

VESPER HALL 50+ WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Quilting Club 8:30-11:30 a.m. Knitting Club 9:00-11 a.m.	Taijiquan 8-8:50 a.m. Tai Chi Fitness Modified 9-9:50 a.m.	Crocheting for Beginners 9:00 - 11:00 a.m.	Taijiquan 8 - 8:50 a.m. Tai Chi Fitness Modified 9-9:50 a.m.	Bingo *** 9-10:30 a.m. \$1.50 per card	
Pitch Cards *** 9:30 - 11:30 a.m. Blood Pressure Check 3rd Monday Monthly 10:00-11:30 a.m. Glucose Checks NC 3rd Monday-Odd Months Only 10:00-11:30 a.m. Healthy lunch 11:30 a.m. to 12:30 p.m. \$3.50 age 60 and over \$5.75 age 59 and under	Bingo 9 -10:30 a.m. *** \$1.50 per card Ceramics \$2.50 9:30 a.m. to 2 p.m. Stretching Exercise 10:00 - 11:00 am Hearing Aid Adjustment (3rd Tuesday Monthly) 11 a.m. to 1 p.m. N.C. Healthy lunch 11:30 a.m. to 12:30 p.m. \$3.50 age 60 and over \$5.75 age 59 and under Arthritis Exercise \$2 per visit 11:30 a.m. to 12:30 p.m.	Wii Wednesday NC 9:30-10:30 a.m. Chair Yoga 11:30 am - 12:30 p.m. \$2.00 per visit Healthy lunch 11:30 a.m. to 12:30 p.m. \$3.50 age 60 and over \$5.75 age 59 and under	Canasta Cards *** 9-11:30 a.m. Painting Club 9:30 a.m. to Noon Stretching Exercise 10:00 -11:00 a.m. New Visitor Orientation* 10:00-11:00 a.m. 1st & 3rd Thursday N.C. Breakfast & Health Talk Thursday 10/17, 8:30 a.m. NC Arthritis Exercise \$2 per visit 11:30 a.m. -12:30 p.m.	Stretching Exercise 10:00 - 11:00 a.m. Craft Sale 10 a.m. to Noon Legal Aid** 10 a.m. to Noon 11/8 Healthy lunch 11:30 a.m. to 12:30 p.m. \$3.50 age 60 and over \$5.75 age 59 and under	
Weight Room Orientation* N.C. (1st Monday Monthly) 11:30 a.m. to Noon Drop in Bridge *** 12:15-4 p.m.	Bereavement 2nd & 4th Tuesday 2:30 - 3:30 p.m. NC Bridge*** 12:15-4 p.m. Guitar Jams 12:45-2:45 p.m. N.C.	Hand and Foot *** Cards 12:30-4 p.m. Choir 12:45 - 2:00 pm NC	Blood Pressure Checks Glucose Checks NC Diabetic Foot Screening 1st Thursday Monthly 11 a.m. to Noon Healthy lunch 11:30 a.m. to 12:30 p.m. donation/fee	Monthly Birthday Celebration 11:30 a.m. Last Friday Monthly Preregister for lunch Bridge*** 12:15-4 p.m. Poker 12:30-3 p.m.	
Square Dance Afternoon 12:30-2:30 p.m. \$3 Cardio Strength 1:00-2:00 p.m. \$5 fee	Yoga Stretch Intermediate** 1:00-2:00 p.m. Session Fee Game Night 6:00-9:00 p.m.	Yoga Gentle Flow** 1:00-2:00 p.m. Session Fee Tone Chimes 2:00 - 3:00 p.m. NC	Alzheimer Support NC- Group 2:30 - 4:00 p.m. 2nd Thursday monthly Sew Fantastic! 1-4 p.m. Not on 2nd Thurs Louisiana Canasta *** 12:15 - 4:00 pm, \$1.50	Classic Country Music Band 12:45-2:45 p.m. N.C. Yoga Gentle Flow** 1:00-2:00-p.m. Session Fee Vesper Hall Fish Fry August 23, Fee	
SPECIAL EVENTS Monthly Birthday Celebration Vesper Hall Talent Show VH Octoberfest VH Breakfast & Health Chiefs vs. Packers Tailgate Vesper Hall Costuem Party VH Veteran's Day Celebration VH Thanksgiving Luncheon VH Thanksgiving Turkey Games VH Christmas Luncheon VH Holiday Variety Show			Last Friday, Monthly, 11:30 a.m. Thursday, September 26 Thursday, October 10 Thursday, October 17 Sunday, October 27, 7-10 p.m. Thursday, October 31 Friday, November 8, 11:30 a.m. Friday, November 22 Wednesday, November 27 Friday, December 20 Tuesday, December 24	Square Dance Afternoon 12:30 -2:30 p.m. \$3 Yoga Stretch Intermediate** 1:00-2:00 p.m. Session Fee AARP Driving Course** 11/14 Preregister 1-5 p.m.	Square Dance Party 2nd Friday - September-May 7:30-10:00 p.m. \$6 at the door <hr/> Sunday Tea Dance 2nd Sundays 2-4:00 p.m. \$6 at the door

Call Vesper Hall (816) 228-0181 to pre-register.
 \$1.50 per class unless otherwise noted.
 Event registration taken 2 weeks in advance.
 New visitors are encouraged to call ahead.

*N.C.-No Charge **Classes require pre-registration.
 ***Card/Game players should arrive 15 minutes earlier than
 the scheduled time.

Schedule subject to change due to special events.