



# Waynesboro Senior Center

325 Pine Avenue  
Waynesboro, VA 22980  
(540) 942-1838  
www.vpas.info

**MARCH**

**2019**

Monday	Tuesday	Wednesday	Thursday
<b>4</b> Coffee & Socializing <b>9:30</b> SAIL Exercise 10:30 Noodle Volley 12:30 Tic-Tac-Toe Toss	<b>5</b> Coffee & Socializing 9:30 Brain Games <b>10:15</b> Tai Chi 10:45 Concentration <b>12:15</b> Groceries & Errands 12:30 Biography	<b>6</b> Coffee & Socializing <b>9:00</b> Verona Antique Mall <b>9:30</b> SAIL Exercise 10:30 Deal or No Deal 12:30 Corn Hole	<b>7</b> Coffee & Socializing <b>9:30</b> Fitness Walking 9:30 Hot Potato 10:30 Windbags 12:30 Birthday BINGO
<b>11</b> Coffee & Socializing <b>9:30</b> SAIL Exercise 10:00 Aloha's Hair Cuts 10:30 Craft/Clover Earrings w/ Visiting Angels 12:30 Red Solo Cup	<b>12</b> Coffee & Socializing 9:30 Brain Games <b>10:15</b> Tai Chi 10:30 Noodle Volleyball <b>12:15</b> Groceries & Errands <b>12:30</b> Darts	<b>13</b> Coffee & Socializing <b>9:30</b> SAIL Exercise 10:30 Music w/ Wes Maupin 12:30 Wheel of Fortune	<b>14</b> Coffee & Socializing <b>9:30</b> Fitness Walking 10:30 Positive Paws <b>12:30</b> Healthy Handouts
<b>18</b> Coffee & Socializing <b>9:30</b> SAIL Exercise <b>10:30</b> Visiting Angels <b>Blood Pressure &amp; Long Term Health Ins</b> 12:30 Fact or Fiction	<b>19</b> Coffee & Socializing 9:30 Brain Games <b>10:15</b> Tai Chi 10:45 Simon Says <b>12:15</b> Groceries & Errands 12:30 Music w/ Kim & Gerry	<b>20</b> Coffee & Socializing <b>9:30</b> SAIL Exercise 10:30 BINGO 12:30 Noodle Volley	<b>21</b> Coffee & Socializing <b>9:30</b> Ridgeview Park Walk 10:30 Concentration 12:30 Big Purple Joke Book
<b>25</b> Coffee & Socializing <b>9:30</b> SAIL Exercise 10:30 Penny Ante 12:30 Wheel of Fortune	<b>26</b> Coffee & Socializing 9:30 Brain Games <b>10:15</b> Tai Chi <b>10:30 All About Home Health Blood Pressures &amp; Shamrock Shakes</b> <b>12:15</b> Groceries & Errands 12:30 Trivia Tidbits	<b>27</b> Coffee & Socializing <b>9:30</b> SAIL Exercise 10:00 Charlie McIntyre Piano 12:30 Hot Potato	<b>28</b> Coffee & Socializing <b>9:30</b> Fitness Walking 10:30 Springtime JINGO 12:30 What's the Difference Pictures
			<p><i>Easter is April 21st</i></p>

### On-Going Activities

Come join us for a game of 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**