

March 2019

Monday, Wednesday, Thursday
 Center Hours: 9:00AM to 1:00PM
 Lunch served at 11:30AM
 Alicia Wrights, Director
Alicia@vpas.info
 540-839-5604

212 West Warm Springs Drive, Warm Springs, Va. 24484 ♦ www.bathcountyseniorcenter.org

MONDAY	WEDNESDAY	THURSDAY
4 9:00 Coffee Time 10:00 Senior Meeting/Making St. Patrick's Day Ornaments for Tree 11:30 Lunch 12:15 Mardi Gras History and Social	6 9:00 Coffee Time 10:00 Hydration and Kidney Health 11:30 Lunch 12:15 Vegetable of the Month- Brussel Sprouts/BP Checks	7 9:00 Coffee Time 10:00 Exercise with Millie 11:30 Lunch 12:15 How to Beat the Winter Blues – Seasonal Depression by Lucy Dunnagan RN, DON, BCH
11 9:00 Coffee Time 10:00 Roundtable Discussion with Kim Roldan From Safehome 11:30 Lunch 12:15 St. Patrick's Day Craft	13 9:00 Coffee Time 10:00 Kings in The Corner Game 11:30 Lunch 12:15 Get Fresh with Fruits and Vegetables	14 9:00 Coffee Time 10:00 Exercise with Millie 11:30 Lunch 12:15 Fun St. Patricks Day Facts

Continued on back>>>

MONDAY	WEDNESDAY	THURSDAY
<p>18 9:00 Coffee Time 10:00 GWEP Presentation by Cindy Markham with Virginia Navigator 11:30 Lunch 12:00 Celebrating Women – Women’s History Month</p>	<p>20 9:00 Coffee Time 10:00 It’s Spring! Egg Herb Planting 11:30 Lunch 12:15 Bingo</p>	<p>21 9:00 Coffee Time 10:00 Exercise with Millie 11:30 Lunch 12:15 Fruit of the Month – Apricots/BP Checks</p>
<p>25 9:00 Coffee Time 10:00 Pokeno 11:30 Lunch 12:15 Birthday Celebration/Coverall Bingo</p>	<p>27 9:00 Coffee Time 10:00 Cornhole Exercise 11:30 Lunch 12:15 Brain Games</p>	<p>28 9:00 Coffee Time 10:00 Exercise with Millie 11:30 Lunch 12:15 Tips for Adding Fruits & Vegetables to Your Daily Meals</p>

Calendar Subject To Change

BCSC operated by Valley Program for Aging Services, Inc.