



# Waynesboro Senior Center

325 Pine Avenue, Waynesboro, VA 22980

(540) 942-1838 or [www.vpas.info](http://www.vpas.info)

**FEBRUARY**

**2019**

Monday	Tuesday	Wednesday	Thursday
<b>4</b> Coffee & Socializing 9:30 SAIL Exercise 10:30 Pin Nose on Frosty 12:30 Name that Tune	<b>5</b> Coffee & Socializing 9:45 Brain Games 10:30 Tai Chi 12:30 Fill In The Blanks Song Lyrics	<b>6</b> Coffee & Socializing 9:30 SAIL Exercise 10:30 Concentration 12:15 Groceries & Errands 12:30 Fact or Fiction	<b>7</b> Coffee & Socializing 9:30 Fitness Walking 9:30 Hot Potato 10:30 Birthday BINGO
<b>11</b> Coffee & Socializing 9:30 SAIL Exercise 10:00 Healthy Cooking w/ Asera Care 12:30 Red Solo Cup	<b>12</b> Coffee & Socializing 9:45 Brain Games 10:30 Tai Chi 10:30 Corn Hole 12:30 Crafts	<b>13</b> Coffee & Socializing 9:30 SAIL Exercise 11:00 Lunch-N-Learn Heart Failure Clinic 12:15 Groceries & Errands 12:30 Love It/Hate It	<b>14</b> Coffee & Socializing 9:30 Fitness Walking 10:30 Hot Potato 11:00 Healthy Handouts 12:30 Purple Joke Book
<b>18 CLOSED            PRESIDENTS'            DAY</b> <i>No Meals on Wheels            Deliveries</i>	<b>19</b> Coffee & Socializing 9:45 Brain Games 10:30 Tai Chi 11:00 Ladder Ball 12:30 Concentration	<b>20</b> Coffee & Socializing 9:30 SAIL Exercise 10:30 BINGO 12:15 Groceries & Errands 12:30 Fact or Fiction	<b>21</b> Coffee & Socializing 9:30 Fitness Walking 10:30 Music w/Wes Maupin 12:30 Deal or No Deal
<b>25</b> Coffee & Socializing 9:30 SAIL Exercise 10:30 Healthy Smoothies By All About Home Health 12:30 Red Solo Cup	<b>26</b> Coffee & Socializing 9:45 Brain Games 10:30 Tai Chi 11:00 Earring Craft 12:30 Music w/ Kim & Gerry	<b>27</b> Coffee & Socializing 9:30 SAIL Exercise 10:30 Noodle Volley 12:15 Groceries & Errands 12:30 Hot Potato	<b>28</b> Coffee & Socializing 9:30 Fitness Walking 10:30 Progressive Story 12:30 Internet Searches

### 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.

**Lunch daily at 11:30**

**Waynesboro Senior Center is FUN, FRIENDLY & FABULOUS**