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| Eastern Shore Area Agency on Aging/Community Action Agency  |  |
| HARE VALLEY SENIOR CENTER5432 Bayside RoadExmore, VA 23350Center Manager: Cassandra Bailey(757) 442-9652 ext 26 (757) 710-5932 (cell)cassandra@esaaacaa.orgCenter 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 Mind12-2 How to Install Zoom on Your Computer | 10-11 Zoom How to Create a Cake Design12-2 Computer class for Beginners | 10-11 Zoom Bingo12-1Bible 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-Zoom12-1 Exchanging recipes by Zoom |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  | 10-11 Conference call w/Seniors on Being safe11-11:30 Line Dancing-Virtual | 10-11 Virtual Presidents Trivia12-1 Zoom Bingo | 10-11Bible Trivia-Virtual12-1 Zoom exercise with Seniors | 10-11 Preparation of Dr. King’s program11-1 Dr. King’s Celebration Program-Virtual | 10-11 How to Make Jewelry -Virtual12-1 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 Watson12-1 Zoom The Basics of Drawing | 10-11 Zoom fun with Mexican Train12-1Virtual Jeopardy with Seniors | 9-10 Zoom Computer class11-12 Conference call with Nurse Margaret on the COVID 19 Vaccines | 10-11 Walk away the Pounds-Virtual12-1 Zoom on how stay active at Home |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | 10-11 Zoom on How to do a Scrap Book11-11:30 Line Dancing with Seniors-Virtual | 10-11 Conference call w/Seniors their concerns about COVID 1912-1 Zoom of Family Feud | 10-11 How to Make Pottery(Virtual)12-1 American Says-Virtual  | 10-11 How to Make Platemats/coaster-Virtual11-12 Discuss Caregiver Newsletter Prepare the Home for Safety | 10-11 Zoom fun with Mexican Train 12-1Birthday CelebrationFor 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 CENTER24577 Mary N. Smith Road Accomac, VA 23301Center Manager: Denise Godwin(757) 710-0038 (cell)dgodwin@esaaacaa.orgCenter 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 Seniors11:00 Group DiscussionWelcome Back | 10:45 Good Morning Seniors11:00 Group Discussion Keeping Busy |  Group Conference @11:001(602)580-9354Code-8884499# |  |  |
| 10 | 11 |  12 |  13 | 14   | 15 | 16 |
|  |  | 10:45 Good Morning Seniors11:00 Group Discussion Since I’ve Been Isolated  | 10:45 Good Morning Seniors11:00 Group Discussion Did You Know/Triva | 11:00 Martin Luther King Program 1(301)715-8592Meeting I.D. 9496449108 Pass code: 912541 |  |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  |  | 10:45 Good Morning Seniors11:00 Group Discussion Old Wives Tales | 10:45 Good Morning Seniors11:00 Group Discussion Let’s Talk Recipes | 11:00 Nurse Margaret Topic: COVID-191(602)580-9354Pass code: 8884499# |  |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  |  | 10:45 Good Morning Seniors11:00 Food Food and More Food/ K.Watson | 10:45 Good Morning Seniors11:00 Group DiscussionFinish the Sentence |  10:45 Good Morning SeniorsGroup DiscussionJanuary Caregiver NewsletterJanuary/Caregiver Assistance Newsletter |  |  |

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