

SENIOR LUNCHEONS

S&S Luncheon 356380-01

Join us for everyone's favorite warm up winter luncheon, our soup and sandwich luncheon. We will provide a couple of soups to taste as well as a delicious sandwich to enjoy.

Day/Date: Tuesday, January 17

Mardi Gras Luncheon 356319-01

Join our feast on Mardi Gras "Fat Tuesday". We will indulge on a variety of tasty foods that are mild and some spicy. Come dressed up for Mardi Gras and receive a prize for most festive participant.

Day/Date: Tuesday, February 21

Salute to All Mom's Luncheon 456435-01

We all would not be here without our moms so let's take some extra time to thank them on this special luncheon. We will pay tribute to the fabulous mothers and mother figures in our lives.

Day/Date: Tuesday, May 16

NOTE: Fee for each luncheon includes dessert, lunch, and refreshments. No refunds/credits on Luncheons including medical reasons.

Pasta-Palooza 456423-01

Join us for this carbs, loving feast of pastas. At this luncheon sample a variety of pasta dishes as well as some of your Italian favorites. We will make sure to include some creamy and red sauces as well.

Day/Date: Tuesday, March 21

Tax Free Luncheon 456442-01

Tax Day is here so enjoy a tax-free meal. We will enjoy the company of our friends at this luncheon while playing a few games to win some fabulous prizes to take home.

Day/Date: Tuesday, April 18



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

MATURE ADULT

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 January 17, February 21, March 21, April 18.** Instructor will teach class via zoom, participants will meet at C.N. Center for class.

Dates: Jan. 10 - Mar. 2 353307-01
 Mar. 14 - May. 4 453407-02

Day: Tuesday & Thursday
Time: 10:00 a.m. - 10:45 a.m.
Ages: 50 years & up
Location: Cynthia Neal Center
Min/Max: 12/34
Fee: \$75 Resident, \$80 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: January 9 - February 13 351320-02
 February 27 - April 3 451420-01
 April 17 - May 22 451420-02

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

“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, January 19** **356305-01**

Thursday, March 2 **456405-01**

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

Ages: **21 years & up**

Location: **Krueger Park Activity Room C**

Min/Max: **15/22**

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

Chess Open Play

Do you enjoy the game of chess or are interested in learning how to play? Then come join us for our open chess play and challenge your friends or learn how to become a chess player.

Day: **Wednesday**

Date: **January - February** **356318-01**

March - May **456418-01**

Time: **10:00 a.m. - 12:00 p.m.**

Ages: **55 years & up**

Location: **Krueger Park Rec. Center**

Min/Max: **6/20**

Fee: **\$4 Resident, \$6 Non-Resident Daily**

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.

Day & Date: **Friday, January 13** **356345-01**

Friday, March 10 **456445-01**

Friday, May 5 **456445-02**

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**

Indoor Pickleball Open Gym

Join this really fun and popular game! It's a little like badminton, a little like tennis and a little like table tennis. The rules are short and simple and the racquets and balls are light weight. Played on a badminton sized court (two on a side) with a low net, the first team to score 11 points wins. Please bring your own paddles and balls, if you have them.

Dates: **January 4 - April 21**

Ages: **21 & Older**

Day: **Wednesday and Friday**

Location: **Krueger Park Rec. Center**

Time: **7:00 a.m. - 9:00 a.m.**

Min/Max: **8/20**

Fee: **\$5 Resident, \$7 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, February 2** **346406-01**

Thursday, April 27 **446406-01**

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

Ages: **21 years & up**

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.

Day & Date: **Friday, February 3** **356316-01**

Friday, March 17 **456416-01**

Friday, April 21 **456416-02**

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

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.

Day & Date: **Friday, February 17** **356302-01**

Tuesday, March 28 **456402-01**

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**

441440-01

Bingo Night

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 and 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: Thursday, February 16 355375-02
Tuesday, April 11 455475-01
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

Left, Center, Right

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, January 6 346321-01
Friday, March 31 446421-01
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

Tenzi

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, February 24 346337-01
Friday, April 28 446437-01
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

Grand Bingo

455475-02

Enjoy this special Bingo event where everyone is **guaranteed a prize**. Come for a chance to win fabulous prizes and a chance to win the "Grand Prize". Sit down and enjoy the company of your friends as we'll do the rest. **NOTE: Every player will receive multiple cards. Fee includes prizes, snacks, dessert, refreshments (coffee, pop, & water), and lunch.**

Day & Date: Saturday, May 20
Time: 1:00 p.m. - 4:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Rooms A & B
Min/Max: 30/50
Fee: \$22 Resident, \$24 Non-Resident

Farkle

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, January 13 346336-01
Friday, March 24 446436-01
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

Bunco Blast

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, February 10 346374-01
Friday, May 12 446474-01
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

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: **January 4 - February 8** **343319-02**
 February 22 - March 29 **443419-01**
 April 12 - May 17 **443419-02**

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**

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: **Jan. 9 - Feb. 13** **343320-02**
 Feb. 27 - Apr. 3 **443420-01**
 Apr. 17 - May 22 **443420-02**

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**