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Operated by : Valley Program for Aging Services

Sept 2019

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	
2 Closed for Labor Day	4 9:00 Morsels and Mingling 9:30 Exercise 10:00 – Outing to Ben Franklin Antique Mall	Your voluntary, confidential contribution to cover a portion of the cost of your meal is truly appreciated!
9 9:00 Morsels and Mingling 9:30 – SAIL Exercises 10:15 VICAP – Howard Houghton 12:00 – Listening Session with Sarah Morton and Betsy Hay	11 9:00 – Morsels and Mingling 9:30 – Exercise 10:00 – Outing to Rt 11 Potato Chip Factory	
16 9:00 Morsels and Mingling 9:30 – Balance Exercises 10:15 – Healthy Aging with arthritis with Laura Spicer, Bridgewater Retirement Community 12:15 - Errands	18 9:00 Morsels and Mingling 9:30 Exercise 10:00 Immunizations with Jessica French from the Broadway Pharmacy 12:15 Tell me something good!	If you cannot pay for an outing and would like to go, please talk with the staff for assistance.
23 9:00 Morsels and Mingling 9:30 – SAIL Exercises 10:00 – Heritage Museum Outing – Sign up and Bring \$2 to attend 12:15 Decorate bags for MOW	25 9:00 Morsels and Mingling 10:00 – United Way Day of Caring Volunteers and activity 12:15 -	
9:00 Morsels and Mingling 9:30 – Balance exercises 10:15 – Rock Steady Boxing with Randy Simpson “How to Fall”		

Calendar Subject to Change