

MATURE ADULT ACTIVITIES

Spades Night - Card Game 146130-01

The game of Spades is a partner game that is easy to learn. This is a partner game that involves strategy in working together to win. Making friends with the Ace of Spades as it's the High trump card and is always a winner. Register for this enjoyable day at Krueger Park. **NOTE: Fee includes dinner, pop, and popcorn. Prizes will be awarded to the winners. Beginners are welcome.**

Day & Date: Thursday, July 28
Time: 7:00 p.m. - 9:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Room C
Min/Max: 8/20
Fee: \$13 Resident, \$15 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 dinner, refreshments, and prizes for each table winner.**

Day & Date: Friday, May 27 156102-01
Tuesday, August 9 156102-02
Time: 11:30 a.m. - 2:00 p.m.
Ages: 50 years & up
Location: Krueger Park Activity Room C
Min/Max: 8/30
Fee: \$11 Resident, \$13 Non-Resident

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, June 10 (CN) 156145-01
Friday, August 19 (KP) 156145-02
Time: 11:30 a.m. - 2:30 p.m.
Ages: 50 years & up
Location: Cynthia Neal Center Dance Room (CN)
Krueger Park Activity Room (KP)
Min/Max: 20/35
Fee: \$11 Resident, \$13 Non-Resident

Texas Hold'em Poker Tournament 146106-01

Join us for this popular style of poker where prizes will be awarded after the competition. New players are welcome to play and learn while enjoying a boxed lunch and refreshments.

Day & Date: Thursday, August 18
Time: 11:30 a.m. - 2:00 p.m.
Ages: 21 years & up
Dealer: Angel Sanchez
Location: Krueger Park Activity Room C
Min/Max: 12/16
Fee: \$16 Resident, \$18 Non-Resident



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, May 20 (KP) 156116-01
Friday, July 15 (CN) 156116-02
Time: 11:30 a.m. - 2:30 p.m.
Ages: 25 years & up
Location: Krueger Park Activity Rooms (KP)
Cynthia Neal Center Dance Room (CN)
Min/Max: 20/35
Fee: \$11 Resident, \$13 Non-Resident

REFUNDS FOR SPECIAL EVENTS, ONE DAY PROGRAM/EVENTS, AND TRIPS WILL BE ISSUED ONLY IF IT IS CANCELLED BY THE PARK DISTRICT.

ADULT ACTIVITIES

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. **NOTE: No class July 4 or September 5.**

Dates: **Session I: June 6 - July 18 151120-01**
 Session II: Aug. 1 - Sept. 12 251220-01

Day: **Monday**

Time: **5:15 p.m. - 6:15 p.m.**

Ages: **50 years & up**

Instructor: **Pam Lawrence**

Location: **Krueger Park Activity Room A & B**

Min/Max: **10/24**

Fee: **\$49 Resident, \$54 Non-Resident**

Easy Does It

153107-01

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 towards seniors, and everyone is encouraged to go at his/her own pace.

Dates: **June 9 - July 28**

Day: **Thursday**

Time: **9:30 a.m. - 10:15 a.m.**

Ages: **50 years & up**

Instructor: **Joi Conley**

Location: **Cynthia Neal Center Dance Room**

Min/Max: **9/24**

Fee: **\$42 Resident, \$47 Non-Resident**