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August 2017
 Timberville – Broadway Senior Center
 Mia Olsen, Center Director
 Open 9 am to 1:00 p.m.

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

TUESDAY	WEDNESDAY	THURSDAY
1 9:30 – Sit and Fit 10:00 – BYFG (Bring your Favorite Game)	2 9:30 Sit and Fit 10:00 – Paint Night with Chrissie Taylor 12:15 – Shopping at Food Lion/Walmart	3 9:30 – Sit and Fit 10:00- Staying Hydrated – Are you a grape or a raisin?
8 9:30 – Sit and Fit 10:00 –Sing along w/ Don Smith – Changed due to traveling	9 9:30 Sit and Fit 10:00 – Balloon Ball 12:15 – Shopping at Food Lion/Walmart 12:30 – Ron Smith	10 9:30 Independent Exercise 10:00 – Bingo with Rockingham County Rec
15 9:00 – Sit and Fit 10:00 – Crafting with Ressa - Avante 12:15 – Shopping at Food Lion/Walmart	16 Pablo’s cabin – sign up to attend	17 9:30 Independent Exercise 10:00- Nick Kozel – inspiration OR games and puzzles
22 9:30 – Sit and Fit 10:00 - Stephanie Farrell – Pharmacy clinical Services Manager -	23 9:30 – Sit and Fit 10:00- Nutrition – Small changes can make a large difference 12:15 – Shopping at Food Lion/Walmart	24 9:30 – Sit and Fit 10:00-Group Games LCR or Hangman
29 9:30 – Sit and Fit 10:00- Folding bags and decorating MOW bags	30 9:30 – Sit and Fit 10:00-Picking with Dan or TBD 12:15 – Shopping at Food Lion/Walmart	31 9:30 – Sit and Fit 10:00 – Heart Healthy Bingo

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.