

# September 2019

Verde Valley Senior Center Activities & Special Events-Calendar 500 E. Cherry St, Cottonwood, AZ 86326 (928)634-5450

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2) <b>Closed</b></p> 	<p>3) <u>Exercise Class</u> (10 – 10:45) <u>Classic Jazz</u> *featuring Ramon Dana &amp; Tom Bell (11:30 – 12:30) <u>Verde Valley Realtors</u> (8:30 – 9:30)</p>	<p>4) <u>Uplifting Guitar &amp; Vocals</u> *featuring Mike Midkiff (11:30 – 12:30)</p> 	<p>5) <u>Exercise Class</u> (10 – 10:45) <u>Classical Piano Music</u> *featuring Richard DeGroot (11:30 – 12:30)</p>	<p>6) <u>Good Ol' Country Music</u> *featuring Fran Judd &amp; Tom Summerfield (11:30 – 12:30)</p> 
<p>9) <u>Country &amp; Oldies</u> featuring Debe Osborn (11:30 – 12:30)</p> 	<p>10) <u>Exercise Class</u> (10 – 10:45) <u>Classic Jazz</u> *featuring Ramon Dana &amp; Tom Bell (11:30 – 12:30)</p>	<p>11) <u>Uplifting Guitar &amp; Vocals</u> *featuring Mike Midkiff (11:30 – 12:30)</p> 	<p>12) <u>Exercise Class</u> (10 – 10:45) <u>Popular Music</u> *featuring Kathy Trusdell (11:30 – 12:30) <u>Veteran Counseling</u></p>	<p>13) <u>Good Ol' Country Music</u> featuring Fran Judd &amp; Tom Summerfield (11:30 – 12:30)</p> 
<p>16) <u>Country &amp; Oldies</u> featuring Debe Osborn (11:30 – 12:30)</p> 	<p>17) <u>Exercise Class</u> (10 – 10:45) <u>Classic Jazz</u> *featuring Ramon Dana &amp; Tom Bell (11:30 – 12:30)</p>	<p>18) <u>Uplifting Guitar &amp; Vocals</u> *featuring Mike Midkiff* (11:30 – 12:30)</p>  <p><b>*Birthday Wednesday*</b></p>	<p>19) <u>Exercise Class</u> (10 – 10:45) <u>Classical Piano Music</u> *featuring Richard DeGroot (11:30 – 12:30)</p>	<p>20) <u>Karaoke</u> *featuring KJ Jerry &amp; Barby G. (11:30 – 12:30)</p>
<p>23) <u>Country &amp; Oldies</u> featuring Debe Osborn (11:30 – 12:30)</p> 	<p>24) <u>Exercise Class</u> (10 – 10:45) <u>Classic Jazz</u> *featuring Ramon Dana &amp; Tom Bell (11:30 – 12:30)</p>	<p>25) <u>Ladonna's Fun Shine Ukulele Band</u> (11:30 – 12:30)</p> 	<p>26) <u>Exercise Class</u> (10 – 10:45) <u>Popular Music</u> *featuring Kathy Trusdell (11:30 – 12:30) <u>Veterans Counseling</u></p>	<p>27) <u>Good Ol' Country Music</u> featuring Fran Judd &amp; Tom Summerfield (11:30 – 12:30)</p> 
<p>30) <u>Country &amp; Oldies</u> featuring Debe Osborn (11:30 – 12:30)</p> 				<p>Arizona Old Time Fiddlers: When: Sunday, September 1st 2019 Time: 1:00 – 4:00</p> 



## **Music! Music! Music!**

**Every day from 11:30am – 12:30pm**

- **\*Classic Jazz\* featuring Ramon Dana & Tom Bell**  
September 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>
- **\*Good ol' Country\* featuring Fran Judd & Tom Summerfield**  
September 6<sup>th</sup>, 13<sup>th</sup>, 27<sup>th</sup>
- **\*Classical Piano Player Richard DeGroot**  
September 5<sup>th</sup>, 19<sup>th</sup>
- **\*Popular Music \*featuring Kathy Trusdell**  
September 12<sup>th</sup>, 26<sup>th</sup>
- **\*Country & Oldies\* featuring Debe Osborn**  
September 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>,
- **\*Uplifting Guitar & Vocals\* featuring Michael Midkiff**  
September 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>  
**\*Karaoke Time\* featuring KJ Jerry & Barby G.**  
September 20<sup>th</sup>
- **\*LaDonna's Fun Shine Ukulele Band\***  
September 25<sup>th</sup>

## **\* Birthday Wednesday \***

September 18<sup>th</sup>

**\*Verde Valley Senior Center will be Closed on Monday September 2<sup>nd</sup> for Labor Day \***

## **Regularly Scheduled Activities**

**Exercise Class** is an opportunity to perform senior aerobics, Stretch your muscles and get your joints moving.

**When:** 10:00 – 10:45

**Instructors:** Tuesdays – Kathy Turano; Thursdays – Judy Millis

**Arizona Old Time Fiddlers:**

**When:** Sunday, September 1<sup>st</sup> 2019

**Time:** 1:00 – 4:00

**Where:** Community Dining Room

**Veterans Counseling:** (By qualification and appointment only)

**When:** Thursday, September 12<sup>th</sup>, 26<sup>th</sup>

**Where:** Upstairs Conference Room

**Contact:** Charles Cean, MA, (928) 778-3469

**Nurses Network Blood Pressure Check:**

**When:** (Will not be here until October)

**Time:**

**Where:** Community Dining Room

**Contact:** Nurses Network (928) 204-2255

**Verde Valley Realtors**

**When:** Tuesday September 3<sup>rd</sup>

**Time:** 8:30 – 9:30

**Where:** Community Dining Room

**N.A.C.O.G. Medicare Representative for Seniors:**

**When:** By Appointment Only

**Contact:** Tanell Lee (928) 649-3763 x1