

# Valdez Senior Center, Inc. Activity Calendar

Address: 1300 E. Hanagita Street, Valdez, Alaska

Phone: 907-835-5032



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 • Dominoes 10AM  • Mahjong 1:15PM	2 • Chair Yoga 11AM  • Crochet & Kitting 2PM	3 • Garden Club 10AM  • 60 Second Cocktails 3PM
6 • Wii Fit Monday 10AM  • Canasta 1:15PM	7 • Chair Yoga 11AM  • Bingo 1:30PM	8 • Dominoes 10AM • Mahjong 1:15PM  • Food Bank Volunteering 1:30PM	9 • Chair Yoga 11AM  • Stepping Stone Craft 2PM	10 • Garden Club 10AM  • 60 Second Cocktails with guest Lester Green 3PM
13 • Narcan Training 9:30AM  • Canasta 1:15PM	14 • Chair Yoga 11AM  • Crochet & Kitting 2PM	15 • Dominoes 10AM  • Mahjong 1:15PM	16 • Chair Yoga 11AM  • Cozy Crafting Hour 2PM	17 • Garden Club 10AM  • 60 Second Cocktails 3PM
20 • One on One Social Security Assistance *By Appointment  • Glass Plates with Jan 1PM - 3PM	21 • Chair Yoga 11AM  <b>BOARD MEETING 1:30PM</b>	22 • Dominoes 10AM  • Mahjong 1:15PM	23 • Chair Yoga 11AM  • Cozy Crafting Hour 2PM	24 • Garden Club 10AM  • 60 Second Cocktails 3PM
27 • Wii Fit Monday 10AM  • Canasta 1:15PM	28 • Chair Yoga 11AM  • Bingo 3PM	29 • Dominoes 10AM  • Mahjong 1:15PM	30 • Chair Yoga 11AM  • Member Social 2PM to 4PM	

• **Chair Yoga 11 AM**  
Join Cammie as she leads you through 30 minutes of fun chair exercises.

• **Garden Club 10 AM**  
Join us for the garden club to discuss potential plans for the community garden.

• **Wii Fit Monday 10 AM**  
Join us for a round of Wii Golf, Wii Bowling, and more Wii Sports fun

• **Canasta 1:15 PM**  
Join our group of rowdy card players on Monday at 1:15 pm.

• **60-Second Cocktails 3 PM**  
Learn how to make a cocktail in 60 seconds!

**\*This course is for members only**

<p><b>Bingo April 28<sup>th</sup> 3pm</b> \$10 for 5 cards, \$2 for single cards funds go towards Senior Helping Senior Scholarship!</p>	<p><b>Narcan Training April 13<sup>th</sup> 9:30AM</b> Terri will be going over Opioid Over Diose Response Training. Open to the community!</p>	<p><b>Social Security Assistance April 20<sup>th</sup></b> Meet with the Public Affairs Specialist for a one-on-one appointment. <b>*Must book an appointment in advance*</b></p>
--	---	---

