



May 2018

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
	<p>2 9:00 Coffee Time 10:00 Craft Time 11:30 Lunch 12:15 Stroke Awareness/ You Could Save a Life Presentation By Perlista Henry</p>	<p>3 9:00 Coffee Time 10:00 Paula Ford with VAIL-Energy Grant Applications 11:30 Lunch 12:15 Engage at Every Age Maintaining Positive Mental Health With Daily Stressors—Pari Baker, BCH Clinical SW</p>
<p>7 9:00 Coffee Time 10:00 Senior Meeting 11:30 Picnic at Bath Parks and Recreation 12:15 Cornhole Game</p>	<p>9 Shopping Trip to Lexington Ollies, Goodwill, Walmart and IHOP</p>	<p>10 9:00 Coffee Time 10:00 Bingo with Missy Christian From Alleghany Health & Rehab 11:30 Lunch/ Debt Relief Presentation by Sarah Morton with Blue Ridge Legal Services</p>

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MONDAY	WEDNESDAY	THURSDAY
<p>14 9:00 Coffee Time 10:00 Emergency Preparedness for Older Adults – Andy Seabolt Bath Emergency Services Coordinator 11:30 Lunch 12:15 Pokeno</p>	<p>16 9:00 Coffee Time 10:00 Card Games with the Myers Children 11:30 Lunch 12:15 Engage At Every Age – The 5 Steps of Self Discovery</p>	<p>17 9:00 Coffee Time 10:00 Engage At Every Age- CarFit Interactive and Educational Program- Erin Roberts BCH 11:30 Lunch 12:15 Fruit of the Month- Pineapple/ Blood Pressure Checks</p>
<p>21 9:00 Coffee Time 10:00 Kim Roldan with Safehome Elder Abuse Jeopardy 11:30 Lunch 12:15 Birthday Celebration/Coverall Bingo</p>	<p>23 9:00 Coffee Time 10:00 How Are Your Numbers? High Blood Pressure Awareness 11:30 Lunch 12:15 Craft Time</p>	<p>24 9:00 Coffee Time 10:00 Core Strengthening Chair Exercises 11:30 Lunch 12:15 Engage at Every Age – Checking Vehicle Fluids & Tire Pressure Justin Whittington from BCHS Automotive Servicing Dept.</p>
<p>28 BCSC Closed </p>	<p>30 9:00 Coffee Time 10:00 Sleep and You 11:30 Lunch 12:15 Crafts and Games</p>	<p>31 9:00 Coffee Time 10:00 Energizing Chair Yoga 11:30 Lunch 12:15 Vegetable of the Month- Asparagus/Blood Pressure Checks</p>

Calendar Subject To Change

BCSC operated by Valley Program for Aging Services, Inc.