

# Community Events for Older Adults



## CLASSES

- **AARP DRIVER SAFETY** • Oct. 14 • 9 a.m.-1 p.m. • Bluebird Park Administration Building • To register, call 636-498-9255
- **CHARCUTERIE BOARD CLASS** • Thursday, Oct. 16 • 6-7:30 p.m. • Chesterfield Parks Administration Building • \$60 per person • Register at chesterfield.mo.us
- **CRAFTERNOONS** • Sept. 30 • 1-2:30 p.m. • Decorated Bottle • Lyceum Art Center • Residents \$10; others \$13 • All abilities welcome • Supplies included • Pre-registration required
- **ECO-PRINTING** • Tuesday, Oct. 14 • 6 p.m. • Chesterfield City Hall • Register by emailing recreation@chesterfield.mo.us
- **EDUCATIONAL SEMINAR** • Staying Strong & Steady: Preventing Falls and Staying Safe at Home • Sept. 23 • 10 a.m. • Chesterfield City Hall • Pre-registration required
- **EDUCATIONAL SEMINAR** • Personalized Medicine and Medication Safety - Understanding Genetics, Drug Interactions, and Safe Use • Oct. 7 • 10 a.m. • Chesterfield City Hall • Pre-registration required
- **EDUCATIONAL SEMINAR** • Advancing the Science - The Latest in Alzheimer's and Dementia Research • Oct. 14 • 10 a.m. • Chesterfield City Hall • Pre-registration required
- **FALL PAINTING** • Wednesday, Oct. 29 • 6-8 p.m. • Chesterfield Parks Administration Building

- \$40 residents; \$45 others • Supplies provided • Register at chesterfield.mo.us.
- **INTRO TO PAPER QUILTING** • Wednesday, Oct. 15 • 6-8 p.m. • The Lyceum Art Center • \$30 residents; \$39 others • Pre-registration required
- **SENIOR PAINTING** • Fridays (No class Oct. 24 & 31) • 9:30-11 a.m. • Schroeder Park Building • Drop-in classes • All abilities welcome • 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. • 11:20 a.m.-12:05 p.m. • The Pointe • Drop-in classes. • Pointe members free; fee all others
- **ABLT** • Tuesdays & Thursdays • 9:30 a.m. • Drop-in water aerobics. • The Pointe • Platinum free; residents \$7; all others \$9
- **CLASSIC SILVER SNEAKERS** • Tuesdays 9-9:45 a.m., Wednesdays 9-9:45 a.m. & 10-10:45 a.m., Fridays 9-9:45 a.m. • The Pointe at Ballwin Commons • Pointe members free; fee all others
- **JOINTS IN MOTION** • Mondays, Wednesdays & Fridays • 10:30 a.m. • Drop-in water aerobics • The Pointe • Platinum free; residents \$7; others \$9
- **OPEN THE DOOR TO TAI CHI** • Thursdays • Beginner 1:00-1:45 p.m.; Intermediate 2:00-2:45 p.m. • No registration needed • Pointe members free; fee all others.
- **SENIOR FITNESS CLASSES** • Several options available • Schroeder Park Building • Pre-registration required • Call 636-391-6326 ext. 400 for details
- **WALKING SOCCER** • Tuesdays through Oct. 21 • 3-4 p.m. • Schroeder Park Building • Free • Pre-registration required
- **WATER AEROBICS** • Monday-Friday, 8:30

## 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
- **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
- **Chesterfield** (636) 812-9500 • email olderadults@chesterfield.mo.us • City Hall, 690 Chesterfield Parkway West

- a.m. • Mondays, Wednesdays & Fridays, 9:30 a.m. • Tuesdays & Thursdays, 6:45 p.m. • Drop-in classes • The Pointe • 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. • No registration needed • Pointe members free; fee all others

## SOCIAL & SPECIAL INTEREST

- **BBQ BASH** • Thursday, Sept. 25 • 10 a.m. • Chesterfield Family Aquatic Center • \$5 per person • Pre-registration required
- **BINGO** • Wednesday, Oct. 8 & 22 • 11:15 a.m.-1 p.m. • The Commons, 14885 Clayton Rd. • Cash (\$5) at the door • Pre-registration required
- **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 day
- **MORNING BINGO** • First and third Thursdays • 9-10:30 a.m. • Schroeder Park Building • \$2 per day
- **BOOK CLUB** • Tuesday, Oct. 21 • "The Frozen River" by Aerial Lewhon • 11 a.m.-noon • Lyceum Art Center
- **BRIDGE CLUB** • Tuesdays through April • 10:30 a.m.-12:30 p.m. • Some experience required, not a beginning bridge forum • The Pointe at Ballwin Commons • Free drop-in
- **CELEBRATE WILDWOOD** • Saturday, Sept. 20 • Activities and live music all day long starting with the parade at 10 a.m. and ending with fireworks at 9:15 p.m.
- **ELECTRONIC RECYCLING** • Thursday, Oct. 2 • Noon-5 p.m. • Bluebird Park
- **FALL HAYRIDES** • Thursdays, Sept. 25, Oct. 2, 9 & 16 • \$8 residents; others \$10 • Pre-registration required
- **HONORING OUR VETERANS** • Wednesday, Nov. 12 • 3 p.m. • Veterans Honor

See **SENIOR CALENDAR**, page 46



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## SENIOR CALENDAR, from page 44

- Park • The event will feature a presentation of colors, followed by inspiring remarks from a distinguished veteran. Guests will have the opportunity to take a photo with a majestic eagle. Light refreshments will be served.
- **HOT DOG IT'S CHILI** • Friday, Oct. 24 • 5:30-8 p.m. • Bluebird Park • Free
- **LAFAYETTE OLDER ADULT PROGRAM** • Second and fourth Mondays through May • 10 a.m.-1 p.m. • Ballwin Golf Course • Entertainment, speakers, bingo, socializing • Bring lunch; dessert and drinks provided. • \$2 per person • Contact Stephanie at (636) 391-6326, ext. 401, or by email to shardesty@manchestermo.gov to be added to the day-trip list.
- **LEARN TO PLAY MAHJONGG** • Fridays, Oct. 3-17 • 9-11 a.m. • \$58 residents; \$70 others • Schroeder Park Building • Pre-registration required
- **MAHJONGG** • Mondays, Sept. 29, Oct. 6 & 20 • 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
- **PHOTOGRAPHY CONTEST** • Each photographer may submit up to three entries via the city's website, Oct. 2-23. • Photos must be taken in Wildwood.
- **PUMPKIN PATCH** • Pick up a wooden pumpkin to paint. Return pumpkins by Sept. 22 • \$5 fee
- **SENIOR SAMPLER** • Trunk or Treat • Thursday, Oct. 9 • 10 a.m. • Central Park Parking Lot • Pre-registration required
- **SHIVERING SHADOWS** • 7K Nighttime Run/Walk along Zombie Road • Friday, Oct. 24 • 7 p.m. • Bring your lights and courage. Registration required
- **STARGAZING** • Monday, Oct. 27 • 7 p.m. • Bluebird Park (Connor Field) • Free
- **TOUR DE WILDWOOD** • Sunday, Oct. 5 • Bike along a scenic 34-mile route along historic Route 66 and through Babler State Park, and enjoy fall foliage on Wildwood's hills. • Ebikes welcome. • Sagged ride support SAG stop, lunch and giveaways provided. Registration required
- **WILDWOOD FARMERS MARKET** • Every Saturday through Oct. 4 • 8 a.m.-noon • 221 Plaza Drive in Town Center



The city of Manchester hosts a Plein Air Event on Saturday, Sept. 27, with artist registration beginning at 8 a.m. in Schroeder Park. Details on manchestermo.gov

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