

Community Events for Older Adults



CLASSES

● **CHARCUTERIE BOARD CLASS** • Friday, Nov. 14 • 6-7:30 p.m. • Chesterfield Parks Administration Building • \$60 per person • Register at chesterfield.mo.us.

● **CRAFTERNOONS** • Oct. 28: Sugar Skull; Nov. 25: Pumpkin Flower Arrangement • 1-2:30 p.m. • Lyceum Art Center • Residents \$10; others \$13 • All abilities welcome • Supplies included • Pre-registration required

● **EDUCATIONAL SEMINAR** • Bridging the Gap - Supporting Seniors Through Loneliness and Isolation • Nov. 4 • 10 a.m. • Chesterfield City Hall • Pre-registration required

● **EDUCATIONAL SEMINAR** • Intro to Chatting with AI • Nov. 5 • 10 a.m. • Chesterfield City Hall • Pre-registration required

● **EDUCATIONAL SEMINAR** • The Influence of Diet on Arthritis and Inflammation • Nov. 6 • 10 a.m. • Chesterfield City Hall • Pre-registration required

● **EDUCATIONAL SEMINAR** • What is Care Management and How Can It Benefit Me? • Dec. 2 • 10 a.m. • Chesterfield City Hall • Pre-registration required

● **FALL PAINTING PARTY** • Wednesday, Oct. 29 • 6-8 p.m. • Chesterfield Parks Administration Building. • \$40 residents; \$45

all others • Supplies included • Register at chesterfield.mo.us.

● **SENIOR PAINTING** • Fridays (No class Oct. 24 & 31) • 9:30-11 a.m. • Schroeder Park Building • Drop-in classes • All abilities welcome • Free

FITNESS & SPORTS

● **50-PLUS & FIT** • Mondays, 8-8:45 a.m. or 10:20-11:05 a.m. or 11:20 a.m.-12:05 p.m. • Wednesdays, 11-11:45 a.m. • Fridays, 10:20-11:05 a.m. & 11:20 a.m.-12:05 p.m. • The Pointe • Drop-in classes. • Pointe members free; fee all others

● **ABLT** • Tuesdays & Thursdays • 9:30 a.m. • Drop-in water aerobics. • The Pointe • Platinum free; residents \$7; all others \$9

● **CLASSIC SILVER SNEAKERS** • Tuesdays 9-9:45 a.m., Wednesdays 9-9:45 a.m. & 10-10:45 a.m., Fridays 9-9:45 a.m. • The Pointe at Ballwin Commons • Pointe members free; fee all others

● **JOINTS IN MOTION** • Mondays, Wednesdays & Fridays • 10:30 a.m. • Drop-in water aerobics • The Pointe • Platinum free; residents \$7; others \$9

● **OPEN THE DOOR TO TAI CHI** • Thursdays • Beginner 1-1:45 p.m.; Intermediate 2-2:45 p.m. • No registration needed • Pointe members free; fee all others.

● **SENIOR FITNESS CLASSES** • Several options available • Schroeder Park Building • Pre-registration required • Call 636-391-6326 ext. 400 for details

● **WATER AEROBICS** • Monday-Friday, 8:30 a.m. • Mondays, Wednesdays & Fridays, 9:30 a.m. • Tuesdays & Thursdays, 6:45 p.m. • Drop-in classes • The Pointe • Platinum free; residents \$7; all others \$9

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

● **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. • No registration needed • Pointe members free; fee all others

SOCIAL & SPECIAL INTEREST

● **BINGO** • Wednesday, Nov. 5 & 19 • 11:15 a.m.-1 p.m. • The Commons, 14885 Clayton Rd. • Cash (\$5) at the door • Pre-registration required

● **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 date

● **MORNING BINGO** • First and third Thursdays • 9-10:30 a.m. • Schroeder Park

Building • \$2 per day

● **BOOK CLUB** • Tuesday, Nov. 18 • “The Flower Sisters” by Michelle Collins Anderson • 11 a.m.-noon • Lyceum Art Center

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

● **ELECTRONIC RECYCLING** • Thursday, Nov. 6 • Noon-5 p.m. • Bluebird Park parking lot

● **HOLIDAY ARTISAN FAIR** • Saturday, Nov. 1 • 10 a.m.-2 p.m. • Wildwood Town Center • Donations of non-perishable items will be collected for Feed the Masses.

● **HOLIDAY TREE LIGHTING CEREMONY** • Saturday, Dec. 6 • 3-5:30 p.m. • Wildwood Town Center

● **HONORING OUR VETERANS** • Wednesday, Nov. 12 • 3 p.m. • Veterans Honor Park • The event will feature a presentation of colors, followed by inspiring remarks from a distinguished veteran. Guests will have the opportunity to take a photo with a majestic eagle. Light refreshments will be served.

● **HOT DOG IT'S CHILI** • Friday, Oct. 24 • 5:30-8 p.m. • Bluebird Park • Free

● **LAFAYETTE OLDER ADULT PROGRAM** • Second and fourth Mondays through May • 10 a.m.-1 p.m. • Ballwin Golf Course • Entertainment, speakers, bingo, socializing • Bring lunch; dessert and drinks provided. • \$2 per person • Contact Stephanie at (636) 391-6326, ext. 401, or by email to shardesty@manchestermo.gov to be added to the day-trip list.

● **MAHJONGG** • Mondays, Nov. 3 & 17, Dec. 1 • 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 Nov. 7 • 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-registration required

● **SENIOR HOLIDAY CARNIVAL** • Thursday, Dec. 11. • 10 a.m. • Chesterfield City Hall • Pre-registration required

● **SLEIGH RIDE TO THE NORTH POLE** • Friday, Dec. 5 • Bluebird Park Administration Building • Pick up times: 5:30, 6, 6:30, or 7 p.m. • \$8 fee • Pre-registration required

● **STARGAZING** • Monday, Oct. 27 • 7 p.m. • Bluebird Park (Connor Field) • Free

● **VETERANS DAY BREAKFAST** • Tuesday, Nov. 11 • 7-10 a.m. • American Legion Post #208 • Free for military personnel and their family • Call 636-391-6326 ext. 400 for details



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