VERONA RECREATION DEPARTMENT

2016-2017 FALL & WINTER PROGRAMS

REGISTER ONLINE AT:

www.ci.verona.wi.us/recreation

Includes Verona Public Library and Senior Center Information

410 Investment Court Verona, WI 53593 608-845-6695

Recreation Department News

Hello Verona Rec Department families and participants!

Welcome to the 2016-2017 Fall & Winter Recreation Brochure.

With the summer months winding down, it's time to start thinking about fall and winter activities! Keep warm this fall and winter with the many activities the Rec Department offers. Recreational activities are a great way to get active and get to know your community! Browse through our 2016-2017 Fall/Winter Brochure to explore all there is to do here in Verona. We continue to offer online registration for programs and park reservations. Just go to the City of Verona website to register: www.ci.verona.wi.us/recreation.

We would like to thank everyone who helps support this brochure through advertising. Your generosity allows our department to promote activities and services in a convenient and cost effective manner. This brochure is full of activities, contact information, and more. Feel free to contact the department with questions, concerns, or suggestions. Get out and enjoy your community in 2016-2017!

Please contact me or Casey for any questions you have about our activities. I can be reached directly at 497-2070, and Casey's direct line is 848-6815. We are more than happy to help you with issues with our website, questions on programs, or anything else you may need assistance with!

Ali Tackett
Recreation Assistant
ali.tackett@ci.verona.wi.us

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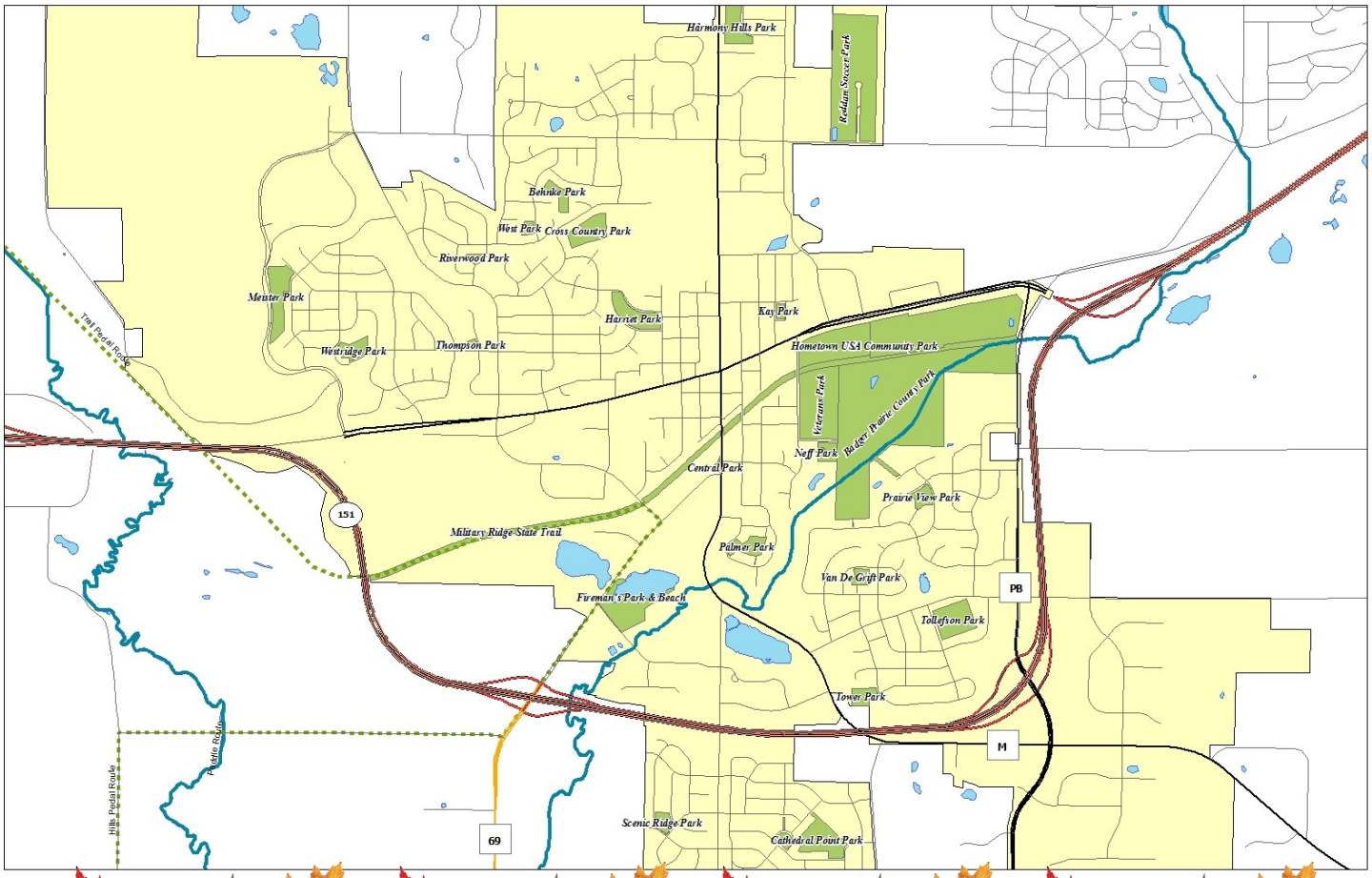
CITY OF VERONA INFORMATION

CITY STAFF:

Mayor	Jon Hochkammer	
City Administrator		845-6495
Public Works Director	Theran Jacobson	848-6801
Street Superintendent	Greg Denner	848-6804
Assistant Public Works Director	Jon Bublitz	497-2081
Construction Manager	Marty Cieslik	497-2072
Police Chief	Bernie Coughlin	845-7623
Fire Chief	Joe Giver	845-9401
Parks and Urban Forestry Director	Dave Walker	848-6809
Recreation Director	Casey Dudley	848-6815
Recreation Assistant	Ali Tackett	497-2070
City Clerk	Ellen Clark	848-9947
Finance Director	Cindy Engelke	848-9949
City Planner	Adam Sayre	848-9941
Library Director	Stacey Burkart	845-7180
Building & Plumbing Inspection		845-0963
Senior Center Director	Mary Hanson	845-7471
Sewer and Water Clerk	Kimberly Marshall	497-2071

HOMETOWN USA, EST 1966



Verona Recreation Office Information

Recreation Director: Casey Dudley

Direct: 608-848-6815

Email: casey.dudley@ci.verona.wi.us

Recreation Assistant: Ali Tackett

Direct: 608-497-2070

Email: ali.tackett@ci.verona.wi.us

Location: Across from Zurbuchen Oil

Verona Public Works, Parks & Recreation Building

410 Investment Court

Verona, WI 53593

Hours: 8:00 a.m.—4:30 p.m.
Monday—Friday
Open during the noon hour

Website: www.ci.verona.wi.us/recreation

General Line: 608-845-6695

Fax: 608-845-5761

Our office has voicemail. If calling after regular business hours, please leave a message and we will return your call as soon as possible.

Registration Instructions

Registration forms are at the end of this brochure. All of the information on the form must be filled out in order to participate. The top portion of the form must be filled out completely

Program name: Print the name of the program you would like to register for.

Session: Print the session name and number. Print the participant's age and grade: please fill out the age of the child as of the day you are filling out the form. The grade of the child should be printed in as what grade the child is currently in.

Fee paid: please write the amount of the class. All prices are included in the program description. Total up all the registration fees and include the total at the bottom of the form.

Refund Policy

1. Full refunds will be given to persons notifying the Recreation Department prior to the registration deadline.
2. Cancellations after the registration deadline are subject to a $5 surcharge.
3. There is no refund after the first session or practice has taken place. A prorated refund will be given only in the case that severe illness or injury prevents participation.
4. Full refunds will be given if the Recreation Department cancels a class.
5. All refunds will be mailed to the residence of the participant. It takes approximately two to three weeks to receive the payment after the refund has been issued.

Resident/Non-Resident Fee Policy

(R = Resident, NR = Non-Resident)

A resident is any individual who resides within the city limits of Verona. All other individuals living outside the city limits are considered non-residents, and will be charged an additional fee above the resident rate. This charge is assessed per person, per program. Residency for our programs is NOT based on school district residency. NR fees are $15 for programs under $100 and $20 for programs $100 and up.

Publicity

The Verona Recreation Department reserves the right to utilize photos and names of participants for publicity purposes. Participants not wanting their names and/or photos used must notify the Recreation Department in writing at the time of registration.

Inclement Weather Procedure

The Verona Recreation Department will post a voice message for all programs in case of inclement weather. If you would like to inquire about possible cancellations or postponements, please call 848-6815 *after 4:30 p.m.*

Accident Insurance

The City of Verona Recreation Department does not provide accident insurance for its participants. Participants must assume full responsibility for injuries while participating in the activity.

Late Registration Policy

A $10 late charge will be added to your fee if your registration is received after the registration deadline. There will be no pro-rating of program fees for late registrations.

Employment

The City of Verona Recreation Department employs many individuals to work as umpires, referees and supervisors for our youth and adult programs. The requirements are that you have taken a course or are familiar with the activity. Contact the Recreation Office at 848-6815 about possible openings.

Confirmation of Enrollment

Once you have registered, plan on attending at the listed times and dates. Please feel free to call 848-6815 to verify your registration and/or to ask any questions. The Recreation Department will only contact you if the program is full or cancelled.

Questions on anything Rec Dept related? Contact Casey at casey.dudley@ci.verona.wi.us or Ali at ali.tackett@ci.verona.wi.us!

How to Register

Online: www.ci.verona.wi.us/recreation
Register online 24 hours per day/7 days a week with a Visa, MasterCard or Discover card. A small convenience fee is charged for the use of this service. Have peace of mind knowing that you or your child is enrolled in a class! With online registration, you can view how many spots are available in a particular class or see what dates are available at the park shelters, all from the comfort of our own home or office. If a class is full, please sign up to be on the waiting list.

Mail—In
Mail completed registration forms with payment to:
Verona Recreation Department
410 Investment Court
Verona, WI 53593

Walk—In
Office hours are 8:00 a.m. to 4:30 p.m. M—F

After—Hour Drop Box
Located in the entry way of the Recreation Office

Program Sizes

Most programs have a minimum/maximum enrollment. If the Recreation Department is unable to fill the program, full refunds will be issued to each individual. If a program is full, you will be notified, and upon request, be put on a waiting list. If a cancellation occurs you will be notified. If no opening occurs, a full refund will be issued

Program Times & Places

All program times and places are subject to change if facilities are not available at listed times. The Verona Recreation Department will notify each participant of any changes prior to the start date.

Financial Assistance

There is limited financial assistance through a recreation scholarship fund established with the Verona Area Education Foundation.
There is also limited financial assistance available through a recreation scholarship with donations from EPIC.
For more information regarding a scholarship, call the Verona Recreation Department at 845-6695.

YOUTH ACTIVITIES

FALL SOCCER: PRE-K—3RD GRADE

This program is being offered for boys and girls Pre- Kindergarten through 3rd grade. The program stresses the fundamentals of soccer and sportsmanship in a fun, relaxing atmosphere where all the participants get equal playing time. The 2nd & 3rd grade programs will have referees and be played in conjunction with Fitchburg. The Pre-K program is for kids that are entering Kindergarten in the fall of 2017. Please register for the grade going into for the school year 2016/2017. Shin Guards are required. Each team needs at least two volunteer parent coaches. This is a great opportunity for each parent to get involved and become a wonderful role model for their children and other children within the community. No experience is necessary. The recreation department offers many different coaching techniques to beginner coaches. Get involved, your kids will thank you! Season will begin the week of September 12, 2016. Seasons run approximately 6 weeks.

Session/Grades:	Days:	Times (1 hour)	Location:
#1 Pre-K Coed	Saturday Mornings	9, 10 or 11:00 am	Fireman's Park
#2 K Coed	Mondays	5:30 pm	Fireman's Park/Neff Park
#3 1st Grade Coed	Tuesdays & Thursdays	5:30 pm	Fireman's Park/Neff Park
#4 2nd & 3rd Grade Coed	Mondays & Wednesdays	5:30 pm	Harriet/Van de Grift Parks

- Season starts the week of September 12 and will run for approximately 6 weeks.

Cost if registered by 8/26/16	Sessions 1—3:	R $30	NR $45
Add $10 if registered after 8/26/16	Session 4:	R $35	NR $50

BIG TEN YOUTH VOLLEYBALL LEAGUE

This recreational league is for 5th-8th graders who would like to have fun learning skills and getting involved in competition against players at their own skill level. Rules have been altered to accommodate young players so that success can be felt by all. Knee pads are recommended. Practices will be on Sundays and will start on January 15th in the afternoon/evening. Tournaments will be played on February 19, February 26, March 5, March 12 and March 19 against other communities including: Cross Plains, Fitchburg, Monona, Stoughton and Mt. Horeb. The time frame for tournaments is typically 12:00-3:30p.m.

VOLUNTEER COACHES ARE NEEDED!

Dates: January 15 – March 19

Session/Grades:	Days:	Times (1 hour)	Location:
#1 5th Grade	Sunday	3:00 pm	Badger Ridge
#2 6th Grade	Sunday	4:00 pm	Badger Ridge
#3 7th Grade	Sunday	5:00 pm	Badger Ridge
#4 8th Grade	Sunday	6:00 pm	Badger Ridge

- Season starts the week of January 15 and will run for approximately 10 weeks.

Fee: R $60 NR $75

Cost if registered by 12/23/16

Add $10 if registered after 12/2316

YOUTH ACTIVITIES

BABYSITTING CLASS

This program will provide the safety skills and confidence necessary to be a great babysitter. Upon completion, you will receive a certificate and a babysitter's handbook. Sign up today! This class is provided in cooperation with CPR Training Specialist, LLC and are Licensed Training Partners (LTP) with the American Red Cross.

Instructor: CPR Training Specialist, LLC Staff. All classes to be held at the Verona Public Library.

Session:	Date:	Time:
#1	August 27	9:00 AM—4:00PM
#2	September 17	9:00 AM—4:00PM
#3	October 15	9:00 AM—4:00PM
#4	November 19	9:00 AM—4:00PM
#5	December 27	9:00 AM—4:00PM
#6	January 21	9:00 AM—4:00PM
#7	February 18	9:00 AM—4:00PM

R Fee: $93 NR Fee: $108

Registration Deadline: One week prior to the class!

Min = 6 Max = 14

DON'T FORGET, YOU CAN REGISTER ONLINE!

WWW.CI.VERONA.WI.US/RECREATION

VERONA YOUTH WRESTLING

PARENTS - Are you looking for a sport for your child where everyone participates and no one sits on the bench? How about a sport that teaches self-discipline and focuses on achieving your personal best? Previous experience is not necessary and both boys and girls are welcome. There are many opportunities to win medals and trophies and to compete individually and as a team. There is also the opportunity to continue on to the state and national levels for those who qualify. The coaches teach in an atmosphere of respect and focus on skill development mixed with fun.

Youth wrestling sign-up will be on November 16th upstairs at the Draft House at 6:00. Practice will start on December 5th and run until March 1st on Mondays and Wednesdays. The cost to be in the Verona Youth Wrestling Club is $50 and you purchase your USA card ($40) online for insurance purposes.

K-2nd 5:45-6:15

3rd-5th 6:20-7:10

6th-8th 7:15-8:30

Please contact Craig Neuroth at cneuroth@barneveld.k12.wi.us or at 608-438-2356 with any questions.

Reminder: This is not a Verona Recreation Department Program.

SPECIAL THANKS!

The Verona Recreation Department would like to thank all of the volunteer coaches who have made our programs so successful! Without your efforts and dedication, the programs would not happen! The Recreation Department and your kids thank you.

The Rec. Dept. would also like to give a special thanks to the Verona Parks Department staff for their help and support year in and year out!

YOUTH ACTIVITIES

YOUTH DANCE

This will be the 16th season of youth dance. Classes are offered to give children the opportunity to learn the art and joy of dance while gaining poise and building self-confidence. This is a great way to give your children a taste of dance without having to make a big financial commitment. Each class will meet once a week and run for approximately 24 weeks starting the week of October 3rd, with a recital to culminate the program April 21, 2017.

Classical Ballet: The most disciplined foundation for all dance forms concentrating on technical and linear development, proper alignment, turn-put, placement and coordination. A reinforced ballet vocabulary is also emphasized to all students involved in classical ballet training.

Jazz Dance: A dynamic form of dance focusing on rhythm, expression and style. Forms and various styles of American dance are taught concentrating on coordination, isolated rhythmic movements and specific jazz technique.

Tap: A form of dance to music that uses different tap tones and dance steps to create a rhythmic sound.

Lyrical/ Contemporary: A combination of ballet and jazz technique, and lots of emotion. Students learn how to tell the story of the music though movement and emotions, as well as how to breathe life into the choreography.

Musical Theatre: Explore the theatrics of dance through the music from Broadway and musicals. This class focuses on portraying a character through choreography and technique. Students will learn how to act while they dance.

Hip Hop: A freestyle, high energy dance that is upbeat and fun. Hip Hop dance relies on jazz technique while adding flair and attitude. Students dance to today's popular hip hop and pop music.

Your Instructor: Chelsea Moten began teaching dance 14 years ago at a dance studio in La Crosse, WI; specializing in children's Tap, Ballet, and Jazz. For 6 years she taught Ballet and Hip Hop outreach classes at daycare centers and elementary schools. Miss Chelsea was 5 years old when she began dancing. She has studied Ballet, Pointe, Jazz, Tap, Modern and Hip Hop. Miss Chelsea has a passion for dance and is eager to share that passion with her students.

SESSION:	DANCE:	AGE:	DAY:	TIME:
1	Ballet	3-4	Monday	4:10–4:40 pm
2	Tap	7+	Monday	4:45–5:30 pm
3	Hip Hop	3-4	Monday	5:35—6:05 pm
4	Jazz	5-6	Monday	6:10—6:40 pm
5	Jazz/Musical Theatre	7-8	Monday	6:45—7:30 pm
6	Lyrical/Ballet	9-11	Monday	7:30—8:15 pm
7	Hip Hop/Jazz	12+	Monday	8:15—9:00 pm
8	Hip Hop/Jazz	7-8	Tuesday	5:45—6:30 pm
9	Lyrical/Ballet	7-8	Tuesday	6:30—7:15 pm
10	Jazz/Musical Theatre	9-11	Tuesday	7:15—8:00 pm
11	Lyrical/Ballet	12+	Tuesday	8:00—8:45 pm
12	Tap	4-6	Wednesday	4:10–4:40 pm
13	Ballet	5-6	Wednesday	4:45—5:15 pm
14	Jazz	3-4	Wednesday	5:20—5:50 pm
15	Hip Hop	5-6	Wednesday	5:55—6:25 pm
16	Hip Hop/Jazz	7-8	Wednesday	6:30—7:15 pm
17	Hip Hop/Jazz	9-11	Wednesday	7:15—8:00 pm
18	Jazz/Musical Theatre	12+	Wednesday	8:00—8:45 pm

* Class Minimum = 5
* Class Maximum = 10
* All classes will be held at The Verona Senior Center
* Recital to be held April 21, 2017
* Recital outfit, not included in the registration fee, will be required for the recital, estimated at $45.
* Class schedules will be handed out the first week of class.
* There will be 2 observation days for you to view your child's class.
* Due to low enrollment in certain classes, some classes may be changed to accommodate the more popular class.

Fee: R= $112 NR = $132

YOUTH ACTIVITIES

HARRIET PARK ICE RINK

Starting in late December (depending on weather conditions) Harriet Park offers public ice skating. There is a supervised warming shelter located east of the rink. For rink conditions call 845-6695.

Hours

Monday, Wednesday, and Friday	6:00 – 8:00 p.m.
Saturday and Sunday	1:00 – 5:00 p.m.

YOUTH BASKETBALL K—8TH GRADE

Dribble, Pass, Shoot, and Score! Boys grades K – 8 and girls Grades K - 6 will enjoy this indoor activity. This program stresses the fundamentals of basketball and sportsmanship in a fun, exciting environment where all the kids get equal playing time. The 7th & 8th grade boys program will be combined with the Fitchburg, Middleton & Cross Plains Rec. Dept. Please register for the grade your child will be in school year 2016/2017.

Each team needs at least two volunteer parent coaches.

This is a great opportunity for each parent to get involved and become a wonderful role model for their children and other children within the community. No experience is necessary. The recreation department offers many different coaching techniques to beginner coaches. Get involved, your kids will thank you!

Teams fill up quickly, so get your registration form in before the deadline! Please indicate on registration form the skill level, experience and height of your child. ex: good ball handler, 2 years & tall.

Kindergarten—2nd Grade

Session:	Days:	Times (1 hour)
# 1 Kindergarten Coed	Mondays	5:30 & 6:35 PM
#2 1st & 2nd Grade Girls	Wednesdays	Location
#3 1st Grade Boys	Thursdays	Glacier Edge
#4 2nd Grade Boys	Tuesdays	

Season starts week of Nov 28, 2016 and runs approx. 7 weeks.

Cost if registered by 10/29/16

Fee: R = $30 NR = $45

Add $10 if registered after 10/29/16

Coaches are the referees

3rd & 4th Grade

This program offered in conjunction with the Fitchburg and Mt. Horeb Recreation Departments. There will be some travel for the games held in each community on Saturdays.

Session:	Days:
# 5 3rd Grade Girls	M & Sat—Practice/Games
#6 4th Grade Girls	M & Sat—Practice/Games
#7 3rd Grade Boys	T & Sat—Practice/Games
#8 4th Grade Boys	T & Sat—Practice/Games

Times (1 hour)	Location
5:30—8:30 PM	Country View
9:00—2:00 PM	Glacier Edge/MH/Fitchburg

Season starts week of Nov 7 and runs approx. 10 weeks.

Cost if registered by 10/29/16

Fee: R = $45 NR = $60

Add $10 if registered after 10/29/16

This program has referees

5th—8th Grade Big Ten League

Big Ten League is for kids in 5th - 8th grade. This program will be combined with Fitchburg, Middleton, Waunakee, Stoughton, Cross Plains and Cottage Grover Recreation Departments. Each week a different community will host the games. There will be some travel for the games held in each community.

Session:	Days:
#9 5th Grade Girls	Th/Sat Practice—Sat Games
#10 6th Grade Girls	Th/Sat Practice—Sat Games
#11 5th Grade Boys	Wed/Sat Practice—Sat Games
#12 6th Grade Boys	Wed/Sat Practice—Sat Games
#13 7– 8th Grade Boys	Th/Sat Practice—Sat Games

Practice Times (1 hour)	Location
5:30 PM—9:30 PM weeknights	Country View
9:00 AM—2:00 PM Saturdays	Badger Ridge

Game Times (1 hour)	Location
9:00 AM—1:00 PM Saturdays	TBD

Season starts week of Nov 28, and runs approx. 12 weeks.

Cost if registered by 10/29/16

Fee: R = $55 NR = $70

Add $10 if registered after 10/29/16

An end of season tournament will be held mid-March

YOUTH ENRICHMENT

ENGINEERING FOR KIDS

In conjunction with Engineering for Kids, we provide children ages 4 –14 with fun, hands-on engineering enrichment that encourages teamwork and creative thinking. Professionally trained instructors will be directing each class. All classes to be held at Badger Ridge Middle School room 503.

Jr. Mechanical Engineering: Widgets & Gadgets

The Junior Mechanical Engineering camp introduces our youngest engineers to fundamental concepts of energy, materials, and movement. Through open and focused exploration, students explore and construct their own roller coasters, catapults, cars, and more!

Dates: September 19—October 24 (Mondays)
Grades: K—1st
Time: 5:00—5:45 PM
Fees: R = $100 NR = $120 Min/Max: 8/14

Jr. LEGO Robotics: Play Soccer

This program is a perfect mixture of fun and learning, using LEGO® WeDo™ Robots. Using LEGO® bricks, students build a goal kicker, a goal keeper, and cheerful fans. They also learn how to program and operate their creations using a laptop computer.

Dates: November 7—December 19 (Mondays, No class Nov 21)
Grades: K—1st
Time: 5:00—5:45 PM
Fees: R = $100 NR = $120 Min/Max: 8/14

EFK Robotics Academy: Level 1: Robots on the Move

Students will learn the basics about LEGO® Mindstorms® EV3 robotics and be introduced to the Robot Virtual World. Students will use measurement and mathematical reasoning skills to navigate challenging scenarios. During the culminating activity, students plan and build a prototype to conquer an asteroid challenge. Upon completion of this level, students receive their EFK Robotics Academy certificate granting them access to the Robot Virtual Worlds from home. *(The EFK Robotics Academy offers hands-on, minds-on robotics curriculum supported by the latest research and innovation from Carnegie Mellon's Robotics Academy.)*

Dates: September 19—October 24 (Mondays)
Grades: 2nd—6th
Time: 6:00—7:15 PM
Fees: R = $150 NR = $170 Min/Max: 10/20

Power Your Invention with Little Bits

Eureka! Kelvin has finally done it! He has created a perpetual motion machine. But what is this?! An evil genius has stolen Kelvin's masterpiece - oh no! Kelvin is now looking for a trustworthy team to develop and test new gadgets that will help him find and safeguard his perpetual motion machine. Explore the basics of mechatronics engineering and logic based programming as students use littleBits® and work together to design gadgets, tools, and machines that will help Kelvin get out of any sticky situation he may encounter.

Dates: November 7—December 19 (Mondays, No class Nov 21)
Grades: 2nd—6th
Time: 6:00—7:15 PM
Fees: R = $125 NR = $145 Min/Max: 10/20

BORN TO MOVE EXERCISE CLASSES

BORN TO MOVE® PARENT/CHILD CLASSES:

Born To Move® classes are jam-packed with smiles, laughter, singing, and fun. This class features music specially written for 2-3 year olds to help children learn. You and your child will sing and dance your way through a series of stories using imagination and simple moves that build body awareness. All of our Born To Move® classes are led by licensed teachers who know how to coach the best from each child while inspiring a love of movement! Check out the link to learn more about Born To Move®: http://www.lesmills.com/borntomove/

Day: Wednesday Time: 10:30—11:15AM
Dates: September 7—October 12
Ages: 2—4
Fees: R = $ 45 NR = $60 Min/Max: 4/12
Location: Veterans Park

Session: #2
Day: Wednesday Time: 10:30—11:15AM
Dates: January 4—February 8
Ages: 2—4
Fees: R = $ 45 NR = $60 Min/Max: 4/12
Location: Verona Public Library Community Room

YOUTH ENRICHMENT

RHAPSODY CLASSES

Youth music and art classes are available through the Verona Recreation Department and are offered in conjunction with Rhapsody Arts Center. All classes take place at 1031 North Edge Trail. Registration deadlines for each program are once week prior to the class start date. Rhapsody Arts Center staff will make confirmation phone calls one week prior to class start dates to families registered through the Verona Rec Dept. Rhapsody Arts Center is a non-profit community school of the arts. To see their full list of programs, please visit: www.rhapsodyarts.org

Babies Music(3—18mos. with caregiver)
Participating in music enhances bonding between you and your baby while encouraging the discovery of sounds. Watch as your child's natural instincts develop through singing and vocal play.
Wednesdays 10:00-10:30am
Instructor: Julie Mazer
Session 1: Sept 14—Nov 2 Session 2: Feb 1—Mar 22
Session 3: April 5—May 31 (No class April 12)
Fees: R: $76 NR: $86 Min/Max: 5/12

Family Music(18mos.– 5 years with caregiver)
Join together for songs, movement, and instrument play. This class is perfect for families with multiple children. Activities will be adapted so that everyone can participate together.
Wednesdays 9:15—9:45 AM Instructor: Julie Mazer
Session 1: Sept 14—Nov 2 Session 2: Feb 1—Mar 22
Session 3: April 5—May 31 (No Class April 12)
Fees: R: $86 NR: $96
*for up to 2 children, +$30 each additional child

It's Music Time(2—5 years with caregiver)
Release some musical energy with your child while singing, dancing, playing instruments, and more! Along with familiar favorites, this class uses folk songs from all over the world.
Mondays 6:15— 7:00 PM
Instructor: Melissa Ludois
Session 1: Sept 12—Nov 7 (No class October 31)
Fees: R: $96 NR: $106

DON'T FORGET, YOU CAN REGISTER ONLINE!

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Toddler Tunes(18mos.– 3 years with caregiver)
Repetition of familiar tunes, dances, and stories stimulates the toddler's musical learning. By absorbing new melodies and predicting the movements that will accompany them, young children are more easily able to soothe themselves and develop critical listening skills. Come share this time with your toddler while singing and dancing to your favorite songs and learning new ones as well.
Wednesdays 10:45-11:30am Instructor: Julie Mazer
Session 1: Sept 14—Nov 2 Session 2: Feb 1—Mar 22
Session 3: April 5—May 31 (No class April 12)
Fees: R: $101 NR: $121 Min/Max: 5/14

Little Ones Music(0—2 years with caregiver)
Help nurture your baby's musical development. Caregivers take part in this class through play, song and laughter.
Mondays 5:30—6:00pm Instructor: Melissa Ludois
Session 1: Sept 12—Nov 7 (No class October 31)
Fees: R: $74 NR: $84

Beginning Piano(6—8 & 9—11 years)
Rhapsody's beginning piano class is ideal for the student with an interest in the piano and the parent with reservations about their child's commitment to study. No experience needed—we start with the basics! Class is limited to four students. Book included. Students must have access to a piano at home for daily practice.
*Sessions are not cumulative Instructor: TBA

6-8 yr olds Tues 4-4:45PM	9-11 yr olds Tues5-5:45PM
Session 1: Sept 13—Nov 15	Session 1: Sept 13—Nov 15
Session 2: Jan 10—Mar 14	Session 2: Jan 10—Mar 14
Fees: R: $206 NR: $226	Min/Max: 3/4

Kids N Keys(4-6 years)
This class engages children in singing folk songs, learning to play simple instruments, and introduces them to reading and writing simple music notation all within the process of developing basic keyboard skills. Kids N Keys is excellent preparation for private piano lessons or our Beginning Piano class. *Sessions are not cumulative
Wednesdays 4:00-4:45PM Instructor: TBA
Session 1: Sept 14—Nov 16 Session 2: Jan 11—Mar 15
Fees: R: $181 NR: $201 Min/Max: 3/4

ADULT ACTIVITIES

YOGA

This class is made for all fitness levels and focuses on vinyasa flow mixing in some yin and restorative poses. Cassie hopes that you will find yourself inspired and also notice enhanced flexibility, strength and less stress with each class.
Location: Badger Ridge Aux Gym
Instructor: Cassie Slaby
Cassie has been practicing yoga for 2 years. She recently received her 200 hour certification through Dragonfly Hot yoga.

Sessions:	Day:	Time:	Dates:
#1	Wed	6—6:45PM	10/12/16—11/16/16
#2	Wed	6—6:45PM	11/30/16—12/21/16
#3	Wed	6—6:45PM	1/4//17—2/8/17
#4	Wed	6—6:45PM	2/15/17—3/22/17

Min/Max: 8/30

Fees: Sessions 1, 3, 4: R= $30 NR = $45
Session 2: R= $20 NR = $35

CIRCUIT TRAINING

Circuit Training is a great total body workout incorporating weights and cardiovascular movement. Each station is performed for 1 minute intervals. We alternate a cardio movement with a weight bearing activity. Class includes an active warm-up, 50 minutes of circuit training (40 min in AM class) and a cool down stretch. Class is adjustable to any fitness level and takes place in the VAHS weight room. Bring a yoga mat or large towel.

Instructor: Laurie Tackett has a Bachelor of Science in Community Health Education and Corporate Fitness from UW-LaCrosse. She has been in the health and fitness field for over 30 years teaching a wide variety of fitness classes.

Morning Sessions

Session:	Day:	Time:	Dates:
#1	Thurs.	5:30 –6:15AM	9/8/16—10/27/16
#2	Thurs.	5:30 –6:15AM	11/3/16—12/22/16
#3	Thurs.	5:30 –6:15AM	1/5/17—2/23/17
#4	Thurs.	5:30 –6:15AM	3/2/17—4/27/17 (no class 3/30)

Fees: R= $40 NR = $55 Min/Max: 3/20

Evening Sessions

Session:	Day:	Time:	Dates:
#1	Monday	7:00—8:00PM	10/3/16—12/20/16
#2	Wed.	7:00—8:00PM	10/5/16—12/22/16
#3	Monday	7:00—8:00PM	1/2/17—3/20/17
#4	Wed.	7:00—8:00PM	1/4/17—3/22/17

Fees: R= $60 NR = $75 Min/Max: 3/20

TRAIL WALK/RUNS

Enjoy Fall by exploring the trails offered in and around Verona. This class will take you off the main streets and onto a variety of trails. Each class will include a warm-up, 1 minute walk/run intervals & 5 minute cool down. Our meeting place will vary each week. Requirements: Good running shoes, ability to walk/run 30-45 minutes.
Instructor: Laurie Tackett

Session:	Day:	Time:	Dates:
#1	Tues.	6:30—7:30PM	9/6/16—10/11/16

Fees: R= $30 NR = $45

WALK/RUN CLUB

Kick off Fall by joining us for a walk/run or combo of both around the neighborhoods of Verona. Warmup 5 minutes, walk 1 minute - run 4 minutes for 35-40 minutes, core strength 5 minutes, stretch 5 minutes. Wear comfortable clothes, good running shoes, and bring a yoga mat or towel and water. Meet at the high school PAC entrance.
Instructor: Laurie Tackett Min/Max: 5/15

Sessions:	Day:	Time:	Dates:
#1	Wed	5:45—6:30AM	9/7/16—10/26/16
#2	Wed	5:45—6:30AM	11/2/16—12/21/16

Fees: R= $30 NR = $45

TABATA

Challenge yourself to a new workout! Tabata features 20 second strength activity/10 seconds rest for 4—8 sets. Class structure: warm up, Tabata interval, walk 1/4 of the track, repeat, Tabata interval, twice around track. Stretch. Required: water, large towel or yoga mat.
Instructor: Laurie Tackett

Weight Room Sessions

Session:	Day:	Time:	Dates:
#1	Tues.	5:30 –6:15AM	9/6/16—10/25/16
#2	Tues.	5:30 –6:15AM	11/1/16—12/20/16
#3	Tues.	5:30 –6:15AM	1/3/17—2/21/17
#4	Tues.	5:30 –6:15AM	2/28/17—4/25/17 (no class 3/27)

Fees: R= $40 NR = $55 Min/Max: 3/20

Location: VAHS Weight Room

VAHS Track Session

Session:	Day:	Time:	Dates:
#1	Wed.	6:15—7:00PM	9/7/16—9/28/16

Fees: R= $20 NR = $35

Location: VAHS Track

ADULT ACTIVITIES

COED POWER VOLLEYBALL

Night: Monday
Location: Badger Ridge Middle School
Team fee: $360
Registration Deadline: Sept. 16th, 2016
The season will begin the week of November 7th and run for approximately 14 weeks.

COED INTERMEDIATE/POWER VOLLEYBALL

Night: Monday
Location: Badger Ridge Middle School
Team fee: $360
Registration Deadline: Sept. 16th, 2016
The season will begin the week of November 7th and run for approximately 14 weeks.

WOMEN'S INTERMEDIATE VOLLEYBALL

Night: Tuesday
Location: Badger Ridge Middle School
Team fee: $360
Registration Deadline: Sept. 16th, 2016
The season will begin the week of November 7th and run for approximately 14 weeks.

COED INTERMEDIATE VOLLEYBALL

Night: Wednesday
Location: Badger Ridge Middle School
Team fee: $360
Registration Deadline: Sept. 16th, 2016
The season will begin the week of November 7th and run for approximately 14 weeks.

COED REC VOLLEYBALL

Night: Thursday
Location: Badger Ridge Middle School
Team fee: $360
Registration Deadline: Sept. 16th, 2016
The season will begin the week of November 7th and run for approximately 14 weeks.

COED INTERMEDIATE/REC VOLLEYBALL

Night: Thursday
Location: Badger Ridge Middle School
Team fee: $360
Registration Deadline: Sept. 16th, 2016
The season will begin the week of November 7th and run for approximately 14 weeks.

COED KICKBALL

Get your friends together for this recreational kickball league! There will be no referees for this program. Teams will need a minimum of 5 men and 5 women. Sign up today! Carry-in coolers allowed. The season will being September 6th and run for 6 weeks.
Night: Tuesday
Location: Community Park
Team fee: $50
Game times: 7:00—9:00PM

MEN'S BASKETBALL

Night: Wednesday
Location: Verona Area High School
Team fee: $360
Registration Deadline: Sept. 16th, 2016
The season will begin November 2nd and run for approximately 14 weeks.

ADULT SPORTS INFORMATION:

Last year's (2015-2016) teams have until the deadline listed to sign up and pay in full their team fee or they will lose their spot. An application packet will be sent out to last year's tams in August. New teams should call 608-497-2070 to inquire about openings. Team rosters and player cards are due 2 weeks prior to the 1st scheduled game.

Want to join a team?

The Verona Recreation Department has sign-up lists for people to get on a team. Email Ali at ali.tackett@ci.verona.wi.us or call Ali at 608-497-2070 to get on the list. Contact Ali as soon as possible to be sure your team gets in the league you'd like!

BREWER GAME AT WRIGLEY FIELD

Join us for a trip to Wrigley Field to watch the Milwaukee Brewers take on the Chicago Cubs!
Bring your own food and drinks, alcohol allowed!
Sign up fast, as seats are limited.

Date: Friday, September 16th
Time: Bus leaves at 7:30 AM, game is at 1:20 PM
Meet at: Community Park
Cost: $65 (includes game ticket and bus ride)

You can sign up online at: WWW.CI.VERONA.WI.US/RECREATION

Program Registration Form
Verona Recreation Department
410 Investment Ct. Verona, WI 53593

For Office use only

Check # _____

Date _____

Last Name: _____ Address: _____ School: _____

City: _____ Zip: _____ Home Phone: _____

Mother's Name: _____Cell Phone: _____Email Address: _____

Father's Name: _____ Cell Phone: _____ Email Address: _____

Has any of your contact information has changed? Yes No

Program Name	Session	First Name/Gender	Birth Date	Grade (16-17 school year)	T-shirt size (YS,YM, YL, AS, AM, AL)	*Friend Request 1 per registrant	Fee
EX. Basketball	#1	Allison/Girl	6/04/03	6	AS	Amber Jennings	$

***Requests are for team sports only**. Requested individual must request you. **TOTAL FEE PAID: $**_____

Requests are not guaranteed, but we will do our best to grant them if it is at all possible.

Youth Sport Player Assessment

Height _____ **Weight** _____ **Speed** (Fast/Average/slow) **Skill** (Good/Average/Below) **Experience** _____

VOLUNTEER COACH? **Yes** (Circle) I would like to coach my son/daughter's team in this activity: _____

Name: _____ Day Phone: _____ Email: _____ Shirt Size: M L XL XXL

PLEASE READ THE FOLLOWING AND SIGN

"We the undersigned; hereby acknowledge that we are familiar with the risk and dangers inherent in recreational activities. We hereby grant permission for the undersigned child/ward to participate in such activity. We agree to hold the City of Verona, its officers, agents, and employees, both individually and in his or her official capacity, harmless from any liability for injury or damage to person or property as a result of the undersigned's participation in said activity(ies). We further agree that the person supervising the activity may, without further permission, take whatever step he or she deems necessary in case of injury. Which may include, obtaining emergency medical or dental care and to hold the City of Verona, its officers, agents, and employees harmless from liability in connection therewith as above specified."

_____ _____

PARENT/GUARDIAN SIGNATURE DATE

As a Parent and Athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury.

Athlete Agreement: I_____ have **read** the Athlete Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I understand the importance of reporting a suspected concussion to my coaches and my parents or guardian. I understand that I must be removed from practice or play if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before returning to practice/play. I understand the possible consequence of returning to practice/play too soon and that my brain needs time to heal.

Athlete Signature_____ **Date**_____

Parent Agreement: I _____ have **read** the Parent Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected. I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me. I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach. I understand the possible consequences of my child returning to practice/play too soon.

Parent/Guardian Signature_____ **Date** _____

ASSUME YOU ARE REGISTERED IN ALL THE PROGRAMS YOU HAVE SIGNED UP FOR.

THE VERONA RECREATION DEPARTMENT WILL ONLY NOTIFY YOU IF A PROGRAM IS FULL OR CANCELLED.

SURVEY

1) Does online registration benefit your family? YES NO

2) Are you satisfied with the quality of the programs you have participated in?
YES NO

3) Are you satisfied with the type of programs offered through the City of Verona Recreation Department?
YES NO

4) What improvements would you like to see in the programs offered by the City of Verona Recreation Department?

_____
_____
_____

5) What type of programs or classes would you like to see offered from the City of Verona Recreation Department?

_____
_____
_____

Please email additional comments or concerns to casey.dudley@ci.verona.wi.us or ali.tackett@ci.verona.wi.us

Verona Wildcats Youth Hockey

We are the Verona Wildcats Youth Hockey Association and we provide recreational and competitive coed youth ice hockey for kids ages 4 to 18. For the beginning skater, we provide a safe, organized, and fun environment for your child to learn and enjoy the game of ice hockey and develop their skills. For the more experienced skater we offer the best coaches and training in the area while still keeping it all about skill development and having fun on and off the ice.

* Youth hockey players learn lessons like teamwork, trust, responsibility, and sportsmanship and builds life-long friendships on and off the ice.
* Think hockey is too expensive? We strive to keep fees as reasonable as other travelling sports. Fees begin $35 for new Learn to Play skaters. Rental equipment is also available.
* Think there is too much travel? There is travel, just like all sports, but most travel during the season is within Dane County.
* Have any doubts? Talk to a "hockey family" and get the scoop from them or stop by the Verona Ice Arena and check us out!

Have questions or want more information? Log onto veronayouthhockey.com or contact: Registrar Mike Bakalars, (608) 212-8931 registrar@veronayouthhockey.com or
President: Janie Ritter president@veronayouthhockey.com
Online registration will begin in August
at veronayouthhockey.com
Reminder: This is not a Verona Recreation Department Program.

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Phone: 608.845.7180 • www.veronapubliclibrary.org • vpl@ci.verona.wi.us
Monday—Thursday 9AM—9PM • Friday 9AM—6PM • Saturday 9AM—4PM

YOUR PUBLIC LIBRARY PROVIDES: Books, Magazines & Newspapers, Audio Books, Large Print Books, DVD's & Blu-rays, Music CD's, Video Games, Internet & High Speed Wireless, Computer Lab, Laptops for Checkout, Copier & Scanner, Fax Service, Meeting Rooms, Local History Collection, Exam Proctoring, Computer Classes, Children's Story Times, Teen Events, Computer Classes, Adult Events, Re-

VERONA public library

Children's Events

Fall story times: September 6 – October 14

Late Fall Story times: November 7 – December 16

Baby Story Time (ages 0-18 months)

A lap-sit story time for infants and their caregivers. 20 minutes with playtime afterward. No registration.

Fri 10:30 am

Toddler Story Time (ages 1 & 2)

Stories, songs, fingerplays, & crafts for toddlers and their caregivers. 30 minutes. No registration.

Mon 9:30 am (no story time Sept. 5)
Wed 9:30 am
Thurs 9:30 am

Preschool Story Time (ages 3-5)

Stories, songs, & crafts. Child may attend independently or with an adult. 30 minutes. No registration.

Wed 10:30 am
Thurs 10:30 am

Everybody Story Time (ages 0-5)

Stories, songs, and crafts for children and their caregivers.30 minutes. No registration.

Mon 10:30 am (no storytime Sept. 5)
Tues 9:30 am & 10:30 am

Sensory Friendly Story Time (ages 3-5)

Build communication & friendship skills in a supportive environment. Please register at the children's desk. Meets throughout the school year except holidays and school breaks.

Fri 9:15 am

Check our website for the many special events and classes we offer for kids and teens, www.veronapubliclibrary.org

Adult Events

Working Warriors: Military Life Beyond Combat Exhibit

September 6 - October 7

About 75% of military work is considered not-combat. These roles rarely make the headlines, but are vital to every military operation. Exploring the non-combat roles of military service personnel, including work as beauticians, military police, dentists, mechanics, and photographers, this exhibit showcases an often overlooked but highly relatable side of military life.

Exhibit provided courtesy of the Wisconsin Veterans Museum. Funded in part by the Wisconsin Humanities Council with funds from the National Endowment for the Humanities. The Wisconsin Humanities Council is honored to provide this exhibit as part of its Working Lives Project. Go to *www.wisconsinhumanities.org* for more details.

Covering the Iraq and Afghanistan Wars

Thursday, September 15, 7-8 p.m.

Milwaukee Journal Sentinel reporter Meg Jones traveled to Iraq and to Afghanistan four times each as an embedded reporter with Wisconsin National Guard and reserves troops between 2003 and 2014. She'll discuss her writing about serving in war zones and how she continues to cover military and veterans issues on the home front. Jones' book, *World War II Milwaukee,* will be available for sale and signing.

Author event: *Firefly, A Skyraider's Story About America's Secret War Over Laos*

by Richard E. Diller

Monday, September 19, 6:30-8 p.m.

Capt. Diller flew 203 missions over Laos and will discuss conducting operations in northern and southern Laos and in a high-threat area, finding targets at night, and supporting one side of what was essentially a civil war. Books will be available for sale and signing.

Adult Events (continued)

Beginning Spanish Classes for Adults

Classes meet Tuesdays and Thursdays, October 4 – November 10, 7-8:30 p.m.

Marisol Gonzalez, bilingual Spanish and English consultant, will teach the classes. Registration required. Limited to 15 participants, who must be 18 or older. Register online at v*eronapubliclibrary.org,* or call 845-7180. Sponsored by a grant from Epic.

When Cartoon Worlds Collide a Twistedly Absurd Mashup of Politics and Comics

Thursday, October 6, 7-8 p.m.

Come share an evening of absurdity with two nationally-syndicated cartoonists, Leigh Rubin creator of the comic "Rubes," and "Wisconsin State Journal" editorial cartoonist Phil Hands. This odd couple will riff on each other's cartoons and show how the twisted minds of two very different cartoonists work.

Rubin's work focuses primarily on the hilarity of animal and human nature, while Hands draws stranger creatures: politicians. So if you've ever wanted to meet a professional smart aleck or a full-time doodler, don't miss this event. Door prizes will be raffled to unlucky winners.

Romeo and Juliet: Opera Preview

Monday, October 10, 7-8 p.m.

Spark your imagination and deepen your enjoyment of the operatic version of Shakespeare's classic tale. Join Madison Opera staff for an entertaining and informative discussion and multimedia preview of its upcoming performances of Gounod's Romeo and Juliet.

Urban Red Foxes and Coyotes

Tuesday, October 11, 7-8:30 p.m.

Have you seen or heard coyotes and/or red foxes in your neighborhood? The UW Urban Canid Project was formed to learn more about both species living in and around Madison.

Join UW graduate student Marcus Mueller to learn about research, how to get involved, and ways to peacefully coexist with these wild neighbors.

Forward Theater Company Play Club of *4000 Miles*

Wednesday, October 12, 6:30-8 p.m.

After suffering a major loss while on a cross-country bike trip, 21-year-old Leo seeks solace from his feisty 91-year-old grandmother Vera. Playwright Amy Herzog's *4000 Miles* examines the love of family and the healing power of trust. Limited to 15 participants. Register online at *veronapubliclibrary.org*, or call 845-7180. Copies of the scripts and study guides are available for checkout at the service desk.

Stories Behind the Stories With Author and Journalist Doug Moe

Tuesday, October 18, 7-8 p.m.

Doug Moe will recap his favorite columns and recall stories about interesting characters he has met during his 40 years as an author and journalist in Wisconsin. He'll also discuss his books and his current freelance life, including collaborating with former Gov. Tommy Thompson on Thompson's autobiography. Books will be available for sale and signing. Sponsored by Friends of the Verona Public Library and Beyond the Page.

The Essential Christmas Carol

Tuesday, December 6, 7-8:30 p.m.

In this storytelling lecture, William Pack first relates curious origins behind one the most popular stories ever written, Charles Dickens' *A Christmas Carol*. Then using a script derived from Dickens' only existing abridged reading copy, Pack will perform a reading *A Christmas Carol* enhanced with a modern recreation of a magic lantern slide show popular during Dickens' lifetime. Pack's book, *The Essential Christmas Carol*, will be available for sale.

Local Author Don Sanford Book Discussion and Signing

Monday, December 12, 7-8 p.m.

Sanford, author of *On Fourth Lake: A Social History of Lake Mendota,* will share stories about the people, places, and events that have shaped the shoreline of Dane County's Lake Mendota. Books will be available for sale and signing.

SENIOR CENTER ACTIVITIES

FUNCTIONAL FITNESS CLASS

MY GOALS FOR YOU: Increase strength, Improve balance, Reduce pain & fatigue, Restore joint range of motion, Improve overall health

These classes can improve your ability to function independently in your daily activities & enjoy moving. Hopefully it will help you find "play in your life".

Days: Tuesdays Time: 9:00AM

Instructor: Deb Stevens

MELT

Did you wake up this morning feeling like your feet or low back were a little stiff? If this sounds familiar, then this MELT Class is for you. In this 8-week session, all-levels class you will learn the primary cause of pain and will be taught simple, self-care techniques you can do at home to remain active, healthy and pain-free for life. Using specialized soft body rollers and small MELT Hand and Foot Treatment Balls to simulate the results of manual therapy, you will learn how to reduce inflammation, ease chronic neck and low-back strain, and more. The MELT Method was developed for the general public as a self-care tool to prevent and relieve chronic pain. It's an essential addition to any wellness or fitness routine.

Day: Wednesdays Time: 11:00AM

Instructor: Liron Weiss

CORE STRENGTH

Are you wanting to bring more power to athletic pursuits? Build up your strength, balance and flexibility? Or are you simply hoping to make every day acts like bending, turning, and reaching easier?

A strong flexible core helps all these goals. Core muscles need to be strong, yet flexible, and Core Strength is a great fitness program to achieve these goals.

Please add these things to the brochure.

Days: Thursdays Time: 2:00PM

Instructor: Video

TAI CHI I & TAI CHI II

Tai Chi classes are offered at the Verona Senior Center by Jody Curley, M.A., designated a Master Instructor by her teacher of over 30 years, Grandmaster William C.C. Chen of New York City. Tai Chi Chuan originated in China hundreds of years ago as a health practice, meditation and self-defense art, and it is now practiced principally for improvement and maintenance of balance, mobility, strength, range of motion and stress management. Many studies have verified its health benefits. Tai chi is gentle to joints, slow enough that it helps to prevent injury while exercising, and when coordinated with breathing, it becomes a moving meditation. It can be adapted to make it accessible to people with a wide variety of limitations and special needs. And it feels good!

Days: Fridays Time: 10:00 & 11:15AM

Instructor: Deb Stevens

LINE DANCING

Join our class and meet some of the most fun and sassy seniors in the Verona area for an hour of line dancing and fun. Beginners are always welcome! Register now for the next 8 week series.

Days: Thursdays Time: 3:30PM

Instructor: Marlene Cordes

SENIOR FITNESS CLASSES

Fitness training is an important aspect of senior health for both men and women. The main goal of Shannon's classes is to improve your quality of life. She wants you to be able to walk reasonable distances without tiring, walk up and down stairs without difficulty, and be able to play with your grandchildren without problems getting down on the floor and back up again. She stresses fitness not only for mobility but also for fall prevention.

To achieve these goals, the 1-hour classes involve whole body workouts with a common theme of strengthening your body's core muscles. The classes typically involve four components.

Strength training – Strength training involves using lightweight dumbbells, bands, and stability balls. Participants across all strength levels can participate.

Balance – Exercises are performed that target and strengthen the balancing muscles in the core, ankles, and hips.

Flexibility – Flexibility is targeted through stretching exercises which may involve gentle yoga or chair yoga.

Cardiovascular endurance – Cardiovascular endurance is improved through functional fun movements and may involve walking, dancing, and even boxing exercises.

Classes are open to seniors of all levels—beginners to advanced. No prior exercise experience is necessary. The exercises can be performed standing or modified to enable you to perform them while sitting in a chair. Participants are encouraged to work at their own pace and listen to their body.

Shannon has been teaching senior fitness classes for over 3 years. She has taken continuing education classes to earn certifications in stability, balance and the cognitive function of seniors.

CHAIR YOGA

Days: Thursdays

Time: 9:50AM

KEEPING FIT

Days: Mondays & Thursdays

Time: 8:45AM

YOGA

Days: Fridays

Time: 8:45AM

All of these 8 week exercise classes are $35. To find out the start date for these classes, please contact the Senior Center at 845-7471.

SENIOR CENTER ACTIVITIES

FOOT CARE CLINIC

Appointments must be made in advance. The cost is $20.00, payable to Home Health United. Please bring (2) towels for your own use. Fingernails can also be done at the same appointment time for an additional $10.
Mondays Appointments begin at 8:45 AM

DIABETIC FOOT CARE

Call early! Appointments are required and fill quickly. The cost is $28.00 per visit, payable to Home Health United. Please bring 2 towels with you to your appointment.
4th Monday of the Month
Appointments begin at 8:45 AM

FOOT REFLEXOLOGY

The therapist applies pressure with thumb and finger to ends of nerves to help bring about increased circulation, a balancing effect, and a relaxation which enhances general well-being. 30-minute session for $20; 1 hour, $40. Appointment needed.
1st Tuesday of the Month
3rd Thursday of the Month
Appointments begin at 8:45 AM

CHAIR MASSAGE

Enjoy the benefits of a massage of the neck, head, back, shoulders, and arms. A 15-minute session is $10.00; a 30-minute session is $20.00. Call 845-7471 to schedule an appointment.
Tuesdays: Except First Tuesday
Appointments begin at 8:45 AM

NURSE BARBARA

Barbara does blood pressure and glucose checks, weigh-ins, and informal discussions of your health and nutritional goals and concerns. Most of the services available with Nurse Barbara are on a "drop-in" basis, but you can call the Senior Center, 845-7471, if you would like to make an appointment for a private consultation.
Wednesdays from 9:30 AM-2:00 PM

CLUB 108

Club 108 is a program for individuals with early memory loss. There is no cost for the Club. We currently have openings for this program. If you are interested in enrolling or have questions, please contact our case manager, Becky Losby, at 845-7471.
Every Wednesday 10:00-11:30 AM
1st & 3rd Tuesdays
(During Caregivers Support)

LOW VISION SUPPORT GROUP

Join Rita Martin for this once a month support group for those care for or those effected by low vision. This group will meet the second Tuesday of each month.
2nd Tuesday of the Month 10:30 AM

VETERANS CLUB

All branches and all age groups are welcome. Please call Becky Losby with any questions at 845-7471.
3rd Thursday of the Month 3:00 PM

CAREGIVERS SUPPORT GROUP

This group meets on the first and third Tuesday of the month. All caregivers or former caregivers are welcome! RSVP not required; however, if you need transportation please call Becky at 848-0432.
1st & 3rd Tuesday of the Month 10:00 AM

These activities are organized through the Verona Senior Center. If you have any questions regarding Senior Center activities or services, please contact the Senior Center at 845-7471

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