

**Second Wind and
Highland County
Community Programs and Trips**

- * Indicates a program open to ALL community members.
- + Second Wind programs are targeted to community members 60 years of age and older.



2017

Friday, December 1. Wintertide.

- 1-2:30 PM Gentle Yoga**, Highland Library. Call 468-2372 for more information.*
- 2:00 PM – 7:00 PM Wintertide Dinner at the Highland Inn.** See what holiday treats Chef Dan has in mind during this special three-course set Wintertide menu with an optional wine pairing! \$35 per person. (Regular dinner service also available.) *
- 4:30-6 PM The Highland Farmers' Market is hosting an indoor Winter Market** as a kick-off to Wintertide. The Highland Center on Spruce Street. SNAP benefits, including matching dollars will be available. Debit and Credit are also available. Below is the link to the Facebook Event Page: <https://www.facebook.com/events/1187172044748942/>
- 4:30 – 6 PM Highland Made Holiday Market.** . Locally-made items for sale include pottery, paper crafts, felted crafts, Christmas décor, honey, baked goods, photography, and jewelry. The market is located at [125 West Mill Alley](#) in Monterey, David Cockerham Photography Studio & Gallery (behind Evelyn's Pantry / The Attic). Grab some free cookies and hot cocoa while you shop! *
- 7 PM Highland Community Chorus, Beulah Presbyterian Church.** *
- 7 PM – 9 PM Lion's Club BINGO!** Monterey Fire Department, Monterey. 25 cent games. Cash prizes. Jackpot \$1 game. *

Saturday, December 2. Wintertide.

- 8 AM – 1 PM Cookie Walk, Word of Faith Church.** (Sponsored by Highland County Volunteer Rescue Squad) *
- 10 AM Christmas Parade featuring Santa.** *
- 10 AM – 6 PM Stained Glass Artisan Erica Stephenson creating stained glass at Highland Mountain Flowers, Monterey.** *
- 10 AM – 6 PM Highland Made Holiday Market.** Locally-made items for sale include pottery, paper crafts, felted crafts, Christmas décor, honey, baked goods, photography, and jewelry. The market is located at [125 West Mill Alley](#) in Monterey, David Cockerham Photography Studio & Gallery (behind Evelyn's Pantry / The Attic). Grab some free cookies and hot cocoa while you shop! *
- 10:30 AM Photos with Santa at the Courthouse.** *
- 12:00 PM – 7:00 PM Wintertide Dinner at the Highland Inn.** See what holiday treats Chef Dan has in mind during this special three-course set Wintertide menu with an optional wine pairing! \$35 per person. (Regular dinner service also available.) *
- 5:30 - 8 PM Free Mulled Cider at Big Fish, Spruce Street, Monterey.** Visit Big Fish Cider Company for free mulled cider and tastings of their seasonal Wassail and other creations. *
- 6 PM Tree lighting and presentation of the Christmas Cup.**
- 7 PM Highland Community Chorus performs at Monterey Methodist Church.** The Girl Scouts' Gingerbread village at the Highland Methodist Church will be on display before, during, and after the Community Chorus Concert.

Sunday, December 3.

- 3 PM Highland Community Chorus, McDowell Presbyterian Church.**

Monday, December 4.

- 10 – 11:30 AM Monday Kinda Yoga Workshop**, Highland Public Library, Mountain View Room. *
- 1 PM Monday Art Group**, Arts Council Room, Highland Center. Release your inner artist! Bring your own materials. No oil paint.*
- 6 – 8 PM Alpha, Monterey Presbyterian Church, Spruce Street, Monterey.** September 25-December 4, 2017.
Explore life and the Christian faith in a friendly, open and informal environment. Free dinner, video presentation, and small group discussion. Call Pastor Mary Robinson, 396-3337 for more information. www.alphausa.org Cost: FREE.

Tuesday, December 5.

- 3 - 4 PM Seated Chair Yoga, Highland Medical Center, Community Room.** A restorative and rejuvenating program for body, mind, and spirit. Gentle stretching improves flexibility and mindful breathing reduces stress. This class is for everyone who would like to experience the benefits of yoga while seated in a chair. Class led by Kathy Solomon. *
- 7 PM Highland County Board of Supervisors meeting, Modular Building, Highland Center Circle, Monterey.** To speak at the meeting please call Roberta Lambert, 468-2347 to be added to the agenda. *

Wednesday, December 6. Shopping DAY CHANGE for December only.

- 9 AM Christmas and Grocery Shopping in Harrisonburg.** Pick up time 9 AM at the Highland Library or at your home. Call 468-2178 to reserve your seat or to arrange pick-up at home. Cost: \$5 round trip.+
- 2 - 4 PM Blue Ridge Area Food Bank Mobile Food Pantry**, Word of Faith Church, Monterey, VA *
- 5 - 6 PM Weight Management Support Group, Community Room, Highland Medical Center.** Join this fun and informative support group to reach your healthy weight goals. For more information call 468-6409. FREE! *

Thursday, December 7. Pearl Harbor Remembrance Day.

- 7 PM Monterey Town Council meeting**, Town Office, 115 W. Main ST, Monterey. If you wish to speak at the meeting please call 468-2472 to be added to the agenda. *

Friday, December 8.

- 1-2:30 PM Gentle Yoga**, Highland Library. Call 468-2372 for more information.*

Sunday, December 10.

- 3 PM Allegheny Mountain String Project Winter Concert**, Garth Newel Music Center, Warm Springs VA. Free Admission. Reception after the performance. *

Monday, December 11.

10 – 11:30 AM Monday Kinda Yoga Workshop, Highland Public Library, Mountain View Room. *

1 PM Monday Art Group, Arts Council Room, Highland Center. Release your inner artist! Bring your own materials. No oil paint. *

Tuesday, December 12. Hanukkah Begins at Sundown.

10 AM -Noon Computers with Deborah. One-to-one help with technology and computer questions. Highland Public Library. +

1-3 PM Lisa Eye from the Talking Books Center in Staunton will be available at the Highland County Public Library to demonstrate the Talking Books machines, explain the free audio book by mail program for the vision impaired, and answer questions. She'll have applications for the program with her. The free program is also available to people who are reading disabled or physically disabled. Stop by the library and find out how the Talking Books Center can help you.*

1 – 2:30 PM Alzheimer's and Dementia Care Partner Support Group meeting, Community Room, Highland Medical Center. Monterey VA. Join us for monthly support group meeting for family and friends who love and care for a loved one with dementia. To learn more call 468-2178 or 468-2199. Next group meeting January 9, 2018, 1-2:30 PM.. +*

3 - 4 PM Seated Chair Yoga, Highland Medical Center, Community Room. A restorative and rejuvenating program for body, mind, and spirit. Gentle stretching improves flexibility and mindful breathing reduces stress. This class is for everyone who would like to experience the benefits of yoga while seated in a chair. Class led by Kathy Solomon. *

Wednesday, December 13.

5 - 6 PM Weight Management Support Group, Community Room, Highland Medical Center. Join this fun and informative support group to reach your healthy weight goals. For more information call 468-6409. FREE! *

5 PM Lovelights Program, Community Room, Highland Medical Center, Monterey, VA. A special program to honor the memory of those patients who died in 2017. *

Thursday, December 14.

VPAS Staff meeting in Waynesboro. VPAS Office Closed. Meals on Wheels kitchen closed.

2:30 - 3:30 PM Representative from Congressman Goodlatte's office, Mountain View Room, Highland County Public Library. *

Friday, December 15.

1-2:30 PM Gentle Yoga, Highland Library. Call 468-2372 for more information.*

7 PM – 9 PM Lion's Club BINGO! Monterey Fire Department, Monterey. 25 cent games. Cash prizes. Jackpot \$1 game. *

Saturday, December 16.

10 AM – Noon Word of Faith Food Bank, Word of Faith Church, Monterey VA. For information call Susan Grant, 396-4833. *

Sunday, December 17.

Noon – 1 PM Word of Faith Food Bank, Word of Faith Church, Monterey VA. For information call Susan Grant, 396-4833. *

Monday, December 18.

10 AM - 3 PM Westwood Veterinary Clinic, Highland Public Schools. Walk-ins welcome but appointments are appreciated. Call 540-337-6200 to schedule an appointment. *

10 – 11:30 AM Monday Kinda Yoga Workshop, Highland Public Library, Mountain View Room. *

1 PM Monday Art Group, Arts Council Room, Highland Center. Release your inner artist! Bring your own materials. No oil paint.*

Tuesday, December 19.

3 - 4 PM Seated Chair Yoga, Highland Medical Center, Community Room. A restorative and rejuvenating program for body, mind, and spirit. Gentle stretching improves flexibility and mindful breathing reduces stress. This class is for everyone who would like to experience the benefits of yoga while seated in a chair. Class led by Kathy Solomon. *

Wednesday, December 20.

5 - 6 PM Weight Management Support Group, Community Room, Highland Medical Center. Join this fun and informative support group to reach your healthy weight goals. For more information call 468-6409. FREE! *

Thursday, December 21. First Day of Winter. VPAS office closed.

Friday, December 22. VPAS office closed.

1-2:30 PM Gentle Yoga, Highland Library. Call 468-2372 for more information.*

Monday, December 25. Merry Christmas!

VPAS Office Closed. Meals on Wheels kitchen closed.

Tuesday, December 26.

3 - 4 PM Seated Chair Yoga, Highland Medical Center, Community Room. A restorative and rejuvenating program for body, mind, and spirit. Gentle stretching improves flexibility and mindful breathing reduces stress. This class is for everyone who would like to experience the benefits of yoga while seated in a chair. Class led by Kathy Solomon. *

Monday, January 1, 2018 Happy New Year!

Highland Senior Services
35 Spruce Street,
P O Box 117

Monterey VA 24465

Office: (540) 468-2178

Hours: Monday-Friday

11 AM- 5 PM

harmony@vpas.info

Meals on Wheels kitchen:

(540) 468-1975



VPAS/Highland Senior Services provides services and programs for people **60 years of age and older as well as adults with disabilities and their families** living in Highland County.

Programs and services are made possible through federal, state, and generous local funding.

Highland Senior Services actively participates in meeting the needs of members of the community in the following ways:

Meals on Wheels (MOW); Personal Emergency Response Monitors (PERS); Insurance Counseling Assistance Program (VICAP);

Highland Senior Transportation Program transportation to medical appointments; to shop for groceries; and social/recreational trips through;

Information and Referral: assisting older adults and their families with issues and challenges related to aging in their home by being a reliable resource for information.

Second Wind, a unique senior center without walls, offers interesting educational and fun programs as well as recreational trips for people age 60 years of age and older.

Second Wind programs are made possible through generous support from the Highland County Board of Supervisors as well as private donors.

VPAS mission:

To empower those 60 years and older with the resources and opportunities they need to lead engaged lives.

VPAS vision:

To be the premier organization in the Central Shenandoah Valley for supporting successful aging in place.