

ADULT ACTIVITIES

Monday Night Basketball 841875-03

Every player must show a picture ID with name, address, and age listed. **NOTE: Pay at the door each night.**

Dates: September 12 - December 19

Day: Monday

Time: 7:30 p.m. - 9:00 p.m.

Ages: 21 years & up

Location: Krueger Park Gym

Min/Max: 8/30

Fee: \$6 Resident, \$8 Non-Resident



Parenting Class For Adults

Ever feel like you just don't know what to do anymore with your child's behavior? Feel like you are being disrespected by their behavior and need help with your anger and theirs? This class is designed to teach you new methods and techniques for managing your own parenting style and help manage your household. You will discuss 12 topic areas related to parenting and create a plan as you attend each week to assist in making the changes you need.

Dates: Sept. 27 - Nov. 1 246202-01

Nov. 15 - Dec. 20 346302-01

Day: Tuesdays

Time: 7:00 p.m. - 7:45 p.m.

Ages: 18 years & up

Location: Activity Room A & B

Min/Max: 6/12

Fee: \$135 Resident, \$140 Non-Resident

"21" Double Down 256205-01

Do you love the game of "Blackjack"? We will enjoy lunch, refreshments, and dessert before trying our luck in cards. Many prizes will be awarded after the competition. All levels are welcome!

Day & Date: Thursday, October 13

Time: 11:30 a.m. - 2:00 p.m.

Ages: 21 years & up

Dealer: Angel Sanchez

Location: Krueger Park Activity Room C

Min/Max: 15/22

Fee: \$16 Resident, \$18 Non-Resident

Texas Hold'em 246206-01

Poker Tournament

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, November 17

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

Bingo Night 255275-01

Enjoy a refreshing beverage with snacks and dinner while you engage in a variety of bingo games (18-25). Prizes will be awarded for each game winner. Sit down & enjoy the company of your friends as we'll do the rest. Every player will get to create their own Bingo card for the grand prize game! **NOTE: Every player will receive multiple cards. Fee includes prizes, snacks, dessert, refreshments (coffee, pop, & water), and dinner.**

Day & Date: Tuesday, September 13

Time: 5:30 p.m. - 8:00 p.m.

Ages: 21 years & up

Location: Krueger Park Activity Rooms A & B

Min/Max: 30/50

Fee: \$20 Resident, \$22 Non-Resident

Bunco Blast

246274-01

Enjoy an evening of Dice! Sign up to play this old parlor dice game at Krueger Park. You will be treated to **pizza, popcorn, refreshments**, and a chance to win some fabulous **gift certificates** and prizes. **NOTE: Beginners are welcome.**

Day/Date: Friday, October 7

Time: 7:00 p.m. - 9:00 p.m.

Ages: 21 years & up

Location: Krueger Park Activity Room C

Min/Max: 8/24

Fee: \$15 Resident, \$17 Non-Resident

Farkle **246236-01**

Enjoy an evening of Dice! Farkle is a dice game in which the goal is to get the highest score on the highest round of play. You will be treated to dinner and refreshments and a chance to win some fabulous gift certificates. Note: If you do not know how to play, come early and we will teach you before we get started. Dinner and refreshments will be served.

Day & Date: Friday, November 11
Time: 7:00 p.m. – 9:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Room C
Min/Max: 10/24
Fee: \$15 Resident, \$17 Non-Resident

Zumba Class

This is a “feel-good” workout like no other that is great for the body and mind. Our master instructor will guide you through a series of unique moves and combinations providing you with a dynamic interval style workout. No dance experience is necessary and all fitness levels are welcome.

Dates: September 14 - October 19 243219-01
 November 2 - December 7 343319-01
Day: Wednesday
Time: 6:15 p.m. - 7:15 p.m.
Ages: 14 years & up
Location: Krueger Park Activity Room A & B
Min/Max: 7/15
Fee: \$55 Resident / \$60 Non-Resident

Intro To Art (Adults) **246255-01**

Let loose and have fun with art! No prior experience necessary! Each week you will be introduced to fun art projects planned to experiment with a variety of art and different supplies. Cultivate your inner artist in a fun and welcoming environment.

Dates: September 15- October 13
Day: Thursday
Time: 6:30 p.m.- 7:30 p.m.
Ages: 18 years & up
Instructor: Heaven Newsom
Location: Krueger Park Activity room A & B
Min/Max: 8/15
Fee: \$85 Resident, \$90 Non-Resident

Tenzi **246237-01**

Tenzi is the fast-paced dice rolling game for any number of players. The rules are simple. This game is played as fast as you roll and the fun is immediate. Be the first to roll all 10 of your dice to the same number to win. The person with the most wins at the end will win a prize! All levels are welcomed.



Day & Date: Friday October 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: \$15 Resident, \$17 Non-Resident

MMA - Mixed Martial Arts (16 yrs & up)

Join us for the most effective styles of martial arts, infused with lessons on character development. Students 16 yrs & up will train in a positive atmosphere, learn how to defend themselves and gain valuable life skills. This is done through our structured curriculum. Students will focus on Boxing and kickboxing techniques (kicking, footwork, and defense), judo/wrestling technique (take-downs and defending take-downs) and “Mat Chat” (the personal development topic of the program). This program is being structured from young to older adults. **NOTE: No Class November, 24**

Dates: Sept. 8 - Oct. 13 241211-01
 Oct. 27 - Dec. 8 341311-01
Day: Thursday
Time: 7:00 p.m.- 8:00 p.m.
Ages: 16 years & up
Instructor: Victory Family MMA
Location: Krueger Park Gym
Min/Max: 8/20
Fee: \$94 Resident, \$99 Non-Resident

Left, Center, Right **246221-01**

LCR, short for “Left, Center, Right”, is a simple dice game to play. Participants roll three dice marked with 3 individual dots, Left, Center, and a Right. The point of the game is to roll a dot(s) in order to win the game. You will be treated to **pizza, popcorn, refreshments**, and a chance to win some fabulous prizes.

Day & Date: Friday, September 30
Time: 7:00 p.m. - 9:00 p.m.
Ages: 21 years & Up
Location: Krueger Park Activity Room C
Min/Max: 10/24
Fee: \$15 Resident, \$17 Non-Resident

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. 26 - Oct 31** **243220-02**
 Nov. 14 - Dec. 19 **343320-01**

Day: **Monday**

Time: **6:15 p.m. - 7:15 p.m.**

Ages: **16 years & up**

Instructor: **Pam Lawrence**

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

Min/Max: **8/14**

Fee: **\$52 Resident / \$57 Non-Resident**

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: **September 26 - October 31** **251220-02**
 November 14 - December 19 **351320-01**

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: **\$52 Resident / \$57 Non-Resident**