


JANUARY 2019

Monday, Wednesday, Thursday
 Center Hours: 9:00AM to 1:00PM
 Lunch served at 11:30AM
 Alicia Wrights, Director
Alicia@vpas.info
 540-839-5604

212 West Warm Springs Drive, Warm Springs, Va. 24484 ♦ www.bathcountyseniorcenter.org

MONDAY	WEDNESDAY	THURSDAY
<p>December 31 BCSC CLOSED</p> 	<p>2 9:00 Coffee Time 10:00 Snowman Craft 11:30 Lunch 12:15 Bingo</p>	<p>3 9:00 Coffee Time 10:00 Exercise with Millie 11:30 Lunch 12:15 Eating Right for Older Adults</p>
<p>7 9:00 Coffee Time 10:00 Senior Meeting 11:30 Lunch 12:15 Thyroid Awareness- Check Your Neck!</p>	<p>9 9:00 Coffee Time 10:00 Glaucoma- Keep Vision in Your Future 11:30 Lunch 12:15 Patient Advocacy Program with Keri Lightner and Cathy Landreth, CEO BCH</p>	<p>10 9:00 Coffee Time 10:00 Exercise with Millie 11:30 Lunch 12:15 Fruit of the Month – Oranges/BP Checks</p>

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MONDAY	WEDNESDAY	THURSDAY
<p>14 9:00 Coffee Time 10:00 Kim Roldan From Safehome 11:30 Lunch 12:15 Seasonal Depression-Beating the Winter Blues, Lucy Dunnagan, RN BCH</p>	<p>16 9:00 Coffee Time 10:00 Chicken Feet Game 11:30 Lunch 12:15 Train Your Brain Mind Games</p>	<p>17 9:00 Coffee Time 10:00 Exercise with Millie 11:30 Lunch 12:15 Martin Luther King-Remembering the Man and the Dream-Perlita Henry</p>
<p>21 BCSC CLOSED MARTIN LUTHER KING DAY</p> 	<p>23 9:00 Coffee Time 10:00 Kings in the Corner 11:30 Lunch 12:15 Chair Yoga</p>	<p>24 9:00 Coffee Time 10:00 Exercise with Millie 11:30 Lunch 12:15 Vegetable of the Month- Carrots/BP Checks</p>
<p>28 9:00 Coffee Time 10:00 Pokeno 11:30 Lunch 12:15 Birthday Celebration/Coverall Bingo</p>	<p>30 9:00 Coffee Time 10:00 Cornhole 11:30 Lunch 12:15 Games</p>	<p>31 9:00 Coffee Time 10:00 Exercise with Millie 11:30 Lunch 12:15 Heart Healthy Bingo</p>

Calendar Subject To Change

BCSC operated by Valley Program for Aging Services, Inc.