



# Harrisonburg and Rockingham County

## January 2025 Cafe Schedule

**Registration required. Call VPAS at 540-615-5341 to register or for information about VPAS programs.**

**Timberville Cafe - Hours: 10:30 a.m. - 12:30 p.m.**

1st & 3rd Wednesdays, Plains District Community Center (233 McCauley Ave.)

- **January 1** - NO CAFE: HOLIDAY
- **January 15** - Little Changes for Big Savings

**Harrisonburg Cafe - Hours: 10:00 a.m. - 12:00 p.m.**

1st & 3rd Mondays, Price Rotary Senior Center (305 S. Dogwood Dr.)

- **January 13** - Little Changes for Big Savings
- **January 27** - Ageism & Advocacy

**Grottoes Cafe - Hours: 10:00 a.m. - 12:00 p.m.**

2nd & 4th Wednesdays, Grottoes Town Hall (601 Dogwood Ave.)

- **January 8** - Little Changes for Big Savings
- **January 22** - Ageism & Advocacy

**Bridgewater Cafe - Hours: 10:00 a.m. - 12:00 p.m.**

2nd & 4th Thursdays, Bridgewater Retirement Community (302 N 2nd St.)

- **January 9** - Little Changes for Big Savings
- **January 23** - Ageism & Advocacy

Programs subject to change.  
"Cafe Fit" light exercise at each gathering.

VPAS assures that no person on the grounds of race, color, national origin or sex, as provided by Title VI of the Civil Rights Act of 1964 be excluded or denied participation, or otherwise be discriminated against under any of its federally funded programs and activities. Any person who believes his/her Title VI protection has been violated may file a complaint with Jenn Chestnut at (540) 949-7141, [jenn@vpas.info](mailto:jenn@vpas.info), or 325 Pine Ave., Waynesboro, VA 22980.



**VPAS Cafe**