

February 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
	<p>2/7 CSJH Mini Health Fair will include:</p> <ul style="list-style-type: none"> • BMI Checks • Blood pressure Checks • Glucose Screenings • Cholesterol Screenings are available by appointment only for \$15. Requires sign up and 8 hour fast 	<p>1</p> <p>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>2</p> <p>10:00 Mrs. C's Pickers 10:00 Breakfast For Your Brain @ the Y 11:15 Mrs. C's Singers 12:00 Activities on Own</p>	<p>3</p> <p>9:30 Individual Exercise 10:30 Seated Exercise 12:00 Feb. Birthdays w/ Card Bingo</p>
<p>6</p> <p>9:00 Exercise Room Orientation 12:30 Bridge Club</p>	<p>7</p> <p>8:15 – 11:00 CSJH Mini Health Fair</p> <p>9:30 Mrs. C's Diggers 9:30 "About the Bible" w/ Rev. James Johnson 10:30 Seated Exercise w/ Donna 12:00 5 Wishes w/ Jeri 2:00 Exercise Room Orientation</p>	<p>8</p> <p>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>9</p> <p>10:00 Mrs. C's Pickers 10:00 Breakfast For Your Brain @ the Y 11:15 Mrs. C's Singers 12:00 Activities on Own</p>	<p>10</p> <p>9:30 Individual Exercise 10:30 Seated Exercise 12:00 "What is the Universe?" w/ Ray</p>

<p>13 9:00 Exercise Room Orientation 12:30 Bridge Club</p>	<p>14 9:30 Mrs. C's Diggers 9:30 "About the Bible" w/ Rev. James Johnson 10:30 Seated Exercise w/ Donna 12:00 Valentine's Party 2:00 Exercise Room Orientation</p>	<p>15 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 Qclub 3:15 Use It Or Lose It</p>	<p>16 10:00 Mrs. C's Pickers 10:00 Breakfast For Your Brain @ the Y 11:15 Mrs. C's Singers 12:00 Activities on Own</p>	<p>17 9:30 Individual Exercise 10:30 Seated Exercise w/ Ray 12:00 "Healthy Weight"</p>
<p>20 9:00 Exercise Room Orientation 12:30 Bridge Club</p>	<p>21 9:30 Mrs. C's Diggers 9:30 "About the Bible" w/ Rev. James Johnson 10:30 Seated Exercise w/ Donna 12:00 "Senior Economics" w/ Ray 2:00 Exercise Room Orientation</p>	<p>22 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 Qclub 3:15 Use It Or Lose It</p>	<p>23 10:00 Mrs. C's Pickers 10:00 Breakfast For Your Brain @ the Y 11:15 Mrs. C's Singers 12:00 Activities on Own</p>	<p>24 9:30 Individual Exercise 10:30 Seated Exercise w/ Ray 12:00 Concert : Mrs. C's Pickers & Singers- "Good Ole Country Music Love Songs"</p>
<p>27 9:00 Exercise Room Orientation 12:30 Bridge Club</p>	<p>28 9:30 Mrs. C's Diggers 9:30 "About the Bible" w/ Rev. James Johnson 10:30 Seated Exercise w/ Donna 12:00 Diabetes Risk Factor Screening 2:00 Exercise Room Orientation</p>	<p>29 8:45 Bridge Club 9:00 JV Pickers w/ Ray 10:00 Varsity Pickers 11:15 Mrs. C's Singers 12:00 "Brown Bag Bible Study" w/ Rev. Bryon LePere 1:30 Quilting Qclub 3:15 Use It Or Lose It</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 • Valentine's Party (until 2/8)