

Community Events for Older Adults



CLASSES

● **CRAFTERNOONS** • May 12 • 1-2:30 p.m. • Beaded Succulent • 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.

● **EDUCATIONAL SEMINAR** • Understanding Today's Real Estate • Tuesday, May 5 • 10 a.m. • Chesterfield City Hall • Pre-registration required by emailing olderadults@chesterfield.mo.us

● **EDUCATIONAL SEMINAR** • Active Aging • Tuesday, May 19 • 10 a.m. • Chesterfield City Hall • Presented by Logan University • Pre-registration required by emailing olderadults@chesterfield.mo.us

● **INTRO TO QUILLING** • Thursday, April 30 • 6-8 p.m. • Lyceum Art Center • Pre-registration is required • Residents \$30; Non-resident \$39 • Supplies included • Call (636) 391-6326, ext. 400 for details.

● **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

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.

• Drop-in classes. • Class size: 28 • Free with Pointe Membership; Drop-in fee for all others

● **5K RUN AND WALK FOR ASHER'S PLAYGROUND** • Saturday, May 16 • 8 a.m. • Bluebird Park • \$35 per person (includes T-shirt) • Pre-registration required

● **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.

● **GREEN ROCK TRAIL CHALLENGE** • Saturday, June 6 • 8 a.m.-noon • Greensfelder Park - Muckerman Shelter • Space is limited; participants must register by noon on Friday, May 29 (by May 1 to guarantee T-shirt size). • Cost is \$10 per person. • Can be enjoyed by anyone of any age, but it does require a reasonable fitness level.

● **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** • Through 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. • No registration needed • Free with Pointe Membership; Drop-in fee for all others.

CITY CONTACT INFORMATION & REGISTRATION

● **Ballwin** (636) 227-8950 • ballwin.mo.us • Ballwin Golf Course, 333 Holloway Road • The Pointe, 1 Ballwin Commons Circle

● **Chesterfield** (636) 812-9500 • email olderadults@chesterfield.mo.us • City Hall, 690 Chesterfield Parkway West

● **Ellisville** (636) 227-7508 • ellisville.recdesk.com • Bluebird Park, 225 Kiefer Creek Road

● **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

● **PICKLEBALL LESSONS** • Beginner and intermediate levels. • Wednesday or Thursday evenings • Call Drew for details (636) 391-6326, ext. 430.

● **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.

● **NATURE YOGA** • Wednesdays, May 20-June 24 at 7:45-8:30 a.m.; Saturdays, May 23-June 27 at 8:30-9:15 a.m. • Bluebird Park Amphitheater • Residents \$42; Non-resident \$48 • Bring own mat • Pre-registration required

● **YOGA** • Through 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 • 3-4 p.m. • Schroeder Park Fields • Free

● **WALKING CLUB** • Wednesdays through May • 9 a.m. • Participants will enjoy guided walks at a comfortable pace while exploring Ellisville's trails and parks. • 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

● **ARBOR DAY GIVEAWAY** • Friday, April 24 • 8:30 a.m.-4:30 p.m. • Wildwood City Hall • Pick up a free sapling, one per person, while supplies last. Choose from Shumard Oak, White Fringetree, Bald Cypress and Blackgum.

● **BARK IN THE PARK** • Saturday, May 2 • 10 a.m.-noon. • The Dog Park • Free • Visitors must show proof of current rabies and Bordetella vaccinations and that their pet has been spayed or neutered • A waiver of liability must be signed to enter • No registration required

● **BINGO** • Wednesday, May 13 & 27 • 11:15 a.m.-1 p.m. • The Commons, 14885 Clayton Rd. • \$7 per person (cash only, paid at the

door) • Pre-registration required by emailing olderadults@chesterfield.mo.us

● **MORNING BINGO** • May 7 • 9-10:30 a.m. • Schroeder Park Building • No registration is needed • \$2 per day

● **SUMMER PIZZA & BINGO** • Thursday, June 11 • 5:30-7 p.m. • Schroeder Park Building • Pre-registration is required • \$10 per person

● **BOOK CLUB** • Tuesday, May 19 • "The Lost Bookshop" by Evie Woods • 11 a.m.-noon • Lyceum Art Center • Email ssherwood@manchestermo.gov or call (636) 391-6326, ext. 400 for details.

● **ELECTRONIC RECYCLING** • First Thursday of every month • Noon-5 p.m. • Bluebird Park Parking Lot • Pre-registration required

● **FAMILY MOVIE NIGHT SERIES** • Friday, May 29 • Mufasa: The Lion King • Begins at dark • Bluebird Park • Free

● **GOLDEN LUNCH BUNCH** • Wednesday, May 20 • 11:30 a.m. • Cleaver and Cocktail, 13360 Clayton Rd., St. Louis • Pre-registration required by emailing olderadults@chesterfield.mo.us

● **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.

● **MAHJONGG** • Mondays, April 20 & May 4 • Open play 1-3 p.m. • Schroeder Park Building • \$1 per date.

● **RIVERWALK** • May 26-Aug. 21 • Chesterfield Family Aquatic Center • Morning walk: 8-10 a.m. • Evening walk: 6:15-7:45 p.m. • Saturday walk: 9:30-11 a.m. • Single-day pass: \$5 resident; \$6 non-resident • 10-visit pass: \$40 resident; \$50 non-resident • Season pass: \$140 resident; \$170 non-resident • Register at City Hall Monday-Friday, 8:30 a.m.-5 p.m.

● **ROCK FOR A CAUSE** • Thursday, May 28 • 7 p.m. • Amphitheater Stage at Bluebird Park • Featuring the band Ghost Kitchen • All proceeds benefit Asher's Playground • No registration required

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