

# Community Events for Older Adults



## CLASSES

- **BEGINNING CROCHET** • March 25 & 26, April 1 & 2 • 6:30-8 p.m. • Lyceum Art Center • Pre-registration required • Residents \$60; Non-resident \$78 • Supplies included
- **CRAFTERNOONS** • March 24 • 1-2:30pm • Book Page Garland • Lyceum Art Center • Must pre-register • Per date, Residents \$10; Non-resident \$13, all abilities welcome; supplies included • Call (636) 391-6326, ext. 400 for details.
- **CUT FLOWER GARDEN 101** • March 4 • 6:30-8 p.m. • Bluebird Park Administration Building • Learn how you can have a cutting garden of your own that produces loads of flowers all summer long. • Pre-registration is required
- **EDUCATIONAL SEMINAR** • Better Balance • March 3 • 10 a.m. • Chesterfield City Hall • This session explores why falls happen, why sideways falls are especially dangerous, the importance of getting up safely, and teaches six simple balance exercises you can do at home. • Pre-registration is required by emailing olderadults@chesterfield.mo.us
- **EDUCATIONAL SEMINAR** • Scam Proof Your Golden Years • March 5 • 10 a.m. • Chesterfield City Hall • Former Secret Service Special Agent, Daniel Tomczak, presents tactics, trends, and best practices needed to help protect older adults against the growing number of fraud schemes scammers use to

**DISC GOLF** is available daily at Bluebird Park in Ellisville, Schroeder Park in Manchester and Railroad Park in Chesterfield.  
**PICKLEBALL** is available daily at Bluebird Park in Ellisville, Schroeder Park in Manchester and The Pointe in Ballwin.  
**TENNIS** is available daily at Bluebird Park in Ellisville and Schroeder Park in Manchester.

defraud victims. • Pre-registration is required by emailing olderadults@chesterfield.mo.us

- **SENIOR PAINTING** • Every Friday • 9:30-11 a.m. • Schroeder Park Building • no pre-registration • Free, all abilities welcome. • Call (636) 391-6326, ext. 400 for details

## FITNESS & SPORTS

- **50-PLUS & FIT** • Mondays from 8-8:45 a.m. or 10:20-11:05 a.m. or 11:20 am.-12:05 pm • Tuesdays from 10:10-10:50 a.m. • Wednesdays from 10:10-10:50 a.m. • Fridays from 10:20-11:05 a.m. • The Pointe at Ballwin Commons • Drop-in classes. • Class size: 28 • Free with Pointe Membership; Drop-in fee for all others
- **ABLT** • Tuesdays & Thursdays • 9:30 a.m. • Drop-in classes (Class size: 28) • The Pointe at Ballwin Commons • Platinum free; residents \$7; all others \$9.
- **CLASSIC SILVER SNEAKERS** • Tuesdays from 9-9:45 a.m. • Wednesdays from 9-9:45 a.m. & 10-10:45 a.m. • Fridays 9-9:45 a.m. • The Pointe at Ballwin Commons • Drop-in classes. • Class size: 30 • Free with Pointe Membership; Drop-in fee for all others.
- **JOINTS IN MOTION (Water Aerobics)** • Mondays, Wednesdays & Fridays • 10:30 a.m. • Drop-in classes (Class size: 28) • The Pointe at Ballwin Commons • Platinum free; residents \$7; all others \$9.
- **LUNCH BREAK PILATES** • March 31-May 5 • Noon-12:45 p.m. • Residents \$42; Non-resident \$48 • Bluebird Park Administration Building • Bring own mat • Pre-registration required
- **OPEN THE DOOR TO TAI CHI** • Thursdays • 1-1:45 p.m. (Beginner); 2-2:45 p.m. (Intermediate - must attend four beginner classes before attending intermediate) • Learn the foundational postures of Tai Chi Yang form.

## CITY CONTACT INFORMATION & REGISTRATION

- **Ballwin** (636) 227-8950 • ballwin.mo.us • Ballwin Golf Course, 333 Holloway Road • The Pointe, 1 Ballwin Commons Circle
- **Ellisville** (636) 227-7508 • ellisville.recdesk.com • Bluebird Park, 225 Kiefer Creek Road
- **Chesterfield** (636) 812-9500 • email olderadults@chesterfield.mo.us • City Hall, 690 Chesterfield Parkway West
- **Manchester** (636) 391-6326, ext 401 or 402 • manchestermo.gov • Schroeder Park, 359 Old Meramec Station Road
- **Wildwood** (636) 458-0440 • wildwoodmo.recdesk.com • City Hall, 16860 Main Street

- No registration needed • Free with Pointe Membership; Drop-in fee for all others.
- **SENIOR FITNESS CLASSES** • All classes occur in the Schroeder Park Building • Must pre-register, spaces fill quickly • Call (636) 391-6326, ext. 400 for details
- **WATER AEROBICS** • Monday-Friday, 8:30 a.m. • Mondays, Wednesdays & Fridays, 9:30 a.m. • Tuesdays and Thursdays, 6:45 p.m. • Drop-in classes (Class size: 28) • The Pointe at Ballwin Commons • Platinum free; residents \$7; all others \$9.
- **CHAIR YOGA** • Wildwood Yoga & Wellness, 2642 Hwy. 109, Suite B • Tuesdays • 1:30-2:30 p.m. • Residents free; all others \$5 per class • Register online up to one day prior to class.
- **YOGA** • April 1-May 6 • Residents \$42; Non-resident \$48 • Bluebird Park Administration Building • Bring own mat • Pre-registration required
- **YOGA SLOW FLOW** • Wildwood Yoga & Wellness, 2642 Hwy. 109, Suite B • Fridays • 11 a.m.-noon • Residents free; all others \$5 per class • Register up to one day prior to class.
- **WALKING SOCCER** • Tuesdays starting March 31 • 3-4 p.m. • Schroeder Park Fields • Free
- **ZUMBA GOLD** • Thursdays • 11:30 a.m.-12:15 p.m. • A dance party workout for the young at heart. Get groovin' at your own pace! • No registration needed • Free with Pointe Membership; Drop-in fee for all others.
- **SOCIAL & SPECIAL INTEREST**
- **RED CROSS BLOOD DRIVE** • Tuesday, March 24 • Noon-4 p.m. • Bluebird Park Administration Building
- **BINGO** • Wednesday, March 11 & 25 • 11:15 a.m.-1 p.m. • The Commons, 14885 Clayton Road • \$7, cash only paid at the door. • Pre-registration is required by emailing olderadults@chesterfield.mo.us.
- **LUNCH AND BINGO** • First and Third Wednesday of each month • 11:30 a.m.-1:30 p.m. • The Pointe at Ballwin Commons • Registration required. • \$8 per person, per date.
- **MORNING BINGO** • Thursdays, March 5 & 19 • 9-10:30 a.m. • Schroeder Park Building • No registration is needed • \$2 per day
- **BOOK CLUB** • Tuesday, March. 17 • "The Queens of Crime" by Marie Benedict • 11 a.m.-noon • Lyceum Art Center • Email ssherwood@manchestermo.gov or call (636) 391-6326, ext. 400 for details.
- **BRIDGE CLUB** • Tuesdays through April

- 10:30 a.m.-12:30 p.m. • Coffee provided, donations appreciated • Some experience required, not a beginning bridge forum • The Pointe at Ballwin Commons • Free, drop-in
- **CABIN FEVER HIKE #2** • March 1-22 • Walk the trails of Wildwood and submit photos from designated Selfie Stations. For more route and map details, visit cityofwildwood.com.
- **EGGSTRAVAGANZA** • March 28 • 10-11 a.m. • Central Park in Chesterfield • Details at chesterfield.mo.us
- **ELECTRONIC RECYCLING** • Thursday, March 5 • Noon-5 p.m. • Bluebird Park Parking Lot • Pre-registration required
- **GOLDEN LUNCH BUNCH** • March 4 • 11:30 a.m. • Layali Halab Mediterranean • Pre-registration is required by emailing olderadults@chesterfield.mo.us.
- **FLAG PAINTING PARTY** • Tuesday, March 24 • 6 p.m. • Chesterfield Parks Administration Office • This is an amateur painting class with simple step by step instruction. • Pre-register is required at chesterfield.mo.us
- **HIP HOP HURRAY HUNT** • March 28 • 10-11 a.m. • Bluebird Park Lions Shelter • Easter Egg Hunt
- **LAFAYETTE OLDER ADULT PROGRAM** • Second and Fourth Mondays through

- May • 10 a.m.-1 p.m. • Ballwin Golf Course Banquet Room, 333 Holloway • Entertainment, speakers, bingo and socializing. • Bring lunch; dessert and drinks provided • Pre-registration is not needed. • \$2 per day.
- **LOAP DAY TRIPS** • Please contact Stephanie Hardesty at shardesty@manchestermo.gov or by calling (636) 391-6326, ext. 401 to be added to the email list to receive trip notifications.
- **LUCKY LEPRECHAUN HUNT** • March 14 • 10 a.m. • Bluebird Park Administration Building • Children 9 & under • \$6/child
- **MAHJONGG** • Mondays, March 2, 16 & 30 • Open play 1-3 p.m. • Schroeder Park Building • \$1 per date.
- **MAHJONG CLUB** • Tuesdays through April 1-3 p.m. The Pointe at Ballwin Commons • Free, drop-in.
- **PAINT RECYCLING** • Thursday, March 19 • 9 a.m.-1 p.m. • \$1 per pound • For more information, visit recyclepaintnow.com
- **PUZZLE PARTY** • Friday, March 13 • 6 p.m. • Chesterfield Parks Administration Office • Register a team up to five people and race to finish the same 500- piece puzzle. First team to finish will win a prize. • Pre-register is required at chesterfield.mo.us.

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