

'The Staunton Senior Center

February 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
4 9:15 SAIL Fitness 9:15 Local Shopping 10:30 Scrabble 12:30 Trivia	5 9:45 Yoga 10:30 Art w/ Ciro 12:30 Prize Bingo 1:00 Bridge Club	6 9:15 POP Back Fall Prevention Exercises 9:30 Canasta & Games 10:30 Bible Study OR Learn a New Game 12:30 Valentine Craft w/ Steve	7 9:30 Take Control w/ Exercise 10:30 Life Stories Game 11:30 Pizza & Music at the Library 11:30 Music & Lunch 12:30 Corn Hole
11 9:15 SAIL Fitness 9:15 Local Shopping 10:30 Visit w/ Second Graders 12:30 Short Story 2:00 Quilters Group	12 9:30 Canasta 9:45 Tai Chi 10:30 Poetry w/ Pamela 12:30 Living the Optimistic Life 1:00 Bridge Club	13 9:15 POP Back Fall Prevention Exercises 9:30 Canasta & Games 10:30 Bible Study OR A Game of Quirkle 11:15 Lunch & Learn 12:30 Scrabble	14 9:30 Take Control w/ Exercise 10:30 Music w/ the Wind Bags 11:30 Lunch & Valentine's Party 12:30 All About Home Health: "Celebrating Valentine's Day w/ Friends" & Blood Pressure Checks
18 The Staunton Sr. Center will be closed in observance of Presidents' Day.	19 9:30 Canasta 9:45 Sittercize 10:30 Art w/ Ciro 12:30 Wheel of Fortune 1:00 Bridge Club	20 9:15 POP Back Fall Prevention Exercises 9:15 Local Shopping 9:30 Canasta & Games 10:30 Bible Study OR A Game of Crazy Eights 12:15 Conversation Around the Table	21 RED HAT DAY 9:30 Yoga 10:30 Prize Bingo 11:30 February Birthday Celebration 12:30 Music w/ Angie
25 9:15 SAIL Fitness 9:15 Local Shopping 10:30 Scrabble 12:30 January Trivia 2:00 Quilters Group	26 9:00 Blood Pressure Chks w/ Interim Health 9:30 Canasta & Games 9:45 Tai Chi 10:45 Music w/ The Happy Notes 12:30 Craft w/ Lauren 1:00 Bridge Club	27 9:15 POP Back Fall Prevention Exercises 9:30 Canasta & Games 10:30 Bible Study OR Jewelry Making 12:30 Dulcimer Music w/ Dinah	28 9:30 Canasta & Games 9:30 Take Control w/ Exercise 10:45 Music w/ the YES Choir 12:30 Music w/ Kim

The Staunton Senior Center is operated by Valley Program for Aging Services.
 Programs and Schedules may change