

The way to see by faith is to shut the eye of reason.

Benjamin Franklin

May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Met Emporium Diabetes & Arthritis Presentation 10:30 am Choir Rehearsal	4 BINGO Aerobics	5 Softball Game Stony Run Park Newport News, Va. 10am-2pm COST : \$ 2.00	6 Kilby Shores Reading 10:15 am-11:30 am Aerobics	7 Peninsula Towne Center Hampton, Va. COST : \$2.00	8
9	10 Ahoskie, NC Meat Market Wal-Mart Plaza	11 Aerobics	12 Blood Pressure Diabetic Screening 	13 USDA SIGN - UP Kilby Shores Reading Aerobics	14 Game Day	15 Archery 
16	17 Indoor Games 	18 Outdoor games 	19 Brenda Lawrence Medicaid Speaker Collect Money for Art's and Craft's \$5.00	20 Kilby Shores Reading USDA BAG PICK-UP Aerobics	21 Bingo	22
23 Aerobics Break Week 	24 Happy Birthday 	25 Arts & Crafts Aerobics Make-up class	26 Arts and Crafts Classes Suffolk Museum	27 Kilby Shores Reading 	28 Munch	29
30	31 Memorial Day CLOSED 					

EVENT INFORMATION:

A Day Out

Join us for a day out to Peninsula Towne Center Hampton, Va. Cost: \$2.00

Ahoskie, NC Meat Market

NEWPORT NEWS SOFTBALL GAME

Cost: \$ 2.00

Aerobics

Aerobics classes start on 6/1- 7/8

Payment of \$12.00 DUE ON START DATE.

Senior Games

Registration begins 3/31/10 \$10.00 fee

Saturday 5/15 Archery

Monday 5/17 Indoor Games

Tuesday 5/18 Outdoor Games

Art Classes

Arts and Crafts classes are being offered at the Suffolk Museum on the 4th Wednesday of each month. Each class will cost: \$5.00 Payment due the 3rd Wednesday of the month.

If you would like to participate, please stop by and complete the registration forms. There is a \$5.00 cost to join the East Suffolk Recreation Center. Payable by check or Money Order.

Hours of Operation:

Monday-Friday 8:30am-5:00pm

unless otherwise noted

HEALTH INFORMATION:

About Half of Senior Citizens Referred to a Specialist Never Get there for Treatment.

Just 71% ever get appointments and just 70 of those show up at the doctors office. Only about half of the senior citizen patients referred to medical specialist ever receive the treatment their primary care doctor intended. It is referred to as the most frequent error in medicine.

Study of Senior Men Finds Similar Results with Open or Laparoscopic Prostate Surgery.

Researchers studied almost 6,000 senior citizens suggest patients be informed about the differences and similarities in expected outcomes, male treatment decisions with an experienced surgeon Of the 200,000 men newly diagnosed with prostate cancer each year in the United States, about one-third will undergo surgical treatment. Although open radical prostatectomy (ORP) is regarded as the standard treatment, laparoscopic Radical prostatectomy (LRP) with or without robotic assistance is becoming more common.



Suffolk Senior Center



May 2010

Sparkle Bailey, Program Coordinator

Wilma Picot, Program Leader

Phillippia Goodman, Program Leader

138 South 6th Street

Suffolk, Virginia 23434

Phone: 757-514-4500

Email: sbailey@city.suffolk.va.us