



November Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Live Music 12pm-1pm Backgammon 1pm-2pm (Conference Room)	3) Pianist Richard DeGroot 12pm-1pm Thanksgiving Cards w/Suzanne 1pm-2pm (Dining Room) Giving Tree Up in Dining Room	4) Beginner Watercolor w/Bev Johnson 9:30am-11:30 (Dining Room) Understanding Medicare 1pm-2pm (Dining Room) Giving Tree Up in Dining Room	5) Poker For Fun 10:30am-12pm (Upstairs) Pianist Richard DeGroot 12pm-1pm Volunteer Recruitment by Compassus 1pm-2pm Giving Tree Up in Dining Room	6) Chair Yoga 10am-11am (Dining Room) Giving Tree Up in Dining Room
9) Live Music 12pm-1pm (Dining Room) Backgammon 1pm-2pm (Conference Room) Giving Tree Up in Dining Room	10) Accord Hospice FREE Blood Pressure Clinic 11am-1pm (Dining Room) Pianist Richard DeGroot 12pm-1pm Giving Tree Up in Dining Room	11) Beginner Watercolor w/Bev Johnson 9:30am-11:30 (Dining Room) Healthy U Series Grief, Loss & Life Transitions 1PM-2PM Presented by Northern Arizona Home Health (Conference Room)	12) Kiwanis (Private Meeting) 7am-8am (Dining Room) Poker For Fun 10:30am-12pm (Upstairs) Vocalist Diane Evans 12pm-1pm (Dining Room)	13) Chair Yoga 10am-11am (Dining Room) Pianist Richard DeGroot 12pm-1pm Letters Never Sent by: Sallee Eckert 1pm-2pm (Conference Room) Grief Support 1pm-1:45 pm
16) Backgammon 1pm-2pm (Conference Room)	17) Pianist Richard DeGroot 12pm-1pm Rock Painting w/George 1pm-2pm (Dining Room)	18) Beginner Watercolor w/Bev Johnson 9:30am-11:30 (Dining Room)	19) Poker For Fun 10:30am-12pm (Upstairs) Pianist Richard DeGroot 12pm-1pm Qigong 10am-11am (Dining Room)	20) Thanksgiving Meal \$15.00 Prepaid and Reservations Required 12pm-1pm Pianist Richard DeGroot 12pm-1pm Giving Tree Gifts Returned to Us

23) Live Music 12pm-1pm Backgammon 1pm-2pm (Conference Room)	24) Pianist Richard DeGroot 12pm-1pm	25) Beginner Watercolor w/Bev Johnson 9:30am-11:30 (Dining Room)	26) CLOSED 	27) CLOSED T-DAY RECOVERY
30) Live Music 12pm-1pm Backgammon 1pm-2pm (Conference Room)				

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!

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

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

Giving Tree: The Giving Tree will be up in the dining room from the 3rd to the 10th. All gifts shall be returned to the Station on 6th by November 20th. All gifts will be distributed/delivered to clients December 2nd through the 9th.

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