

Find us at:

www.vpas.info

Friend us on Facebook

Operated by : Valley Program for Aging Services

March 2020

Harrisonburg Senior Center

Mia Olsen, Center Director

Mailing address: 975 S High St, Harrisonburg VA 22801

315 S. Dogwood Dr.

Harrisonburg, VA 22801

(540) 433-2893

Open 9a.m. to 1 p.m.

| Monday | Wednesday – AT TBSC | |
|--|--|--|
| <p>2</p> <p>9:00 Green Valley Bookfair</p> <p>12:00 Tai Chi for Arthritis with Mia Olsen & Mark Shank</p> | <p>4</p> <p>9:00 Morsels and Mingling</p> <p>9:30 Exercise</p> <p>10:00 DVD travel: The Great Smoky Mountains</p> | <p>Calendar is subject to Change</p> |
| <p>9</p> <p>9:00 Morsels and Mingling</p> <p>9:30 Exercise</p> <p>10:00 Nick Kozel</p> <p>12:00 – Tai Chi for Arthritis w/ Mia Olsen & Mark Shank</p> | <p>11</p> <p>9:00 Morsels and Mingling</p> <p>9:30 Exercise</p> <p>10:00 Timberville Museum</p> <p>12:00</p> | <p>Your voluntary, confidential contribution to cover a portion of the cost of your meal is truly appreciated!</p> |
| <p>16</p> <p>9:00 Morsels and Mingling</p> <p>9:30 Exercise</p> <p>10:00 Coronavirus info</p> <p>12:00 – Tai Chi for Arthritis w/ Mia Olsen & Mark Shank</p> | <p>18</p> <p>9:00 Morsels and Mingling</p> <p>9:30 Exercise</p> <p>10:00 Game: Can You Name 5?</p> <p>12:00</p> | |
| <p>23</p> <p>9:00 Morsels and Mingling</p> <p>9:30 Exercise</p> <p>10:00 –Real food and food choices from Corrie from A Bowl of Good</p> <p>12:00 – Tai Chi for Arthritis w/ Mia Olsen& Mark Shank</p> | <p>25</p> <p>9:00 Morsels and Mingling</p> <p>9:30 Exercise</p> <p>10:00 – Celebrate Spring craft</p> <p>12:00</p> | <p>25</p> <p>Community Champion Day</p> <p>March for Meals</p> |
| <p>30</p> <p>9:00 Morsels and Mingling</p> <p>9:30 Exercise</p> <p>10:00 –Westover Preschool to visit</p> <p>12:00 – Tai Chi for Arthritis with Mia Olsen & Mark Shank</p> | | <p>Errands each Monday at 12:00</p> |

