

January 2012

Maury River Senior Center

2137 Magnolia Avenue, Buena Vista, VA 24416

Jeri Schaff, Center Director
Center Phone: (540) 261-7474

www.mauryriversc.org

Center Hours: 9 am to 2 pm
Lunch Served at 11:30 am

Lunch Reservations Needed Two Days In Advance!!

Operated by Valley Program for Aging Services, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed No Meals On Wheels	3 9:30 Mrs. C's Diggers 10:30 Seated Exercise w/ Donna 12:00 "Hopes for the New Year" w/Ray 2:00 Exercise Room Orientation	4 8:45 Bridge Club 9:00 JV Picker's 10:00 Varsity Pickers 11:15 Mrs. C's Singers 1:30 Quilting Qlub	5 10:00 Varsity Pickers 11:15 Mrs. C's Singers 12:00 Activities on Own	6 9:30 Individual Exercise 10:45 Seated Exercise 12:00 Jan. Birthday's & Card Bingo
9 9:00 Exercise Room Orientation 12:30 Bridge Club	10 9:30 Mrs. C's Diggers 9:30 "About the Bible" w/ Rev. James Johnson 10:30 Seated Exercise w/ Donna 12:00 "You & Your Doctor" 2:00 Exercise Room Orientation	11 8:45 Bridge Club 9:00 JV Pickers 10:00 Varsity Pickers 11:15 Mrs. C's Singers 1:30 Quilting Qlub 3:15 Use It Or Lose It	12 10:00 Varsity Pickers 11:15 Mrs. C's Singers 12:00 Activities on Own	13 9:30 Individual Exercise 10:45 Seated Exercise 12:00 Jeri & Ray's Famous Wall Show

<p>16 9:00 Exercise Room Orientation 12:30 Bridge Club</p>	<p>17 9:30 Mrs. C's Diggers 9:30 "About the Bible" w/ Rev. James Johnson 10:30 Seated Exercise w/ Donna 12:00 "Glaucoma Awareness" w/ Ray 2:00 Exercise Room Orientation</p>	<p>18 8:45 Bridge Club 9:00 JV Pickers 10:00 Varsity Pickers 11:15 Mrs. C's Singers 12:00 "Brown Bag Bible Study" w/ Rev. Bryon LePere 1:30 Quilting Qlub 3:15 Use It Or Lose It</p>	<p>19 10:00 Varsity Pickers 10:00 Breakfast For Your Brain @ the Y 11:15 Mrs. C's Singers 12:00 Activities on Own</p>	<p>20 9:30 Individual Exercise 10:45 Seated Exercise 12:00 Concert- Grumpy Old Men</p>
<p>23 9:00 Fun & Games 12:30 Bridge Club</p>	<p>24 9:30 Mrs. C's Diggers 9:30 "About the Bible" w/ Rev. James Johnson 10:30 Seated Exercise w/ Donna 12:00 Diabetes Screening 2:00 Exercise Room Orientation</p>	<p>25 8:45 Bridge Club 9:00 JV Pickers 10:00 Varsity Pickers 11:15 Mrs. C's Singers 12:00 "Brown Bag Bible Study" w/ Rev. Bryon LePere 1:30 Quilting Qlub 3:15 Use It Or Lose It</p>	<p>26 10:00 Varsity Pickers 10:00 Breakfast For Your Brain @ the Y 11:15 Mrs. C's Singers 12:00 Activities on Own</p>	<p>27 9:30 Individual Exercise w/ Ray 10:45 Seated Exercise w/ Ray 12:00 Concert- Mrs. C's Pickers & Singers- "Keep Your Sunnyside Up"</p>
<p>30 9:00 Fun & Games 12:30 Bridge Club</p>	<p>31 9:30 Mrs. C's Diggers 9:30 "About the Bible" w/ Rev. James Johnson 10:30 Seated Exercise w/ Donna 12:00 Concert: Pug & Ranger 2:00 Exercise Room Orientation</p>	<p>Every Day: 9:00 Snacks & Socializing 11:30 Lunch 9-2 Computer Lab Open 9-2 Exercise Room Open 9-2 Puzzles, Games, Newspapers & Magazines</p>	<p>Sign – Up Required for:</p> <ul style="list-style-type: none"> • Lunch • Use It or Lose It • Breakfast For Your Brain at the Y 	

