



# CECILIA EPPS COMMUNITY SENIOR CENTER



***Hello Summertime!!***

***Nelson Senior Center will be splashing into this warm weather this May! We can't wait for many crafts to do and to spend some of our time outside soaking up the sun. We will celebrate Mother's Day and have a small brunch. We also can't wait to go on our field trip to celebrate Older American's Month! We will enjoy walks outside as well as celebrating National Senior Health & Fitness Day.***



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



**Visit Us Online: [jabacares.org/community-senior-centers](http://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. Lovingson, VA 22949 Phone: 434-817-5268**  
**Supervisor: LaRhonda Gray, [lgray@jabacares.org](mailto:lgray@jabacares.org)**

# MAY—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](http://jabacares.org/at-home-with-jaba)  
or (434) 872-3337

MONDAY ACTIVITIES	TUESDAY ACTIVITIES
<b>6</b> 10:00— Coffee & Puzzles 11:00— Lizzie, Health Educator 12:00—Lunch 12:30— Mother’s Day Brunch 1:00— Art W/ Cathy	<b>7</b> 10:00 — Music w/ Mr. Ray 10:30— Music w/ Mr. Ray 12:00— Lunch 12:30— Family Feud Game 1:00— Outside games
<b>13</b> 10:00 — Coffee & Mother’s Day Puzzle 11:00— Aromatherapy Stress Ball 12:00—Lunch 12:30— Exercise/Walk 1:00— Bingo	<b>14</b> <b>Older Americans Month Celebration!</b> 
<b>20</b> 10:00— Coffee & Memorial Day Puzzles 11:00— Memorial Day Craft 12:00— Lunch 12:30— Karaoke 1:00— Art W/ Cathy	<b>21</b> 10:00— Coffee & Puzzles 11:00— Tie-Dye Shirts 12:00— Lunch 12:30— Finish Shirts 1:00—Bingo
<b>27</b> <b>JABA CLOSED (Memorial Day)</b> 	<b>28</b> 10:00— Coffee & Puzzles 11:00— Trivia/Exercise 12:00— Lunch 12:30— Karaoke 1:00— Outside Games

MONDAY MENU	TUESDAY MENU
<b>6</b> Shrimp Scampi w/noodles Garlic Bread Broccoli Carrots Mixed Fruit*	<b>7</b> Taco Salad Dinner Roll Black Beans Berry Medley*
<b>13</b> Turkey & Cheese Sub Macaroni Salad Tossed Salad Berry Medley*	<b>14</b> Hot Dogs Baked Beans Coleslaw Cucumber/Tomato Watermelon*
<b>20</b> Italian Chicken Dinner Roll Navy Beans Carrots Tropical Mix*	<b>21</b> Chicken Salad Sandwich Cucumber/Tomato Salad Broccoli Berry Medley
<b>27</b> <b>JABA CLOSED (Memorial Day)</b>	<b>28</b> Seasoned Pork Chop Dinner Roll Scalloped Potatoes Brussel Sprouts Pineapple*
<i>*Milk is provided upon request</i>	