

Please RSVP!

October 2021

WEEKLY EVENTS HELD AT THE VERONA SENIOR CENTER

Monday		Tuesday		Wednesday	
9	Facebook Five (V)	9 - 2	Exercise Room (L)	9 - 10	Outdoor Social Hour (L)
9 - 10	Outdoor Social Hour (L)	11	Chess	9 - 10	Wednesday Walks (L)
9 - 12	Mobile Library (L)	11:30 - 12	Cup of Chi (V)	9:30 - 10:30	Bocce Ball (L)
9 - 2	Exercise Room (L)	12	Grab & Go Lunch (F,L)	9:30 - 11:30	Knitting Group (L)
10 - 12	Game: "Mahjongg" (L)	-----		9 - 12	Mobile Library (L)
12	Grab & Go Lunch (F,L)	1 - 3	Game: "Pegs and Jokers" (L)	9 - 2	Exercise Room (L)
-----				12	Grab and Go Lunch (F,L)
1 - 4	Game: "Hand & Foot" (L)			12 - 2	Game: "Mexican Train" (L)
2 - 3:30	Great Courses (L)				

ADDITIONAL EVENTS

Monday		Tuesday		Wednesday	
4		5		6	
9 - 11:30	Foot Care (L,F)	9 - 1:30	Table Massage (L,F)	12 - 2	Movie: Edward Scissorhands (L)
		9	Core with Alasa (V)	3:30 - 4:15	Line dancing (L,F)
		10 - 11	Hometown Helpers (L)		
		10 - 11	Caregiver's Group (L,V)		
11		12		13	
9 - 11:30	Foot Care (L,F)	9 - 12	Chair Massage (L,F)	9	Fall Color Trail Walk (L)
10:30 - 11:30	Meditation (V)	10	Let's Discuss (L)	9	MATC exercise class (L)
-----		10	Card Making Group(L,F)	9:30	Board Mtg - All welcome (L)
12:00	Drive Thru Lunch Orders Due			10 - 11	Book Club (V)

				3:30 - 4:15	Line Dancing (L,F)
18		19		20	
9 - 11:30	Foot Care (L,F)	9 - 1:30	Table Massage (L,F)	9	MATC exercise class (L)
10	Prostate Health (L,V)	9	Core with Alasa (V)	12	Movie: Abbott & Costello Meet Frankenstein (L)
		10 - 11	Caregiver's Group (L,V)	3:30 - 4:15	Line Dancing (L,F)

		2	Bee Keeping (L)		
25		26		27	
10	I Did Not Miss the Boat presentation (V)	9 - 1:30	Table Massage (L,F)	9 - 10	Blood Pressure Clinic (L)
	Order your book by October 7!	9 - 12	Diabetic Foot Care (L,F)	9	MATC exercise class (L)

				12:30	Halloween Magic Show (L)

Activity Calendar

Details
on pg 24.

ONLINE
REGISTRATION

Register
NOW!

WEEKLY EVENTS

Thursday

Friday

Saturday

9 - 2 12	Exercise Room (L) Grab & Go Lunch (F,L) -----	9 - 10 9 - 2 9 - 12 11 - 12	Outdoor Social Hour (L) Exercise Room (L) Mobile Library (L) Tai Chi w/Jody (V,F) -----
12:30 - 1:30 1:45 - 3:45 6 - 7	Game "Bingo" (L) Game: "500"(L) Strength & Cardio (V,F)	12:30 - 3 12:30 - 3	Game: "Euchre" (L,F) Game: "Bridge" (L,F)



Saturday Yoga Flow (V,F)

October 2, 9, 23 & 30 - 10 AM

No class on October 16th.

ADDITIONAL EVENTS

Thursday

Friday

		1	See weekly activities
7 9-12 ----- 3:30 - 4:15	Vendor Fair & Flu Clinic (L) Sign up for your flu shot! ----- Line Dancing (L,F)	8 8 - 11 ----- 11 - 4	Triad Car Check at Hometown Auto (L) **Appt required Foot Reflexology (L,F)
14 11 - 12 11 - 4 ----- 1 - 3 2 - 3 3 - 4 ----- **No Line dancing class**	Pumpkin Painting (L,F) Reiki (L) ----- Game: "Canasta" (L) Vets Group (L) Ron Denson Music (L)	15 11 - 4 ----- 12 - 12:30	Foot Reflexology (L,F) ----- Drive Thru Lunch: North and South (L) **No yoga tomorrow.**
21 12 - 2 2 - 4 3:30 - 4:15	"Vet Themed Movie": War Horse (L) I:I Medicare Appointments (L) Line Dancing (L, F)	22 8 - 10 11 - 4	Triad Drug Take Back (L) Foot Reflexology (L,F)
28 11 - 4 ----- 2 - 4 3:30 - 4:15	Reiki (L,F) ----- I:I Medicare Appointments (L) Line Dancing (L, F)	29 11 - 4	Foot Reflexology (L, F)

Registration required for ALL programs.

To sign up please call
608-845-7471 or visit
[https:// friendsofveronasenior-
center.org/](https://friendsofveronasenior-center.org/).

(L) - Activity offered live at VSC
(V) - Virtual Program on Zoom
(F) - Fees may apply



Join us for a pumpkin
scavenger hunt!

Pumpkins will be scattered
around the entire Senior
Center during the month
of October.

Find all 12 pumpkins and
you'll be entered into a prize
drawing.

Stop by the front desk for
more information.