Community Events for Older Adults

CLASSES

CRAFTERNOONS • Tuesday, Jan. 26 • 1-2:30 p.m. • Rustic Snowflake • Lyceum Art Center • Pre-registration required • Residents $10; non-resident $13 • Call 636-391-6326 ext. 402 for details

EDUCATIONAL SEMINAR • The Discharge Dilemma: What You Need to Know About Discharge Planning • Dec. 1 • 10 a.m. • Chesterfield City Hall • Pre-registration required by emailing olderadults@chesterfield.mo.us

EDUCATIONAL SEMINAR • Strong Bones for Life: Staying Active with Osteoporosis • Dec. 3 • 10 a.m. • Chesterfield City Hall • Pre-registration required by emailing olderadults@chesterfield.mo.us

SENIOR PAINTING • Friday, November 13 & 20 • 9:30-11 a.m. • Schroeder Park Building • Free • All abilities welcome • No registration required

WREATH MAKING • Tuesday, Dec. 15 • 6 p.m. • Parks Administration Office • Get creative and add a homemade touch to your home • All supplies provided • Pre-registration required at chesterfield.mo.us

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

50-PLUS SPINNING • Tuesdays, 10:15-11 a.m. • Thursdays, 10:15-11 a.m. • The Pointe at Ballwin Commons • Drop-in classes • Class size: 12 • 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 9-9:45 a.m.; Wednesdays 9-9:45 a.m. and 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.

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.

SENIOR FITNESS CLASSES • Schroeder Park Building • Pre-registration required; space is limited • Call (636) 391-6326, ext. 400 for details

WALKING CLUB • Tuesdays • 3-4 p.m. • Schroeder Park Pavilion 1 • Call 636) 391-6326, ext. 400 for info. • Free

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.

SILVER SNEAKERS YOGA • Mondays 12:15-1 p.m. • The Pointe at Ballwin Commons • Drop-in classes • Class size: 30 • Free with Pointe Membership; Drop-in fee for all others

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 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.

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

BINGO • Wednesday, Dec. 2 • 11:15 a.m.-1 p.m. • Friendship Village, 15201 Olive Blvd. • $7 per person • Pre-registration required by emailing olderadults@chesterfield.mo.us

MORNING BINGO • First and third Thursdays • 9-10:30 a.m. • Schroeder Park Building • No registration required • $2 per day

BLOOD DRIVE • Tuesday, Dec. 1 • 11 a.m.-3 p.m. • Park Administration Building, Bluebird Park • Walk-ins welcome • Schedule an appointment at redcrossblood.org

BOOK CLUB • Tuesday, Dec. 15 • "Wild Dark Shore" by Charlotte McConaghy • 11 a.m.-noon • Lyceum Art Center

BRIDGE CLUB • Tuesdays through April • 10:30 a.m.-12:30 p.m. • The Pointe at Ballwin Commons • Some experience required, not a beginning bridge forum • Free drop-in

FOOD DRIVE • Month of Nov. • Bluebird Park Administration Office • Donate canned goods and non-perishable food items • Drop off donations at the Administration Office

GOLDEN LUNCH BUNCH • Tuesday, Dec. 8 • 11:30 a.m. • Ya Ya's Euro Bistro, 15601 Olive Blvd., Chesterfield • Enjoy lunch with friends, make new friends and try different restaurants • Space is limited • Pre-registration required by emailing olderadults@chesterfield.mo.us

See **CALENDAR**, *page 36*

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.

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

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CALENDAR, *from page 34*

HOLIDAY LUNCHEON • Thursday, Dec. 10 • Noon • First Free Church • Reservations are limited • Call (636) 391-6326, ext. 400, or email bjones@manchestermo.gov • Manchester residents 65+ only

LAFAYETTE OLDER ADULT PROGRAM • Second and fourth Mondays • 10 a.m.-1 p.m. • Ballwin Golf Course Banquet Room, 333 Holloway • Entertainment, speakers, bingo and socializing • Bring lunch; dessert and drinks provided • $2 per day

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.

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

MAHJONGG • First, third and fifth Mondays • Open play 1-3 p.m. • Schroeder Park Building • $1 per date • Call (636) 391-6326, ext. 401 if interested

MAHJONG CLUB • Tuesdays through April • 1-3 p.m. • The Pointe at Ballwin Commons • Free drop-in

PAINT RECYCLING • Third Thursday of each month • $1 per pound for accepted products. • For more information, contact Paint Busters Recycling or visit their website www.recyclepaintnow.com

PUZZLE PARTY • Friday, Jan. 8 • 6 p.m. • Chesterfield Parks Administration Office • Register a team of up to five people and race to complete the same 500-piece puzzle • The first team to finish wins a prize • Pre-registration required at chesterfield.mo.us

SENIOR HOLIDAY CARNIVAL •Thursday, Dec. 10 • 10 a.m. • Chesterfield City Hall • Enjoy carnival games and snacks with friends and neighbors • Pre-registration required by emailing olderadults@chesterfield.mo.us

SLEIGH RIDE TO THE NORTH POLE • Bluebird Park • Join a festive adventure featuring photos with Santa, a mischievous Grinch, hot chocolate and a flashlight hunt for hidden candy canes • Sleigh rides will run throughout the event • Dress warmly and bring a flashlight • Pre-registration required for a time slot • $8 per person

TREE LIGHTING • Saturday, Dec. 5 • 3-5:30 p.m. (tree lighting at 5:15 p.m.) • Village Green, Wildwood • Meet Santa, toast smores, shop for gifts and be merry • Free

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