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| Eastern Shore Area Agency on Aging/Community Action Agency |  |
| HARE VALLEY SENIOR CENTER  5432 Bayside Road  Exmore, VA 23350  Center Manager: Cassandra Bailey  (757) 442-9652 ext 26 (757) 710-5932 (cell)  cassandra@esaaacaa.org  Center Driver: LaWayne Ames (757) 710-3468 |  |
| January 2021 |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
| C:\Program Files (x86)\Microsoft Office\MEDIA\CAGCAT10\j0299587.wmf |  |  | **Audrey Bell January 5**  **Julia Dickerson January 17**  **James Pringle January 21**  **Michael Mitchell January 26** | **Cleo Trower January 27**  **Helen Rowley January 27** | C:\Users\Margret\AppData\Local\Microsoft\Windows\INetCache\IE\QXRSO9BZ\stock-vector-happy-new-year-lettering-on-blue-blurry-vector-background-with-sparkles-greeting-card-design-524417278[1].jpg |  |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  | 10-11 Zoom Exercise for the  Mind  12-2 How to Install Zoom on Your Computer | 10-11 Zoom How to Create a Cake Design  12-2 Computer class for Beginners | 10-11 Zoom Bingo  12-1Bible Trivia with Seniors-Virtual | 10-11 Solitaire with Sam(Virtual)  11-12 Conference call w/Seniors for Encouragement for the New Year | 10-11 Walking in the House to build muscles-Zoom  12-1 Exchanging recipes by Zoom |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  | 10-11 Conference call w/Seniors on Being safe  11-11:30 Line Dancing-Virtual | 10-11 Virtual Presidents Trivia  12-1 Zoom Bingo | 10-11Bible Trivia-Virtual  12-1 Zoom exercise with Seniors | 10-11 Preparation of Dr. King’s program  11-1 Dr. King’s Celebration Program-Virtual | 10-11 How to Make Jewelry -Virtual  12-1 Zoom Bingo |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | Center Close for Dr. King’s Birthday | 11-12 Nutrition on Food and Health w/K Watson  12-1 Zoom The Basics of Drawing | 10-11 Zoom fun with Mexican Train  12-1Virtual Jeopardy with Seniors | 9-10 Zoom Computer class  11-12 Conference call with Nurse Margaret on the COVID 19 Vaccines | 10-11 Walk away the Pounds-Virtual  12-1 Zoom on how stay active at Home |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | 10-11 Zoom on How to do a Scrap Book  11-11:30 Line Dancing with Seniors-Virtual | 10-11 Conference call w/Seniors their concerns about COVID 19  12-1 Zoom of Family Feud | 10-11 How to Make Pottery(Virtual)  12-1 American Says-Virtual | 10-11 How to Make Platemats/coaster-Virtual  11-12 Discuss Caregiver Newsletter Prepare the Home for Safety | 10-11 Zoom fun with Mexican Train  12-1Birthday Celebration  For the Month of January |  |

For more information about the virtual events and conference calls, please call Cassandra Bailey at 757-710-5932.

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| Eastern Shore Area Agency on Aging/Community Action Agency |  |
| CENTRAL ACCOMACK SENIOR CENTER  24577 Mary N. Smith Road  Accomac, VA 23301  Center Manager: Denise Godwin  (757) 710-0038 (cell)  dgodwin@esaaacaa.org  Center Driver: Van Collins (757) 710-0236 |  |
| JANUARY 2021 |  |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  |  |  |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  |  | 10:45 Good Morning Seniors  11:00 Group Discussion  Welcome Back | 10:45 Good Morning Seniors  11:00 Group Discussion  Keeping Busy | Group Conference @11:00  1(602)580-9354  Code-8884499# |  |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  |  | 10:45 Good Morning Seniors  11:00 Group Discussion Since I’ve Been Isolated | 10:45 Good Morning Seniors  11:00 Group Discussion  Did You Know/Triva | 11:00 Martin Luther King Program 1(301)715-8592  Meeting I.D. 9496449108  Pass code: 912541 |  |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  |  | 10:45 Good Morning Seniors  11:00 Group Discussion  Old Wives Tales | 10:45 Good Morning Seniors  11:00 Group Discussion  Let’s Talk Recipes | 11:00 Nurse Margaret Topic: COVID-19  1(602)580-9354  Pass code: 8884499# |  |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  |  | 10:45 Good Morning Seniors  11:00 Food Food and More Food/ K.Watson | 10:45 Good Morning Seniors  11:00 Group Discussion  Finish the Sentence | 10:45 Good Morning Seniors  Group Discussion  January Caregiver Newsletter  January/Caregiver Assistance Newsletter |  |  |

\*\*\*\* January 26th and ALL Group Discussions can be joined by dialing 1(978)990-5209 Access Code: 4342954#