


# SEPTEMBER 2018

Monday, Wednesday, Thursday  
 Center Hours: 9:00AM to 1:00PM  
 Lunch served at 11:30AM  
 Alicia Wrights, Director  
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 540-839-5604

212 West Warm Springs Drive, Warm Springs, Va. 24484 ♦ [www.bathcountyseniorcenter.org](http://www.bathcountyseniorcenter.org)

MONDAY	WEDNESDAY	THURSDAY
<p>3</p> <p><b>BCSC CLOSED</b></p> 	<p>5</p> <p>9:00 Coffee Time</p> <p>10:00 <b>Matter of Balance Session 6</b></p> <p>11:30 Lunch</p> <p>12:15 <b>Take Your Best Shots! Immunization Awareness</b>                      Lucy Dunnagan, RN, BCH</p>	<p>6</p> <p>9:00 Coffee Time</p> <p>9:30 <b>Matter of Balance – Danielle Brinkley PT -Fall Prevention Awareness</b></p> <p>11:30 Lunch</p> <p>12:15 <b>Craft Time</b></p>
<p>10</p> <p>9:00 Coffee Time</p> <p>10:00 Senior Meeting</p> <p>11:30 Lunch</p> <p>12:15 <b>Craft Time</b></p>	<p>12</p> <p>9:00 Coffee Time</p> <p>10:00 <b>Age is Only a Number- 10 Tips for Healthy Aging/Craft Time &amp; Games</b></p> <p>11:30 Lunch</p> <p>12:15 <b>Craft Time</b></p>	<p>13</p> <p>9:00 Coffee Time</p> <p>10:00 <b>Matter of Balance- Fall Prevention Followup</b></p> <p>11:30 Lunch</p> <p>12:15 <b>Pokeno</b></p>

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MONDAY	WEDNESDAY	THURSDAY
<p>17            9:00 Coffee Time            10:00 Kim Roldan with Safehome - Celebrating Seniors            11:30 Lunch            12:15 <b>10 Easy Ways to Eat Healthy When Cooking For One/Craft Time</b></p>	<p>19  <b>BCSC CLOSED STAFF MEETING IN WAYNESBORO</b></p>	<p>20            9:00 Coffee Time            10:00 <b>Fall Prevention Presentation at Bath Rehab &amp; Wellness Center</b>            11:30 Lunch            12:15 <b>Yoga...What is Yoga?/Chair Yoga Exercises/Fruit of the Month Pears</b></p>
<p>24            9:00 Coffee Time            10:00 <b>Diet, Cholesterol and You/ Vegetable of the Month-Garlic/BP Checks</b>            11:30 Lunch            12:15 <b>Birthday Celebration/Coverall Bingo</b></p>	<p>26            9:00 Coffee Time            10:00 <b>The Power Went Out...What now? Power Outage Emergency Preparedness</b>            11:30 Lunch            12:15 <b>Cornhole</b></p>	<p>27            9:00 Coffee Time            10:00 <b>Aging Being the Best You! Self Improvement &amp; Awareness Tips/ Craft Time</b>            11:30 Lunch            12:15 <b>Bingo</b></p>

Calendar Subject To Change

BCSC operated by Valley Program for Aging Services, Inc.