

Valdez Senior Center, Inc. Activity Calendar

Address: 1300 E. Hanagita Street Valdez, Alaska

Phone: 907-835-5032

Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 VSC Closed Happy New Year!	2 <ul style="list-style-type: none"> Sit and Stretch 11AM Afternoon Matinee 1:30PM Cribbage 5:30-7:30PM 	3 <ul style="list-style-type: none"> Group Water Aerobics 10AM Pasta Making Class 1:30PM
6 <ul style="list-style-type: none"> Dominoes 10AM Poetry Club 11AM Canasta 1:15PM 	7 <ul style="list-style-type: none"> Food Bank Volunteering 10am Goal Mapping with Allie 1:30PM Swing Dance 6:30-8pm 	8 <ul style="list-style-type: none"> Writing Club 9AM Weaving 10AM Mahjong 1:15PM 	9 <ul style="list-style-type: none"> Sit and Stretch 11AM Senior Book Club 1:30PM Cribbage 5:30-7:30PM 	10 <ul style="list-style-type: none"> Group Water Aerobics 10AM Clothes Mending Clinic 1:30PM
13 <ul style="list-style-type: none"> Dominoes 10AM Poetry Club 11AM Canasta 1:15PM 	14 <ul style="list-style-type: none"> Chair Yoga 11AM BINGO 1:30PM 	15 <ul style="list-style-type: none"> Writing Club 9AM Resin Jewelry 10AM Mahjong 1:15PM 	16 <ul style="list-style-type: none"> Chair Yoga 11AM Game Day at Rec Center 1:30PM Cribbage 5:30-7:30PM 	17 <ul style="list-style-type: none"> Group Water Aerobics 10AM National Cheese & Gluten Free Day Celebration (Make your own gluten free crackers 2PM)
20 <ul style="list-style-type: none"> VSC Closed for MLK Jr. Day 	21 <ul style="list-style-type: none"> Chair Yoga 11AM BOARD MEETING 1:30PM Swing Dance 6:30-8pm 	22 <ul style="list-style-type: none"> Writing Club 9AM Painting 10AM Mahjong 1:15PM BUNCO PARTY 6pm 	23 <ul style="list-style-type: none"> Chair Yoga 11AM Afternoon Matinee 1:30PM Cribbage 5:30-7:30PM 	24 <ul style="list-style-type: none"> Group Water Aerobics 10AM Sewing Class: Yoga Bag 1:30PM (\$)
27 <ul style="list-style-type: none"> Dominoes 10AM Poetry Club 11AM Canasta 1:15PM 	28 <ul style="list-style-type: none"> Chair Yoga 11AM BINGO 1:30PM Swing Dance 6:30-8pm 	29 <ul style="list-style-type: none"> Writing Club 9AM Candle Making 10AM Mahjong 1:15PM 	30 <ul style="list-style-type: none"> Chair Yoga 11AM Animal Shelter Visit 1:30PM Cribbage 5:30-7:30PM 	31 <ul style="list-style-type: none"> Group Water Aerobics 10AM Poker 1:30PM

•Chair Yoga 11:00AM

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

• Group Water Aerobics @ The Pool

Start your morning off right in the warm pool as we share our favorite aerobic exercises. Rides leave the Senior Center at 9:45

• Crafting

Keep an eye on the calendar for a fun and engaging array of crafts to try your hand at! We encourage you to come out and try or bring your own project and enjoy the crafting community with us!

• Poetry & Writing Clubs

Bring your preferred writing tools - paper and pens available if needed. Mondays we will explore poetry and Wednesdays we'll travel through memories, working on prompts to build your memoir!

• Game Day at the Rec Center

Join us at the Rec Center while the kids are in school to enjoy the air hockey, Ping-pong & pool tables!

January



2025

Winter Wellness Challenge

Valdez Senior Center is happy to be part of the Winer Wellness Challenge by SWAN. We will be hosting events and activity drop offs throughout the challenge!

Food Bank Volunteering

Valdez Senior Center is excited to start volunteering with the Food Bank on a regular monthly basis - If you are looking to get out and be more involved in the community this is a great opportunity!

Sewing Class: Yoga Bag

Jan 24th @ 1:30PM
Join Haden in this beginner sew your own Yoga Bag session!
Class \$35 for members/ \$55 Non-Members - Please Sign up in Advance