

# The Staunton Senior Center

# January 2019

## “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
<p>Staunton Senior Center is operated by Valley Program for Aging Services. Schedule may change.</p>	<p><b>1</b> <b>The Staunton Senior Center will be closed for the New Year's Holiday.</b></p>	<p><b>2</b> 9:15 POP Back Fall Prevention Exercises 9:15 Local Shopping 9:30 Canasta 10:30 Bible Study OR Table Games 12:30 Prize Bingo</p>	<p><b>3</b> 9:30 Take Control w/ Exercise 10:30 Life Stories Game 11:30 Pizza &amp; Music at the Library 12:30 Corn Hole</p>
<p><b>7</b> 9:15 SAIL Fitness 10:30 Scrabble 12:30 Short Story</p>	<p><b>8</b> 9:30 Canasta 9:45 Tai Chi 10:30 Art w/ Donna 12:30 Craft w/ Lauren 1:00 Bridge Club</p>	<p><b>9</b> 9:15 POP Back Fall Prevention Exercises 9:15 Local Shopping 9:30 Canasta 10:30 Bible Study OR A Game of Quirkle 11:15 Lunch &amp; Learn 12:30 Scrabble</p>	<p><b>10</b> 9:30 Take Control w/ Exercise 10:30 All About Home Health: “Aging in Place” &amp; Blood Pressure Checks 12:30 Fun w/ Drama</p>
<p><b>14</b> 9:15 SAIL Fitness 10:30 Scrabble 12:30 Trivia 2:00 Quilters Group</p>	<p><b>15</b> 9:30 Canasta 9:45 Sittercize 10:45 Hymn Sing w/ Carol OR Dominoes 12:30 Wheel of Fortune 1:00 Bridge Club</p>	<p><b>16</b> 9:15 POP Back Fall Prevention Exercises 9:30 Canasta 9:15 Local Shopping 10:30 Bible Study OR A Game of Crazy Eights 12:15 Conversation Around the Table</p>	<p><b>17</b> 9:30 Take Control w/ Exercise 10:30 Prize Bingo 11:30 Music &amp; Lunch 12:30 Mental Fitness Activity</p>
<p><b>21</b> <b>Staunton Sr. Center will be closed for the observance of Martin Luther King, Jr. Day.</b></p>	<p><b>22</b> 9:00 Blood Pressure Screenings w/ Interim Health 9:30 Canasta &amp; Games 9:45 Tai Chi 10:30 “Healthy Handouts” 12:30 Outing to Dollar Tree 1:00 Bridge Club</p>	<p><b>23</b> 9:15 POP Back Fall Prevention Exercises 9:15 Local Shopping 9:30 Canasta &amp; Other Games 10:30 Bible Study OR A Game of Spoons 12:30 History in the News</p>	<p><b>24 RED HAT DAY</b> 9:30 Canasta &amp; Other Games 9:30 Yoga 10:30 Jewelry Making 11:30 January Birthday Celebration 12:30 Music w/ Kim</p>
<p><b>28</b> 9:15 SAIL Fitness 10:30 Learn a New Game 12:30 January Trivia 2:00 Quilters Group</p>	<p><b>29 Hygge Winter Party</b> 9:45 Lite &amp; Lively Fitness 10:30 “What’s All the Hype About Hygge?” 11:00 Snow Ball Fight! 12:30 Living an Optimistic Life 1:00 Bridge Club</p>	<p><b>30</b> 9:15 POP Back Fall Prevention Exercises 9:15 Local Shopping 10:30 Bible Study OR Skipbo 12:30 Music w/ Teresa</p>	<p><b>31</b> 9:30 Take Control w/ Exercise 10:30 A Game of Penny Ante 12:30 Staunton Trivia</p>