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March 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 - Make a Bird Feeder	6 9:30 Sit and Fit 10:15 – Piano Music with Brenda Spitzer 12:15 – Shopping/Errands	7 9:30 Sit and Fit 10:15 – Service Day Folding Bags/St Patricks Day craft for MOW
12 9:30 – Sit and Fit 10:15 – Library scavenger hunt	13 9:30 – Sit and Fit 10:15 - Ressa Baugher activity 12:15 – Shopping/Errands 12:30 - Readings with Ron Smith	14 (BRAFB truck) 9:30 Sit and Fit 10:00 – Bingo
19 9:30 – Sit and Fit 10:15 Don Smith – sing along	20 9:30 Sit and Fit 10:15 - Balloon Volleyball 12:15 – Shopping/Errands	21 9:30 – Sit and Fit 10:15 – Nutrition Hangman
26 9:30 – Sit and Fit 10:15 – Laughter is the best medicine – Strange health products <a href="https://removeandreplace.com/2013/05/28/ridiculous-products-stupid-strange-funny-and-weird-things-you-can-actually-buy/">https://removeandreplace.com/2013/05/28/ridiculous-products-stupid-strange-funny-and-weird-things-you-can-actually-buy/</a>	27 9:30 Sit and Fit 10:15 – Armchair Travel to South Africa with Molly Pirrung 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.