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Operated by : Valley Program for Aging Services

March 2019

Harrisonburg Senior Center

Mia Olsen, 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	
4 9:00 – Morsels and Mingling 10:15 – Nutrition Bingo	6 9:30 Sit and Fit 10:15 – Piano Music with Brenda Spitzer 12:15 Shopping at Food Lion	Your voluntary, confidential contribution to cover a portion of the cost of your meal is truly appreciated!
11 9:00 – Morsels and Mingling 10:15 –Nick Kozel – inspiration OR puzzles/games 12:15 – Errands to Walmart/Red Front	13 9:30 Walking for exercise 10:15 – Ressa Baugher activity 12:15 Shopping at Food Lion 12:30 – Reading with Ron Smith	
18 9:00 – Morsels and Mingling 10:15 – St Patricks Day party 12:00 – Tell me something good	20 9:30 Sit and Fit 10:15 – Balloon Volleyball 12:15 Shopping at Food Lion	
25 9:00 – Morsels and Mingling 10:15 – Left Center Right 12:00 – Tell me something good	27 9:30 Sit and Fit 10:15 – Armchair Travel to South Africa with Molly Pirrung 12:15 Shopping at Food Lion	

Calendar Subject to Change