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January 2019
 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 Closed – New Years Day!	2 9:30 Sit and Fit 10:15 – Human Tic Tac Toe 12:15 – Shopping/Errands	3 9:30 Sit and Fit 10:15 - Center Clean up -
8 9:30 – Sit and Fit 10:15 - Eating Right – What does that mean?	9 9:30 – Sit and Fit 10:15 - Music with Dan Picket 12:15 – Shopping/Errands 12:30 - Readings with Ron Smith	10 (BRAFB truck) 9:30 Sit and Fit 10:00 – Bingo
15 9:30 – Sit and Fit 10:15 – Don Smith – sing along	16 9:30 Sit and Fit 10:15 – Book Swap – Bring your favorite book to exchange ??? 12:15 – Shopping/Errands	17 9:30 – Sit and Fit 10:15 – Winter Fruits and Veg Matchup
22 9:30 – Sit and Fit 10:15 –???Bible Study or Games and Puzzles	23 9:30 Sit and Fit 10:15 –Camp Overlook or National Hot Tea Month – Tea Sampling 12:15 – Shopping/Errands	24 9:30 – Sit and Fit 10:15 – Taboo/Outburst
25 9:30 – Sit and Fit 10:15 – National Puzzle Day – challenge your brain	26 9:30 Sit and Fit 10:15 - Bill Whiteford – Appalacian Physical Therapy – Using mechanical help correctly 12:15 – Shopping/Errands	27 9:30 – Sit and Fit 10:15 - Real or Fake – 60 Jarring Nature Photos from Historydaily.org

Lunch Served at 11:30

Calendar Subject to Change

Valley Program for Aging Services