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xzxa MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NOTE: Lunch reservations needed two days in advance</p> <p><i>Lunch served on Tues. & Fri. at 11:30</i></p>			<p>1 10:00 Mrs. C's Pickers and Singers</p>	<p>2 9:30 Art w/ Carol Slagle 10:30 Physical Awareness 12:00 Dessert & Learn w/ Hearing Healthcare of VA</p>
<p>5 10:00 Kickers Line Dancing 12:30 Bridge Club</p>	<p>6 9:30 Crafts w/ Lynda Gordon 10:00 MRSC Diggers 10:30 Seated Yoga w/ Tommy Miller, YMCA 12:00 SPCA: Animals & Education w/ Tara Rodi 7:00 Rockbridge Model Railroad Club</p>	<p>7 8:45 Bridge Club 10:00 Mrs. C's Pickers & Singers 1:30 Quilting Qlub</p>	<p>8 10:00 Mrs. C's Pickers and Singers</p>	<p>9 9:30 Crafts w/ Linda Floyd 10:30 Blood Pressure Checks w/ MRHC 10:45 Physical Awareness 12:00 National Safety Month; Part 1-Stand Up to Falls w/ Debbie</p>
<p>12 10:00 Kickers Line Dancing 12:30 Bridge Club</p>	<p>13 Center Closed for Field Trip No Meals will be delivered</p>	<p>14 8:45 Bridge Club 10:00 Mrs. C's Pickers & Singers 1:30 Quilting Qlub</p>	<p>15 10:00 Mrs. C's Pickers and Singers</p>	<p>16 9:30 Art w/ Carol Slagle 10:30 Physical Awareness 12:00 National Safety Month; Pt. 2-Recharge to Be in Charge</p>
<p>19 10:00 Kickers Line Dancing 12:30 Bridge Club</p>	<p>20 9:30 Crafts w/ Lynda Gordon 10:00 MRSC Diggers 10:30 Seated Yoga w/ Tommy Miller, YMCA 12:00 Diabetes Coping Skills w/ CSJH</p>	<p>21 8:45 Bridge Club 10:00 Mrs. C's Pickers & Singers 1:30 Quilting Qlub 1:30 Rockbridge Model Railroad Club</p>	<p>22 10:00 Mrs. C's Pickers and Singers</p>	<p>23 9:30 Birthdays & Bingo 10:30 Physical Awareness 12:00 National Safety Month; Pt. 3-Prepare for Active Shooters</p>
<p>26 10:00 Kickers Line Dancing 12:30 Bridge Club</p>	<p>27 9:30 Crafts w/ Britney 10:00 MRSC Diggers 10:30 Seated Yoga w/ Tommy Miller, YMCA 12:00 Effects of Excessive Sodium Intake w/ Deb</p>	<p>28 8:45 Bridge Club 10:00 Mrs. C's Pickers & Singers 1:30 Quilting Qlub</p>	<p>29 10:00 Mrs. C's Pickers and Singers</p>	<p>30 9:30 National Safety Month; Pt. 4-Don't Just Sit There 10:30 Physical Awareness 12:00 Concert; 'Classic Bluegrass' w/ MRSC's Pickers, Singers & Kickers</p>

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