

Community Events for Older Adults



CLASSES

● **AARP DRIVER SAFETY CLASS** • Aug. 10 • Bluebird Park Administration Building • \$20 AARP members; \$25 others • Call 636-498-9255 to register

● **CRAFTERNOONS** • Upcycled Sunflower • Aug. 25 • 1-2:30 p.m. • Lyceum Art Center • Residents \$10; Non-residents \$13 • Pre-registration is required

● **EDUCATIONAL SEMINAR** • Chronic Disease Self-Management • Aug. 4 • 10 a.m. • Chesterfield City Hall • Pre-registration is required by emailing olderadults@chesterfield.mo.us

● **EDUCATIONAL SEMINAR** • Beyond the Crystals: Understanding Vestibular Hypofunction • Aug. 25 • 10 a.m. • Chesterfield City Hall • Pre-registration is required by emailing olderadults@chesterfield.mo.us

● **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. •

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.

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.

● **AQUA FITNESS** • Tuesdays and Thursdays through Aug. 20 • 10:30-11:20 a.m. • Chesterfield Family Aquatic Center • Single day pass: \$7 for residents, \$9 for others.

● **CHANNEL WALKING** • Mondays-Saturdays • Variety of times available • Manchester Aquatic Center • Residents \$3 per date; non-residents \$4 per date • Call 636-391-6326 ext. 400 for info.

● **CLASSIC SILVER SNEAKERS** • New hours starting Aug. 11 • 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) •

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

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

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

Learn the foundational postures of Tai Chi Yang form. • No registration needed • Free with Pointe Membership; Drop-in fee for all others.

● **RIVERWALK** • Monday-Friday: 8-10 a.m. morning walk • Tuesday-Thursday: 6:15-7:45 p.m. evening walk • Saturday: 9:30-11 a.m. • Chesterfield Family Aquatic Center • Single day pass: \$5 for resident, \$6 for others. • Ten-visit pass: \$40 for resident, \$50 for others. • Season Pass: \$140 for resident, \$170 for others.

● **SENIOR FITNESS CLASSES** • Resumes late Aug. • Resident registration begins Aug. 3; Non-resident registration begins Aug. 10.

● **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 • 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

● **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

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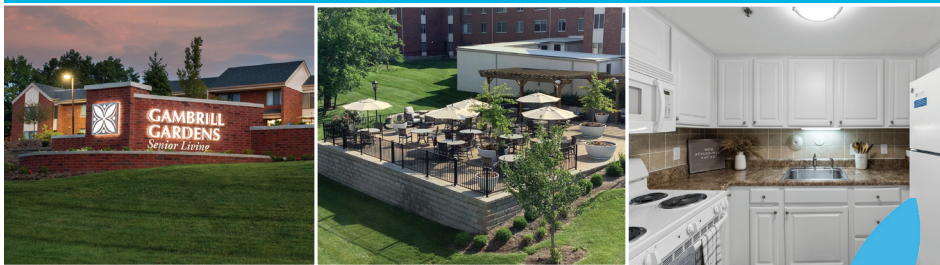
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● **BINGO** • Wednesday, Aug. 12 & 26 • 11:15 a.m.-1 p.m. • The Commons, 14885 Clayton Road. • \$7 cash paid at the door • Pre-registration is required by emailing olderadults@chesterfield.mo.us

● **BOOK CLUB** • Tuesday, Aug. 18 • "Broken Country" by Clare Leslie Hall • 11 a.m.-noon • Lyceum Art Center

● **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

● **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 MOVIE NIGHT SERIES** • Friday, Aug. 14 • Bluebird Park Amphitheater • "How to Train Your Dragon" • Begins at dark • Free

● **GOLDEN LUNCH BUNCH** • Wednesday, Aug. 18 • 11:30 a.m. • Yellowstone Cafe • 165 Lamp and Lantern Village, Town and Country • Pre-registration is required by emailing olderadults@chesterfield.mo.us

● **ICE CREAM SOCIAL** • Thursday, August 6 • 2-4 p.m. • East Pavilion at Central Park

in Chesterfield • Pre-registration is required by emailing olderadults@chesterfield.mo.us

● **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.

● **PAINT RECYCLING** • Third Thursday of each month • \$1 per pound for accepted products • Cash, check and credit card accepted

● **PLEIN AIR ART EVENT** • Work at your own pace until Friday, Aug. 7. • All mediums, all ages, and all levels are welcome. • Must register to receive the theme for artwork.



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