

# Valdez Senior Center, Inc. Activity Calendar

Address: 1300 E. Hanagita Street Valdez, Alaska

Phone: 907-835-5032

## Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 • Dominoes 10AM • Canasta 1:15PM	4 • Chair Yoga 11AM • <b>Swing Dance 6:30-7:30pm</b>	5 • Writing Club 9AM • <b>Valentines Door Hangers 10am</b> • Mahjong 1:15PM	6 • Chair Yoga 11AM • Painted Paper Making 1:30PM • Cribbage 5:30-7:30PM	7 • Group Water Aerobics 10AM • <b>Afternoon Rom-Com Movie 1:30PM</b>
10 <b>Free Tax Prep 9am - 6pm</b> • Dominoes 10AM • Canasta 1:15PM <b>Financial Education Workshop 6pm-8pm</b>	11 <b>Free Tax Preparation 9am - 1:30pm</b> • Chair Yoga 11AM • <b>BINGO 1:30PM</b>	12 • Writing Club 9AM • <b>Valentine Card Making 10AM</b> • Mahjong 1:15PM • <b>Food Bank Volunteering 1:30PM</b>	13 • Chair Yoga 11AM • <b>Senior Book Club 1:30PM</b> • Cribbage 5:30-7:30PM	14 • Group Water Aerobics 10AM • <b>Love Song Karaoke 1:30PM</b> • <b>Sweetheart Swing 6-7pm</b>
17 <b>VSC Closed for Presidents' Day</b>	18 • Chair Yoga 11AM <b>BOARD MEETING 1:30PM</b> • <b>Swing Dance 6:30-7:30pm</b>	19 • Writing Club 9AM • Tech Assistance 10AM • Mahjong 1:15PM • <b>BUNCO PARTY 6pm</b>	20 • Chair Yoga 11AM • <b>Jar Exchange 1:30PM</b> • Cribbage 5:30-7:30PM	21 • Group Water Aerobics 10AM • <b>Sewing Class: Rope Koozies 1:30PM (\$)</b>
24 • Dominoes 10AM • Canasta 1:15PM • <b>The Price is Right 5pm</b>	25 • Chair Yoga 11AM • <b>BINGO 1:30PM</b> • <b>Swing Dance 6:30-7:30pm</b>	26 • Writing Club 9AM • Make your own Card Holder 10AM • Mahjong 1:15PM • <b>Puzzle Wars 6pm</b>	27 • Chair Yoga 11AM • Animal Shelter Visit 1:30PM • <b>Cribbage Tournament 5:30pm</b>	28 • Group Water Aerobics 10AM • <b>Poker 1:30PM</b>

• **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*

• **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!

• **Writing Club**  
Bring your preferred writing tools - paper and pens available if needed. Wednesdays we'll travel through memories, working on prompts to build your memoir!

• **Sweetheart Swing**  
Join us for a swinging good time! Dance tunes and fun to start your night off night!

• **Jar Exchange**  
Bring jars or homemade goods to trade with others in the community. Bring as many as you would like to exchange with others



### Winter Wellness Challenge

Valdez Senior Center is happy to be part of the Winter 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!

### Free Tax Assistance

Feb 9th - 11th  
Volunteer Income Tax Assistance program is coming to town to assist our senior population!