

Valdez Senior Center, Inc. Activity Calendar

Address: 1300 E. Hanagita Street Valdez, Alaska

Phone: 907-835-5032

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 • VHS Walk 9:00AM • Tea & Puzzles 1:00PM	27 • Chair Yoga 11:00AM • Homeschoolers 1:00PM	28 • VHS Walk 9:00AM • Mahjong 1:00PM • HHES 3:00PM	29 • Chair Yoga 11:00AM • ASL 1:00PM	1 • Craft: Decorate A Mug 9:30AM - 11:30AM
4 • VHS Walk 9:00AM • Frosty Fever Sundae Monday 3:00PM - 6:00PM	5 • Chair Yoga 11:00AM • Homeschoolers 1:00PM	6 • VHS Walk 9:00AM • Mahjong 1:00PM • HHES 3:00PM	7 • Chair Yoga 11:00AM • ASL 1:00PM	8 • Craft: Decorate A Mug 9:30AM - 11:30AM
11 • VHS Walk 9:00AM • Tea & Puzzles 1:00PM	12 • Chair Yoga 11:00AM • Homeschoolers 1:00PM	13 • VHS Walk 9:00AM • Mahjong 1:00PM • HHES 3:00PM	14 • Chair Yoga 11:00AM • ASL 1:00PM	15 • Craft: Card Making 9:30AM - 11:00AM
18 • Tea & Puzzles 1:00PM	19 • Chair Yoga 11:00AM BOARD MEETING 1:30PM	20 • Mahjong 1:00PM	21 • Chair Yoga 11:00AM • ASL 1:00PM	22 • Craft: Decorate A Mug 9:30AM - 11:30AM
25 VSC CLOSED *Sewards Day	26 • Chair Yoga 11:00AM • Homeschoolers 1:00PM	27 • VHS Walk 9:00AM • Mahjong 1:00PM • HHES 3:00PM	28 • Chair Yoga 11:00AM • ASL 1:00PM	29 • Craft: Easter Egg Dyeing 9:30AM

• **Craft: Decorate A Mug 9:30AM - 11:00AM**
Decorate a coffee mug. Bring your own, or use ours. Paint pens & mugs provided.
*Free, bring a friend!

• **Craft: Easter Egg Dyeing 9:30AM - 11:30AM**
When was the last time you decorated an easter egg? Join us in some Easter fun!
Eggs and dye kit provided. *Adults Only

Activities

• **Chair Yoga 11:15AM**
Gentle Movement for all ranges.
Twice a week with Cammie Hsu.
All ages welcomed.

• **VDZ Homeschoolers 1:00PM**
Valdez Homeschoolers create crafts & play board games, hoping Seniors will join!!

• **Tea & Puzzles 1:00PM**
Bring a tea, drink our tea!
Bring a friend to play with a game or work on our puzzle collection!

• **Mahjong 1:00PM**
Mahjong is a tile-based game. It is usually played by four players, who try to form sets and pairs of tiles. Bring a snack to share.

• **ASL Beginner 1:00PM**
Learn or practice American Sign Language in a group setting.
Conducted by Kellie Hales.

• **Card Making 9:30AM - 11:00AM**
Create a card to send to a loved one for the upcoming holiday.
This month we'll focus on Easter.
Conducted by Kristie.





ADULT EGG DYEING

March 29th
9:30AM - 11:30AM

When was the last time you decorated an easter egg? Join us in some Easter fun! Eggs and dye kit provided.



Craft: Paint A Mug FRIDAYS 9:30AM - 11:00AM

Decorate a coffee mug.
Bring your own, or use ours.
Paint pens & mugs provided.
*Free



TEA & PUZZLES

TUESDAYS
AT 1:00PM

THE VALDEZ
SENIOR
CENTER



Learn or practice
American Sign
Language in a
group setting.
Conducted by
Kellie Hales.

*Free for all ages.

Valdez Senior Center
Thursdays
- 1:00 PM

Chair Yoga with Cammie Hsu

Gentle Chair Yoga
hosted by the
Valdez Senior Center, Inc.
Tuesdays & Thursdays
at 11:00am



Free for all Valdez Seniors.



Mahjong

Mahjong is a tile-based game.
It is usually played by four players,
who try to form sets and pairs of
tiles. Bring a snack to share.

Wednesdays at 1:00PM

Easter CARD MAKING WORKSHOP



FRIDAY,
MARCH 15
9:30AM - 11:00AM



WALK WITH US! **IN THE VHS GYM**

MONDAY & WEDNESDAY
9AM - 10AM

With this cold weather,
start your day with a
walk indoors!

Valdez High School
has opened up their
gymnasium for seniors
to stay active!

Need a ride?
VSC can accomodate!
Call our office to
schedule a ride.

For questions or ride
scheduling, Call VSC
(907) 835 - 5032



Express Yourself!
Join Ms. Giusti and AVV Youth Services for a fun afterschool opportunity at the
Valdez Senior Center!

ART~SNACKS~GAMES

Every Wednesday from February 14th-April 24th
3:15pm-4:00pm

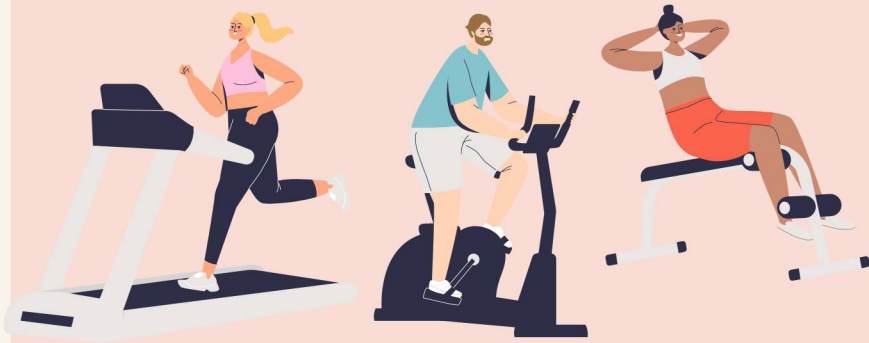
Did you know Intergenerational relationships have been linked to improved health and well-being for both younger and older individuals. Engaging with each other can promote a sense of purpose and motivation, reduce feelings of depression and anxiety, and enhance cognitive function.

PLEASE JOIN US!

SOUND WELLNESS ALLIANCE NETWORK'S

Power Hour

Free 1-hour open gym for everyone!
Saturday and Sunday mornings from 8-9am



Prince William Sound College Health and Fitness
Center - 303 Lowe Street

Questions? Email info@swanalaska.com



Sound Wellness Alliance Network's

Random Acts of Kindness

Sound Wellness Alliance Network's Random Acts of Kindness BINGO

Smiled at a stranger	Wrote a thank you note	Sent flowers to a friend	Used a reusable grocery bag	Bought a meal for someone
Left a surprise gift for a friend	Complimented a stranger	Baked treats for a neighbor	Gave to a person in need	Made a playlist for a friend
Wrote a kind note to myself	Left a kind note for my child or partner	LOVE YOU	Offered help to someone in need	Watered my neighbor's plants
Cleaned up a mess that wasn't mine	Shoveled snow from someone else's driveway	Shopped locally	Supported a friend	Went to lunch with someone new
Picked up trash from outside	Kept a gratitude journal	Put something back where it belonged	Replaced something that was broken	Used a reusable water bottle

Bring your card back to the Health and Fitness Center with a bingo by 2/29/24 for a chance to win a \$100 gift card!

Name _____ Email _____



Kindness Bingo

Pick up a card from Prince William College's Health and Fitness Center, then bring it back with a bingo by 2/29/24 for a chance to win a \$100 gift card!

***Can pick up card at VSC as well!**

Kindness Surprises

Nominate a person or organization to be surprised with an Act of Kindness from SWAN!

DM us with the person or organization you want to nominate and the reason why, and we might surprise them!

