

# The Staunton Senior Center

# September 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](http://www.vpas.info)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>2</b>  <b>Staunton Sr. Center will be closed for Labor Day. No MOWs delivery</b></p>	<p><b>3</b>  <b>9:30</b> Canasta &amp; Games  <b>9:45</b> Tai Chi  <b>10:30</b> Painting w/ Ciro  <b>12:30</b> History in the News  <b>1:00</b> Bridge Club</p>	<p><b>4</b>  <b>9:15</b> POP Back Fall Prevention Exercises  <b>10:30</b> Bible Study OR Table Scrabble  <b>12:15</b> Outing to Verona Farmers Market</p>	<p><b>5</b>  <b>9:45</b> Sittercize  <b>10:30</b> Prize Bingo  <b>12:30</b> Living the Optimistic Life (Fun—Part 1)</p>
<p><b>9</b>  <b>9:30</b> SAIL Fitness  <b>10:30</b> Music w/ The Rose Marie Quartet  <b>12:00</b> Local Shopping  <b>12:30</b> Short Story</p>	<p><b>10</b>  <b>9:30</b> Canasta &amp; Games  <b>9:45</b> Sittercize  <b>10:30</b> Poetry w/ Pami  <b>10:45</b> Hymn Sing w/ Carol OR Table Games  <b>12:30</b> Living the Optimistic Life (Fun—Part 2—Music w/ Angie)  <b>1:00</b> Bridge Club</p>	<p><b>11</b>  <b>9:15</b> POP Back Fall Prevention Exercises  <b>9:30</b> Canasta &amp; Games  <b>10:30</b> Bible Study OR Visit w/ Maggie Rose  <b>11:15</b> Lunch &amp; Learn  <b>12:30</b> Science in the News</p>	<p><b>12</b>  <b>9:30</b> Take Control with Exercise  <b>10:30</b> Listening Session lead by VPAS Board of Directors  <b>12:30</b> “Immunization Education: Take Your Best Shots!”</p>
<p><b>16</b>  <b>9:15</b> SAIL Fitness  <b>10:30</b> Life Stories Game  <b>12:00</b> Local Shopping  <b>12:30</b> Healing Thru Humor</p>	<p><b>17</b>  <b>9:00</b> Blood Pressure Chks w/ Interim Health  <b>9:30</b> Canasta &amp; Games  <b>9:45</b> Tai Chi  <b>10:30</b> All About Home Health—Mocktails &amp; Design  <b>12:30</b> Craft w/ Lauren  <b>1:00</b> Bridge Club</p>	<p><b>18</b>  <b>9:15</b> POP Back Fall Prevention Exercises  <b>10:30</b> Bible Study OR Scrabble  <b>12:30</b> Music w/ Kimball</p>	<p><b>19 Red Hat Day</b>  <b>9:45</b> Yoga  <b>10:30</b> Impromptu Public Speaking Activity  <b>11:30</b> September Birthday Celebration  <b>12:30</b> Prize Bingo</p>
<p><b>23</b>  <b>Staunton Sr. Center members will begin joint meetings at Waynesboro Sr. Center this week.</b></p>	<p>The Staunton Senior Center is moving from its current location. During the transition participants will meet at the Waynesboro Senior Center. MOW, Case Management, and Medicare Insurance Counseling will be located at Christ Lutheran Church in Staunton.</p>		<p>Staunton Senior Center is operated by Valley Program for Aging Services. Schedule may change.</p>