

ENGAGE

A Newsletter for Older Adults

Henrico Outreach & Engagement: Older Adult Services
Spring 2026 April-May-June



A HISTORY OF OLDER AMERICANS MONTH

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Every May, the Administration for Community Living (ACL) leads the nation’s observance of Older Americans Month, a time to recognize older Americans’ contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2026 theme, **Champion Your Health**, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence. Join us in highlighting the importance of evidence-based approaches, self-management, and community partnerships that empower individuals to lead their healthiest lives.

*History of Older Americans Month | ACL Administration for Community Living. (n.d.). <https://acl.gov/oam/history>
Older Americans Month | ACL Administration for Community Living. (n.d.). <https://acl.gov/oam/older-americans-month>*

LEARN MORE ABOUT THE HENRICO ADVOCATE FOR THE AGING

Henrico’s Advocate for the Aging serves Henrico community members aged 60 & older, their family members & caregivers by providing information and referral services, support for caregivers, and communicating current & changing needs of older adults to Henrico Local Government Agencies. Learn more at <https://henrico.gov/outreach/older-adult-services/>

Feel free to contact the Advocate for the Aging at 804-501-5065 or Agingadvocate@henrico.gov.

UPCOMING EVENTS FROM THE ADVOCATE FOR THE AGING

For questions regarding events, please contact the Advocate for the Aging at 804-501-5065 or agingadvocate@henrico.gov

****In the event of winter weather, all programs will follow Henrico County Public Schools' weather closure and delay policies. Please check for updates before attending****

Henrico Ambassador Program for Seniors (HAPS)

Wednesday, April 15th, 10 am-11:30 am Tuckahoe Area Library, 1901 Starling Dr

HAPS will be joined by the Alzheimer's Association to learn about dementia, including the different types, how it progresses, and the changes in thinking, and daily abilities that can occur. We will also learn practical ways to support loved ones and navigate the challenges of dementia with understanding and confidence.

Senior Law Clinic

Wednesday, April 15th, by appointment only Sandston Area Library, 23 E Williamsburg Rd.

Volunteer attorneys through the Richmond Bar Foundation will draft Wills, Power of Attorneys, and Advanced Medical Directives for free. To be eligible, you must be 55+, disabled, a caregiver or receiving hospice care. You must also meet income requirements: Single Person Household: \$5,216 or less; Two Person Household: \$7,050 or less. Contact Candi May with The Span Center at (804) 871-0225 to register.

CarFit

Thursday, April 16th, by appointment only Eastern Henrico Recreation Center 1440 N. Laburnum Ave.

Having the proper fit inside your vehicle can help protect you and those around you. At this CarFit event, participants will be assessed by a team of professionals to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes 20 minutes. Registration is required to receive an appointment. To register, contact the Advocate for the Aging at 804-501-5065 or agingadvocate@henrico.gov

Central Virginia Older Adult Luncheon

Friday, May 15th, 11:30 am-1 pm, Beulah Recreation Center, 6901 Hopkins Rd., N. Chesterfield

In honor of Older Americans Month, regional partners will honor the contributions of older adults in our community, explore the many ways to stay engaged as we age, and cultivate inclusive views on again. Registration is required. To register, contact the Advocate for the Aging at 804-501-5065 or agingadvocate@henrico.gov

Henrico Ambassador Program for Seniors (HAPS)

Wednesday, May 20th, 10 am-11:30 am North Park Branch Library 8508 Franconia Rd.

HAPS will hear from Emily Atkinson from the Joint Commission on Healthcare from the Virginia General Assembly as she shares important legislative updates that may impact our community.

CarFit

Tuesday, May 26th, by appointment only, Deep Run Recreation Center, 9900 Ridgefield Pkwy.

Having the proper fit inside your vehicle can help protect you and those around you. At this CarFit event, participants will be assessed by a team of professionals to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes 20 minutes. Registration is required to receive an appointment. To register, contact the Advocate for the Aging at 804-501-5065 or agingadvocate@henrico.gov



HENRICO AMBASSADOR PROGRAM FOR SENIORS (HAPS)

What is HAPS?

The HAPS program serves as an opportunity for 60+ Henrico Residents to become familiar with resources and information to share as ambassadors to their local communities.

Who Can Serve as an Ambassador?

Henrico residents aged 60 and older

When will HAPS Meetings Occur?

The third Wednesday of each month from 10 am-11:30 am.

Ambassadors Will:

Attend Monthly Meetings.

Learn about available resources in Henrico.

Share information on resources and services with other community members.

Give feedback on aging services in Henrico.

For more information, contact the Advocate for the Aging's Office at (804) 501-5065 or agingadvocate@henrico.gov

SAVE THE DATE: CENTRAL VIRGINIA WORLD ELDER ABUSE AWARENESS DAY: THE POWER OF PARTNERSHIPS



Join community members, caregivers, organizations, and community partners for the **Annual Central Virginia World Elder Abuse Awareness Day** on Thursday, June 18th, from 9 am-12 pm at Midtown on the Green, 2401 W. Leigh Street, Richmond, VA 23220.

Abuse, neglect, and exploitation can happen anywhere and have lasting impacts on individuals and our communities. Partnerships are critical as we work together to protect older adults from abuse. This year's theme is "**The Power of Partnerships**", highlighting how collaboration between service providers, families, and local organizations plays a crucial role in keeping our elders safe.

Registration is required, and space is limited. Please contact the Henrico Advocate for the Aging's office for more information at (804) 501-5065 or agingadvocate@henrico.gov



UPCOMING EVENTS FROM HENRICO RECREATION & PARKS

Milestone Anniversary

Friday, April 17th, 10 am- 11:30 am Belmont Recreation Center, 1600 Hilliard Rd.

Ages 25+. Honor the years of love and dedication you've put into your marriage, especially if you are 20, 30, and 40 years down the line. Let's toast your special day and take a photo. There will be a special drawing for key milestone anniversaries. Information: cun04@henrico.gov

Senior Party & Resource Fair 2026

Thursday, May 21st, 10 am-12 pm Eastern Henrico Recreation Center 1440 N. Laburnum Ave.

Senior Adults will receive information from county departments and community organizations, play games, and dance, dance, dance! Hosted with the SPAN Center and Henrico's Advocate for Aging.

Information: cun04@henrico.gov

Juneteenth Celebration 2026

Saturday, June 20th, 4 pm-10 pm Osborne Park, 9530 Osborne Turnpike

This year's Juneteenth Celebration honors the evolution of Black culture since emancipation through an immersive experience of music, art, and community. From the rhythms that shaped generations to the creativity that continues to influence the world, we invite you to journey with us through the sounds, stories, and spirit of freedom. Enjoy a vibrant vendor fair, a fun-filled Kids Zone, live entertainment, and a wide variety of delicious food. Bring your family and friends as we celebrate culture, resilience, and community together. Information: bov001@henrico.gov

UPCOMING EVENTS FROM HENRICO COUNTY PUBLIC LIBRARIES

Bob Singer Senior Series: Road to Revolution: Virginia's Last Royal Governor

Thursday, April 9th, 2pm-3pm Twin Hickory Library, 5001 Twin Hickory Rd.

Explore Virginia's roles and reasons for joining the American Revolution. Discover the events that pushed Virginians to revolution and forced a governor to flee in the middle of the night. Books and other materials related to the American Revolution will also be available for checkout. Sponsored by the Friends of HCPL. Information: TwinHickoryEvents@henricolibrary.org or (804) 501-1920.

Chronic Pain Self-Management with The SPAN Center

Wednesdays, May 13th- June 17th 1 pm-2 pm Fairfield Library, 1401 N Laburnum Ave.

This six-week workshop focuses on strategies for handling pain, frustration, and fatigue while balancing rest and activity. Register once for the entire series. This program will include some gentle, adaptable movements. Information: kbridges@henricolibrary.org or (804)501-1929.

Silver Screen Saturdays

Saturday, June 20th, 3 pm-5 pm Gayton Branch Library, 10600 Gayton Rd.

Celebrate old Hollywood by watching classic movies from the 1920s through the 1970s. Before and after each screening, we will share facts related to the movie to give you additional background on the production. Titles will be announced as the program dates approach.

Information: GaytonEvents@henricolibrary.org or (804)501-1960 Ext. 5

SENIOR SERVICES SPOTLIGHT



OPENING MINDS THROUGH ART (OMA) AT THE CULTURAL ARTS CENTER AT GLEN ALLEN

An art-making program for people with dementia and their caregivers, OMA is an award-winning, evidence-based, intergenerational art-making program for people with Alzheimer's disease and other neurocognitive disorders.

Founded in 2007 at Scripps Gerontology Center at Miami University, OMA is grounded in "person-centered" ethics, rather than disease-centered – in other words, OMA focuses on what people CAN do.

The goal of the OMA Center is to help create a society that values older adults with dementia. They achieve this by building genuine friendships between people with dementia and volunteers as they engage in art-making. Additionally, they offer education, respite, and fellowship for caregivers.

To learn more or enroll in an OMA session, visit <https://www.artsqglenallen.com/> and go to their "Artreach" tab. For questions, please contact the Outreach Manager, Jen De Cerff, at 804-261-6220 or email OMA@artsqglenallen.com



Henrico Theatre
305 E. Nine Mile Rd.
Henrico VA 23075

Since opening in 1938, this historic theater has been an entertainment hub for the community.

Movie Tickets and concessions are ALWAYS just one dollar.

The Henrico Theater offers its specially curated morning movie series, featuring new and classic favorites on the last Wednesday of every month at 10 am!

Henrico Theater has many upcoming live performances, including Bravo for Broadway, A Musical Review beginning Friday, June 5th at 7 pm. Henrico Theater Company salutes Broadway musicals such as Barnum, Pippin, The Wiz, Wicked, and more!

Screening schedules and information about live performances can be found on the website at www.Henricotheater.com or by calling (804) 652-1460.

DO YOU KNOW A CENTENARIAN IN HENRICO?

Henrico County is calling on community members to help honor a remarkable milestone—turning 100 years old. As part of an ongoing effort to celebrate longevity and recognize the invaluable contributions of older adults in our community, Henrico will be honoring local centenarians during the Annual Centenarian Celebration on Thursday, September 24th, from 3:00 pm-5:00 pm at The Springs Recreation Center.

Henrico is honoring residents who are 100 years old or older, and we'd be delighted to recognize your friend or family member. If you know someone in Henrico County who has reached this incredible milestone, please contact the Henrico Advocate for the Aging at 804-501-5065 or agingadvocate@henrico.gov to learn more about how they can be included in this celebration.



HENRICO CHRISTMAS MOTHER

The Henrico Christmas Mother program provides food, clothing, books, toys, and other gifts to qualifying families in Henrico County, including those with children, seniors, and adults with disabilities.

If you need assistance this holiday season, applications are accepted in person on designated days beginning in early October. Eligible applicants include families with children, seniors age 65 and older, and/or adults with a documented disability.

To apply, you must be a resident of Henrico County and meet the program's income guidelines. The application will be available online at <https://henricochristmasmother.org/>. Completed applications must be submitted in person at the warehouse located at 361 Dabbs House Road during the designated dates in October. Applicants are also required to bring all necessary documentation, as outlined on the website.

If you are interested in volunteering or making a donation, please visit the website above for more information.

For questions, call (804) 236-9741 or email applications@henricochristmasmother.org

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