

# VESPER HALL 50+ WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Quilting Club 8:30-11:30 a.m.</p> <p>Knitting Club 9:00-11 a.m.</p>	<p>Taijiquan 8-8:50 a.m.</p> <p>Tai Chi Fitness Modified 9-9:50 a.m.</p>	<p>Crocheting for Beginners 9:00 - 11:00 a.m.</p>	<p>Taijiquan 8 - 8:50 a.m.</p> <p>Tai Chi Fitness Modified 9-9:50 a.m.</p>	<p>Bingo *** 9-10:30 a.m. \$1.50 per card</p>	
<p>Pitch Cards *** 9:30 - 11:30 a.m.</p> <p>Blood Pressure Check 3rd Monday Monthly 10:00-11:30 a.m.</p> <p>Glucose Checks NC 3rd Monday-Odd Months Only 10:00-11:30 a.m.</p> <p>Healthy lunch 11:30 a.m. to 12:30 p.m. \$3.50 age 60 and over \$5.75 age 59 and under</p>	<p>Bingo 9 -10:30 a.m. *** \$1.50 per card</p> <p>Ceramics \$2.50 9:30 a.m. to 2 p.m.</p> <p>Stretching Exercise 10:00 - 11:00 am</p> <p>Hearing Aid Adjustment (3rd Tuesday Monthly) 11 a.m. to 1 p.m. N.C.</p> <p>Healthy lunch 11:30 a.m. to 12:30 p.m. \$3.50 age 60 and over \$5.75 age 59 and under</p> <p>Arthritis Exercise \$2 per visit 11:30 a.m. to 12:30 p.m.</p>	<p>Wii Wednesday NC 9:30-10:30 a.m.</p> <p>Falun Dafa* 10:15-11:15 a.m. 1/8-3/18 every other Wed</p> <p>Chair Yoga 11:30 am - 12:30 p.m. \$2.00 per visit</p> <p>Healthy lunch 11:30 a.m. to 12:30 p.m. \$3.50 age 60 and over \$5.75 age 59 and under</p>	<p>Canasta Cards *** 9-11:30 a.m.</p> <p>Painting Club 9:30 a.m. to Noon</p> <p>Stretching Exercise 10:00 -11:00 a.m.</p> <p>New Visitor Orientation* 10:00-11:00 a.m. 1st &amp; 3rd Thursday N.C.</p> <p>Breakfast &amp; Health Talk Thursday, 8:30 am 2/27, 4/16, NC</p> <p>Arthritis Exercise \$2 per visit 11:30 a.m. -12:30 p.m</p>	<p>Stretching Exercise 10:00 - 11:00 a.m.</p> <p>Craft Sale 10 a.m. to Noon</p> <p>Legal Aid** 10 a.m. to Noon 1/10, 3/13</p> <p>Healthy lunch 11:30 a.m. to 12:30 p.m. \$3.50 age 60 and over \$5.75 age 59 and under</p> <p>Monthly Birthday Celebration 11:30 a.m. Last Friday Monthly Preregister for lunch</p>	
<p>Fitness Room Orientation* N.C. (1st Monday Monthly) 11:30 a.m. to Noon</p> <p>Drop in Bridge *** 12:15-4 p.m.</p>	<p>Bereavement 2nd &amp; 4th Tuesday 2:30 - 3:30 p.m. NC</p> <p>Bridge*** 12:15-4 p.m.</p> <p>Guitar Jams 12:45-2:45 p.m. N.C.</p>	<p>Hand and Foot *** Cards 12:30-4 p.m.</p> <p>Choir 12:45 - 2:00 pm NC</p> <p>Yoga Gentle Flow** 1:00-2:00 p.m. Session Fee</p>	<p>Blood Pressure Checks Glucose Checks NC Diabetic Foot Screening 1st Thursday Monthly 11 a.m. to Noon</p> <p>Healthy lunch 11:30 a.m. to 12:30 p.m. donation/fee</p>	<p>Bridge*** 12:15-4 p.m.</p> <p>Poker 12:30-3 p.m.</p> <p>Classic Country Music Band 12:45-2:45 p.m. N.C.</p>	
<p>Square Dance Afternoon 12:30-2:30 p.m. \$3 - resumes in April</p> <p>Cardio Strength 1:00-2:00 p.m. \$5 fee</p>	<p>Yoga Stretch Intermediate** 1:00-2:00 p.m. Session Fee</p> <p>Game Night*** 6:00-9:00 p.m.</p> <p>Bunco Tourney*** 6-9 p.m., 3/31 fee</p>	<p>Tone Chimes 2:00 - 3:00 p.m. NC</p> <p>Stepping On* 2:30-4:30 p.m. 4/1- 6/24</p>	<p>Alzheimer Support NC- Group 2:30 - 4:00 p.m. 2nd Thursday monthly</p> <p>Sew Fantastic! 1-4 p.m. Not on 2nd Thurs</p> <p>Louisiana Canasta *** 12:15 - 4:00 pm, \$1.50</p>	<p>Yoga Gentle Flow** 1:00-2:00-p.m. Session Fee</p> <p>Line Dance Party 1/24, 2/28 6:30-9:30 p.m. \$5 at the door</p>	
<p><b>SPECIAL EVENTS</b></p> <p>Fruitcake Toss Celebration VH Fitness &amp; Health Week Line Dance Parties Elvis Birthday Celebration Health Fair/Breakfast Valentine Luncheon AARP Driving Class St. Patrick's Day Luncheon Veteran's Cafe KC Royal's Kickoff Celebration Aging Mastery (preregister) Breakfast &amp; Health Talk</p>			<p>Thursday, January 9 Tues-Fri Jan. 13-17 Friday, Jan 24, Feb 28, 6:30 p.m. Thursday, Jan. 30, 11:30 a.m. Thursday, Feb. 27 8:30 a.m. Friday, Feb. 14, 11:30 a.m. Thursday, March 5, 1-5 p.m. Friday, March 13, 11:30 a.m. Tuesday, March 24, 4-5 p.m. Thursday, April 2, 11:30 a.m. Thursdays, 4/2-6/4, 6-7:30 p.m. Thursday, April 16, 8:30 a.m.</p>	<p>Square Dance Afternoon 12:30 -2:30 p.m. \$3 - resumes in April</p> <p>Yoga Stretch Intermediate** 1:00-2:00 p.m. Session Fee</p> <p>AARP Driving Course** 3/5 Preregister 1-5 p.m.</p>	<p>Square Dance Party 2nd Friday - September-May 7:30-10:00 p.m. \$5 at the door</p> <hr/> <p><b>Sunday</b></p> <p>Tea Dance 2nd Sundays 2-4:00 p.m. \$6 at the door</p>

12/16/19

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.

