

Special Events

MRS.C's Pickers, Singers and Kickers Concert
"Songs of Faith." Join us for a Picking, Singing and dancing.
April 26th Noon concert.

Birthday Bingo, Tuesday April 9th at Noon
Join Sheila Stinnett from Heritage Hall for birthday cake and prizes.

National Volunteer Week
National Volunteer Week is April 7th thru April 13th. To help us recognize volunteers or become a volunteer, contact Tommy Miller at Maury River Service Center at 261-7474.

Live Healthy Rockbridge Seniors
Protecting your Medications. Presented by B.V. PD
Thursday April 25th 11:00 AM -1:00 PM

Learning and Continuing Ed.

Bridge Club
Contact person: Rob Apgar at 540-460-2489.
Mondays April 1, 8, 15, 22 and 29 at 12:30-4:00 PM
Wednesdays April 3, 10, 17, and 24 at 8:30 AM –Noon

MRS.C's Diggers
Starting seeds indoors with Master Gardener Angelika Matiuk.
Tuesday, April 30 at 12:00 PM

Exercise Your Mind & Games
Games, Crafts, Videos to stimulate your mind.
Fridays April 5, 12, and 19 at noon
Tuesdays April 2, 16 and 30 at noon

AARP Tax Clinic
Receive free help with your income taxes from experienced volunteers. Call MRSC to make an appointment.
Saturdays, April 6 and 13 from 9 AM to 4 PM

Medicare 101 with Jeri Schaff, April 30 at 5:00 pm
Information about Medicare, Prescription Drug Plans and more.

Maury River Senior Center April Activities Guide



Rockbridge County Spring Scene, by Ray Blouin.

Maury River Senior Center
2137 Magnolia Avenue | PO Box 415
Buena Vista, VA 24416
540-261-7474



www.vpas.info or find us on Facebook at
www.facebook.com/mauryriverseniorcenter

Health and Fitness

All programs at Maury River Senior Center unless otherwise noted. Questions? Contact Tommy Miller, Center Host at 261-7474 or tommym@vpas.info.

Resistance Training for Active Adults with Liz Williamson from the YMCA

Class offers seated or standing low-impact strength work with hand-held weights, elastic bands with handles and a ball. Tuesdays April 2, 9, 16, 23 and 30 at 10:30 AM.

Chair Yoga-Balance Class with Suzanne Fortenay

Moves your whole body through a complete series of seated and standing yoga poses designed to increase flexibility, balance and range of movement safely.

Fridays April 5, 12, 19 and 26 at 10:30 AM

Diabetes Self-Management Program (DSMP) Class

DSMP Class includes diabetes specific information such as meal planning, foot care, delaying complications, dealing with stress and planning for sick days. To register call MRSC at 261-7474.

Thursdays April 4 and 11 at 1-3 PM

Health Prevention/ Disease Prevention Programs

Food borne Illness: What consumers need to know? April 16 at 12:00 PM AM; "Know Your Numbers". Friday April 19th at 9:30

A MATTER OF BALANCE Class

Learn to manage falls and increase activity levels. Tuesdays and Thursdays, April 30 - May 23 from 2:00 pm-4:00 PM

Lunch at MRSC

Served on Tuesdays and Fridays at Maury River Senior Center. 11:30 AM – Noon. Lunch reservations must be made 2 days in advance by calling the Senior Center at 261-7474.

Arts and Culture

Tamera Renee: Left Handed Artist Painting Class

1 hr. class basic to intermediate painting with acrylic paints. Tuesdays April 2, 16 and 30 at 9:30 AM

Crochet with Patsy

Beginner crochet class. Tuesday April 9 at 9:30 AM

Beading Bracelets with Gloria

Simple beaded projects using acrylic beads and stretch cord. Friday April 26 at 9:30 AM

Holiday Decorative Crafts with Brittany

Beginner level craft class. Friday April 26 at 9:30-10:30 AM

Quilting Club

Hand Quilting. Contact person, Sally Fitzgerald. Wednesdays April 3, 10, 17 and 24 at 1:30 PM

Railroad Club

Help assemble large train set in basement of MRSC. Contact Dick Ford or the Senior Center for more information.

Tuesday April 2 at 7:00 PM

MRS. C's Kickers

Country line dancing, beginners welcome. Contact Dick or Faye Ford or the Senior Center for more information.

Mondays April 1, 8, 15, 22, 29 at 10:00 AM

Mrs. C's Pickers and Singers

Performing various musical themes since 2001. Contact Ray Blouin at ray@vpas.info. Pickers will work on songs of Faith in April.

Wednesdays April 3, 10, 17 and 24 at 10:00 AM

Thursdays April 4, 11, 18 and 25 at 10:00 AM