

## WEEKLY ONGOING EVENTS

THURSDAY		FRIDAY	
8:30 - 3:30	Exercise Room (L)	8:30 - 3:30	Exercise Room (L)
9	Core Video w/Alasa (L)	9 - 11	Social Hour (L)
9 - 11	Social Hour (L)	9 - 3:30	Mobile Library (L)
9 - 3:30	Mobile Library (L)	11 - 12	Tai Chi w/ Jody (V,F)
10	Senior Kickboxing (L,F)	12	Grab & Go Lunch (F,L)
12	Grab & Go Lunch (F,L)	12:30 - 3:30	Game: "Euchre" (L,F)
12:30 - 1:30	Game: "Bingo" (L,F)		
1:45 - 3:45	Game: "500" (L)		
3:30 - 4:15	Tai Chi w/Gail (L,F)		
6	Pilates w/Rachel (V,F)		

## ADDITIONAL EVENTS

THURSDAY		FRIDAY	
<b>3</b> 1 - 3	Medicare Appointments (L)	<b>4</b> 9 - 11	Triad: Coffee w/a Cop (L)
<b>10</b> 10 - 12 11 - 4 2 - 3	Medicare Appointments (L) Reiki (L,F) Vets Group (L)	<b>11</b> 11 - 4 11 - 12:30 12:30 - 1:30	Foot Reflexology (L,F) Veterans Program (L) Quilts of Valor (L)
<b>17</b> 1 - 3 10 - 12 10 1:30 - 4	Medicare Appointments (L) Out of Town Shopping (L) Work Smarter, Not Harder(L) Vet Movie: Darkest Hour (L)	<b>18</b> 11 - 4 12 - 12:30	Foot Reflexology (L,F) Drive Thru Lunch: It's Time (L,F)
<b>24</b> 	Closed Happy Thanksgiving!	<b>25</b> 	Closed
		<b>Save the Date</b> <b>Chili Supper &amp; Tree Lighting!</b> <b>Friday, December 2</b> <b>4:30 - 7 PM (L)</b> 	



Yoga (V,F)

**Saturday Virtual Yoga**  
**November 5, 12, 19, 26**  
**9 AM**

Join Rachel for a relaxing yoga class. Move through seated and standing poses that enhance flexibility, posture, and balance.

# Please RSVP!

**Registration required for ALL programs.**

To sign up please call 608-845-7471 or visit <https://friendsofverona.seniorcenter.org/>

(L) = Activity offered live at VSC

(V) = Virtual Zoom Program

(F) = Fees may apply.

