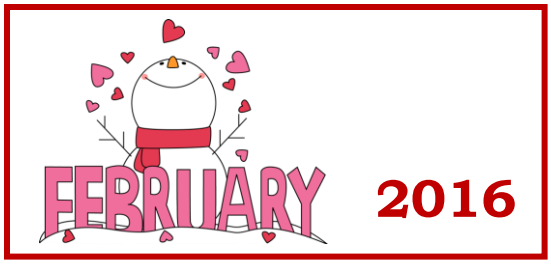

Highland Senior Services
35 Spruce Street, P O Box 117
Monterey VA 24465
Office: 540-468-2178
Hours: Monday-Friday
11AM – 5 PM
harmony@vpas.info

Inclement Weather policy: Trips and programs will be cancelled if Highland Public Schools are closed.
Community Luncheon and Trip cost: Suggested donation $5 or "pay-what-you-can".

February 1, Monday. Tech-Senior 1.0: Computer support and education, 1-3 PM, Highland Telephone Cooperative, 392 Potomac River Rd, Monterey, VA. Bring your computer questions as well as your tablet or laptop and/or other electronic device. No computer, no problem! Sponsored by Highland Telephone Cooperative (HTC)

February 2, Tuesday. Virginia Quilt Museum and Shenandoah Heritage Market , Harrisonburg. 2016 Season Opening at the Virginia Quilt Museum! New Exhibits will be opened and the new "conservation lab" will be unveiled. Bring in a quilt from your own collection to the lab for an abbreviated version of the "Talk About Quilts" quilt assessment program. Sample some old time goodness at the **Shenandoah Heritage Market** as you wander through over 20 shops. Lunch at a location to be determined. Pick up in Monterey at 10:00 AM at Highland Public Library. Call 468-2178 to reserve your seat. **The first Tuesday Grocery Shopping trip will be combined with the trip to Harrisonburg.**

February 3, Wednesday. Move it! Make it! Take it! Senior exercise from 3-4 PM followed by craft and coffee from 4-5 PM in the Mountain View Room at the Highland Public Library, Monterey.

February 5, Friday. Lion's Club Bingo! 7 PM at the Firehouse in Monterey! (Not a Second Wind event.)

February 8, Monday. Westwood Veterinary Clinic mobile unit at Highland Public Schools, 10 AM to 3 PM. Walk-ins ok but appointments are preferred. Call 540-337-6200 to schedule an appointment. (Not a Second Wind event.)

February 9, Tuesday. Tech-Senior 2.0: computer education for beginning computer users at the Highland Public Library, 10 AM to Noon. No computer? No problem!

February 10, Wednesday. Veteran's Affairs representative John Layman in the Mountain View Room at Highland Public Library, 1-3PM. For more information call 540-332-7840. (Not a Second Wind event.)

February 10, Wednesday. Tea and Home Tour with Deborah! 2-4 PM. Join us for tea and sweet and savory snacks at Deborah Lambert's home, 86 Turner Lane, Monterey. Sweet and savory snacks and tea. Pick up at the Monterey Library at 1:30 PM. Space limited to 12 so RSVP as soon as possible!

February 15, Monday. Tech-Senior 1.0: computer education, 1-3 PM, Highland Telephone Cooperative, 392 Potomac River Rd, Monterey, VA. Bring your computer questions as well as your tablet or laptop and/or other electronic device. No computer, no problem! Sponsored by Highland Telephone Cooperative.

February 16, Tuesday. Shop 'til you drop trip to Staunton VA! Walmart, Target, Michael's and more! Pick up in Monterey at 10:00 AM at Highland Public Library. Call 468-2178 to reserve your seat.

February 17, Wednesday. Community Luncheon at the Highland Inn, Monterey, 11 AM to 1 PM**.** Celebrate Heart Month with us! Melissa Baugh from Intrepid Home Health and Hospice will talk about heart health. Cost: Free will donation.

February 17, Wednesday. Move it! Make it! Take it! Senior exercise from 3-4 PM followed by craft and coffee,4-5 PM. Mountain View Room at the Highland Public Library, Monterey.

February 19, Friday. Lion's Club Bingo! 7 PM at the Firehouse in Monterey! (Not a Second Wind event.)

February 23, Tuesday. Tech-Senior 2.0 computer education for beginning computer users at the Highland Public Library, 10 AM to Noon. No computer? No problem!

February 24, Wednesday. What is an advance directive and why is it important for me and my family? Advanced Directives are legal documents to direct future health care in the event that you become incapable of making informed decisions. These documents will make your wishes and decisions known to family members and health care providers. They can be a blessing to families in a time of crisis as it alleviates the burden of decision making. Come and hear about the different types of advanced directives and how they may be beneficial for you and your family members. Forms and a notary will be available for anyone in attendance. Program presenters will be Brenda Lindsey and Ashley Smith from Mountain Regional Hospice, Clifton Forge VA. Sponsored by Highland County Respite Care.

February 29, Monday. Tech-Senior 1.0: computer education, 1-3 PM, Highland Telephone Cooperative, 392 Potomac River Rd, Monterey, VA. Sponsored by Highland Telephone Cooperative.

Serving older citizens and their families in the Counties of Augusta, Bath, Highland, Rockbridge and Rockingham, and the Cities of Buena Vista, Harrisonburg, Lexington, Staunton and Waynesboro.

Supported in part by the United Ways of Harrisonburg and Rockingham County, Rockbridge County and Greater Augusta County, and the Commonwealth of Virginia Campaign

VPAS provides Service Coordination for Meals on Wheels, Personal Care, and Transportation. Valley Program for Aging Services, 35 Spruce Street, Monterey, Virginia 24465. Harmony Leonard, Highland Service Coordinator, 540-468-2178.

Second Wind is a social/recreational program for Highland County Seniors sponsored by Valley Program for Aging Services (VPAS).We encourage voluntary anonymous donations by participants 60 and older. Classes are $5 per session for anyone under the age of 60.