

# MATURE ADULT ACTIVITIES

## 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 & 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, Sept. 12 255275-01  
Thursday, Nov. 9 255275-02  
**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 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 and refreshments**, and a chance to win some fabulous prizes.

**Day & Date:** Friday, September 29  
**Time:** 7:00 p.m. - 9:00 p.m.  
**Ages:** 21 years & Up  
**Location:** Krueger Park Activity Room C  
**Min/Max:** 10/24  
**Fee:** \$16 Resident, \$18 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 27  
**Time:** 7:00 p.m. - 9:00 p.m.  
**Ages:** 21 years & up  
**Location:** Krueger Park Activity Room C  
**Min/Max:** 8/20  
**Fee:** \$16 Resident, \$18 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 10  
**Time:** 7:00 p.m. - 9:00 p.m.  
**Ages:** 21 years & up  
**Location:** Krueger Park Activity Room C  
**Min/Max:** 10/24  
**Fee:** \$16 Resident, \$18 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 12  
**Time:** 11:00 a.m. - 2:00 p.m.  
**Ages:** 21 years & up  
**Dealer:** Angel Sanchez  
**Location:** Krueger Park Rec. Center  
**Min/Max:** 15/22  
**Fee:** \$17 Resident, \$19 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 16  
**Time:** 11:00 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

## 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 6  
**Time:** 7:00 p.m. - 9:00 p.m.  
**Ages:** 21 years & up

**Location:** Krueger Park Activity Room C  
**Min/Max:** 8/24  
**Fee:** \$16 Resident, \$18 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 25 - October 30 251220-02  
November 13 - December 18 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:** \$54 Resident, \$59 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:** Sept. 25 - Oct 30 243220-02  
Nov. 13 - Dec. 18 343320-01  
**Day:** Monday  
**Time:** 6:30 p.m. - 7:30 p.m.  
**Ages:** 16 years & up  
**Instructor:** Pam Lawrence  
**Location:** Krueger Park Activity Room A & B  
**Min/Max:** 8/14  
**Fee:** \$54 Resident, \$59 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, October 27 256245-01  
Friday, November 17 256245-02  
**Time:** 11:00 a.m. - 2:30 p.m.  
**Ages:** 50 years & up  
**Location:** Krueger Park Rec. Center  
Krueger Park Activity Room (KP)  
**Min/Max:** 20/35  
**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. No class November 23.**

**Date:** Sept. 7 - Oct. 12 241266-01  
Oct. 26 - Dec. 7 341366-01  
**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)

## Acting for Adults

246202-01

This class is intended for both beginning and more advanced actors. Focus will be on developing the actor's instrument, as well as work on scripted material, including scene work and audition pieces. Actors will be encouraged to give each other feedback, so that they are fully participating at all times.

**Dates:** September 13 - November 1  
**Day:** Wednesday  
**Time:** 6:30 p.m. - 8:30 p.m.  
**Ages:** 18 years & up  
**Location:** Krueger Park Rec. Activity Room C  
**Min/Max:** 8/16  
**Fee:** \$86 Resident \$91 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:** Tuesday, October 10 256202-01  
Tuesday, November 28 256202-02  
**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

### 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 19, November 21 and 23. Instructor will teach class via zoom, participants will meet at C.N. Center for class.**

**Dates:** Sept. 7 - Oct. 12 253207-01  
Oct. 24 - Nov. 30 253207-02

**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:** \$65 Resident \$70 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, October 6 256216-01  
Friday, November 3 256216-02

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

**Ages:** 25 years & up

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

**Min/Max:** 20/35

**Fee:** \$12 Resident, \$14 Non-Resident

# SENIOR LUNCHEON

### Sports Team Luncheon 256291-01

Wear your favorite team apparel and get ready for some team comradery. We will play some games that will be sure to fire up your competitive spirit. Our food will be themed towards our favorite sporting events.

**Day & Date:** Tuesday, October 17

**Time:** 12:00 p.m. - 2:00 p.m.

**Ages:** 50 years & up

**Location:** Krueger Park Rec Center

**Min/Max:** 80/125

**Fee:** \$10 Resident, \$13 Non-Resident

### Holiday Season Luncheon 356323-01

Feel the spirit of the season as you feast upon traditional fare. Share some time with friends before all the family comes over for the holidays. We will enjoy a holiday meal while listening to some classic holiday music for entertainment.

**Day & Date:** Tuesday, December 19

**Time:** 12:00 p.m. - 2:00 p.m.

**Ages:** 50 years & up

**Location:** Krueger Park Rec Center

**Min/Max:** 80/125

**Fee:** \$10 Resident, \$13 Non-Resident

### Hawaiian Luncheon 256290-01

Aloha, and welcome to our Hawaiian themed luncheon where we will enjoy an afternoon of fun and time with friends. Lunch will consist of an assortment of kabobs, fruits and salads.

**Day & Date:** Tuesday, September 19

**Time:** 12:00 p.m. - 2:00 p.m.

**Ages:** 50 years & up

**Location:** Krueger Park Rec Center

**Min/Max:** 80/125

**Fee:** \$10 Resident, \$13 Non-Resident

### Gobble, Gobble, Gobble, Luncheon 256292-01

Celebrate a traditional Thanksgiving feast of turkey, dressing, mash potatoes and desserts, with friends. After lunch, enjoy some dessert and entertainment to cap off this meal.

**Day & Date:** Tuesday, November 21

**Time:** 12:00 p.m. - 2:00 p.m.

**Ages:** 50 years & up

**Location:** Krueger Park Rec Center

**Min/Max:** 80/125

**Fee:** \$10 Resident, \$13 Non-Resident