

The Waynesboro Senior Center

July 2019

“Navigating Aging Together”

Center Hours: 9 am to 1:30 pm

Lunch served at 11:30 a.m.

325 Pine Ave, Waynesboro, VA 22980 ♦ 540-942-1838 ♦ www.vpas.info

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 9:30 POP Back Fall Prevention Exercises 10:30 Concentration 11:30 Lunch 12:30 Healthy Handouts	2 9:30 Brain Games 10:15 Tai Chi 11:30 Lunch 12:15 Local Shopping	3 9:30 POP Back Fall Prevention Exercises 10:30 4th of July Trivia 11:30 Lunch 12:30 Bingo	4 Fourth of July Center Closed
8 9:30 SAIL Exercise 10:30 Visiting Angels – Blood Pressure Checks 11:30 Lunch 12:15 Local Shopping	9 9:30 Brain Games 10:15 Tai Chi 11:30 Lunch 12:30 Cornhole	10 9:30 POP Back Fall Prevention Exercises 10:30 Ladderball 11:30 Lunch 12:30 Craft *Lunch and Learn*	11 9:30 SAIL Exercise 10:30 Bingo 11:30 Lunch 12:30 Architecture Presentation *SCS Here*
15 9:30 SAIL Exercise 10:30 Noodle Volleyball 11:30 Lunch 12:30 Kline’s	16 At Staunton Senior Center for Fashion Show Meals on Wheels are being delivered	17 9:30 POP Back Fall Prevention Exercises 10:30 BINGO with Susan Parks and Rec. 11:30 Lunch 12:30 Wheel of Fortune	18 9:30 SAIL Exercise 10:30 Positive Paws 11:30 Lunch 12:15 Local Shopping
22 9:30 SAIL Exercise 10:30 Bingo 11:30 Lunch 12:30 Amy Harmon with accordion music	23 9:30 Brain Games 10:15 Tai Chi 11:30 Lunch 12:15 Local Shopping	24 9:30 POP Back Fall Prevention Exercises 10:30 New Hope Choir 11:30 Lunch 12:30 Lauren Wellman	25 9:30 SAIL Exercise 10:30 Kim Pack 11:30 Lunch 12:30 Guardians 3
29 9:30 POP Back 10:30 Fact or Fiction 11:30 Lunch 12:30 Write a story	30 9:30 Brain Games 10:15 Tai Chi 11:30 Lunch 12:15 Local Shopping	31 9:30 POP Back 10:30 Bingo 11:30 Lunch 12:30 Craft	

The Waynesboro Senior Center is operated by Valley Program for Aging Services.
Schedule may change