

September Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Suncatchers w/Suzanne 1pm-2pm	2) Intro to Watercolor w/Bev Johnson 9:30am-11:30	3) Bingo! 1pm-2pm 	4) Creative Doodling 1pm-2pm Grief Support 1pm-1:45 pm
7) CLOSED 	8) Accord Hospice FREE Blood Pressure Clinic 11am-12:30pm Lunch 11:30am-12:30pm Closing at 12:30pm	9) Beginner Watercolor w/Bev Johnson 9:30am-11:30 Healthy U Series Social Engagement & Purposeful Living 1PM-2PM Presented by Northern Arizona Home Health	10) Kiwanis (Private Meeting) 7am-8am Lunch & Learn Facts about Prop 409 10:30am Poker For Fun 10:30am-12pm	11) Chair Yoga 10am-11am Creative Doodling 1pm-2pm Grief Support 1pm-1:45 pm
14) Live Music 12pm-1pm Voter Registration 11am-12:30pm Learn Backgammon w/Pam 1pm-2pm	15) Poker For Fun 10:30am-12pm	16) Beginner Watercolor w/Bev Johnson 9:30am-11:30 AZ Care Management- Cornerstones of Good Planning 1pm-2pm	17) Poker For Fun 10:30am-12pm Qigong 10am-11am	18) Chair Yoga 10am-11am Creative Doodling 1pm-2pm Grief Support 1pm-1:45 pm
21) Learn Backgammon w/Pam 1pm-2pm Voter Registration 11am-12:30pm Creative Aging Workshop 1pm-3pm	22) Poker For Fun 10:30am-12pm Wood Biscuit Painted Pumpkins w/Suzanne 1pm-2pm Spot Improve 12pm-1pm	23) Beginner Watercolor w/Bev Johnson 9:30am-11:30 Verde Valley Task Force (Private Meeting) 10am	24) Poker For Fun 10:30am-12pm	25) It's SHOWTIME! 1pm-3pm Forrest Gump Grief Support 1pm-1:45 pm
28) Live Music 12pm-1pm Learn Backgammon w/Pam 1pm-2pm	29)	30) Beginner Watercolor w/Bev Johnson 9:30am-11:30 Nutrition Education 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: Social Engagement & Purposeful Living-Supports emotional and cognitive health.

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

Cornerstones of Good Planning: POA, beneficiaries, deeds, trust etc

Mah Jongg: Taught by Carol Metz who has been playing since the 60's.

Watercolor: Taught by Bev Johnson who has been professional trained and been painting since childhood and is a 90-year-old firecracker!

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