

Community Events for Older Adults



CLASSES

● **ART CLASSES** • Thursdays & Fridays Sept. 10-Oct. 30 • Open studio led by a working artist and instructor • Bring your own supplies and a reference image • Create at your own pace • All skill levels welcome • \$160 per person for the eight-week session

● **CRAFTERNOONS** • Tuesday, Sept. 22 • 1-2:30 p.m. • Harvest Wall Hanging • Lyceum Art Center • Pre-registration required • Residents \$10; non-residents \$13 per date • All abilities welcome; supplies included • Call (636) 391-6326, ext. 402 for details

● **EDUCATIONAL SEMINAR** • Plan Today - Have Control Tomorrow • Sept. 1 • 10 a.m. • Chesterfield City Hall • Pre-registration is required by emailing olderadults@chesterfield.mo.us

● **SENIOR PAINTING** • Fridays • 9:30-11 a.m. • Schroeder Park Building • Free • All abilities welcome • No registration required

FITNESS & SPORTS

● **50-PLUS & FIT** • Mondays from 8-8:45 a.m. or 10:20-11:05 a.m. or 11:20 a.m.-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

● **50-PLUS SPINNING** • Tuesdays, 10:15-11 a.m. • Thursdays, 10:15-11 a.m. • The Pointe at Ballwin Commons • Drop-in classes • Class size: 12 • 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.

● **ADULT TENNIS** • Saturdays, Sept. 19-Oct. 10 • 8-9 a.m. • Schroeder Park Tennis Courts • Residents \$60; non-residents \$78 • Pre-registration required • Call (636) 391-6326, ext.

430 for details

● **CLASSIC SILVER SNEAKERS** • Tuesdays 9-9:45 a.m.; Wednesdays 9-9:45 a.m. and 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** • Resumes late Aug. • Schroeder Park Building • Pre-registration required; space is limited • Call (636) 391-6326, ext. 400 for details

● **WALKING CLUB** • Tuesdays • 3-4 p.m. • Schroeder Park Pavilion 1 • Call 636-391-6326 ext. 400 for info. • Free

● **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.

● **SILVER SNEAKERS YOGA** • Mondays 12:15-1 p.m. • The Pointe at Ballwin Commons • Drop-in classes • Class size: 30 • Free with Pointe Membership; Drop-in fee for all others

● **YOGA SLOW FLOW** • Wildwood Yoga & Wellness, 2642 Hwy. 109, Suite B • Fridays •

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

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

● **BAGS & BITES** • Thursday, Sept. 24 • 5:30-8 p.m. • Bluebird Park Parking Lot • Community cornhole tournament and local food vendors • Open to all skill levels • Teams must pre-register • \$15 per team

● **BBQ BASH** • Thursday, Sept. 24 • 11 a.m. • Chesterfield Family Aquatic Center • \$5 per person • This event will start with music provided by Garden View Care Center, followed by a picnic lunch with hamburgers and hotdogs cooked by Monarch Fire Department. • Pre-register by emailing olderadults@chesterfield.mo.us

● **BINGO** • Wednesday, Sept. 9 & 23 • 11:15 a.m.-1 p.m. • The Commons, 14885 Clayton Rd. • \$7 cash paid at the door • Pre-registration is required by emailing olderadults@chesterfield.mo.us

● **MORNING BINGO** • First and third Thursdays beginning Sept. 3 • 9-10:30 a.m. • Schroeder Park Building • No registration required • \$2 per day

● **BOOK CLUB** • Thursday, Aug. 27 • Chesterfield City Hall • "Project Hail Mary" by Andy Weir • 6 p.m. • Pre-register by emailing recreation@chesterfield.mo.us

● **BOOK CLUB** • Tuesday, Sept. 15 • "Lady Tan's Circle of Women" by Lisa See • 11 a.m.-noon • Lyceum Art Center

● **ELECTRONIC RECYCLING** • First Thursday of every month • Bluebird Park Parking Lot • For more information about these items and what Adonis can collect, visit ellisville.mo.us

● **FAMILY CAMPOUT** • Sept. 12 & 13 • 3 p.m.-9 a.m. • Bluebird Park • \$45 per family (up to four people); \$10 for each additional person • Dinner and breakfast included • Activities include a bonfire, games, hiking, camp songs and more • Pre-registration required

● **GOLDEN LUNCH BUNCH** • Tuesday, Sept. 15 • 11:30 a.m. • Firefly Grill • Pre-register at olderadults@chesterfield.mo.us

● **LAFAYETTE OLDER ADULT PROGRAM** • Second and fourth Mondays • 10 a.m.-1 p.m. • Ballwin Golf Course Banquet Room, 333 Holloway • Entertainment, speakers, bingo and socializing • Bring lunch; dessert and drinks provided • \$2 per day

● **MAHJONGG** • First, third and fifth Mondays • Open play 1-3 p.m. • Schroeder Park Building • \$1 per date • Call (636) 391-6326, ext. 401 if interested

● **PAINT RECYCLING** • Third Thursday of each month • \$1 per pound for accepted products.

● **POOCH PLUNGE** • Wednesday, Sept. 9 • 5-8 p.m. • The EDGE Aquatic Center • \$3 per person; \$7 per dog • Proof of current rabies vaccination. • Dogs must be at least 6 months old • Liability waiver required

Let's Talk About Medicare

Are you turning 65 or retiring?

Call Now To Schedule Your Appointment!



636-549-3800

myinsurance@kathybeaven.com

www.kathybeaven.com



We do not offer every plan available in your area. Currently we represent 8 organizations which offer Medicare Supplement and Part D Plans or Medicare Advantage Plans. 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 emails or in-person visits.

Your Loved One with Dementia Deserves to Live In a Home!

Our residential homes are built specifically for the specialized needs of those with dementia and promote safety, comfort, and engagement with a family feel.



It feels like home. It is a home.

- Only 12-13 residents
- Private Rooms
- Best Caregiver to resident ratio 1:5 Avg
- Around the clock professional care
- Family Style Meals

Manchester, MO • Call Dina at 314.686.4468 • www.FamilyPartnersHome.com