

# Community Events for Older Adults



## CLASSES

● **CHARCUTERIE BOARD CLASS** • Winter Theme • Wednesday, Jan. 14 • 6-7:30 p.m. • Chesterfield Parks Administration Building • \$60 per person • Register at [chesterfield.mo.us](http://chesterfield.mo.us)

● **CRAFTERNOONS** • Jan. 27 • 1-2:30pm • Book Clock • 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** • Achy Balance • Jan. 21 • 10 a.m. • Chesterfield City Hall • Join experts from St. Luke's to learn about arthritis, its impact on joints, and how exercise and lifestyle choices can keep you moving and help manage osteoarthritis and fibromyalgia. • Pre-registration is required by emailing [olderadults@chesterfield.mo.us](mailto:olderadults@chesterfield.mo.us)

● **SENIOR PAINTING** • Every Friday (no classes on Dec. 26) • 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

**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.

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)** • 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

## CITY CONTACT INFORMATION & REGISTRATION

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

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

● **Chesterfield** (636) 812-9500 • email [olderadults@chesterfield.mo.us](mailto:olderadults@chesterfield.mo.us) • City Hall, 690 Chesterfield Parkway West

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

● **Wildwood** (636) 458-0440 • [wildwoodmo.recdesk.com](http://wildwoodmo.recdesk.com) • City Hall, 16860 Main Street

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, Jan. 14 & 28 • 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](mailto: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, Jan. 15 • 9-10:30 a.m. • Schroeder Park Building • No registration is needed • \$2 per day

● **BOOK CLUB** • Tuesday, Jan. 20 • "The Crescent Moon Tearoom" by Stacy Sivinski • 11 a.m.-noon • Lyceum Art Center • Email [ssherwood@manchestermo.gov](mailto: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.

● **BUNCO DAYS** • Thursday, Jan. 8 • 1-2:30 p.m. • Chesterfield City Hall • \$5 cash paid at the door • Pre-registration is required by emailing [olderadults@chesterfield.mo.us](mailto: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](mailto:shardesty@manchestermo.gov) or by calling (636) 391-6326, ext. 401 to be added to the email list to receive trip notifications.

● **MAHJONGG** • Monday, Jan. 5 • 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, Jan. 9 • 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](http://chesterfield.mo.us).

## Let's Talk About Medicare

**Medicare Annual Open Enrollment**  
**October 15 - December 7**

*Call Now To Schedule Your Appointment!*

**636-549-3800**

[myinsurance@kathybeaven.com](mailto:myinsurance@kathybeaven.com)

[www.kathybeaven.com](http://www.kathybeaven.com)



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Required Medicare Disclaimer: We do not offer every plan available in your area. Currently we represent organizations which offer Part D and MAPD products in your area. Please contact 1-800-MEDICARE, or your local State Health Insurance Program to get information on all of your options. Also due to government regulations, any calls regarding sales or enrollment must be recorded. This rule does not apply to e-mails or in-person visits.

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