

## Arts and Culture

### St. Patrick's Day Craft

On **Wednesday, March 4, 2020 at 10:00AM** we will do a St. Patrick's Day Craft making our own pots of gold! We will also explore why different sayings like "The Luck of the Irish," the color green, Leprechauns, 4 leaf clovers and gold are associated with this day.

### Making Coasters

Wednesday, **March 11, 2020 at 12:15PM** we will be making coasters to sell at the Hot Springs Pharmacy. Join us for this fun and easy craft!

**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.

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



### Don't Forget to Spring Forward!

Don't forget to set your clocks ahead 1 hour on **Sunday, March 8, 2020 at 2:00AM!**

**The First Day of Spring is Thursday, March 19, 2020!!**

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# Bath Community Senior Center Activity Guide March 2020



**Bath Community Senior Center  
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[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

### **Exercise with Millie Every Thursday!**

We travel to the Bath Rehab and Wellness Center each Thursday morning from **10:00 – 11:00AM** where Millie Williams gets us up and moving with great music and exercise!

### **Family Feud with Ashley Timbrook from Safehome**

Safehome Systems from Covington, VA visit BCSC each month to discuss various topics of interest. Ashley Timbrook will be here **Monday, March 9, 2020 at 10:00AM** to play Family Feud!

### **Cooking for One (or Two)**

In continuing our series of simple and easy Cooking for One, Chef Ella will assist us in making 2 easy dishes this month! We will make roasted brussel sprouts on **Wednesday, March 11, 2020 at 10:00AM**. Then on **Wednesday, March 25, 2020 at 10:00AM**, she will assist in making a quick and easy recipe for pigs in a blanket. Join us as we prepare these yummy dishes!

### **Understanding Brain Injury**

**On Monday, March 16, 2020 at Noon** Cindy Noftsinger, Executive Director of Brain Injury Connections will give a presentation on brain injury following a traumatic experience and the effects on both the individual and their loved ones.

### **Remaining At Home Presentation**

Paula Ford from VAIL (Valley Associates for Independent Living) will visit BCSC **Thursday, March 26, 2020 at Noon** to speak on remaining at home.

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

## Special Events

### **Celebrating Women's History Month- Featuring NASA Research Mathematician Katherine Johnson**

On **Monday, March 2, 2020 at 12:15PM**, in celebration of Women's History Month, we will look at the remarkable career of NASA Mathematician Katherine Johnson, who was born in White Sulphur Springs, WV.

### **History of International Women's Day**

We will discuss how International Women's Day came to be, as well as who has been an inspiration to you on **Thursday, March 5, 2020 at 12:15PM**.

### **Shopping Trip to Covington**

There will be a shopping trip to Covington on **Wednesday, March 18, 2020**. We will go to the Goodwill, Dollar Tree, Walmart and Lunch. \$2.00 fee plus the cost of lunch. Sign-up if you would like to go!

### **Breakfast with Cathy Landreth at the Bath Community Hospital Bistro**

**Monday, March 23, 2020 at 9:00AM** Cathy Landreth (CEO of Bath Community Hospital) will join us for breakfast and a roundtable discussion to answer any questions you may have. Cost of breakfast is on your own.

### **National Council of Aging - Seniors Against Scams Presentation**

Scams can happen to anyone; make sure you protect yourself and your loved ones. We will have a presentation on different scams and how to avoid them on **Monday, March 30, 2020 at 10:00AM**.