

The Staunton Senior Center

“Navigating Aging Together”

March 2019

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 10:30 Scrabble 12:15 Local Shopping 12:30 Trivia	5 9:45 Yoga 10:30 Art w/ Ciro 12:30 Hymn Sing w/ Thomas OR Board Games 1:00 Bridge Club	6 9:15 POP Back Fall Prevention Exercises 9:30 Canasta & Games 10:30 Bible Study OR Scrabble 12:30 Outing to Dollar Tree	7 9:30 Take Control w/ Exercise 10:30 Drama Improv w/ Stuart Hall Students 11:45 Pizza & Music at the Library 12:30 Corn Hole
11 9:15 SAIL Fitness 10:30 Visit w/ Second Graders 12:15 Local Shopping 12:30 Short Story 2:00 Quilters Grp.	12 9:30 Canasta & Games 9:45 Tai Chi 10:30 Prize Bingo 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 All About Home Health: “Organizational Skills & Preventing Hoarding” & Blood Pressure Checks 12:30 St. Patty’s Day Music w/ the Wind Bags
18 9:15 SAIL Fitness 10:30 Scrabble 12:15 Local Shopping 12:30 Life Stories Game	19 9:30 Canasta & Games 9:45 Sittercize 10:30 Art w/ Ciro 12:30 Music w/ Teresa 1:00 Bridge Club	20 9:15 POP Back Fall Prevention Exercises 9:30 Canasta & Games 10:30 Bible Study OR A Game of Crazy Eights 12:30 Conversation Around the Table	21 9:30 Yoga 10:30 March Trivia 12:30 Prize Bingo
25 9:15 SAIL Fitness 10:30 Scrabble 12:15 Local Shopping 12:30 The Dice Game 2:00 Quilters Grp.	26 9:00 Blood Pressure Checks w/ Interim Health 9:30 Canasta & Games 9:45 Tai Chi 10:45 Hymn Sing w/ Carol OR Dominoes 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 Scrabble 12:30 “A Polar Bear Photography Adventure in Churchill, Canada” w/ Andrea	28 RED HAT DAY 9:30 Canasta & Other Games 9:30 Take Control w/ Exercise 10:30 Jewelry Making 11:30 March Birthday Celebration 12:30 Music w/ Kim

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