

Community Events for Older Adults



CLASSES

● CHARCUTERIE BOARD CLASS

• Galentine's Day Theme • Wednesday, Feb. 11 • 6-7:30 p.m. • Chesterfield Parks Administration Building • \$60 per person • Register at chesterfield.mo.us

● **CRAFTERNOONS** • Feb. 24 • 1-2:30pm • Flower Petal Wreath • 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** • Improve Your Balance and Reduce Fall Risk • Feb. 19 • 10 a.m. • Chesterfield City Hall • FYZICAL Therapy and Balance Center will present an informative seminar for seniors focused on improving balance, reducing fall risk, and maintaining independence. • Pre-registration is required by emailing olderadults@chesterfield.mo.us

● **EDUCATIONAL SEMINAR** • On-Line Safety - The Basics • Feb. 26 • 10 a.m. • Chesterfield City Hall • This class will cover easy computer and phone settings you can adjust, along with an opportunity to ask an expert the questions related to online security and privacy. • Pre-registration is required by emailing olderadults@chesterfield.mo.us

● **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 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)**

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

• 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** • 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 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, Feb. 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, Feb. 5 & 19 • 9-10:30 a.m. • Schroeder Park Building • No registration is needed • \$2 per day

● **BOOK CLUB** • Tuesday, Feb. 17 • "March" by Geraldine Brooks • 11 a.m.-noon



(Adobe Stock)

• 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 HIKING CHALLENGE

• Hike #1 begins on Feb. 1-22 • Location, route and map will be available online Feb. 1

● **ELECTRONIC RECYCLING** • Thursday, Feb. 5 • Noon-5 p.m. • Bluebird Park Parking Lot

● 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** • Monday, Feb. 2 • 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.

● **PUZZLE PARTY** • Friday, Feb. 20 • 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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