

Aging Well Exercise



Date: Ongoing

Days: Monday, Wednesday, Friday

Where: First Baptist Church /
Monroe

Time: 10am—12pm (noon)

Fee: \$20 Monthly

This class is designed for senior adults who want to improve their muscle tone, flexibility and improve blood circulation.

BINGO BINGE

DAYS: Fridays

TIME: 10am—12pm (Noon)

LOCATION:

Coolwell Community Center

FEE: \$1.50 per card



For further information contact:

Amherst County Recreation Department

129 Francis Ave, Monroe, VA

434-946-9371

Amherst County Senior Social Center



2022

Madison Heights: (MHSC)

Monroe Community Center

Tuesdays & Thursdays, 10am-2pm

Amherst: (ASC)

Second Stage

2nd Street, Amherst, VA

Mondays & Wednesdays ,

10am-2pm



"Holiday Social" *For Seniors*

Date: November 15, 2022

Day: Tuesday

Time: 11:30—1:30pm

**Location: Madison Heights
Community Center**

Fee: Free

Last day to sign up is

Thursday,

November 10, 2022



OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Amherst	Monroe	Amherst	Monroe	<u>Coolwell</u>	
2 	Devotional, Exercise 3 Crafts Workshop, Lunch, Games	Coffee, 4 Games, Lunch	Devotional, 5 Exercise Morning Chat, Lunch, Indoor Bocce Balls	Coffee, 6 Exercise Lunch, Games	7  10-noon	8 GARLIC FESTIVAL
9 GARLIC FESTIVAL	Devotional, Exercise, 10 Brain Aerobics, Lunch, Games	Coffee, 11 Games, Lunch	Devotional, 12 Exercise Morning Chat, Lunch, Indoor Bocce Balls	Coffee, 13 Exercise Lunch, Games	14  10-noon	APPLE 15 HARVEST FESTIVAL
16 APPLE HARVEST FESTIVAL	Devotional, Exercise 17 <u>Monday Music Live!</u> , 11am The Singing Cow- girl, <u>B'day Potluck</u> , Games	Coffee, 18 Games, Lunch	Devotional, 19 Exercise Morning Chat, Lunch, Indoor Bocce Balls	Coffee, Exercise 20 Lunch, <u>1-2pm Family Feud</u> 	21  10-noon	22 AMHERST COUNTY FAIR
23 AMHERST COUNTY FAIR	Devotional, Exercise 24 Crafts Work- shop, Lunch, Games	Coffee, 25 Games, Lunch	Devotional, 26 Exercise Morning Chat, Lunch, Indoor Bocce Balls	Coffee, 27 Exercise Lunch, Games	28  10-noon	29
30 	Devotional, Exercise, 31 Halloween Songs! <u>Halloween Party & Lunch</u>					

SENIOR CENTER HOURS

Amherst: Mondays & Wednesdays 1-2pm,

Monroe: Tuesdays & Thursdays 1-2pm