

The Staunton Senior Center

January 2018

“Navigating Aging Together”

Center Hours: 9 am to 1:30 pm

Lunch served at 11:30 a.m.

300 Churchville Ave, Staunton, VA 24401 ♦ 540/886-4634 ♦ fax 540/213-2344 ♦ www.vpas.info

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 Staunton Sr. Center will be closed for the New Year’s Holiday.	2 9:30 Canasta Club 9:45 Lite & Lively Fitness 10:15 Bingo at Verona Moose 10:30 Corn Hole 12:30 Wheel of Fortune 1:00 Bridge Club	3 8:30 GED Classes 9:15 SAIL Fitness 10:30 Dominoes OR Bible Study 12:30 Off Limits Party Game	4 9:30 Exercise w/ the Y 10:30 January Trivia 11:30 Music & Pizza at the Library 12:15 Local Shopping OR Board Games
8 8:30 GED Classes 9:00 Sittercize 9:30 Local Shopping 9:45 Picture Taking w/ Stuart Hall 10:30 Scrabble 12:30 Noodle Volley Ball 2:00 Quilters Group	9 9:45 Tai Chi 10:30 “Water in the Winter” 12:30 Penny Ante Game 1:00 Bridge Club	10 8:30 GED Classes 9:15 SAIL Fitness 9:30 Canasta Club 10:30 Board Games OR Bible Study 12:30 Lance Barton: Life & Work at Habitat for Humanity	11 9:30 Exercise w/ the Y 10:45 Students f/ Grace Christian Visit 12:15 Corner Store
15 Staunton Sr. Center will be closed in observance of the Martin Luther King Holiday	16 9:30 Canasta Club 9:45 Yoga 10:45 Hymn Sing w/ Carol 12:15 Art Appreciation 1:00 Bridge Club	17 8:30 GED Classes 9:15 SAIL Fitness 10:30 Bible Study OR Dominoes 11:15 Lunch & Learn 12:15 Corner Store	18 9:30 Exercise w/ the Y 10:30 Music w/ Teresa 12:30 Local Shopping OR Life Stories Game
22 8:30 GED Classes 9:15 POP Back Fall Prevention Exercises 9:30 Local Shopping 10:30 Scrabble 12:30 Short Story 2:00 Quilters Group	23 9:45 Tai Chi 10:30 Tackling the “Winter Blues” 12:30 Prize Bingo 1:00 Bridge Club	24 8:30 GED Classes 9:15 SAIL Fitness 9:30 Canasta Club 10:30 Bible Study OR Skipbo 12:30 Music w/ Forest	25 RED HAT DAY 9:00 Blood Pressure Checks 9:30 Exercise w/ the Y 10:30 Board Games 11:30 January Birthday Celebration 12:30 Music w/Kim
29 8:30 GED Classes 9:15 POP Back Fall Prevention Exercises 9:30 Local Shopping 10:30 Scrabble 12:30 Trivia	30 9:45 Lite & Lively Fitness 10:30 Prize Bingo 12:30 Music w/ the Last Minute Band 1:00 Bridge Club	31 8:30 GED Classes 9:15 SAIL Fitness 10:30 Bible Study OR Dominoes 12:30 End of Life Care: What is Hospice?	Calendar Subject To Change <i>SSC operated by Valley Program for Aging Services, Inc.</i>