

Community Events for Older Adults



CLASSES

● **ART CLASSES** • Nov. 5-Dec. 18 • Thursdays & Fridays • Morning or afternoon sessions • Open studio led by a working artist and instructor • All skill levels welcome • Bring your own supplies and a reference image • \$120 for the six-week session

● **CRAFTERNOONS** • Nov. 24 • 1-2:30 p.m. • Cork Pumpkin • Lyceum Art Center • Pre-registration required • Residents \$10; non-resident \$13 • Call 636-391-6326 ext. 402 for details

● **EDUCATIONAL SEMINAR** • Alzheimer's Research: New Discoveries and Directions • Nov. 3. • 10 a.m. • Chesterfield City Hall • Pre-registration is required by emailing olderadults@chesterfield.mo.us

● **EDUCATIONAL SEMINAR** • Holiday Meal Nutrition Facts • Nov. 19. • 10 a.m. • Chesterfield City Hall • Pre-registration is required by emailing olderadults@chesterfield.mo.us

● **SENIOR PAINTING** • Fridays besides Nov. 27 • 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 am.-12:05

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.

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.

● **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** • Schroeder Park Building • Pre-registration required; space is limited • Call (636) 391-6326, ext. 400 for details

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

● **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.

● **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

● **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, Nov. 4 & 18 • 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 • 9-10:30 a.m. • Schroeder Park Building • No registration required • \$2 per day

● **BOOK CLUB** • Tuesday, Nov. 17 • "Boston Girl" by Anita Diamant • 11 a.m.-noon • Lyceum Art Center

● **BOOK CLUB** • Thursday, Oct. 29 • 6 p.m. • Chesterfield City Hall. • "The Astronaut Wives Club" by Lily Koppel • Pre-register by emailing recreation@chesterfield.mo.us

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

● **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

● **FALL HAYRIDES** • Thursday, Oct. 29 • 6 p.m. • Bluebird Park • Enjoy an evening hayride through the park and gather around an open campfire to make s'mores • Pre-registration

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required; space is limited • Residents \$8; non-residents \$10

- GOLDEN LUNCH BUNCH** • Tuesday, Nov. 13 • 11:30 a.m. • Marcella's Mia Sorella; 14426 Clayton Rd, Ballwin. • Pre-register at olderadults@chesterfield.mo.us
- HONORING OUR VETERANS** • Thursday, Nov. 12 • 3 p.m. • Veterans Honor Park, Chesterfield • The event will feature a Presentation of Colors, followed by the inspiring remarks from a distinguished veteran. • RSVP by emailing olderadults@chesterfield.mo.us
- HOT DOG IT'S CHILI** • Thursday, Oct. 22 • 5:30-8 p.m. • Free • Family fun featuring music, children's activities, food and drink vendors, and hayride shuttles • Children are encouraged to wear costumes and bring a bag for Halloween treats
- 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
- 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.
- 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
- 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
- MAHJONG CLUB** • Tuesdays through April • 1-3 p.m. The Pointe at Ballwin Commons • Free drop-in
- PAINT RECYCLING** • Third Thursday of each month • \$1 per pound for accepted products.
- SENIOR HOLIDAY CARNIVAL** • Thursday, Dec. 10 • 10 a.m. • Chesterfield City Hall • Pre-register by emailing olderadults@chesterfield.mo.us
- SLEIGH RIDE TO THE NORTH POLE** • Bluebird Park • Join a festive adventure featuring photos with Santa, a mischievous Grinch, hot chocolate and a flashlight hunt for hidden candy canes • Sleigh rides will run throughout the event • Dress warmly and bring a flashlight • Pre-registration required for a time slot • \$8 per person

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