

Community Events for Older Adults



CLASSES

- **CRAFTERNOONS** • Aug. 25 • 1-2:30 p.m. • Upcycled Sunflower • Lyceum Art Center • Residents \$10; Non-residents \$13 • Pre-registration is required
- **EDUCATIONAL SEMINAR** • Financial & Life Planning for Peace of Mind • July 7 • 10 a.m. • Chesterfield City Hall • Pre-registration is required by emailing olderadults@chesterfield.mo.us
- **EDUCATIONAL SEMINAR** • Let's Get Moving • July 16 • 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 • No registration required • Free • All abilities welcome

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.
- **AQUA FITNESS** • Tuesdays and Thursdays through Aug. 20 • 10:30-11:20 a.m. • Chesterfield Family Aquatic Center • Single day

- **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.

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.
- **LAP SWIMMING** • Tuesdays and Thursdays • 9 a.m. • Chesterfield Family Aquatic Center • Single day pass: \$4 for residents, \$5 for others.
- **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.
- **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.
- **WATER AEROBICS** • Monday-Friday, 8:30 a.m. • Mondays, Wednesdays & Fridays, 9:30 a.m. • Tuesdays and Thursdays, 6:45 p.m. •

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

- 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, July 8 and 22 • 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, July 14 • "The Paris Wife" by Paula McLain • 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
- **GOLDEN LUNCH BUNCH** • Wednesday, July 15 • 11:30 a.m. • Old House in Hog Hollow
- 14319 Olive Blvd. • 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
- **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 • \$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.
- **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 between Friday, July 17 and Friday, Aug. 7. • All mediums, all ages, and all levels are welcome. • Must register to receive the theme for artwork.
- **ROUTE 66 CRUISE, TUNES & TASTE** • July 17-19 • Classic car cruise and show, live music, Route 66 displays, food, shopping, family activities and presentations • Cruise event Saturday, July 18 • 10 a.m.-3 p.m. • Free • Classic car registration \$10 • Shuttle service available

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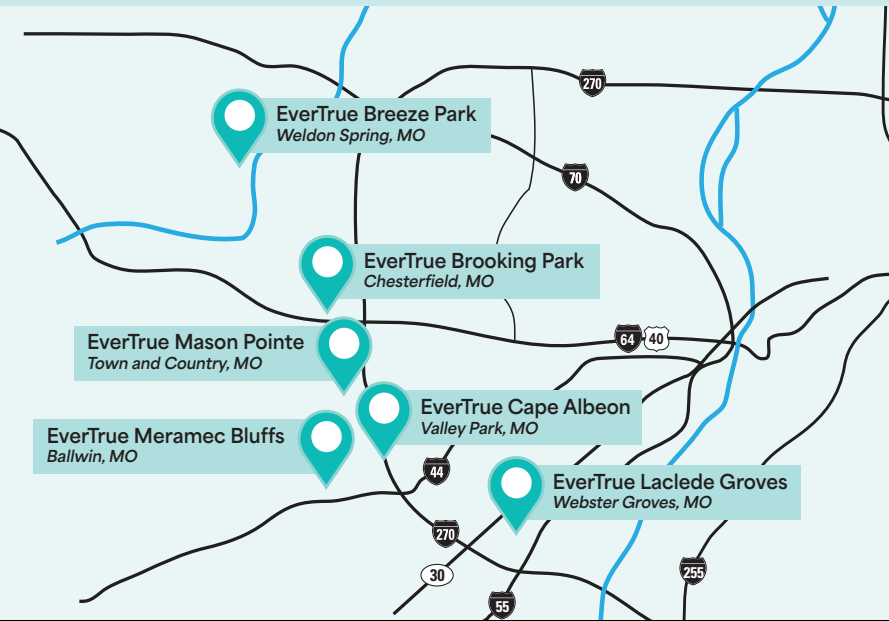
Where Your Independence Meets Support



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Openings Available
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