

# SENIOR LUNCHEON

## Welcome Back Luncheon 256290-01

Let us welcome you back to our luncheons with an Italian Feast full of Chicken, pasta and sauces. We will even bring back the little meatball Vito Zatto as our entertainment for the luncheon. Enjoy returning to a normal gathering with friends while having a good laugh with your dessert.

**Day & Date:** Tuesday, September 21  
**Time:** 12:00 PM - 2:15 PM  
**Ages:** 50 years & up  
**Location:** Krueger Park Rec Center  
**Min/Max:** 100/125  
**Fee:** \$9 R / \$12 NR

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

## Fall Is Calling Luncheon 256291-01

As we enjoy the changing colors of Fall, join us for a colorful meal to match. We will have a variety of colorful foods such as Macaroni & Cheese and Sausages to enjoy while getting ready for the holiday seasons to begin. We will enjoy some entertainment while eating a tasty dessert.

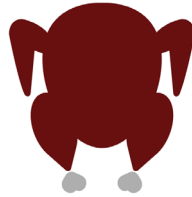
**Day & Date:** Tuesday, October 19  
**Time:** 12:00 PM - 2:15 PM  
**Ages:** 50 years & up  
**Location:** Krueger Park Rec Center  
**Min/Max:** 100/125  
**Fee:** \$9 R / \$12 NR



## Sweet Potato Luncheon 256292-01

We'll have more than sweet potatoes at this luncheon! Enjoy turkey, sweet potatoes, stuffing, corn, rolls and cranberries. After lunch, enjoy pumpkin or apple pie with whipped cream. Entertainment will conclude this SWEET luncheon.

**Day & Date:** Tuesday, November 16  
**Time:** 12:00 PM - 2:15 PM  
**Ages:** 50 years & up  
**Location:** Krueger Park Rec Center  
**Min/Max:** 100/125  
**Fee:** \$9 R / \$12 NR



## Gifts Galore Luncheon 356323-01

This will be a very special luncheon were one lucky participant at each table will win a gift from the North Pole! Enjoy some holiday ham and fried chicken with sides as well as dessert while ending the day with a picture on Santa's Sleigh.

**Day & Date:** Tuesday, December 21  
**Time:** 12:00 PM - 2:15 PM  
**Ages:** 50 years & up  
**Location:** Krueger Park Rec Center  
**Min/Max:** 100/125  
**Fee:** \$9 R / \$12 NR

# MATURE ADULT ACTIVITIES

## Dominoes

This is an easy game with simple rules, but the fun is limitless. Lunch will be served around noon. **NOTE: Fee includes coffee, soda, lunch, & prizes.**

**Day & Date:** Friday, October 22 256216-01  
Friday, November 5 256216-02  
**Time:** 11:30 AM - 2:30 PM  
**Ages:** 25 years & up  
**Location:** Krueger Park Activity Rooms A & B  
**Min/Max:** 20/35  
**Fee:** \$10 R / \$12 NR

## 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 3 256245-01  
Friday, October 15 256245-02  
**Time:** 11:30 AM - 2:30 PM  
**Ages:** 50 years & up  
**Location:** Krueger Park Activity Rooms A & B  
**Min/Max:** 20/35  
**Fee:** \$10 R / \$12 NR

## Pinochle

How about a game of Pinochle? 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 8 256202-01  
Friday, November 19 256202-02  
**Time:** 11:30 AM - 2:00 PM  
**Ages:** 50 years & up  
**Location:** Krueger Park Activity Room C  
**Min/Max:** 8/30  
**Fee:** \$10 R / \$12 NR

# YOGA

## Hatha Yoga

Hatha Yoga is about finding a balance between the body, mind, and spirit. Hatha yoga uses body poses, breathing techniques and meditation in hopes of bringing flexibility, and manage stress. It is always advisable, especially if pregnant, to consult a physician before undertaking any physical activity. Bring your mat and water bottle.

**Dates:** **Sept. 21 - Oct. 26** **243220-01**  
**Nov. 9 - Dec. 14** **343320-01**  
**Day:** Tuesday  
**Time:** 6:15 PM - 7:15 PM  
**Ages:** 16 years & up  
**Instructor:** Pam Lawrence  
**Location:** Krueger Park Activity Room A & B  
**Min/Max:** 8/14  
**Fee:** \$49 R / \$54 NR

## Chair Yoga

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 a water bottle with you. Anyone can practice yoga regardless of age, experience, or level of flexibility – we can all benefit from yoga.

**Dates:** **Session I: Aug. 30 - Oct. 11** **251220-01**  
**Session II: Oct. 25 - Nov. 29** **251220-02**  
**Day:** Monday  
**Time:** 5:15 PM - 6:15 PM  
**Ages:** 50 years & up  
**Instructor:** Pam Lawrence  
**Location:** Krueger Park Activity Room A & B  
**Min/Max:** 10/24  
**Fee:** \$49 R / \$54 NR

## 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 19 & November 16.**

**Dates:** **September 28 - November 30**  
**Day:** Tuesday  
**Time:** 9:30 AM - 10:30 AM  
**Ages:** 50 years & up  
**Location:** Krueger Park Gym  
**Min/Max:** 12/34  
**Fee:** \$32 R / \$37 NR