

# VESPER HALL SCHEDULE

Phone # 816-228-0181

Lunch Served Monday – Friday 11:30- 12:30 p.m.

Suggested donation of \$3.50 ages 60 and over or disabled. Fee of \$5.75 for ages 59 and younger.

Preregister by 2:00 p.m. the day before. **CHECK IN AT FRONT DESK FOR ALL ACTIVITIES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>E V E R Y  W E E K</b>	<b>Quilting Club</b> 8:30-11:30 a.m.  <b>Knitting/Crocheting Club</b> 9:00-11:00 a.m.  <b>Pitch Cards ***</b> 9:30-11:30 a.m.  <b>Drop In Bridge</b> 12:15-4:00 p.m.  <b>Square Dance</b> 12:30-2:30 p.m.  <b>Strengthen &amp; Lengthen Class</b> 1:15-2:15 p.m.	<b>Tai Chi Fitness Modified</b> 9:00-9:50 a.m.  <b>Bingo ***</b> 9:00-10:30 a.m.  <b>Ceramics \$2.50</b> 9:30-2:00 p.m.  <b>Falun Dafa*</b> 10:30-11:15 a.m.  <b>Arthritis Exercise</b> 11:30-12:30 p.m.  <b>Vesper Hall Jammers *</b> 12:30-2:30 p.m.  <b>Bridge ***</b> 12:45-4:00 p.m.  <b>Yoga Stretch Intermediate</b> 1:00-2:00 p.m.  <b>Open Game Night</b> 5:00-8:00pm	<b>Knitting/Crocheting Club</b> 9:00-11:00 a.m.  <b>Taijiquan</b> 9:30-10:20 a.m.  <b>Hand &amp; Foot</b> 12:15-4:00 p.m.  <b>Choir *</b> 12:45-2:00 p.m.  <b>Tone Chimes *</b> 2:00-3:00 p.m.  <b>Line Dance **</b> 6:00-7:00 p.m.  <b>Social Dance **</b> 7:00-8:00 p.m.	<b>Tai Chi Fitness Modified</b> 9:00-9:50 a.m.  <b>Canasta Cards</b> 9:00-11:30 a.m.  <b>Painting Club</b> 9:30-12:00 p.m.  <b>Falun Dafa*</b> 10:30-11:15 a.m.  <b>Arthritis Exercise</b> 11:30-12:30 p.m.  <b>Louisiana Canasta</b> 12:15-4:00 p.m.  <b>Yoga Stretch Intermediate</b> 1:00-2:00 p.m.  <b>Square Dance</b> 1:00-3:00 p.m.	<b>Bingo ***</b> 9:00-10:30 a.m.  <b>Taijiquan</b> 9:30-10:20 a.m.  <b>Bridge ***</b> 12:45-4:00 pm  <b>Vesper Hall Jammers *</b> 12:30-2:30 p.m.  <b>* No Charge</b> <b>** Pre-Registration</b>  <b>*** Card/Game players should arrive 15 minutes earlier than the scheduled time. Subject to change due to special events.</b>  <b>\$1.50 per class unless otherwise noted.</b>
	<b>M O N T H L Y</b>	<b>SUPPORT GROUPS</b>  <b>Dementia support group for Caregivers and Newly Diagnosed</b> <i>3<sup>rd</sup> Tuesday monthly</i> 3:00-4:30 p.m.	<b>ACTIVITIES</b>  <b>Adult Story time w/ Donna</b> <i>1<sup>st</sup> Wednesday</i> monthly 10:00-10:30 a.m.  <b>Jewelry Making Class **</b> <i>2<sup>nd</sup> Wednesday</i> monthly. \$5 10:15-11:30 a.m.  <b>Veteran Café</b> <i>3<sup>rd</sup> Wednesday</i> monthly	<b>HEALTH &amp; EDUCATION</b>  <b>Men's Health &amp; Information Class</b> <i>3<sup>rd</sup> Wednesday</i> monthly 9:00-10:00 p.m.  <b>Pressure, stroke and glucose screening</b> <i>1<sup>st</sup> Thursday</i> monthly 11:00-12:30 p.m.  <b>Paths Elder Law</b> <i>1<sup>st</sup> Friday</i> monthly 10:30-11:00 a.m.	<b>EVIDENCE BASED PROGRAMS</b>  <b>AGING MASTERY CLASS</b> <i>Wednesday Evenings</i> April 12 <sup>th</sup> – June 14 <sup>th</sup> 6:00–7:00 p.m. FREE  <b>WALK with EASE</b> Beginning May 1 <sup>st</sup> <i>Every Monday, Wednesday &amp; Friday</i> for 6 weeks 10:30-11:30 a.m.

SEE BACK FOR MORE INFORMATION ON UPCOMING EVENTS