

## Arts and Culture

**Oh The Places We Would Love TO Go! Let's Visit Bethlehem!** Several months ago Alicia Wrights, Center Director asked the senior members to name a place or two that they would love to visit, yet have never had the opportunity to. Each month, she gives a presentation about one place that has been placed on someone's "Bucket List." **Join us Wednesday, September 11, 2019 at 12:15PM** as we travel to Bethlehem and learn about the culture, traditions, foods and more!

**Calendar subject to Change!** While we strive to follow the published calendar, there are times when volunteers and professionals have things that prevent them from presenting the program we planned. Thanks for your patience in those situations.

VPAS assures that no person on the grounds of race color national origin or sex, as provided by Title VI of the Civil Rights Act of 1964 be excluded or denied participation, or otherwise be discriminated against under any of its federally funded programs and activities. Any person who believes his/her Title VI protection has been violated may file a complaint with Jenn Chestnut at (540) 949-7141, [jenn@vpas.info](mailto:jenn@vpas.info) or 325 Pine Ave., Waynesboro, VA 22980.

## Activity Guide September 2019



**Bath Community Senior Center  
212 west Warm Springs Drive  
Warm Springs, VA 24484  
540-839-5604**



[www.vpas.info](http://www.vpas.info) or find us on Facebook at [www.facebook.com/Bath Senior Center](https://www.facebook.com/BathSeniorCenter)

## Health and Fitness

**Basic First Aid** Perlista Henry will review some basic first aid practices to use in an emergency situation on **Monday, September 9, 2019 at 10AM.**

**Cooking for One** We will be preparing Spinach and Cheddar Microwave Quiche in a mug on **Wednesday, September 11, 2019 at 10AM** and Cheesy Noodles on **Thursday, September 26, 2019 at 10AM.**

**Mobility Workshop** Kim Pack from All About Home Health will do a presentation on mobility and falls on **Thursday, September 12, 2019 at 10AM.**

**Immunizations - Take your Best Shot!** Lucy Dunnagan, DON, RN at Bath Community Hospital will speak on immunizations you may need to help keep you healthy and avoid dangerous complications from diseases on **Thursday, September 12, 2019 at noon.**

**Roundtable Discussion with Safehome** Safehome Systems from Covington, VA visit BCSC each month to discuss various topics of interest. Ashley Timbrook, who is new to Safehome, will visit and introduce herself on **Thursday, September 19, 2019 at 10AM.**

**Diet, Cholesterol and You** Lucy Dunnagan, DON, RN at Bath Community Hospital will again visit BCSC to speak about ways to reduce cholesterol with a healthy diet on **Monday, September 23, 2019 at 10AM.**

**Exercise options are here!** Check online at [www.vpas.info](http://www.vpas.info) for times and schedule.

## Special Events

**Shopping!!!** We will travel to Covington, VA on **Monday, September 16, 2019** to go shopping at Goodwill, Dollar Tree and Walmart, followed by lunch at a local restaurant. There is a suggested voluntary donation of \$2.00 for the bus ride. You must also pay for your own lunch.

**Fall Prevention Presentation at Bath Rehab and Wellness!** September is National Falls Prevention Month. BCSC has been invited to attend a presentation on Slips, Trips and Falls at The Bath Rehab and Wellness Center on **Wednesday, September 18, 2019 beginning at 10AM.** It is so important to be pro-active and take the right steps to prevent falls in and around the home!

**LISTEN UP!!!!** We want to hear your feedback on VPAS! Deborah Bundy-Carpenter, District Nurse Manager with Central Shenandoah Health District and a VPAS Board Chair, as well as Pam Webb, Bath County Treasurer and VPAS Board Chair will be conducting a listening session to hear your feedback! Come with comments, questions and thoughts on the programs, staff, food, facilities, anything you can think of related to VPAS! **Monday, September 23<sup>rd</sup> at 12:15PM.**

**These are the backbone of the programming, but you have to come to experience the games, laughter, community and fun!**