

Activities Calendar

OCTOBER
2018

Monday	Tuesday	Wednesday	Thursday
1 Coffee & Socializing 9:15 Light & Lively Fitness 10:00 Charlie McIntyre Piano 12:30 Fall Collages <i>Staunton Center Here</i>	2 CLOSED Waynesboro goes to Staunton Senior Center Meals on Wheels Will Be Delivered	3 Coffee & Socializing 9:30 SAIL Exercise 10:30 Amy Adkins Medicare Q&A 12:15 Groceries & Errands 12:30 Table Games	4 Coffee & Socializing 9:30 Stretching Exercise 10:30 Birthdays & BINGO 12:30 Memory Lane Coloring Contest Begins
8 CLOSED COLUMBUS DAY <i>No Meal Deliveries</i>	9 Coffee & Socializing 10:15 Tai Chi 11:00 Soup Cooking Demo 12:15 Groceries & Errands 12:30 Jokes and/or Trivia	10 Coffee & Socializing 9:30 SAIL Exercise 9:45 Flu Shots (Bring ID And Medicare Card) 12:30 Wheel of Fortune	11 Coffee & Socializing 9:30 Ridgeview Park Walk 10:30 Don's Bible Study 10:45 Fly Swatter Volley 11:00 TDD Phone Assistance 12:30 Healthy Handouts
15 Coffee & Socializing 9:30 SAIL Exercise 10:30 Mental Fitness 12:30 Country Classics w/ Forest Surface <i>Staunton Center Here</i>	16 Coffee & Socializing 10:15 Tai Chi 10:30 Concentration 11:00 L-N-L Breast Cancer 12:15 Groceries & Errands 12:30 Corn Hole 2-4:00 CRUMS Jam Session	17 CENTER CLOSED <i>Meals WILL BE Delivered</i> JMU's SENIOR PROM <i>Bus Departs at 9:30</i> <i>Western Dress Theme</i>	18 Coffee & Socializing 9:30 Stretching Exercises 10:30 Fall JINGO 12:30 Apples to Apples
22 Coffee & Socializing 9:30 SAIL Exercise 10:30 Aging in Place 12:30 Penny Ante	23 Coffee & Socializing 10:15 Tai Chi 10:45 Wheel of Fortune 12:15 Groceries & Errands 12:30 Music with Kim & Gerry 2-4:00 CRUMS Jam Session	24 Coffee & Socializing 9:30 SAIL Exercise 10:30 BINGO 12:30 Fly Swatter Volley	25 Coffee & Socializing 9:30 Ridgeview Park Walk 10:30 Don's Bible Study 10:30 Name That Tune 12:30 Jokes & Riddles
29 Coffee & Socializing 9:30 POP Back Fall Prevention Exercises 10:30 Hymn Sing w/Judi Cook or Table Games 12:30 Fall Craft <i>Staunton Center Here</i>	30 Coffee & Socializing 9:15 Hmmmmmm Puzzles 10:15 Tai Chi 10:30 Concentration 10:45 Lunch Bunch @ Kathy's 12:15 Groceries & Errands 2-4:00 CRUMS Jam Session	31 Coffee & Socializing 9:30 SAIL Exercise 10:30 Lets Make A Deal! <i>Don't forget to dress up</i> 12:30 Hot Potato 1:00 Fall Coloring Contest Judging	

On-Going Activities

Come join us for a game of BRIDGE or SPADES.
 Step into the Rec Room for a round of POOL!
 On the quieter side: Knitting, Quilting & Crochet.
 Puzzles, games and always good conversations.

Waynesboro Senior Center is FUN, FRIENDLY & FABULOUS

Lunch daily at 11:30