




Hours: M-F 8 am - 5 pm

October 2019



James Valley Community Center Activities 995-8048

Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 30 Deadline to call in your reservation for Senior Day Meal 995-8441	1 BINGO 1 pm Mah Jongg 1 pm	2 Walking With Ease 8:45 am Exercise 10 am Cribbage/Hand & Foot 1 pm Ponytail Canasta 1 pm	3 Shuffleboard 8 am Darts 10 am Mah Jongg/Hand & Foot 1 pm	4  Senior Day 9 am - 3 pm Dance, Meal, Prizes! Bucket Raffle
7 Walking With Ease 8:45 am Exercise 10 am "Questions About Medicare?" 12 pm - Avera Health Plans Cribbage @ 1 pm BINGO 7 pm	8 BINGO 1 pm Mah Jongg 1 pm  Dance Jammers Night 7-9:30 pm	9 Walking With Ease 8:45 am Exercise 10 am Wednesday Wellness 12 pm "Fall Prevention Part I - Avera" Cribbage/Hand & Foot 1 pm Ponytail Canasta 1 pm	10 Shuffleboard 8 am/Darts 10 am Movie "Murder On The Orient Express" 12:45 pm  Mah Jongg/Hand & Foot 1 pm	11 Walking With Ease 8:45 am Exercise 10 am Pinochle 1 pm 10 pt pitch 1 pm Used Book Sale-All Day
14 JVCC CLOSED Native American Day ----- No Adult Nutrition Meals	15 SHIINE Appointments Begin BINGO 1 pm Mah Jongg 1 pm 	16 Walking With Ease 8:45 am Exercise 10 am Cribbage/Hand & Foot 1 pm Ponytail Canasta 1 pm Avera Blood Pressure 12:15-1:30 pm	17 Shuffleboard 8 am/Darts Tourney 10am Mah Jongg/Hand & Foot 1 pm	18 Walking With Ease 8:45 am Exercise 10 am Fine Arts Friday 12 pm "Fall Crafts" Pinochle/10 pt pitch 1 pm
21 Exercise 10 am 30 Pt Pitch 1 pm BINGO 7 pm	22  BINGO 1 pm Mah Jongg 1 pm Dance Doug Bormann 7-9:30 pm	23 Exercise 10 am Cribbage/Hand & Foot 1 pm Ponytail Canasta 1 pm	24 Shuffleboard 8 am/Darts 10 am Birthday/Anniv. Celebration 12 pm Roadtrip Round-up 12 pm "Mitchell Area United Way"  Mah Jongg/Hand & Foot 1 pm	25 Exercise 10 am Pinochle 1 pm 10 pt pitch 1 pm Used Book Sale-All Day
28 Exercise 10 am Billiards (Pool) 12:15 pm  10 Pt Pitch @ 1 pm	29 BINGO 1 pm Mah Jongg 1 pm	30 Exercise 10 am Cribbage/Hand & Foot 1 pm Ponytail Canasta 1 pm	31 Shuffleboard 8 am/Darts 10 am Halloween Party 12 pm 	MVP Holiday Vendor & Craft Show & JVCC Bake Sale Saturday, November 9th 9 am - 3 pm