

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 + or \$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 10:15 - 11:15 am Hearing Aid Adj (3rd Tues) 11 a.m. to 1 p.m. N.C. Healthy lunch 11:30 a.m. to 12:30 p.m. \$3.50 age 60 + or \$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 Healthy lunch 11:30 a.m. to 12:30 p.m. \$3.50 age 60 + or \$5.75 age 59 and under	Canasta Cards *** 9-11:30 a.m. Painting Club 9:30 a.m. to Noon Stretching Exercise 10:15 -11:15 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 10:15 - 11:15 a.m. Craft Sale 10 a.m. to Noon Legal Aid** 10 a.m. to Noon 9/13 & 11/8 Healthy lunch 11:30 a.m. to 12:30 p.m. \$3.50 age 60 + or \$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 Intermdte** 1:00-2:00 p.m. , Session Fee Game Night 6:00-9:00 p.m. Aging Mastery** 9/3-11/5 Preregister 6 - 7:30 p.m. NC	Beginner 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 *** 1:00 - 4:00 pm, \$1.50	Classic Country Music Band 12:45-2:45 p.m. N.C. Beginner Yoga Gentle Flow** 1:00-2:00-p.m. Session Fee Vesper Hall Fish Fry August 23, Fee
SPECIAL EVENTS			AARP Driving Course** 1-5 p.m. Preregister 9/12 & 11/14 Yoga Stretch Intermediate** 1:00-2:00 p.m. Session Fee	Square Dance Party 2nd Friday - September-May 7:30-10:00 p.m. \$6 at the door Sunday Tea Dance 2nd Sundays 2-4:30 p.m. \$6 at the door
Call Vesper Hall (816) 228-0181 to pre-register. \$1.50 per class unless otherwise noted. Event registrations 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.