

ADULT/MATURE ACTIVITIES

21

All games and adult /senior programs offer drinks and refreshments.

Progressive Rummy **156145-01**

Progressive Rummy is a very easy game to learn. Each hand has a different wild card. Register for this enjoyable day at Krueger Park.

LOCATION: Cynthia Neal Center

FEE: \$12 R/\$14 NR

DAY:	DATE:	TIME:	AGE:
Fri	Jul 10	11a-2:30p	50+

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.

LOCATION: Krueger Park Activity Room

FEE: \$12 R/\$14 NR

DAY:	DATE:	TIME:	AGE:	SESSION:
Tue	May 19	11:30a-2p	50+	456402-01
Tue	Aug 18	11:30a-2p	50+	156102-01

L.I.I.T.

L.I.I.T. stands for Low-Intensity Interval Training. It incorporates strength training with a cardio blend designed to improve your overall health, energy, balance, strength, and endurance. It's for anybody and anybody. Classes are geared towards seniors and you set your own pace. Try it...Like it...Love it...NOTE: Dumbbells, Steppers, and Resistance Bands will be provided. No Class May 19, 26, & 28. Instructor will teach via zoom.

LOCATION:	FEE:	DAY:	DATE:	TIME:	AGE:	SESSION:
Cynthia Neal Center	\$70R/\$75NR	Tue & Thu	May 12-Jul 7	10-10:45a	50+	153107-01
Cynthia Neal Center	\$70R/\$75NR	Tue & Thu	Jul 14-Aug 27	10-10:45a	50+	153107-02

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.

INSTRUCTOR: Pam Lawrence No Class May 25, July 6

LOCATION:	FEE:	DAY:	DATE:	TIME:	AGE:	SESSION:
Cynthia Neal Center	\$54 R/\$59	Mon	May 11-Jun 22	5:15-6:15p	50+	151120-01
Cynthia Neal Center	\$54 R/\$59	Mon	Jun 29-Aug 10	5:15-6:15p	50+	151120-02