

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, September 23 256216-01
Friday, November 4 256216-02
Time: 11:30 a.m. - 2:30 p.m.
Ages: 25 years & up
Location: Krueger Park Activity Rooms A & B
Min/Max: 20/35
Fee: \$11 Resident / \$13 Non-Resident

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 21 256202-01
Tuesday, November 22 256202-02
Time: 11:30 a.m. - 2:00 p.m.
Ages: 50 years & up

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, October 14 256245-01
Friday, November 18 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: \$11 Resident / \$13 Non-Resident

Location: Krueger Park Activity Room C
Min/Max: 8/30
Fee: \$11 Resident / \$13 Non-Resident

Easy Does It

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 September 20, October 18, November 15.** Instructor will teach class via zoom, participants will meet at C.N. Center for class.

Dates: Sept. 6 - Nov. 29 253207-01
Day: Tuesday
Time: 9:30 a.m. - 10:15 a.m.
Ages: 50 years & up
Location: Cynthia Neal Center
Min/Max: 12/34
Fee: \$54 Resident \$59 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

SENIOR LUNCHEON

Sports Team Luncheon 256290-01

Wear your favorite team apparel and get ready for some grilled foods, potato salad, chips & dips and sandwiches. **Note: Fee includes lunch, dessert, refreshments & entertainment.**

Day & Date: Tuesday, September 20
Time: 12:00 p.m. - 2:15 p.m.
Ages: 50 years & up
Location: Krueger Park Rec Center
Min/Max: 100/125
Fee: \$10 Resident, \$13 Non-Resident

Greek Cuisine Luncheon 256291-01

Join us for a tasty Greek Cuisine meal that includes Greek Chicken, potatoes and other delicious Mediterranean sides that will sure to satisfy your taste buds. **Note: Fee includes lunch, dessert, refreshments & entertainment.**

Day & Date: Tuesday, October 18
Time: 12:00 p.m. - 2:15 p.m.
Ages: 50 years & up
Location: Krueger Park Rec Center
Min/Max: 100/125
Fee: \$10 Resident, \$13 Non-Resident

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

Thanksgiving Luncheon 256292-01

It is that time of the year to be thankful for all the things we have and friends we can enjoy a meal with. Enjoy turkey, sweet potatoes, stuffing, corn, rolls and cranberries. After lunch, enjoy some dessert and entertainment to cap off this meal.

Day & Date: Tuesday, November 15
Time: 12:00 p.m. - 2:15 p.m.
Ages: 50 years & up
Location: Krueger Park Rec Center
Min/Max: 100/125
Fee: \$10 Resident, \$13 Non-Resident



Naughty and Nice Luncheon 356323-01

This Holiday meal is for both the naughty and nice on Santa's list. We will enjoy a holiday meal that includes Chicken and Beef along with sides and dessert. We will play some Holiday trivia and also award prizes for the most festively dressed individuals.

Day & Date: Tuesday, December 20
Time: 12:00 p.m. - 2:15 p.m.
Ages: 50 years & up
Location: Krueger Park Rec Center
Min/Max: 100/125
Fee: \$10 Resident, \$13 Non-Resident