

MATURE ADULT ACTIVITIES

Progressive Rummy

Progressive Rummy is a very easy game to learn. Each hand has a different wild card. Register for this enjoyable day at Krueger Park. **NOTE: Fee includes coffee, soda, lunch, & prizes.**

Day & Date: Friday, September 4 256245-01
Friday, October 16 256245-02
Time: 11:30 a.m. - 2:30 p.m.
Ages: 50 years & up
Location: Krueger Park Activity Rooms A & B
Min/Max: 20/35
Fee: \$9 Resident; \$11 Non-Resident

NOTE: Due to the uncertainty of the Coronavirus, dates and times for all programs are subject to change or cancellation.

Temperature checks will be taken at the front door when entering the recreation center and face masks must be worn unless you are eating.

Fee for each luncheon includes lunch, dessert, refreshments, & entertainment. No refunds/credits on luncheons including medical reasons.

All afternoon luncheon time slots will be filled first before the morning time slot will become available.

A maximum of 50 participants is allowed during each time luncheon time slot.

Gobble, Gobble, Gobble Luncheon

Celebrate a traditional Thanksgiving Feast of turkey, dressing, mashed potatoes, corn and traditional desserts. Finish the afternoon with some fine entertainment.

Day & Date: Tuesday, November 17
Time: 10:30 a.m. - 12:30 p.m. 256292-01
1:00 - 3:00 p.m. 256292-02
Ages: 50 years & up
Location: Krueger Park Gym
Min/Max: 40/50 Per Time Slot
Fee: \$8 Resident; \$11 Non-Resident

Pinochle

Do you like playing cards? How about Pinochle? The other participants will teach you how to play the entertaining game of Pinochle. Once you learn, you'll be hooked forever. **NOTE: Fee includes pizza, refreshments, and prizes for each table winner.**

Day & Date: Friday, October 9 256202-01
Friday, November 20 256202-02
Time: 11:30 a.m. - 2:00 p.m.
Ages: 50 years & up
Location: Krueger Park Activity Room C
Min/Max: 8/30
Fee: \$9 Resident; \$11 Non-Resident

Italian Feast Luncheon

Join us for an Italian feast of noodles, sausage, bread, dessert and entertainment. On this day we are all a little bit Italian and will enjoy the music of classic artists such as Dean Martin and Frank Sinatra.

Day & Date: Tuesday, October 20
Time: 10:30 a.m. - 12:30 p.m. 256291-01
1:00 - 3:00 p.m. 256291-02
Ages: 50 years & up
Location: Krueger Park Gym
Min/Max: 40/50 Per Time Slot
Fee: \$8 Resident; \$11 Non-Resident

Holiday Magic Luncheon

Let's enjoy the Holiday Season where we can feast upon a catered holiday lunch of beef, ham, and sides. Afterwards, enjoy dessert, and entertainment. We never know who may stop by and pay us a holiday visit.

Day & Date: Tuesday, December 15
Time: 10:30 a.m. - 12:30 p.m. 356323-01
1:00 - 3:00 p.m. 356323-02
Ages: 50 years & up
Location: Krueger Park Gym
Min/Max: 40/50 Per Time Slot
Fee: \$8 Resident; \$11 Non-Resident

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Easy Does It

253207-01

This exercise class opens with a warm-up (8-10 minutes), which includes range of motion exercise and stretching to increase flexibility. This is followed by a 20-minute low impact “aerobic” segment to improve cardiovascular fitness. Class ends with toning, firming and more stretching. Classes are geared for seniors, and everyone is encouraged to go at his/her own pace. **NOTE: Hand weights will be available. No class October 20 & November 17.**

Dates: September 22 - November 24
Day: Tuesday
Time: 9:30 - 10:30 a.m.
Ages: 50 years & up
Location: Krueger Park Gym
Min/Max: 12/34
Fee: \$31 Resident; \$36 Non-Resident

Gentle Flow Yoga

251220-01

Chair Yoga is a unique yoga style that adapts yoga positions and poses through creative use of a chair. The chair replaces the mat and becomes an extension of the body. Bring nothing with you (except water, if desired) and don't forget, anyone can practice yoga regardless of age, experience, or level of flexibility – we can all benefit from yoga.

Dates: September 28 - November 9
Day: Monday
Time: 5:15 - 6:15 p.m.
Ages: 50 years & up
Instructor: Debbie Sernus
Location: Krueger Park Activity Room A & B
Min/Max: 10/24
Fee: \$47 Resident; \$52 Non-Resident