

Community Events for Older Adults



CLASSES

- **CRAFTERNOONS** • April 14 • 1-2:30 p.m. • Decorated Birdhouse • 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** • Embracing the Benefits, Balancing the Risks of Sunlight • April 2 • 10 a.m. • Chesterfield City Hall • Pre-registration is required by emailing olderadults@chesterfield.mo.us
- **EDUCATIONAL SEMINAR** • Care in Your Comfort Zone: Redefining Aging at Home • April 7 • 10 a.m. • Chesterfield City Hall • Pre-registration is 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 • Drop-in classes. • Class size: 28 • Free with

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.

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

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

- **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
- **WALKING CLUB** • Wednesdays, April-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 TREE GIVEAWAY** • Friday, April 24 • 8:30 a.m.-4:30 p.m. • Wildwood City Hall • Receive one tree sapling (Shumard Oak, White Fringetree, Bald Cypress, or Blackgum) per person, while supplies last.
- **ARBOR DAY CEREMONY** • April 23 • 1:30 p.m. • Attendees will receive a seedling from the department of conservation • Bussmann Shelter, Bluebird Park • Free
- **BINGO** • Wednesday, April 8 & 22 • 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, April 2 & 16 • 9-10:30 a.m. • Schroeder Park Building • No registration is needed • \$2 per day
- **BOOK CLUB** • Tuesday, April 21 • "The Correspondent" by Virginia Evans • 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
- **CELEBRATE SPRING ON THE BLUEBELL EXPRESS** • Saturday, April 11 • 11:30 a.m. • Rides leave every half hour. • Experience the beauty of the Missouri Bluebells in full bloom aboard the WP&P Railroad, traveling along the Meramec River. Local experts share insights into native plants and local trails. • \$10 per person • Advance registration required at wildwoodmo.recdesk.com. • Ages 15-plus.
- **EARTH DAY** • Saturday, April 18 • 9-11 a.m. • Central Park • Visit chesterfield.mo.us for more details.
- **ELECTRONIC RECYCLING** • Thursday, April 2 • Noon-5 p.m. • Bluebird Park Parking

- **ELLISVILLE'S FLOWER GARDEN** • Month-long scavenger hunt throughout the City's parks • May • Painted wooden flowers will be hidden in parks and shared on the City's Facebook page to challenge participants to find them all • Help design the flowers by picking up a wooden flower starting April 6 at the Parks Administration Building • Return completed flowers by April 23 • Pre-registration required • \$5 per person
- **FAMILY MOVIE NIGHT SERIES** • Friday, May 31 • Wonka • Begins at dark • Bluebird Park • Free
- **GOLDEN LUNCH BUNCH** • Wednesday, April 15 • 11:30 a.m. • EdgeWild Restaurant and Winery • Pre-registration is 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, March 30, April 6 & 20 • 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** • Saturday, April 18 • 9 a.m.-1 p.m. • \$1 per pound • For more information, visit recyclepaintnow.com
- **PET PAINTING PARTY** • Tuesday, April 7 • 6-8 p.m. • Chesterfield Parks Administration Building • \$50 per person • Supplies are provided • Register at chesterfield.mo.us.
- **SENIOR DAY TRIP** • Thursday, April 23 • 8:30 a.m. • Bus leaves from Central Park • Take a shuttle to the Missouri History Museum for a tour to see interesting artifacts and learn how Missouri played a key role in expanding America westward. Enjoy lunch at Pietro's. Then explore Ulysses S. Grant's home during the time when our nation was torn between two sides. • \$50 per person (does not include lunch) • Pre-register at chesterfield.mo.us
- **SPRING EGG HUNT** • Saturday, March 28 • 10 a.m.-noon • Wildwood Village Green, just past City Hall. • Bring the grandkids ages 0-11 to hunt for eggs, jump on giant inflatables, and visit with the Bunny • Free

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