

# The Waynesboro Senior Center      September 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
<p><b>2</b></p> <p><b>Center closed For Labor Day</b></p>	<p><b>3</b></p> <p>9:30 Kim Pack 10:15 Tai Chi 11:30 Lunch 12:30 Noodle Volleyball</p>	<p><b>4</b></p> <p>9:30 Balance Activities 10:30 Craft 11:30 Lunch 12:15 Farmer’s Market</p>	<p><b>5</b></p> <p>9:30 Chair Calisthenics 10:30 Bingo 11:30 Pot Luck 12:15 Local Shopping     Birthday Celebrations</p>
<p><b>9</b></p> <p>9:30 SAIL Exercise 10:30 Word Association 11:30 Lunch 12:15 Listening Session with Board of Directors</p>	<p><b>10</b></p> <p>9:30 Brain Games 10:15 Tai Chi 11:30 Lunch 12:30 Bingo with Lauren Wellman</p>	<p><b>11</b></p> <p>9:30 Balance Activities 10:30 Tips on cooking for 1 11:30 Lunch 12:30 Cornhole Lunch and Learn</p>	<p><b>12</b></p> <p>9:30 Chair Calisthenics 10:30 Geometric Bookends Craft 11:30 Lunch 12:15 Local Shopping</p>
<p><b>16</b></p> <p>9:30 SAIL Exercise 10:30 Odd Law Trivia 11:30 Lunch 12:30 Upcycled CD Coaster Craft</p>	<p><b>17</b></p> <p>9:30 Brain Games 10:15 Tai Chi 11:30 Lunch 12:30 Healthy Handouts</p>	<p><b>18</b></p> <p>9:30 Balance Activities 10:30 Bingo with Susan 11:30 Lunch 12:15 Local Shopping</p>	<p><b>19</b></p> <p>9:30 Chair Calisthenics 10:30 Positive Paws 11:30 Lunch 12:30 Amy Harmon</p>
<p><b>23</b></p> <p>9:30 SAIL Exercise 10:30 Never Have I Ever/ M&amp;M Trivia 11:30 Lunch 12:30 Would You Rather/Roll a Dice <b>Welcome Staunton!</b></p>	<p><b>24</b></p> <p>9:30 Brain Games 10:15 Tai Chi 11:30 Lunch 12:30 Kim and Gerry</p>	<p><b>25</b></p> <p>9:30 Balance Activities 10:30 Concentration 11:30 Lunch 12:30 Hangman</p>	<p><b>26</b></p> <p>9:30 Chair Calisthenics 10:30 Short Story 11:30 Lunch 12:15 Local Shopping</p>
<p><b>30</b></p> <p>9:30 SAIL Exercise 10:30 Fact or Fiction 11:30 Lunch 12:30 Finish the Phrase</p>			

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