

VESPER HALL WEEKLY SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|---|--|---|---|---|--|
| Quilting Club 8:30-11:30 a.m. Knitting Club 9:00-11 a.m. Pitch Cards *** 9:30 - 11:30 a.m. Blood Pressure Check 3rd Monday Monthly 10:00-11:30 a.m. NC | Tai Chi Fitness Modified 9-9:50 a.m. Bingo 9 -10:30 a.m. *** \$1.50 per card Ceramics \$2.50 9:30 a.m. to 2 p.m. Falun Dafa 10:30 -10:45 a.m. NC | Taijiquan 9:30-10:20 a.m. Crocheting for Beginners 9:00 - 11:00 a.m. Wii Wednesday NC 9:30-11:00 a.m. Debunking the Myths of Hospice 9/8, 10/13, 11/10 10-10:45 a.m. | Tai Chi Fitness Modified 9-9:50 a.m. Canasta Cards *** 9-11:30 a.m. Painting Club 9:30 a.m. to Noon New Visitor Meeting 10:00-11:00 a.m. 1st & 3rd Thursday N.C. | Taijiquan 9:30-10:20 a.m. Bingo *** 9-10:30 a.m. \$1.50 per card Legal Aid 10 a.m. to Noon** offsite via zoom or phone call | |
| Glucose Checks NC 3rd Monday-Odd Months Only (VNA) 10:00-11:30 a.m. Healthy Lunch 11:30 a.m. to 12:30 p.m. Donation/Fee Drop In Bridge 12:15 - 4 p.m. | Healthy Lunch 11:30 a.m. to 12:30 p.m. Donation/Fee Arthritis Exercise 11:30 a.m. to 12:30 p.m. \$2 Bereavement Group 2nd Tuesdays 10-11 a.m. | Ground Breakers Garden Group 10-11 a.m. 2nd Wed., monthly Healthy Lunch 11:30 a.m. to 12:30 p.m. Donation/Fee Hand and Foot *** Cards 12:30-4 p.m. | Falun Dafa 10:30 -11:15 a.m. NC Arthritis Exercise \$2 11:30 a.m. -12:30 p.m 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 Bridge*** 12:15-4 p.m. Poker*** 12:30-3 p.m. | |
| Fitness Room Orientation* N.C. (1st Monday Monthly) 11:30 a.m. to Noon | Bridge*** 12:15-4 p.m. Guitar Jams 12:30-2:30 p.m. N.C. Yoga Stretch Intermed. 1:00-2:00 p.m. Session Fee | AARP Driver Course 10/13 & 11/10 1-5 p.m. Choir 12:45 - 2:00 pm Starting soon! | Healthy Lunch 11:30 a.m. to 12:30 p.m. donation/fee | Classic Country Music Band 12:30-2:30 p.m. N.C. Four Weeks of Festive Fellowship Nov 12, 19 Dec. 3, 10 2:30-3:30 p.m. \$5/session | |
| Square Dance \$3 Afternoon 12:30-2:30 p.m. | Game Night*** 5-8 p.m. Aging Mastery Sept.7-Nov. 9 6-7:30 p.m. Project Craft, \$2 2nd/4th Tuesday, 6-8 p.m. | Tone Chimes 2:00 - 3:00 p.m. NC Singles Supper Club 2nd Wed.,, times vary Call for the schedule | Alzheimer Support Group Coming Soon! Louisiana Canasta *** 12:15 - 4:00 pm | Square Dance Party 2nd Friday - September-May Coming Soon! \$5 at the door Line Dance Party \$5 ,6:30-9:30 p.m. Last Fridays | |
| UPCOMING EVENTS Birthday Celebrations, last Friday, monthly, 11:30 a.m. Fast Friends Breakfast & Health Talk Chiefs vs Cardinals Chiefs Red Friday Talent Show Indoor Garage Sale Health Fair & Breakfast Flu Shot Clinic Costume Party Dias De Las Muertos Veterans Day Celebration Holiday Luncheons | | | Friday, 8/6, 5:30 p.m. Thurs., 8/12, 8:30 a.m. Fri., 8/20, 4:30 p.m. Fri. 9/10, 11:30 a.m. Thurs., 9/23, 11:30 a.m. Sat., 10/9, 7:00 a.m. Thurs., 10/14, 8:00 a.m. Wed., 10/20, 3:30 p.m. Fri., 10/29, 10:30 a.m. Wed., 11/3, 11:30 a.m. Wed., 11/10, 11:30 a.m. Fri., 11/19 and 12/17 | Square Dance Afternoon 12:30 -2:30 p.m. \$3 Yoga Stretch/Intermed. 1:00-2:00 p.m. Session Fee** | Sunday Tea Dance \$6 2nd Sundays Starts 7/11 2-4:00 p.m. |

6.16.21

Call Vesper Hall (816) 228-0181 to pre-register.

\$1.50 per class unless otherwise noted.

Special event registrations taken 2 weeks in advance.

New visitors are encouraged to call ahead.

Lunch is served Monday-Friday, 11:30 a.m. - 12:30 p.m. Suggested donation of \$3.50 ages 60 and over or disabled. Fee of \$4.75 for ages 59 and younger. Preregister.

Schedule subject to change due to special events.

* 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.

