

Special Events

Mrs. C's Concert: Songs of the Irish and America
Join us for some of your Irish and American favorites.
Friday, March 27 at noon.

MRSC St. Patrick's Day Party & BINGO
Tuesday, March 17 at 9:30 AM

MRSC 15th Anniversary Celebration
Join us on Friday March 27 at 11:30 AM

"Tai Chi for Arthritis and Fall Prevention"
Every Wed., Feb.12-April 15, 5:30-6:30 PM
Class is full but another class starting soon.

"March for Meals" Community Champions Day
Tuesday, March 17 Meet at MRSC at 10:30 AM
Call the MRSC at 261-7474 for more information.

Learning and Continuing Ed.

Bridge Club
Contact person: Rob Apgar at 460-2489.
Mondays, March 2, 9, 16, 23 and 30 at 12:30-4:00 PM
Wednesdays, March 4, 11, 18 and 25 at 8:30 AM –Noon

Talking Book Center with Ilia Desjardins
Tuesday March 3 at 9:30 AM

Understanding "Alexa" with Melissa from Visiting Angels. Tuesday March 10 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**.

Maury River Senior Center March 2020 Activities Guide



**2137 Magnolia Avenue | PO Box 415
Buena Vista, VA 24416
540-261-7474**

Monday-Friday 8AM-4PM
**VPAS Café-Lexington 10AM-1PM Mondays at Rockbridge
Regional Library**



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

Health

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

YMCA Resistance Training for Active Adults

Class offers seated or standing low-impact strength work with hand-held weights, elastic bands with handles and a ball.

Friday, March 6, 13, 20 and 27 at 10:30 AM

Chair Yoga with Liz Williamson from the YMCA.

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

Tuesday March 3, 10, 17, 24 and 31 at 10:30 AM

Center Members Meeting & Music

Join center members to discuss all things MRSC, & share music with Laura Hotinger, Director of Senior Services at 9:30 AM Friday March 27.

Health Education with Melinda from SVHR

Discussion on healthy eating habits on Tuesday March 24 at 9:30 AM

Coffee Social

Join Center Members on Tuesdays and Fridays at 9:00 for a meet and greet before we start the day's activities.

Arts and Culture

Tamera Renee: Left Handed Artist Painting Class

1 hr. class basic to intermediate painting with acrylic paints. Friday March 6 and 20 at 9:30 AM

MRSC QUILTERS

Beginner Hand Quilting-Offering Instructions on the Rail Fence Pattern.

Wednesdays at 1:30 PM

Railroad Club

Help assemble large train set in basement of MRSC.

1st and 3rd Wednesday of March, 1:30- 5:00 PM

Mrs. C's Pickers and Singers

Stringed instruments performing various musical themes since 2001.

Contact Ray Blouin at ray@vpas.info.

Wednesdays & Thursdays at 10:00 AM

MRS. C's Kickers

Country line dancing. Contact Faye Ford or the Senior Center for more information.

Mondays at 10:00 AM

Seasonal Crafts

Join Brittany from Havenwood for a seasonal craft.

Friday March 13 at 9:30 AM