

# Community Events for Older Adults

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## CLASSES

- **AARP DRIVER SAFETY CLASS** • Friday, Aug. 26 • 8 a.m.-noon • Schroeder Park Building • Cost is \$20 for AARP members; \$25 for non-members. • Registration required.
- **SENIOR PAINTING** • Fridays • 9:30-11 a.m. • Schroeder Park Building • Drop-in classes. • All abilities. • 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. and 11:20 a.m.-12:05 p.m. • The Pointe at Ballwin Commons • Drop-in classes. • Class size: 28 • Platinum free; residents \$7; all others \$9
- **CHANNEL WALKING** • Manchester Aquatic Center in Schroeder Park • Mondays through Saturdays • Times vary. Call 636-391-6326, ext. 400 • \$3 per session with resident ID; \$4 per session without resident ID
- **CLASSIC SILVER SNEAKERS** • Tuesdays, Wednesdays & Fridays • 9-9:45 a.m. • The Pointe at Ballwin Commons • Drop-in classes. • Class size: 30 • Platinum free; residents \$6; all others \$8
- **DISC GOLF** • Open Play • Daily • 6 a.m.-10 p.m. • Bluebird Park • Free
- **DISC GOLF** • Open Play • Daily • 8 a.m.-8 p.m. • Schroeder Park • Free
- **FIT 4 ALL** • Tuesdays, 11-11:45 p.m. • The Pointe at Ballwin Commons • Drop-in classes. • Class size: 28 • Platinum free; residents \$6; all others \$8
- **FIT FOR ALL** • Wednesdays, Aug. 24-Oct. 26 • 10:30-11:15 a.m. • Schroeder Park Building • Cost is \$27 for residents; \$35 for non-residents; free with Silver Sneakers or Renew Active.
- **GOLF BEGINNING LESSONS** • Thursdays, July 7-Aug. 4 • 7-7:45 p.m. • The Landings @ Spirit, 180 N. Eatherton Road in Chesterfield • Registration required. • Cost is \$109 for residents; \$142 for non-residents. • Call (636) 391-6326, ext. 400.
- **GOLF SIMULATOR** • Mondays-Sundays • 9 a.m.-4 p.m. • Ballwin Golf Course • VIP/Regular \$30 per hour • Reserve your tee-time online or by calling (636) 227-1750.
- **PICKLEBALL** • Open Play • Daily • 6 a.m.-10 p.m. • Bluebird Park Tennis Courts
- **PICKLEBALL** • Open Play • Daily • 8 a.m.-9 p.m. • Schroeder Park Tennis Courts • Free
- **PICKLEBALL** • Open Play • The Pointe at Ballwin Commons. Call for details.
- **STRENGTH & FLEXIBILITY** • Mondays, Aug. 22-Oct. 31 • 9:30-

10:15 a.m. • Schroeder Park Building • Cost is \$30 for residents; \$39 for non-residents; free with Silver Sneakers or Renew Active.

- **ADULT TENNIS LESSONS** • Tuesdays & Thursdays, July 12 and Aug. 4 • 7-8 p.m. • Bluebird Park Tennis Courts • Residents \$75; all others \$80
- **TENNIS** • Open Play • Daily • 8 a.m.-9 p.m. • Schroeder Park Tennis Courts • Free
- **TENNIS** • Open Play • Daily • 6 a.m.-10 p.m. • Bluebird Park Tennis Courts • Free
- **WATER AEROBICS** • Monday-Friday, 8:30 a.m. • Mondays, Wednesdays & Fridays, 9:30 a.m. • Tuesdays & Thursdays, 6:45 p.m. • Drop-in classes (Class size: 28) • The Pointe at Ballwin Commons • Platinum free; residents \$7; all others \$9
- **ABLT [Water Aerobics]** • Tuesdays & Thursdays • 9:30 a.m. • Drop-in classes (Class size: 28) • The Pointe at Ballwin Commons • Platinum free; residents \$7; all others \$9
- **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
- **CHAIR YOGA** • Tuesdays at 1:30-2:30 p.m. • Residents free; all others \$5 per class • Registration required, but can be made online up to one day prior to class. Visit [www.cityofwildwood.com](http://www.cityofwildwood.com) to register. • Virtual option available.
- **YOGA SLOW FLOW** • Fridays • 11-noon p.m. • Residents free; all others \$5 per class • Registration is required, but can be made online up to one day prior to class. Visit [www.cityofwildwood.com](http://www.cityofwildwood.com) to register and learn more. • Virtual option available.
- **YOU HEAL U YOGA CLASSES** • Tuesdays, July 5, 12, 19 & 26, and Thursdays, July 7, 14, 21 & 28 • 9:15-10:15 a.m. • Chair yoga classes for anyone who finds typical yoga challenging. • Chesterfield Community Center • 10-class session cost: \$120; or \$75 for the Tuesdays or Thursdays only (5-class session) option. Drop-in classes are available at \$20 each. • Register online at [youhealu.as.me](http://youhealu.as.me), or call (636) 812-9500.

## SOCIAL

- **BINGO** • Wednesdays, July 13 and 27 • 11:15 a.m.-1:15 p.m. • Chesterfield Community Center • RSVP required, space is limited. • \$5 per person; includes lunch.
- **EVENING BINGO & PIZZA** • Thursday, July 7 • 5:30-7 p.m. • Schroeder Park Building • \$9 per person. • Registration required.
- **BOOK CLUB** • Third Tuesdays • Schroeder Park Building • 11 a.m.-noon • July 19: "The Invisible Life of Addie Larue" by V.E.Schwab • Free

- **CANVAS PAINTING (OLIVE TREES)** • Wednesday, Aug. 10 • 6-8 p.m. • Schroeder Park Building • Registration required. • Cost is \$20 for residents; \$26 for non-residents.
- **COFFEE & CONNECTIONS** • Tuesdays, June 28 and July 5, 12, 19 & 26 • 9-10 a.m. • Chesterfield Community Center • Free.
- **WINE GLASS PAINTING (RED POPPIES)** • Wednesday, July 13 • 6-8 p.m. • Schroeder Park Building • Registration required. • Cost is \$20 for residents; \$26 for non-residents.
- **VETERANS PEER SUPPORT GROUP & FORUM** • Wednesday, July 14 • 5:30-7 p.m. • Chesterfield Community Center • Speaker: Adam McBride, executive director, Veterans Community Project • Free to attend. • Registration required; space is limited.

## SPECIAL INTEREST

- **CONCERTS IN THE PARK** • Thursdays, June 23 & 30 and July 14, 21 & 28 • 7-9 p.m. • Bluebird Park • Free
- **CONCERTS IN THE PARK** • Wednesdays, June 29 and July 13 & 27 • 7 p.m. • New Ballwin Park • Free
- **ELECTRONICS RECYCLING** • Saturday, July 7 • Noon-5 p.m. • Fees apply to certain items. For details, visit [www.ellisville.mo.us](http://www.ellisville.mo.us).
- **FAMILY MOVIE NIGHTS AT THE BALLWIN GOLF COURSE** • Friday, June 24 and Saturday, June 25 • 8:30 p.m. • General admission (bring a blanket or lawn chairs) is free. • Or make it a true drive-in experience and purchase a "family golf cart pack" (\$15 for residents; \$20 for non-residents). Family packs contain golf cart, a bottle of water for each person, and popcorn! Golf cart seats two adults or three children. Lawn chairs can be set up beside the cart. •
- **HOLIDAY IN JULY** • Friday, July 22 • Noon-6:30 p.m. • Chesterfield Aquatic Center • Enjoy a day of holiday music, decorations and cheer. • Regular Aquatic Center pricing. • Registration is not required.
- **RIVERWALK GLOW** • July 28 • 6:15 p.m. - 8:45 p.m. • Chesterfield Family Aquatic Center • \$4 for residents; \$5 for non-residents. • Punch pass and season pass holders use is allowed for this.
- **STARS AND STRIPES RUN 5K/10K AND FUN RUN** • Monday, July 4 • Chesterfield Valley Athletic Complex. • 5K/10K will begin at 8:30 a.m. • Fun Run starts at 10 a.m. • Run in person or virtually. • Awards given to the top male and female 5K/10K finishers and first-place finishers in each age group (12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-plus). Fun Run participants will receive a medal for running.
- **STAR SPANGLED SWIM** • Monday, July 4 • Noon-6:30 p.m. • Chesterfield Aquatic Center • Come cool off with the family and enjoy the holiday • \$2 off pool admission all day • Registration not required.

## CITY CONTACT INFORMATION FOR REGISTRATION AND QUESTIONS

● **Ballwin** To register, call (636) 227-8950 or visit [ballwin.mo.us](http://ballwin.mo.us) • Ballwin Golf Course, 333 Holloway Road • The Pointe, 1 Ballwin Commons Circle

● **Chesterfield** To register, call (636) 812-9500 or email [olderadults@chesterfield.mo.us](mailto:olderadults@chesterfield.mo.us) • Community Center, 237 Chesterfield Mall, second floor by Macy's • Chesterfield Valley Athletic Complex, 17925 N. Outer 40 • Central Park, 16365 Lydia Hill Drive

● **Ellisville** To register, call (636) 227-7508 or visit [ellisville.recdesk.com](http://ellisville.recdesk.com) • Bluebird Park, 225 Kiefer Creek Road

● **Manchester** To register, call (636) 391-6326, ext 401 or 402, or visit [manchestermo.gov](http://manchestermo.gov) • Schroeder Park Building, 359 Old Meramec Station Road

● **Wildwood** To register, call (636) 458-0440 or visit [wildwoodmo.recdesk.com](http://wildwoodmo.recdesk.com) • Wildwood City Hall, 16860 Main St.