

Valdez Senior Center, Inc. Activity Calendar

Address: 1300 E. Hanagita Street Valdez, Alaska

Phone: 907-835-5032

Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 • Chair Yoga 11AM • Clothes Mending Clinic 1:30PM	2 • Writing Class 9AM • Chair Exercise @ PWSC 10AM • Mahjong 1:15PM	3 • Chair Yoga 11AM • Cribbage 5:30-7:30PM	4 • Yahtzee 10AM • Fall Suncatchers 1:30PM
7 • Chair Exercise @ PWSC 10AM • Canasta 1:15PM	8 • Chair Yoga 11AM • Live Music Lunch with Laurie Prax - 12PM • Bunco Party 6PM	9 • Writing Class 9AM • Chair Exercise @ PWSC 10AM • Mahjong 1:15PM	10 • Chair Yoga 11AM • Ribbon Ghosts 1:30PM • Cribbage 5:30-7:30PM	11 • Gym Walking 8:30AM • Yahtzee 10AM Friday Market 1:30-5PM
14 • Pumpkin Coasters 9AM • Chair Exercise @ PWSC 10AM • Canasta 1:15PM	15 • Chair Yoga 11AM BOARD MEETING 1:30PM	16 • Writing Class 9AM • Chair Exercise @ PWSC 10AM • Mahjong 1:15PM	17 • Chair Yoga 11AM • BINGO 1PM • Cribbage 5:30-7:30PM	18 VSC Closed Happy Alaska Day!
21 • Dog & Cat Toy Crafts 9AM • Chair Exercise @ PWSC 10AM • Canasta 1:15PM	22 • Chair Yoga 11AM • National Make a Dogs Day - Shelter Trip 1:30PM	23 • Writing Class 9AM • Chair Exercise @ PWSC 10AM • Mahjong 1:15PM	24 • Chair Yoga 11AM • National Food Day Nutrition Kitchen 1:30PM • Cribbage 5:30-7:30PM	25 • Yahtzee 10AM • Pumpkin Carving 1:30PM
28 • National Chocolate Day Treat Making 9AM • Chair Exercise @ PWSC 10AM • Canasta 1:15PM	29 • Chair Yoga 11AM • BINGO 1PM	30 • Morning Movie -10AM Little Shop of Horrors • Mahjong 1:15PM	31 • Chair Yoga 11AM • Halloween Party 1:30PM • Cribbage 5:30-7:30PM	

• Chair Yoga 11:00AM

Our yoga instructor Cammie leads us through gentle movements for all ranges. All ages welcome to join this fun group!

• Crafting

Keep an eye on the calendar for a fun and engaging array of crafts to try your hand at!

• Food Fun!

Nutrition Kitchen - Join us to learn some healthy recipes!
National Chocolate day - Celebrate with making delicious chocolate treats!

• Pumpkin Carving

Bring your own pumpkin and we'll provide the carving tools and paints to get your pumpkin Halloween ready!

• Writing Class 9AM

Explore and expand your writing style. Each week we focus on a different part of story writing and have a few prompts to get your pen flowing!



Museum Annual Roadhouse	Women of Distinction	Friday Market	Halloween Party
Valdez Museum Saturday Oct 5th	AVV Saturday Oct 19th	Friday Oct 11th @ VSC We have several artists and bakers for this community market! Be sure to stop by	Thursday Oct 31st @ VSC Members social with light snacks - Come dressed for an afternoon of spooky fun!