

July
2018

Highland Community Calendar

* Indicates a program open to ALL community members.

+ Programs are targeted to community members
60 years of age and older.

To add a program or event or to make a correction please email
harmony@vpas.info or call 468-2178. The calendar is subject to changes and
cancellations with updated calendar reminders and corrections emailed weekly.

Highland Senior Services
49 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



Monday, July 2.

- 10 – 11:30 AM **Monday Kinda Yoga Workshop**, Highland Public Library, Mountain View Room. *
- 11AM – Noon **Senior Seated Strength & Stretch**, Yoga room, Highland Medical Center. Free. *
- 1 PM **Monday Art Group**, Arts Council Room, Highland Center. *
- 3:30 - 5 PM **Highland Shooting Sports 4-H meeting**. Highland High School Health trailer. *

Tuesday, July 3.

- ☛ 10 AM **Shopping Trip to Franklin WV and lunch at Gateway Restaurant, Riverton, WV**. Pick up time 10 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.+
- 3 - 4 PM **Seated Chair Yoga**, Highland Medical Center, Community Room. *
- 5 – 6 PM **Butt and Gut**, Community Room, Highland Medical Center. *
- 6 – 9 PM **Family Fun Night, Highland Pool**, Monterey. Theme: Fear Factor. *
- 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, July 4. Independence Day!

- ☛ **VPAS Office closed. Meals on Wheels kitchen closed. No meal delivery.**
- 5 PM **4th of July Children's Parade**. Sponsored by the Blue Grass Ruritan Club. 468-2550.*
- 6 PM **Blue Grass Ruritan Club Lawn Party**, Blue Grass Ruritan building, Blue Grass. *

Thursday, July 5.

- 5 – 6 PM **Butt and Gut**, Community Room, Highland Medical Center. *
- 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, July 6.

- 1-2:30 PM **Gentle Yoga**, Highland Library. Call 468-2372 for more information.*
- ☛ 3 – 4 PM **Farm Market Fresh for Seniors coupon distribution** at the Farmer's Market. +
- 3:30-6 PM **Highland Farmer's Market**. Highland Center, Monterey. Theme: Arts in Bloom. *
- ☛ **Transportation will be provided to the market by VPAS** with pickup at McDowell Presbyterian Church, 2:15, Blue Grass Ruritan Building, 2:45, Highland Public Library, 3:15. Cost: \$5 round trip. Call 468-2178 to reserve your seat. +
- 7 PM – 9 PM **Lion's Club BINGO!** Monterey Fire Department, Monterey. 25 cent games. Cash prizes. Jackpot \$1 game. *

Saturday, July 7.

VAST Rocket Launches, Jack Mountain Village. *

Monday, July 9.

- 4-H Camp July 9-13**. W.E. Skelton 4-H Conference Center, Smith Mountain Lake, Contact Kari Sponaugle, 4-H Agent, 468-2225. *
- 10 – 11:30 AM **Monday Kinda Yoga Workshop**, Highland Public Library, Mountain View Room. *
- 11AM – Noon **Senior Seated Strength & Stretch**, Yoga room, Highland Medical Center. Free. *
- 1 PM **Monday Art Group**, Arts Council Room, Highland Center. *
- 6:30 PM **MVFD Auxiliary meeting, McDowell Fire Department, McDowell**. Contact Beth Pyles for more information, 396-3624. *
- 7 PM **Lion's Club meeting**, Black Sheep Tavern, Highland Inn, Monterey. *

Tuesday, July 10.

- ☛ **10 AM -Noon Computers with Deborah.** Highland Public Library. +
- ☛ **1 – 2:30 PM Alzheimer’s and Dementia Care Partner Support Group meeting,** Community Room, Highland Medical Center To learn more call 468-2178 or 468-2199. +*
- 3 - 4 PM Seated Chair Yoga,** Highland Medical Center, Community Room. *
- 5 – 6 PM Butt and Gut,** Community Room, Highland Medical Center. *
- 6 – 9 PM Family Fun Night, Highland Pool,** Monterey. Theme: Super Heros Night *

Wednesday, July 11.

- 11AM – Noon Senior Seated Strength & Stretch,** Yoga room, HMC. Free. *
- 2 - 4 PM Blue Ridge Area Food Bank Mobile Food Pantry,** Word of Faith Church, Monterey, *
- 3-4 PM Depression and Anxiety Support Group,** Community Room, HMC. Free. *
- 6:30 PM Busy Bee 4-H Club Meeting,** Doe Hill UMC, Doe Hill. *

Thursday, July 12.

- 2:30 - 3:30 PM Representative from Congressman Goodlatte’s office,** Highland Public Library. *
- 5 – 6 PM Butt and Gut,** Community Room, HMC. *
- 7 PM Local Emergency Planning Council (LEPC) meeting,** Highland County Modular Building. Public is invited. *

Friday, July 13.

- 1-2:30 PM Gentle Yoga,** Highland Library. Call 468-2372 for more information.*
- 3:30-6 PM Highland Farmer’s Market.** Highland Center, Monterey. Theme: Young Farmers’ Day. *

Saturday, July 14.

- 5 PM Lion’s Club Street Dance,** Spruce Street, Monterey. *

Monday, July 16.

- 10 – 11:30 AM Monday Kinda Yoga Workshop,** Highland Public Library, Mountain View Room. *
- 11AM – Noon Senior Seated Strength & Stretch,** Yoga room, Highland Medical Center. Free. *
- 1 PM Monday Art Group,** Arts Council Room, Highland Center. *

Tuesday, July 17.

- 3 - 4 PM Seated Chair Yoga,** Community Room, HMC. *
- 5 – 6 PM Butt and Gut,** Community Room, Highland Medical Center. *
- 6 – 9 PM Family Fun Night,** Highland Pool, Monterey. Theme: Dr. Seuss Week. *

Wednesday, July 18.

- 10 AM – 2 PM The Highland Center and their partners at SCORE.** Appointments are required. To sign up, contact Josh Umar at joshuaumar@htcnet.org."
- 11AM – Noon Senior Seated Strength & Stretch,** Yoga room, Highland Medical Center. Free. *
- 3-4 PM Depression and Anxiety Support Group,** Community Room, Highland Medical Center. Free. *
- 4 – 6 PM Meet Jennifer Lewis,** Candidate for the 6th Congressional District, Highland Center. *

Thursday, July 19.

- 5 – 6 PM Butt and Gut,** Community Room, Highland Medical Center. *
- 7:30 PM Highland County Fair Association board meeting,** modular conference building. For more information call Kathy Beverage, 468-2225. *

Friday, July 20.

- 1-2:30 PM Gentle Yoga,** Highland Library. Call 468-2372 for more information.*
- 3:30-6 PM Highland Farmer’s Market.** Highland Center. Theme: Meat Up at the Market. *
- ☛ **Transportation will be provided to the market by VPAS** with pickup at McDowell Presbyterian Church, 2:15, Blue Grass Ruritan Building, 2:45, Highland Public Library, 3:15. Cost: \$5 round trip. Call 468-2178 to reserve your seat.
- 7 PM – 9 PM Lion’s Club BINGO!** Monterey Fire Department, Monterey. 25 cent games. Cash prizes. Jackpot \$1 game. *

Saturday, July 21.

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

1 – 5 PM AMI Summer Open House, AMI Farm, Highland County. For more information, contact Jessa@alleghenymountainschool.org *

Sunday, July 22.

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

Monday, July 23.

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

11AM – Noon Senior Seated Strength & Stretch, Yoga room, Highland Medical Center. Free. *

1 PM Monday Art Group, Arts Council Room, Highland Center. *

Tuesday, July 24.

☛ **10 AM “Shop ‘til you drop” trip to Staunton!** Pick up time at the Highland Library is 10 AM or call 468-2178 to reserve your seat or to arrange pick-up at home. Cost: \$5 round trip. +

☛ **10 AM -Noon Computers with Deborah.** Highland Public Library. +

3 - 4 PM Seated Chair Yoga, Highland Medical Center, Community Room. *

3:30-5 PM Highland Shooting Sports 4-H meeting. Highland High School Health Trailer. *

5 – 6 PM Butt and Gut, Community Room, Highland Medical Center. *

5 – 6 PM Highland Medical Center board meeting, HMC Community Room, Highland Medical Center. *

6 – 9 PM Family Fun Night, Highland Pool, Monterey. Theme: Karaoke Night. *

Wednesday, July 25.

11AM – Noon Senior Seated Strength & Stretch, Yoga room, Highland Medical Center. Free. *

3 – 4 PM Depression and Anxiety Support Group, Community Room, HMC. Free. *

Thursday, July 26.

5 – 6 PM Butt and Gut, Community Room, Highland Medical Center. *

Friday, July 27.

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

11:30 AM Ladies of the Highland Baptist Church lunch bunch meeting at Hull’s Hideaway, Monterey. Open to all women of the community. *

3:30-6 PM Highland Farmer’s Market. Highland Center, Monterey. Theme: Taste of Highland. *

Saturday, July 28.

5 PM Mountain Boyz Motorsports Truck Pull, Highland County Fairgrounds. For more information mtnboyz@yahoo.com *

5: 30 PM TASTE OF HIGHLAND 2018, The Highland Center, Monterey. Cost: \$40 per ticket. For more information call 468-1922 or online <http://thehighlandcenter.org/taste-of-highland/>

Sunday, July 29.

☛ **3 – 4:30 PM Five Wishes program**, Highland Public Library. Presentation by Mary and Greg Roberson. Sponsored by Highland County Respite. Five Wishes, the most commonly used living will in the U.S., focuses on personal values and how you, or your older adult, wants to be treated at the end of life. The program uses a straightforward Q and A format to help put end-of-life wishes in writing. Call 468-3693 to RSVP and for more information.*

Monday, July 30.

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

11AM – Noon Senior Seated Strength & Stretch, Yoga room, Highland Medical Center. Free. *

1 PM Monday Art Group, Arts Council Room, Highland Center. *

Tuesday, July 31.

July 31- August 1, Cloverbud Camp in Highland, modular conference building. \$20 per child. Contact Kari Sponaugle, 4-H Agent, 468-2225 for more information.*

☛ **10 AM Grocery shopping trip to Franklin WV.** Pick up time 10 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.+

3 - 4 PM Seated Chair Yoga, Highland Medical Center, Community Room. *

5 – 6 PM Butt and Gut, Community Room, Highland Medical Center. *