

Community Events for Older Adults



CLASSES

● **CHARCUTERIE BOARD CLASS** • Holiday Theme • Wednesday, Dec. 10 • 6-7:30 p.m. • Chesterfield Parks Administration Building • \$60 per person. • Register at chesterfield.mo.us.

● **CRAFTERNOONS** • 1-2:30pm • Tuesday, Nov. 25, Pumpkin Flower Arrangement • Tuesday, Dec. 16, Wine Glass Snow Globe • 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** • What is Care Management and How Can It Benefit Me? • Tuesday, Dec. 2 • 10 a.m. • Chesterfield City Hall • Presented by The Senior Learning Institute. • Pre-registration is required by emailing olderadults@chesterfield.mo.us.

● **EDUCATIONAL SEMINAR** • Streaming & Smart TVs • Thursday, Dec. 4 • 10 a.m. • Chesterfield City Hall • A trainer from AARP's Senior Planet program explains streaming basics. • Pre-registration is required by emailing olderadults@chesterfield.mo.us.

● **EDUCATIONAL SEMINAR** • Ten Warning Signs of Alzheimer's • Tuesday, Dec. 16 • 10 a.m. • Chesterfield City Hall • Presented by the Alzheimer's Association. • Pre-registration is required by emailing olderadults@chesterfield.mo.us.

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.

● **SENIOR PAINTING** • Every Friday (no classes on Nov. 28, Dec. 12 or 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 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

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

(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 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, Nov. 19 • 11:15 a.m.-1 p.m. • The Commons, 14885 Clayton Road.

& Wednesday, Dec. 3 at Friendship Village. 15201 Olive Blvd. • \$5, 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, Nov. 20 & Dec. 4 • 9-10:30 a.m. • Schroeder Park Building • No registration is needed • \$2 per day

● **BOOK CLUB** • Tuesday, Dec. 9 • "By Any Other Name" by Jodi Picoult • 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.

● **HOLIDAY TREE LIGHTING CEREMONY** • Saturday, Dec. 6 • 3-5:30 p.m. • Wildwood Town Center, 221 Plaza Drive

● **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, Nov. 3 & 17, Dec. 1 • 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.

● **PAINTBUSTERS RECYCLING** • Thursday, Nov. 20 • 9 a.m.-1 p.m. • Bluebird Park Parking Lot • Accepted materials include latex paint, water-based stains and primers. Cans must be sealed and labeled. • Fee is \$1 per pound; cash, check or credit card accepted.

● **PET-THEMED PAINTING PARTY** • Wednesday, Dec. 17 • 6-8 p.m. • Chesterfield Parks Administration Building • \$50 per person,

includes all supplies. • Email a picture of your pet and it will be ready to paint at the class. • Register at chesterfield.mo.us.

● **PUZZLE PARTY** • Friday Dec. 12 • 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.

● **SENIOR HOLIDAY CARNIVAL** • Thursday, Dec. 11 • 10 a.m. • Chesterfield City Hall • Enjoy playing carnival games, board games and snacks. • Pre-register by emailing olderadults@chesterfield.mo.us.

● **SLEIGH RIDE TO THE NORTH POLE** • Friday, Dec. 5 • Bluebird Park Administration Building • Gather your grandchildren and choose a time: 5:30 p.m., 6 p.m., 6:30 p.m., or 7 p.m. • Take a photo with Santa, see the Grinch, enjoy hot cocoa and dress warm. • Fee \$8 per person. • Pre-registration is required.

● **SR. HOLIDAY LUNCHEON FOR MANCHESTER RESIDENTS** • Reservations are limited and begin Nov. 12 • Call (636) 391-6326, ext. 400 or email bjones@manchestermo.gov ; lunch is Dec. 11 • Noon • First Free Church, 1375 Carman Road.



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