

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, May 19 (KP) 156116-01
Friday, July 14 (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: \$12 Resident, \$14 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. **NOTE: No class July 3 or September 4.**

Dates: June 5 - July 17 143120-01
July 31 - Sept. 11 243220-01
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

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: Tuesday, May 23 156102-01
Tuesday, August 8 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: \$12 Resident, \$14 Non-Resident

WERQ

WERQ is the wildly addictive cardio dance workout based on today's hottest pop, rock, and hip hop music, mixing low-intensity and high intensity moves for an interval-style, calorie-burning experience! **NOTE: Beginners are welcome to the class**

Date: June 1 - July 6 141166-01
July 20 - August 24 141166-02
Day: Thursdays
Time: 6:30 p.m. - 7:30 p.m.
Ages: 16 years & up
Location: Krueger Park Activity Room A&B
Min/Max: 6/12
Fee: \$56 Resident, \$61 Non-Resident
\$9 (Walk-In)

Indoor Pickleball Open Gym 141140-01

Join this really fun and popular game! It's a little like badminton, a little like tennis and 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.

Date: May 8 - August 28
Day: Monday
Time: 7:00 p.m. - 9:00 p.m.
Location: Krueger Park Rec. Center
Min/Max: 8/20
Fee: \$4 Resident, \$6 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. **NOTE: No class July 4.**

Dates: June 8 - August 10
Day: Thursday
Time: 10:00 a.m. - 10:45 a.m.
Ages: 50 years & up
Instructor: Joi Conley
Location: Cynthia Neal Center Dance Room
Min/Max: 9/24
Fee: \$55 Resident, \$60 Non-Resident

Left, Center, Right

146121-01

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, June 2

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

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. **Fee includes: Coffee, soda, lunch, & prizes.**

Day & Date: Friday, June 9 (CN) **156145-01**

Friday, August 18 (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: \$12 Resident, \$14 Non-Resident

Farkle

146136-01

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: Thursday, July 6

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

146137-01

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: Thursday, June 15

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

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 3 or September 4.

Dates: Session I: June 5 - July 17 **151120-01**

Session II: July 31 - Sept. 11 **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: \$52 Resident, \$57 Non-Resident



“21 Double Down **156105-01**

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, July 20
Time: 11:30 a.m. - 2:30 p.m.
Ages: 21 years & up
Dealer: Angel Sanchez
Location: Cynthia Neal Center Dance Room
Min/Max: 15/22
Fee: \$17 Resident, \$19 Non-Resident

Texas Hold'em **146106-01** **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, August 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: \$17 Resident, \$19 Non-Resident

Bingo Night **155175-02**

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, August 15
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 **146174-01**

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, July 28
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

Instructional Pickleball **131140-01**

Have you ever thought of trying to play Pickleball but not sure how to play? Well now is the time to learn the popular trend called Pickleball. 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. We will instruct you on the rules and how to play the game.

Dates: July 24 - August 21
Day: Monday
Time: 6:30 p.m. - 7:30 p.m.
Ages: 16 years & up
Location: Krueger Park Rec. Center
Min/Max: 8/20
Fee: \$45 Resident, \$50 Non-Resident

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