

Verona Recreation

2019-2020
Fall and Winter
Program Guide

Register Online at:
www.ci.verona.wi.us/recreation



410 Investment Ct. Verona, WI 53593
608.845.6695

Recreation Department News

Hello, Verona Rec families, and welcome to the 2019-2020 Fall and Winter program guide!

Can you believe it's practically 2020 already? Where did the summer go? I hope you and your family were able to enjoy the most out of your summer and our recreation programs, and we hope you'll stick around and try some of our fall and winter activities, too! We have youth team sports like soccer, basketball, and volleyball; and instructional programs like dance, babysitting, and Engineering for Kids! And adults, we didn't forget about you! Get a team together and sign up for our rec leagues in volleyball, men's basketball, or kickball!

Take a few minutes to flip (or scroll) through the pages here to find something fun for everyone in your family! In addition to our recreation programs, we've also included some featured Library and Senior Center activities for you to check out, too!

Please feel free to contact the Rec Department with any questions you may have about our activities and we'd be happy to help!

Mari Freber

Recreation Assistant

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City of Verona



Hometown U.S.A.

Mayor	Luke Diaz	845-6495
City Planner	Adam Sayer	845-9941
Finance Director	Brian Lamers	848-9949
City Clerk	Ellen Clark	848-9947
Public Works Director	Theran Jacobson	848-6801
Assistant Public Works Director	Eric Schulz	497-2081
Street Supervisor	Jon Bublitz	848-6804
Sewer and Water Clerk	Kimberly Marshall	497-2071
Construction Manager	Marty Cieslik	497-2072
Parks and Urban Forestry Director	Dave Walker	848-6809
Recreation Director	Casey Dudley	848-6815
Recreation Assistant	Mari Freber	497-2070
Library Director	Stacey Burkart	845-7180
Senior Center		845-7471



Registration Information & Policies

Recreation Department

Director:

Casey Dudley
casey.dudley@ci.verona.wi.us
608-848-6815

Recreation Assistant:

Mari Freber
mari.freber@ci.verona.wi.us
608-497-2070

Location:

Verona Public Works, Parks, &
Recreation Building
410 Investment Ct.
Verona, WI 53593

Hours:

Monday - Friday
8:00am - 4:30pm

General Line:

608-845-6695

Fax:

How To Register

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

With online registration, you are able to see how many spots are available in a class. Have peace of mind knowing your child is enrolled! If a class is full, please sign up to be on the wait list. Online registration is available 24/7 and accepts Visa, MasterCard, and Discover credit cards.

Mail-in:

Completed registration forms can be mailed with payment to :
Verona Recreation Department
410 Investment Ct.
Verona, WI 53593

Walk-in:

Office hours are 8:00am - 4:30pm, Monday through Friday.

After-hour Drop Box:

Completed registration forms and payment may be dropped off in the drop box located in the entry way of the recreation office. Available 24/7.

Registration Form Instructions

The registration form can be found on page 6. The form must be **completely** filled out in order to participate.

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

Session: Print the session number.

Grade: Fill out the age of the participant as of the day you fill out the form; the grade of the participant should be the grade they are currently in.

Fee Paid: Write in the cost of the class. All resident and non-resident prices are included in the program description. Please total up all the registration fees and write it in the total fee paid space.

Resident vs. 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 attendance or mailing address. NR fees are \$15 for programs under \$100 and \$20 for programs \$100 and up.

Confirmation of Enrollment

Once you have registered, plan on attending at the listed times and dates. Please feel free to call 608-848-6815 to verify your registration and/or to ask any questions. The Recreation Department will **only** contact you if the program is full or cancelled.

Refund Policy

1. Full refunds will be given to persons notifying the Recreation Department **before** the registration deadline.
2. Cancellations after the registration deadline are subject to a \$5.00 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 program.
5. All refunds will be mailed to the residence of the participant. It takes approximately two to three weeks to receive the refund after it has been issued.

Program Sizes

Most programs have a minimum and maximum enrollment limit. If the Recreation Department is unable to meet the enrollment minimum, the class will be cancelled and full refunds will be issued. If a program has reached maximum enrollment and is full, you will be notified, and upon request, you may be put on a waiting list. If a cancellation occurs, you will be notified. If no opening occurs, a full refund will be issued.

Inclement Weather Policy

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 4:30pm**.

Publicity

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

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.

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 prorating of program fees for late registrations.

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 participants of any changes prior to the start date.

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 any activity.

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.

THANK YOU!

The Recreation Department would like to thank all of the volunteer coaches who have made our programs so successful! We would also like to give a special thanks to the Verona Parks Department staff for their continued support!



Find us on Facebook!
www.facebook.com/VeronaRec



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

For Office use only:
 Check # _____
 Date _____

Last Name: _____ School: _____ Home Phone: _____
 Address: _____ City: _____ Zip: _____
 Mother's name: _____ Cell Phone: _____ Email Address: _____
 Father's name: _____ Cell Phone: _____ Email Address: _____

Has any of your contact information changed since your last registration? Yes No

Program Name	Session #	First Name/Gender	Birth Date	Grade (19/20 school year)	T-Shirt Size (YS, YM, YL, AS, AM, AL)	Friend Request* 1 per participant	Fee*
EX: Playground	#2	Allison / Girl	6/04/07	6	YM	Amber Jennings	\$135

TOTAL FEE PAID: \$ _____

*Requests are for team sports only. Requested individual must also request you. **Requests are not guaranteed**, but we will do our best to grant them if possible.

†Please refer to recreation brochure for correct fee amount. Resident fees apply only to participants who live within the city limits of the City of Verona. Note that **school district attendance does not determine residency**. Late fee may be applied if form is received after registration close date.

Youth Sports Player Assessment:

Height: _____ Weight: _____ Speed: Fast Average Slow Skill: Good Average Below Experience: _____

VOLUNTEER COACH? Yes (please circle) I would like to coach my child's team in this activity: _____

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

PLEASE READ THE FOLLOWING AND SIGN BELOW:

"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/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/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/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 understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice or 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 consequence of my child returning to practice/play too soon.

Parent 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.**

Youth Sports | Soccer & Volleyball

Fall Soccer: Pre-K - 3rd Grade

This program stresses the fundamentals of soccer and sportsmanship in a fun, relaxing atmosphere where all the participants get equal playing time. Pre-K, Kindergarten, and 1st graders will participate in small-sided games which give all kids more action. The 2nd & 3rd graders will be playing on larger fields. Shin guards are required. Please register for the grade your child is entering in the fall. Pre-K Soccer is for kids that will be entering kindergarten in the **fall of 2020**. Practice and games are for one hour. Teams may play at a different time each week; information will be sent out to teams by coaches about a week before the start of program.



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 Rec Dept. can offer many different coaching techniques to beginner coaches. Get involved, your kids will thank you!

SESSION	GRADE	DAY	TIME(S)	LOCATION
#1	Pre-K Coed	Sat	9, 10, & 11 AM	Veteran's Park
#2	K Coed	Mon	5:30 PM	Veteran's Park
#3	1st Coed	Tue	5:30 PM	Veteran's Park
#4	2nd - 3rd	Mon/Wed	5:30 PM	Harriet/Van de Grift Parks

***Cost if registered by August 23**

Resident \$36

Non-Resident \$51

***Add \$10 if registered after August 23**



Big 10 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 Friday evenings and will start on January 5 in the afternoon/evening. Tournaments will be played on February 9, February 16, February 23, March 1, and March 8 against other communities: Cross Plains, Fitchburg, Monona, Stoughton, and Mount Horeb. All teams in the same grade will practice at the same time and have tournaments in the same place. The time frame for tournaments is approximately 12:30 - 4:30pm. **Volunteer coaches are needed!**

SESSION	GRADE	DAY	TIME(S)	LOCATION
#1	5th	Sun	1:30 PM	Badger Ridge
#2	6th	Sun	2:30 PM	Badger Ridge
#3	7th	Sun	3:30 PM	Badger Ridge
#4	8th	Sun	4:30 PM	Badger Ridge

***Cost if registered by December 13**

Resident \$60

Non-Resident \$75

***Add \$10 if registered after December 13**

Youth Sports | Basketball

Youth Basketball: K - 8th Grade

Dribble, pass, shoot, and score! Girls and boys in grades K - 8 will enjoy this winter activity! The program stresses the fundamentals of basketball and sportsmanship in a fun, exciting environment where all the kids get equal playing time. Please register for the grade your child will enter in the 2019-2020 school year.

Each team needs at least 2 volunteer coaches!

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

Kindergarten - 2nd Grade

SESSION	GRADE	DAY
#1	K Coed	Wed
#2	1st Girls	Tues
#3	1st Boys	Thur
#4	2nd Girls	Tue
#5	2nd Boys	Mon

Games/practices will be held at Glacier Edge or Sugar Creek depending on availability.
Each Practice/Game will be for 1 hour - 5:30 or 6:30 pm
Begins week of November 25 & runs for approx. 7 weeks

***Cost if registered by October 25**

Resident \$30

Non-Resident \$45

***Add \$10 if registered after October 25**

***Coaches will be the referees for the games.**



3rd Grade

This program is offered in conjunction with Mount Horeb, Barneveld, and Belleville. There will be some travel for the games held in each community on Saturdays.

SESSION	GRADE	DAYS
#6	3rd Girls	Mon/Sat
#7	3rd Boys	Tue/Sat

Each Practice/Game will be for 1 hour

Practices:

5:30 - 8:30 PM, weeknights at Country View

9 AM - 2 PM, Saturdays at Glacier Edge

Games:

9 AM - 1 PM, Saturdays, location TBD

***Cost if registered by October 25**

Resident \$47

Non-Resident \$62

***Add \$10 if registered after October 25**

Begins week of November 25 and runs for approximately 10 weeks

***This program has referees**

4th - 8th Grade Big Ten League

The Big Ten League is combined with Fitchburg, Middleton, Waunakee, Stoughton, Cross Plains, and Cottage Grove. Each week a different community will host games. There will be some travel for the games held in each community.

SESSION	GRADE	DAYS
#8	4th Girls	Mon/Sat
#9	4th Boys	Tue/Sat
#10	5th Girls	Thur/Sat
#11	5th Boys	Wed/Sat
#12	6th Girls	Thur/Sat
#13	6th Boys	Wed/Sat
#14	7th-8th Girls	Thur/Sat
#15	7th-8th Boys	Thur/Sat

Each Practice/Game will be for 1 hour

Practices:

5:30 - 9:30 PM, weeknights at Country View

9 AM - 2 PM, Saturdays at Badger Ridge

Games:

9 AM - 3 PM, Saturdays, location TBD

***Cost if registered by October 25**

Resident \$67

Non-Resident \$82

***Add \$10 if registered after October 25**

Begins week of November 25 and runs for approximately 12 weeks

Youth Enrichment | Dance

Dance

The Verona Rec Department and the Verona Area Community Theater welcome you to the 19th 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 child a taste of dance without the big financial commitment. Each class will meet once a week and run for approximately 24 weeks.



Cost: Resident- \$120
Non-resident- \$140

Class Minimum: 5
Class Maximum: 15

Some classes may be changed to due to low enrollment or to accommodate more popular classes.

Location: Verona Area Community Theater (103 Lincoln St.)

Class schedules will be handed out during the first week of class. There will be 2 observation days for you to view your child's class.

Classes start the week of September 30

There will be no classes the following dates:

- November 25 - 28
- December 23 - January 2
- March 23 - 26

Dress rehearsals will be Wednesday, April 8.

- 3 - 6 year olds will practice at 4:30 - 6 PM
- 7 - 13+ will practice at 6:30 - 8 PM

The recital will be held on Thursday, April 9.

- 3 - 6 year olds will preform at 6 PM

SESSION	AGE	CLASS	DAY	TIME
#1	3 - 4	Ballet	Mon	10 - 10:30 AM
#2	3 - 4	Ballet	Mon	3:50 - 4:20 PM
#3	5 - 6	Hip Hop	Mon	4:25 - 4:55 PM
#4	5 - 6	Jazz	Tue	4 - 4:30 PM
#5	5 - 6	Tap	Wed	4:35 - 5:05 PM
#6	5 - 6	Ballet	Thur	5:10 - 5:40 PM
#7	7 - 8	Ballet	Mon	5 - 5:30 PM
#8	7 - 8	Tap	Tue	4:35 - 5:05 PM
#9	7 - 8	Hip Hop	Thur	4 - 4:30 PM
#10	7 - 8	Jazz	Thur	4:35 - 5:05 PM
#11	9 - 12	Ballet	Mon	5:35 - 6:20 PM
#12	9 - 12	Lyrical	Tue	5:10 - 5:55 PM
#13	9 - 12	Tap	Tue	6 - 6:30 PM
#14	9 - 12	Beg. Musical Theater Jazz	Wed	4 - 4:30 PM
#15	9 - 12	Hip Hop	Wed	5:10 - 5:55 PM
#16	9 - 12	Adv. Musical Theater Jazz	Thur	5:45 - 6:30 PM
#17	13+	Beg. Tap	Tue	6:30 - 7 PM
#18	13+	Beg. Musical Theater Jazz	Tue	7 - 7:30 PM
#19	13+	Adv. Tap	Tue	7:30 - 8:15 PM
#20	13+	Adv. Musical Theater Jazz	Tue	8:15 - 9 PM
#21	13+	Ballet	Wed	6 - 6:30 PM

The Styles:

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

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.

Jazz: 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.

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.

Classical Ballet: The most disciplined foundation for all dance forms concentrating on technical and linear development, proper alignment, turn-out, placement, and coordination. A reinforced ballet

Youth Enrichment | Engineering & Babysitting

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 is Licensed Training Partners (LTP) with the American Red Cross.



**American
Red Cross**

Participants should be at least 10 years old to enroll. Pack a lunch as the

SESSION	DATE	DAY	TIME
#1	9/14	Sat	9 AM - 4 PM
#2	10/26	Sat	9 AM - 4 PM
#3	11/30	Sat	9 AM - 4 PM
#4	12/30	Mon	9 AM - 4 PM
#5	1/18	Sat	9 AM - 4 PM
#6	2/22	Sat	9 AM - 4 PM

***Cost**

Resident \$93

Non-Resident \$108

***Registration Deadline: 1 week prior to class**



Culver's Verona

430 East Verona Ave.

608-845-2010

www.culvers.com

Verona Youth Wrestling Club

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 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 13th upstairs at the Draft House at 6:00. Practice will start on December 2nd and run until March 4th 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. With the club fees you will receive a t-shirt, paid entry fee into our individual tournament, and paid entry fees into any dual type competitions we set up.

Grade

K - 3

Time

5:45 - 6:30 PM

Adult Leagues

Returning teams are given the opportunity to sign up again before we open up the registration to new teams. The deadline for returning teams is September 6th. After that date, if there are still spots open, we will open up

Volleyball

League	Night
Coed Power	Mon
Coed Intermediate Power	Mon
Women's Intermediate	Tue
Coed Intermediate	Wed
Coed Intermediate Rec	Thur
Coed Rec	Thur

The volleyball season begins the week of November 4th and will run for approximately 12 weeks.

Team fee: \$380

Location: Badger Ridge Middle School gym



Men's Basketball

League	Night
A League (more competitive)	Wed
B League (less competitive)	Wed

The basketball season begins November 6th and will run for approximately 12 weeks.

Team fee: \$595

Location: Verona Area High School gym



If you are interested in registering a team, please email Mari (mari.freber@ci.verona.wi.us) for information and registration forms.

If you are a free agent looking to join a team, please email Mari to get on the list!

Adult Fitness

2019-2020 VFITT

The Verona Recreation Department and VFITT, the VASD wellness program are teaming up again to offer a wide variety of exercises classes to the entire community! For the fees listed, you can take ANY class listed on the schedule! Just list which classes you are interested in taking upon registration. Classes begin the week of September 9.

More classes may be added after this guide is published. For the most up-to-date schedule and offerings, please visit the VFITT website: www.vasd-vfitt.com

Day	Time	Class	Instructor	Location
Mon	4:15 PM	Yoga	Jessica	VAHS G144
Mon	6 PM	Yoga	Kay	Badger Ridge Step Room
Mon	6:30 PM	Circuit	Laurie	VAHS Weight Room
Tue	5:10 AM	Boot Camp	Angie	Glacier Edge Gym
Tue	5:30 AM	Circuit	Laurie	VAHS Weight Room
Tue	3:30 PM	Pilates	Jodie	Stoner Prairie Music Room
Tue	3:45 PM	Yoga	Steph/Jeanee/Katie	Savannah Oaks Fitness Room
Tue	4 PM	Tennis	Melissa	TBD
Tue	4:15 PM	Insanity	Amy	Badger Ridge Aux Gym
Wed	5:30 AM	Walk/Run	Laurie	VAHS PAC Entrance
Wed	3:15 PM	Zumba®	Amelia	Country View Gym
Wed	4 PM	Strength	Krista	Savannah Oaks Fitness Room
Wed	4:15 PM	Power & Strength	Amy	Badger Ridge Aux Gym
Wed	6 PM	Yoga	Kay	Badger Ridge Step Room
Wed	6:30 PM	Circuit	Laurie	VAHS Weight Room
Thur	5:10 AM	Boot Camp	Angie	Glacier Edge Gym
Thur	5:30 AM	Circuit	Laurie	VAHS Weight Room
Thur	3:30 PM	Yoga	Jessica	Stoner Prairie Room TBD
Sat	8 AM	Turbo Kick	Jen	Savannah Oaks Fitness Room
TBD	3:15 PM	Simple Stress Reduction Techniques	Jo	Country View Room TBD

Verona Public Library

500 Silent Street Verona, WI 53593 | 608-845-7180 | www.veronapubliclibrary.org | Email: vpl@ci.verona.wi.us

Monday - Thursday 9am - 9pm | Friday 9am - 6pm | Saturday 9am - 4pm | Sunday (school year) 1 - 5pm

YOUR PUBLIC LIBRARY PROVIDES:

Print materials....Electronic resources....Computers and Wi-Fi....Classes and Events....And More!

Kids' Programs

Monarchs and Milkweeds

Saturday, 9/7, 1 - 2 PM

Community Room

Discover the connection between monarchs and milkweed plants and learn about the monarch's amazing life cycle and annual migration to Mexico. Make a milkweed seed ball and learn about butterfly gardens, too. Presented by Marsh Haven Nature

Return to School with Confidence Training

Sunday, 9/8, 1:30 - 2:30 PM or 2:30 - 3:30 PM

Community Room

Develop self-confidence, self-assurance and self-development through a "You are, I am, we are awesome" mindset. This boot camp will focus on returning to school with confidence, how to deal with feelings, and growing strong bodies, strong minds and strong spirits to help kids navigate the tough times in life! Presented by Meghan Skrepenski

Tween Dungeons & Dragons

Wednesday, 9/11, 3:45 - 5:15 PM

Fantasy and adventure await in 5th edition

Dungeons & Dragons. All skill levels welcome! No

STEAM Story Time

Saturday, 9/14, 10 - 11 AM

Community Room

Join us for STEAM-based story time with science and art activities. Geared for ages 4-6. All are welcome to

Tweens Craft: Back to School

Monday, 9/16, 3:45 - 5 PM

Community Room

Minecraft Club

Wednesday, 9/25, 4 - 5 PM

Community Room

Mindfulness for Families

Wednesday, 9/25, 6:30 - 7:30 PM

Community Room

Laura Zimmer, Verona teacher and creator of Beginner's Mind mindfulness resources for families and classrooms, will lead this workshop about mindfulness. Each family will make a small clear mind

Early Fall Story Times

9/9 - 10/17

Story Room

Story times focus on creative expression, social and listening skills, foundations for reading and math, gross and fine motor practice, and more. No registration required.

Baby Story Time (0 - 18 mo.)

Fridays, 10:30 AM *No story time 10/18

A lap-sit story time for infants and their caregivers. 20 minutes with playtime afterward.

Toddler Story Time (1 - 2 yrs.)

Wednesdays, 9:30 AM

Thursdays, 9:30 AM & 10:30 AM

Stories, songs, finger plays, and crafts for toddlers and their caregivers. Siblings welcome. 30 minutes.

Preschool Story Time (3 - 5 yrs.)

Mondays, 10:30 AM

Wednesdays, 10:30 AM

Stories, songs, and crafts. Children may attend independently or with an adult. 30 minutes.

Everybody Story Time (0 - 5 yrs.)

Mondays, 9:30 AM

Tuesdays, 9:30 AM & 10:30 AM

Stories, songs, and crafts for children and their



VERONA
public library

Verona Public Library

Adult Programs

Flutes on Vacation

Monday, 8/12, 6:30 - 7:30 PM

Don't Mess with Stress: Redefine What Stressors Look Like in a Modern Lifestyle

Tuesday, 8/13, 6:30 - 8 PM

Rachel Carlson, author, educator, and yoga instructor, will examine how everyday choices in diet, sleep, movement, environment, and connections (with the self, others, and nature) impact overall

Learn Hands-Only CPR

Thursday, 8/15, 6:30 - 8:30 PM

Thursday, 10/24, 6:30 - 8:30 PM

Did you know that 70 percent of out-of-hospital cardiac arrests happen in homes? Statistically speaking, if you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love. In as little as 15 minutes, Fitch-Rona EMS paramedics will teach you how to do hands-only CPR and use an automated external

Blood Pressure, Blood Sugar, & Fall Prevention Screenings

Wednesday, 9/4, Drop in between 10 - 11 AM

Fitch-Rona EMS will check your blood pressure and blood sugar, and Capitol Physical Therapy will

Memory Screening

Thursday, 9/5, 3 - 6 PM

Create a baseline for monitoring future memory changes. Specialists from the Aging & Disability Resource Center (ADRC) will provide free 20-minute, confidential screenings. They'll also share information about memory, memory clinics, brain health, and local resources. Sign up at the reference

Senior Center Book Group: *Flight of Behavior* by Barbara Kingsolver

Wednesday, 9/11, 12:30 - 1:30 PM

Join us to discuss *Flight Behavior* at the Verona Senior Center. Copies are available to borrow at the Verona Senior Center, or request a copy from the

Stop the Bleed Training

Thursday, 9/12, 7 - 8 PM

A case manager from the Verona Senior Center will answer questions and provide resources for you or your aging loved one. Information on Medicare, homecare, housing assistance, financial resources, and more will be available. Contact Becky Losby or Julie Larson at the

Bluegrass: A History of an American Art Form with Bill Malone

Thursday, 9/19, 6:30 - 7:30 PM

Bill Malone, a renowned country music historian, author and local radio DJ will explore the history of bluegrass and what factors contributed to the development of it in

Mediterranean Night Cooking Class

Wednesday, 10/2, 6:30 - 8 PM

Join Huma Siddiqui, cookbook author and founder of White Jasmine, for a cooking demonstration featuring harissa shrimp and Mediterranean couscous. Enjoy a tasting of all the food prepared. White Jasmine is a local company that offers unique spices and cheeses, recipes, cooking classes, and the TV show *White Jasmine Everyday Cooking*. Cookbooks will be available for sale and signing. Registration required. Register online at

It's All Online! Or Is It? Online Genealogical Research

Tuesday, 10/22, 6:30 - 7:30 PM

There are hundreds of genealogy websites that provide access to databases and digital collections as well as various services. Lori Bessler, a genealogy specialist, will provide instruction on:

- How to tell good sites from bad sites
- How to make the most of searching the web
- How to organize your online research

Getting to Know Medicare

Tuesday, 10/29, 6:30 - 8 PM

Whether you're planning to enroll in Medicare or have had it for years, most people have questions. Plus,

Adult Book Club: Books 'n' Booze

3rd Thursday of the month, 6 PM

Sugar River Pizza

Book selections will be discussed on the dates listed below. Copies of the books are available for checkout at the service desk.

August 22 – *Station Eleven* by Emily St. John Mandel

Verona Public Library

Adult Exhibitions & Events

On the Trail of the Monarch Butterfly **Traveling Exhibition**

8/19 - 9/29

Through microphotographic images and spectacular aerial photographs, follow the monarch's amazing journey from Montreal, Canada, to the mountains of central Mexico. You will learn about butterfly habitat conservation and the extreme challenges faced by monarch butterflies during their annual migration. Brought to you by the Verona Public Library Endowment Fund.

Opening Reception

Thursday, 8/22, 6 - 6:30 PM

Light refreshments will be served. Complimentary butterfly seed paper bookmarks will be available.

Dwindling Numbers for an Iconic Insect: A Conservation Biologist Ponders Moving Beyond the Documentation of Declines

Thursday, 8/22, 6:30 - 8 PM

Karen Oberhauser, Director of the UW-Madison Arboretum, will describe the amazing biology of migratory monarch populations, how citizens and scientists are documenting monarch numbers across their migratory cycle and what we can do to help preserve this charismatic insect for generations to come.

Tips for Better Nature Photography

Wednesday, 9/4, 6:30 - 8:30 PM

David Anderson, photographer and instructor from The Camera Company, will share ideas for taking better nature photos. Bring your camera and we will go to Badger Prairie Park to take photos. Anderson will cover wide and close up shots, what camera settings are best, what lens is best and what elements make a great photo. Registration required. Register online at veronapubliclibrary.org or call 845-7180. Class size limited to 20 participants.

Papalotzin - The Flight of the Monarch Butterfly Film Screening

Friday, 9/6, 1 - 2 PM

Monday, 9/23, 10 - 11 AM & 6:30 - 7:30 PM

Mexican filmmaker and pilot Francisco Gutiérrez documented his 72-day adventure following the

How to Tag a Butterfly

Monday, 9/16, 10 - 11:30 AM

Learn how to tag monarch butterflies so their path from Wisconsin to Mexico can be tracked. Staff from Madison Audubon will assist. Registration required. Register online at veronapubliclibrary.org or call 845-7180. Class size limited to 10 participants.

Autumn in the Prairie

Tuesday, 9/17, 6:30 - 7:30 PM

Take a guided walk through Badger Prairie Park with Dane County Parks Botanist/Naturalist Lars Higdon. Learn about the importance of natural areas in our urban landscape and identify fall blooming prairie plants, including those that are beneficial to migrating monarch butterflies and other pollinators. Registration required. Class size limited to 12 participants. Register online at veronapubliclibrary.org or call 845-7180.

"Stained Glass Monarch" Charcoal Drawing

Tuesday, 9/24, 6 - 8:30 PM

Explore the fun of drawing with charcoal. Instructor and artist Robert Gorder will provide step-by-step



Alexander Hamilton: Immigrant, Patriot, Visionary **Traveling Exhibition**

10/22 - 11/19

This exhibition examines Hamilton's central role during the Revolutionary War and Founding period in creating the economic, constitutional, social, journalistic, political, and foreign policy templates for

Verona Senior Center

108 Paoli Street Verona, WI 53593

Hours:

Monday - Friday 8:30 am - 4:30 pm

Thursday extended hours: 8:30 am - 7:00 pm

Phone: (608)-845-7471

Website: www.friendsofveronaseniorcenter.org

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Core Strength: Alasa Wiest

Tuesday sat 9 AM

Thursdays at 2 PM

This class focuses on building our core muscles. We do a variety of strength exercises with weights, planks, superman, and sit-ups. We do standing, sitting, and mat work. Most of the exercises can be modified.

Tai Chi: Jody Curley

Level 1: Fridays at 11:15 AM

Level 2: Fridays at 10 AM

\$35 for 8 weeks

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 originated in China, and it involves slow, fluid movement patterns which maintain and improve alignment and balance, flexibility, strength, and concentration. This will help

Line Dancing: Marlene Cordes

Thursdays at 3:30 PM

\$30 for 4-week session

\$10 for a drop-in class

Join our class and meet some of the most fun and sassy seniors in the Verona area for an hour of line

Bocce Ball Courts

Would you like to come and play bocce ball? We would love if you came to have fun on our courts! Equipment provided. Please call 845-7471 if interested.

These activities are organized through the Verona Senior Center. For questions about Senior Center activities or services, please call us or visit our website.

All exercise classes are a \$10 drop-in fee

Senior Fitness Classes: Shannon Maguire

The main goal of Shannon's classes is to improve your quality of life. She stresses fitness for mobility and fall prevention. The classes typically involve four components: strength training, balance, flexibility, and cardiovascular endurance. Classes are open to seniors of all levels - beginner to advanced! The exercises can be performed standing or modified.

Keeping Fit

Mondays & Thursdays at 8:45 AM

Yoga

MELT Class: Liron Weiss

Wednesdays at 11 AM

\$55 for 8 weeks

The MELT Method is the very first Hands-off Bodywork© method developed for the general public as a self-care tool to prevent and relieve chronic pain.

Functional MELT Class: Liron Weiss

Wednesdays at 10 AM

\$55 for 8 weeks

*This special class is for those who **cannot** get up and down from the floor.*

This simple and unique self-treatment will make your whole body feel better and provide relief from neck and low back pain. Using specialized MELT balls on

Foot Care Clinic

Mondays, appointments begin at 8:45 AM

\$20

Appointments must be made in advance. Please bring two towels for your own use. Fingernails can also be

Verona Senior Center

Foot Reflexology

3rd Monday of the month

1st Tuesday of the month

3rd Thursday of the month

Appointments begin at 8:45 AM

\$25 for 30 minutes; \$50 for 60 minutes

The therapist applies pressure with thumb and finger to ends of nerves to help bring about increased

Chair Massage

Tuesdays EXCEPT 1st Tuesday,

Appointments begin at 8:45 AM

\$13 for 15 minutes; \$25 for 30 minutes

Enjoy the benefits of a massage of the neck, head,

Wellness Checks

Wednesdays from 9:30 AM - 2 PM

Nurse 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 at 845-7471 if you

Changes Related to Aging

3rd Monday of the month at 10 AM

This is a round-table discussion about the concerns,

Club 108

1st and 3rd Tuesdays of the month

Wednesdays from 10 - 11:30 AM

Club 108 is a program for individuals with early memory loss. There is no cost for the Club. If you are interested in enrolling or have questions, please contact our case managers, Becky Losby or Julie Larson at 845-7471.

Caregivers Support Group

1st and 3rd Tuesday of the month at 10 AM

This group meets on the first and third Tuesday of the

Man and Woman Talk

2nd & 4th Tuesdays of the month at 10 AM

Come join others in conversation about a wide variety of topics. All are welcome!

Veterans Club

3rd Thursday of the month at 3 PM

All branches and all age groups are welcome. Please

Book Club

2nd Wednesday of the month at 12:30 PM

This group is at the Senior Center the second Wednesday of every month at 12:30 PM. This is led by the Verona Public Library. Please refer to the Senior Center website to know what book is being read each

Death Café

2nd Friday of the month at 10 AM

The purpose of this is to talk about death over food and drink. This will be an educational program on how to help you and others become more familiar with the

Acrylic Painting

4th Monday of the month from 1 - 3 PM

Painting for all abilities! Learn acrylic painting techniques in a relaxed, no-judgement atmosphere

Verona Stampers Group

1st Tuesdays of the month at 1 PM & 6 PM

No cost to attend. Bring your stamping projects from

Computers with Rich

3rd Friday of the month at 10 AM

Great Courses Educational DVD Series

Mondays from 1 - 2:30 PM

These educational series are led by different professors all over the world. Check our website for what we are

Virtual Reality Experience!

Sign up at the Senior Center or call 845-7471

Have you ever wanted to explore Roman ruins, climb the Eiffel Tower, or go on an African safari? Computer technology and our virtual reality glasses can create the simulated environment of your dreams right from the comfort of the Senior Center! We will guide you through an immersive 360-degree virtual reality





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