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March 2020
Timberville – Broadway Senior Center
Mia Olsen, Center Director
Open 9:00 am to 1:00 p.m.

233 McCauley Drive
Timberville, VA 22853
(540)-820-8556

TUESDAY	WEDNESDAY	THURSDAY
3 9:00 Morsels and Mingling 9:30 Exercise 10:00 – Coronavirus info 12:15 Errands	4 9:00 Morsels and Mingling 9:30 Exercise 10:00 – DVD Travel: The Great Smoky Mountains	5 9:00 Morsels and Mingling 9:30 Walking for exercise 10:00 – My Plate Bingo 12:00 Tai Chi for Arthritis w/ Joyce Nussbaum
10 9:00 Morsels and Mingling 9:30 - Exercise 10:00 – Pilot Club or Game: Table talk Conversation cards 12:15 – Errands	11 9:00 Morsels and Mingling 9:30 Exercise 10:00- Timberville Museum	12 9:00 Morsels and Mingling 9:30 Walking for exercise 10:00 – Community Bingo/Mobile Clothes Closet/BRAFB Truck 12:00 Tai Chi for Arthritis with Joyce Nussbaum
17 9:00 Morsels and Mingling 9:30 - Exercise 10:00 – Don Smith – Sing along 12:15 - Errands	18 9:00 Morsels and Mingling 9:30 Exercise 10:00- Game: Can you name 5?	19 9:00 Morsels and Mingling 9:30 - Exercise 10:00- St. Patricks Day Craft 12:00 Tai Chi for Arthritis with Joyce Nussbaum
24 9:00 Morsels and Mingling 9:30 - Exercise 10:00- Susan Mason with a nutritious snack 12:15 - Errands	25 9:00 Morsels and Mingling 9:30 Exercise 10:00 – Celebrate Spring Craft	26 9:00 Morsels and Mingling 9:30 - Exercise 10:00 – 8 Brain Fitness Tips 12:00 Tai Chi for Arthritis with Joyce Nussbaum
31 9:00 Morsels and Mingling 9:30 – Exercise 10:00 Civil War Q&A 12:15 - Errands		

Lunch Served at 11:30

Calendar Subject to Change

Valley Program for Aging Services

Your voluntary, confidential contribution to cover a portion of the cost of your meal is truly appreciated.