

## Special Events

### **MRS.C's Pickers, Singers and Kickers Concert** "Songs of the Irish and of the Earth."

Join us for a Picking, Singing and Dancing good time.  
March 29<sup>th</sup> Noon concert.

### **Birthday Bingo Tuesday March 12 at Noon**

Join Sheila Stinnett from Heritage Hall and Center Members for birthday cake and prizes.

### **March for Meals Community Champions Week March 18-26**

Local government, business and civic leaders participate in March for Meals Community Champions Week by riding along on Meals on Wheels deliveries throughout Buena Vista and Rockbridge County. Meals on Wheels delivers a hot meal and compassion to home bound older adults. If you are interested in helping with Meals on Wheels, contact VPAS MRSC at 261-7474.

## Learning and Continuing

### **Bridge Club**

ACBL sanctioned Open Stratified Duplicate Bridge, contact Rob Apgar at 540-460-2489 if interested.

Mondays March 4, 11, 18 and 25 at 12:30-4:00 PM

Wednesdays March 6, 13, 20 and 27 at 8:30 AM –Noon

### **Garden Club**

Learn how to start preparing for your garden; starting seeds indoors with Master Gardener Angelika Matiuk.

Tuesday, March 12 at 9:30 AM

### **Exercise Your Mind & Games**

Games, Crafts, Videos to stimulate your mind.

Friday March 1, 15 and 22 at Noon

Tuesdays March 5, 19 and 26

### **AARP Tax Clinic**

Receive free help with your income taxes from experienced volunteers. Call MRSC to make an appointment.

Saturdays, March 2, 9, 16, 23 and 30 from 9 AM to 4 PM

## *Maury River Senior Center*

### *March 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](http://www.vpas.info) or find us on Facebook at  
[www.facebook.com/mauryriverseniorcenter](https://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](mailto:tommym@vpas.info).

### **Resistance Training for Active Adults with Liz Williamson from the YMCA**

This workout offers standing or seated low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a ball. A chair is available for support.

Tuesdays March 5, 12, 19 and 26 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. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

Fridays March 1, 8, 15, 22 and 29 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 March 7, 14, 21, 28 at 1-3 PM

### **Health Prevention/ Disease Prevention Programs**

“Eating Right: Guide to Food Labels” Friday, March 8 at Noon

“Tips for adding Fruits and Vegetables to your Daily Meal”.

Friday, March 29 at 9:30 AM

### **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 Mar 5th and 19<sup>th</sup> at 9:30 AM

### **Crochet with Patsy**

Beginner crochet class. Friday, March 1 at 9:30 AM

### **Beading Bracelets with Gloria & Laura**

Simple beaded projects using acrylic beads and stretch cord. Friday, March 8 at 9:30 AM

### **Holiday Decorative Crafts with Brittany**

Beginner level craft class. Friday March 15 at 9:30-10:30 AM

### **Quilting Club**

Hand Quilting. Contact person, Sally Fitzgerald.

Wednesdays March 6, 13, 20 and 27 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 March 5 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 March 4, 11, 18 and 25, 10:00 AM

### **Mrs. C's Pickers and Singers**

Performing various musical themes since 2001. March the Pickers will work on Irish and Earth songs. Contact Ray Blouin at [ray@vpas.info](mailto:ray@vpas.info).

Wednesdays March 6, 13, 20, and 27 at 10:00 AM

Thursdays March 7, 14, 21 and 28 at 10:00 AM