# Valdez Senior Center, Inc. Activity Calendar

Address: 1300 E. Hanagita Street Valdez, Alaska Phone: 907-835-5032

# Activities

#### •Chair Yoga 11:00AM

Our yoga instructor Cammie leads us through gentle movements for all ranges. All ages welcome & Free to ioin!

## • Crafting

Keep an eye on the calendar for a fun and engaging array of crafts to try your hand at! With Christmas quickly coming up we have plenty of crafts that make great gifts and even a Make Your Own Advent Calendar event!

### • Writing Club 9AM

This month we are working on Memoir writing. Join us each week for new prompts to help you think back and share your story of what made you you! Bring your preferred writing tools - paper and pens available if needed.

• Game Day at the Rec Center Join us at the Rec Center to enjoy their air hockey, pool tables and more!



				1 • Gym Walking 8:30AM • NaNoWriMo Kick-off 10:00AM • Yahtzee 1:00PM
	5 • Chair Yoga 11AM • Make your own Tote 1:30PM	10AM	7 • Chair Yoga 11AM • Afternoon Matinee 1:30PM • Cribbage 5:30-7:30PM	<ul> <li>8</li> <li>Paint a Mug 10AM</li> <li>Veterans Day Ceremony at HHES 1:30PM</li> </ul>
VSC Closed Happy Veterans	12 • Chair Yoga 11AM • BINGO 1PM	<ul> <li>13 World Kindness Day</li> <li>Writing Club 9AM</li> <li>Mahjong 1:15PM</li> </ul>	<ul> <li>14</li> <li>Chair Yoga 11AM</li> <li>Game Day at Rec Center 1:30PM</li> <li>Cribbage 5:30-7:30PM</li> </ul>	<ul><li>15</li><li>Gym Walking 8:30AM</li><li>Sugar Scrub Making 1:30PM</li></ul>
Candle Making     10AM B	19 • Chair Yoga 11AM BOARD MEETING 1:30PM • BUNCO PARTY 6pm	20 • Writing Club 9AM • Paint by Number 10AM	<ul> <li>21</li> <li>Chair Yoga 11AM</li> <li>BINGO 1PM</li> <li>Cribbage 5:30-7:30PM</li> </ul>	22 • Gym Walking 8:30AM • Make your own Christmas Cards 1:30PM
• Make your own Advent Calendar 10AM	26 • Chair Yoga 11AM • Happy Un-Birthday Party 1:30PM	<ul> <li>27</li> <li>Writing Club 9AM</li> <li>Yarn Bowl 10AM</li> <li>Mahjong 1:15PM</li> </ul>	28 VSC Closed Happy Thanksgiving	
Book Basket Auction Civic Center @ 6pm upport our local library at their annual fundraiser! Civic Center @ 6pm HHES @ 1:30pm Join us for a ceremony presentation by the elementary students! Please call to schedule a ri		National Cake Day with a magical Alice in Wonderia		