



CECILIA EPPS COMMUNITY SENIOR CENTER



Hello Spring & Sunshine!

Nelson Senior Center will be blooming with so much fun this April! Our members will be making several outside crafts for this amazing warmer weather we have all been looking forward to. We hope to soak up some sunrays with fun exercises and enjoy planting beautiful flowers in our hand painted Easter pots. We also can't wait to get up on our feet with some amazing dance moves and karaoke!

****Don't forget to call JAUNT if you are not able to attend the center. Thank you!
(434) 296-3184***

****Calendar subject to change / *Milk is always Available upon request***



Visit Us Online: jabacares.org/community-senior-centers

Donations are accepted for lunch and program. Suggested donation is \$3 per day.



The JABA Cecilia Epps Community Senior Center is proudly named after Mrs. Epps, who was born in the area and devoted her life to advocating and caring for the needs of residents. She lead efforts for access to education for African-American students and access to health care, senior services, and affordable housing for all. The Cecilia Epps Center is a symbol of her dedication to Nelson County.

A Service Program of JABA and Nelson County for older adults 60 years and older. JABA's Community Senior Centers offer a wide range of activities, healthful lunches, and meaningful connections with your peers and other community members.

Address: 8445 Thomas Nelson Hwy. Lovington, VA 22949 Phone: 434-817-5268
Supervisor: LaRhonda Gray, lgray@jabacares.org

APRIL—2024

Cecilia Epps Community Senior Center Activities

Open Monday and Tuesday 10am-2pm

At Home with JABA

Activities from the comfort of your home.

Learn More: jabacares.org/at-home-with-jaba

or (434) 872-3337

MONDAY ACTIVITIES		TUESDAY ACTIVITIES		MONDAY MENU		TUESDAY MENU	
1	10:00— Coffee & Share Your Favorite April Fools Prank! 11:00— Bingo 12:00—Lunch 12:30— April Fools Puzzles 1:00— Art W/ Cathy	2	10:00 —Music W/Mr. Ray 10:30— Music W/ Mr. Ray 12:00— Lunch 12:30—April Puzzles/Finish Pots 1:00— Plant Seeds	1	-Chicken Salad Sandwich -Cucumber/Tomato Salad -Three Bean Salad -Peaches*	2	-Salisbury Steak & Gravy -Mashed Potatoes -Spinach -Dinner Roll/Berry Medley*
8	10:00 — Coffee & Puzzles 11:00— Site Meeting 12:00—Lunch 12:30— Bird Feeder Craft 1:00— Art W/ Cathy	9	10:00— Coffee & Puzzles 10:30—Exercise 12:00—Lunch 12:30— Name That Tune 1:00— Bingo	8	-Smoked Sausage -Red Beans & Rice -Corn Bread -Tossed Salad/Pineapple*	9	-Shrimp Scampi -Garlic Bread -Broccoli -Carrots/Mixed Fruit*
15	10:00— Coffee & Puzzles 11:00— Red Cross 12:00— Lunch 12:30—Share your Fav. Recipe 1:00— Art W/ Cathy	16	10:00— Coffee & Puzzles 11:00— Shaving Cream Craft 12:00— Lunch 12:30— Shaving Cream Craft 1:00—Karaoke	15	-Grilled Chicken Salad -Dinner Roll -Potato Salad/Peaches*	16	-Seasoned Pork Chops -Yams -Green Beans -Dinner Roll/Mixed Fruit*
22	10:00—Coffee/Earth Day Puzzles 11:00—Lizzie, Health Educator 12:00— Lunch 12:30— Bingo 1:00— Art W/ Cathy	23	10:00— Coffee & Puzzles 11:00— Exercise 12:00— Lunch 12:30— Bingo 1:00— Karaoke	22	-Salisbury Steak & Gravy -Mashed Potatoes/Roll -Carrots/Mixed Fruit*	23	-Chef Salad -Dinner Roll -Berry Medley*
29	10:00—Coffee & Chit Chat 11:00— Frosted Jar Tea Light 12:00— Lunch 1:00— Finish Frosted Jar Tea Light	30	10:00—Coffee & Finish Jars 11:00— Trivia 12:00—Lunch 1:00— Bingo	29	-Tacos (2) -Refried Beans -Tossed Salad/Pears*	30	-Oven baked Chicken -Dinner Roll/Berry Medley -Pinto Beans/Squash & Onions*