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February 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
5 9:30 – Sit and Fit 10:15 -15 Incredibly Heart Healthy Foods https://www.healthline.com/nutrition/heart-healthy-foods#section16	6 9:30 Sit and Fit 10:15 – National Bird Feeding Month Birding with Cheryl Shull 12:15 – Shopping/Errands	7 9:30 Sit and Fit 10:15 – Random Acts of kindness – calling former members
12 9:30 – Sit and Fit 10:15 – Making a bird feeder	13 9:30 – Sit and Fit 10:15 - Stretching for the Health of it - Mia http://www.healthfitnessrevolution.com/top-10-health-benefits-of-stretching/ 12:15 – Shopping/Errands 12:30 - Readings with Ron Smith	14 (BRAFB truck) 9:30 Sit and Fit 10:00 – Bingo Happy Valentines Day!
19 9:30 – Sit and Fit 10:15 Don Smith – sing along	20 9:30 Sit and Fit 10:15 - Armchair Travel to South Africa with Molly Pirrung 12:15 – Shopping/Errands	21 9:30 – Sit and Fit 10:15 – Heart Facts: 21 Fascinating things about the heart
26 9:30 – Sit and Fit 10:15 – Sarah Morton – BRLS – Law of Death and Burial	27 9:30 Sit and Fit 10:15 – Hearts cardgame 12:15 – Shopping/Errands	28 9:30 – Sit and Fit 10:15 - Tell me something good!

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.