

October Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Spooky Things coming!			1) Poker For Fun 10:30am-12pm Dr. Kommer How we say goodbye 1pm-2pm	2)
5) Monday Morning Murder Mystery 10:30-11:30 Live Music 12pm-1pm Backgammon 1pm-2pm	6) Poker For Fun 10:30am-12pm Accord Hospice Blood Pressure Clinic 11am-1pm AZ Care Management (POA, Trust, Wills) Presentation 1pm-2pm	7) Watercolor w/Bev Johnson 9:30am-11:30 Healthy U Series Grief, Loss & Life Transitions 1PM-2PM Presented by Northern Arizona Home Health	8) Kiwanis (Private Meeting) 7am-8am Poker For Fun 10:30am-12pm Bingo! 1pm-2pm	9) Chair Yoga 10am-11am Creative Doodling 1pm-2pm Grief Support 1pm-1:45 pm
12) CLOSED 	13) Poker For Fun 10:30am-12pm	14) Watercolor w/Bev Johnson 9:30am-11:30 Sparklight Workshop Lift (discounted internet) for Low Income Families 1pm-2pm	15) Poker For Fun 10:30am-12pm Qigong 10am-11am Bingo! 1pm-2pm	16) Chair Yoga 10am-11am Creative Doodling 1pm-2pm Grief Support 1pm-1:45 pm
19) Monday Morning Murder Mystery 10:30-11:30 Backgammon 1pm-2pm	20) Poker For Fun 10:30am-12pm Wood Biscuit Painted Pumpkins 1pm-2pm	21) Watercolor W/Bev Johnson 9:30am-11:30	22) Poker For Fun 10:30am-12pm Bingo! 1pm-2pm	23) Grief Support 1pm-1:45 pm Halloween Costume Dance 3pm-6pm \$15.00/person
26) Monday Morning Murder Mystery 10:30-11:30 Live Music 12pm-1pm Backgammon 1pm-2pm	27) Poker for Fun 10:30am-12pm Fraud Prevention 10:30-11:30am & 1pm-2pm Presented by: Edward Jones	28) Watercolor w/Bev Johnson 9:30am-11:30 Nutrition Education 1pm-2pm	29) Poker For Fun 10:30am-12pm Bingo! 1pm-2pm	30) Halloween Party! 11am-12pm Costume Contest, Thriller Movie Trivia and Pumkin Decorating Contest Judging Dred The Mentalist 1pm-2pm

Tara Blackstone, Creative Doodling Circle Doodling, colors, and playful art help us move through life supporting healing, self-discovery, and a connection to each other. No judgment here. No comparing here. Forget about what you've been taught or what's been said about your art abilities. Lose your mind. Relax. Express yourself. Time to lighten up and enJOY the creative process.

Grief Support with Pastor Dave non-denominational

Chair Yoga with Deb Payne, Certified Anusara Yoga Teacher, RYT50 - Greater Flexibility without getting down on the floor. Improved Circulation through controlled, guided movements, less tension & anxiety thanks to breathwork and mindfulness, Stronger Posture & Balance without overexerting muscles

Qigong with Tina Qigong (pronounced "chee-gong") is a traditional Chinese practice combining slow movements, deep breathing, and meditation to cultivate and balance *qi* (vital life force energy). Developed over thousands of years, it enhances physical, mental, and spiritual well-being by reducing energy stagnation, improving health, and fostering relaxation.

Vocalist Dianne Evans has been singing and dancing her whole life, with a special love for musical theatre. You can hear her several times each month as she serenades the lunch crowd. If you are moved to sing along, all the better!

Accord Hospice: FREE Blood pressure clinic 2nd Tuesday of each month.

Healthy U Series: Grief, Loss & Life Transitions

- Coping with loss of loved ones
- Adjusting to changes in independence
- Knowing when to seek support

Benefit: Promotes emotional resilience.

Poker-Come join us for a fun, friendly game of Poker. Player's choice (majority rules).

Rock Painting w/George: Join us for a fantastic time painting rocks. You can bring your own rock or he will have a limited amount of them. You can also bring other things to put on your rock such as sticker, bling, etc.

Personal Advocacy in our Healthcare System Today: Be your OWN Advocate! Don't get lost in the post-COVID healthcare maze. Master self-advocacy to take control of your health and access the resources you need.

Nutrition Education: What should I eat to gain or lose weight?

Sparklight Internet Workshop: Take this opportunity to come in and meet with a Sparklight Representative to see if your family qualifies for discounted internet service called Lift.

Checkout our website at www.vvscaz.org for updated information and to take our Activities Questionnaire under the Events Tab!