WEDNESDAY

- 10:00A Wisdom in Motion Walking Group
- 10:30A Coffee, Tea, Snacks & Current Events
- 11:00A Active Lifestyles Fifty & UP-Exercises
- 11:30A Arts and Crafts
- 12:45P Socializing & Games

### THURSDAY

- 10:00A Wisdom in Motion Walking Group
- 10:30A Coffee, Tea, Snacks & Current Events
- 11:00A Active Lifestyles Fifty & UP-Exercises
- 11:30A Arts and Crafts
- 12:45P Socializing & Games

## SPECIAL DATES:

### OCTOBER

- 1 - Thu 10:00A - 4:00P Active Lifestyles Clothing Drive
- 6 - Tue 10:00A Active Lifestyles Bowling ~ Invite a Senior
- 12 - Mon 10:00A Bring a Friend for Games & Fun
- 19 - Mon 10:00A Arts & Crafts for Christmas
- 29 - Thur 11:00A Birthday Social

### NOVEMBER

- 2 - Mon 10:00A - 4:00P Active Lifestyles Clothing Drive
- 3 - Tue 10:00A Active Lifestyles Bowling ~ Invite a Friend
- 9 - Mon 10:00A - 3:00P Active Lifestyles Canned Food Drive
- 12 - Thu 10:00A - 4:00P Open House Active Lifestyles Fifty & Up sign-up
- 18 - Wed 11:00A **Fall Extravaganza - Acknowledging our Veterans** (see page 3)
- 23 - Mon 10:00A Keep Reading Book Club (a chapter a day helps memory to stay)
- 30 - Mon 11:00A Birthday Social & Blood Pressure Check (on your own)

### DECEMBER

- 2 - Wed 10:00A Active Lifestyles Bowling ~ Invite a Friend
- 3 - Thu 11:00A - 3:00P Active Lifestyles Shoe Drive



See page 9 for volunteer opportunities in our community.

## Maturity in Style



Beatrice (Bea) Siro

"Caring and sharing makes you a better person," are the words that Mrs. Beatrice (Bea) Siro lives by. At 81 years of age, she fills her days with volunteer activities and community involvement. Bea is an active member of the Retired & Senior Volunteer Program (RSVP) for ongoing as well as one-time projects. She sees herself as a lifelong volunteer and considers each day a blessing and opportunity to help others.

Bea was born in Boston, Massachusetts on May 16, 1928, and in 1950 she and her husband, Jack, were married. Bea's parents taught her that you always have to give back, and so it was not unusual that, in 1982 when she and her husband moved to Newport News, they were constantly involved in programs to help others. As a young mother, Bea was considered a 'professional volunteer' for helping at school and serving as a Den Mother and Girl Scout Leader. She also volunteered at church and the Synagogue, and was Vice President for a Cerebral Palsy chapter.

Bea's volunteer work continues throughout her adult years. Three years ago, as a mentor for a young family whose father was in Iraq, she offered them encouragement and guidance. Today she is proud to talk about her involvement in the Capitol Hill Club, an action-oriented group created by Bon Secours - Mary Immaculate Hospital that focuses on legislative issues that affect the health and well being of seniors in Hampton Roads. Bea meets with the group, discusses senior-related issues and travels to Richmond once a year to advocate the views and concerns of the group to state representatives.

Bea has been involved with the Active Lifestyles Program for years. She instructed seniors at the Denbigh-Lee Hall Senior Center, has enjoyed the inter-generational programs and attends special events. She keeps very busy and sees this as the secret to staying young. A special thanks to Beatrice Siro for her devotion to helping others and for staying involved in the community.