

**COMMUNITY CENTERS (10am - 2pm)**

1st & 3rd Monday-Cunningham (@ 2977 West River Rd)

1st & 3rd Tuesday-Troy (@ 1794 Richmond Rd)

Wednesday-Fork Union (@ 5725 James Madison Hwy)

2nd & 4th Thursday-Kents Store (@ 111 Kents Store Way)

# February 2020

If you have any questions or to RSVP contact Faith Stuart at FCPR 434-842-3150



In partnership with:



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29 <u>Fork Union 10-2</u> -Sentara/ Move2Health -Lunch (JABA): Spaghetti with Meat Sauce, Green Beans, Garlic Bread -Celebrate January Birthdays -BINGO	30	31	1
2	3 <u>Cunningham10-2</u> -Exercises -Lunch (JABA): Sliced Ham, Roll Pinto Beans, Corn -Valentine's Day Dance Centerpiece Craft	4 <u>Troy 10-2</u> -Exercises -Lunch (JABA): Chicken & Rice Casserole, Broccoli -Valentine's Day Dance Centerpiece Craft	5 <u>Fork Union 10-2</u> -Trip to Central -Lunch (JABA): Beef & Broccoli Stir Fry, Brown Rice, Carrots, Pineapple -Valentine's Day Dance Centerpiece Craft -BINGO	6	7	8
9	10	11	12 <u>Valentine's Day Dance</u> Our Four Fluvanna Community Senior Centers hosting all JABA's centers Carysbrook Gym 8880 James Madison Hwy 11am-1pm <b>RSVP by 1/31</b>	13 No Center	14	15
16	17 No Center	18 <u>Trip 9-3</u> Taking Jaunt Bus from Troy to the Capitol Building Richmond, VA <b>RSVP by 2/4/20</b>	19 <u>Fork Union 10-2</u> -Trip to Envoy (Singing) -Lunch (JABA): Chicken & Dumplings, Roll, Salad -Food Bags / (if signed up) -BINGO	20	21	22
23	24	25	26 <u>Fork Union 10-2</u> -Exercises -Lunch (JABA): Roast Beef & Gravy, Roll, Mashed Potatoes, Carrots -Celebrating February Birthdays -BINGO	27 <u>Kents Store 10-2</u> -Kay Jenkins with JABA Assistive Tech Demo -Exercises -Lunch (JABA): Shepherd's Pie, Roll, Salad -BINGO	28	29