

# The Waynesboro Senior Center

# March 2020

## “Navigating Aging Together”

Center Hours: 9 am to 1:30 pm

Lunch served at 11:30 am

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>2</b> 9:30 Exer-lympics 10:30 Red Solo Cup Game 11:30 Lunch 12:30 Nosy Neighbor Game	<b>3</b> 9:30 Brain Games 10:30 Tai Chi 11:30 Lunch 12:30 March Trivia	<b>4</b> 9:30 Exercise with Center Host 10:30 Life Stories Game 11:30 Lunch 12:30 Noodle Volleyball	<b>5</b> 9:30 Exercise with Center Host 10:30 A Game of Penny Ante 11:30 Lunch 12:15 Local Shopping or Table Games
<b>9</b> 9:30 Exer-lympics 10:30 Maggie Rose Therapy Dog 11:30 Lunch 12:30 History in the News	<b>10</b> 9:30 Brain Games 10:15 Tai Chi 11:30 Lunch 12:30 Crafts with Lauren	<b>11</b> 9:30 Exercise with Center Host 10:30 Charlie McIntire plays Piano 11:30 Lunch 12:30 Short Story <b>Lunch and Learn</b>	<b>12</b> 9:30 Exercise with Center Host 10:30 Hymn Sing with Tommy Davis or Table Games 11:30 Lunch 12:30 Local Shopping or Table Games
<b>16</b> 9:30 Exer-lympics 10:30 Spoons with Ann 11:30 Lunch 12:30 Corn Hole	<b>17</b> 9:00 Blood Pressure Checks 9:30 Brain Games 10:15 Tai Chi 11:30 Lunch 12:30 Shamrock Craft	<b>18</b> 9:30 Exercise with Center Host 10:30 Parks and Rec Bingo 11:30 Lunch 12:30 Healthy Handouts	<b>19</b> 9:30 Exercise with Center Host 10:30 Positive Paws Therapy Dogs 11:30 Lunch 12:15 Local Shopping or Table Games
<b>23</b> 9:30 Exer-lympics 10:30 15 Ways to Declutter 11:30 Lunch 12:30 14 Brain Tips with Lori	<b>24</b> 9:30 Brain Games 10:15 Tai Chi 11:30 Lunch 12:00 Music with Kim and Gerry	<b>25</b> 9:30 Exercise with Center Host 10:30 Animal Kingdom 11:30 Lunch 12:15 Local Shopping or Table Games	<b>26</b> 9:30 Exercise with Center Host 10:30 Grumble Free Life Pt 2 11:30 Lunch 12:30 Amy Harmon plays Accordion
<b>30</b> 9:30 Exer-lympics 10:30 Travelogue with Bob Weiss. Yellowstone National Park 11:30 Lunch 12:15 Town Center Outing	<b>31</b> 9:30 Brain Games 10:15 Tai Chi 11:30 Lunch 12:30 Spring Craft		<b>The Waynesboro Senior Center is operated by Valley Program for Aging Services.</b>  <b>Schedule may change</b>