

Community Events for Older Adults



CLASSES

● **CRAFTERNOONS** • Tuesday, Oct. 27 • 1-2:30 p.m. • Spooky Bird House • Lyceum Art Center • Pre-registration required • Residents \$10; non-resident \$13 • Call 636-391-6326 ext. 402 for details

● **EDUCATIONAL SEMINAR** • Artificial Intelligence (AI) Demystified • Oct. 6 • 10 a.m. • Chesterfield City Hall • Pre-registration is required by emailing olderadults@chesterfield.mo.us

● **EDUCATIONAL SEMINAR** • Back Pain and its Connection to Balance Issues • Oct. 20 • 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 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

● **50-PLUS SPINNING** • Tuesdays, 10:15-11 a.m. • Thursdays, 10:15-11 a.m. • The Pointe at Ballwin Commons • Drop-in

DISC GOLF is available daily at Schroeder Park in Manchester and Railroad Park in Chesterfield.

PICKLEBALL is available daily at Schroeder Park in Manchester and The Pointe in Ballwin.

TENNIS is available daily at Schroeder Park in Manchester.

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.

● **ADULT TENNIS** • Saturdays through Oct. 10 • 8-9 a.m. • Schroeder Park Tennis Courts • Residents \$60; non-residents \$78 • Pre-registration required • Call (636) 391-6326, ext. 430 for details

● **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

● **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

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

● **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

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

● **BINGO** • Wednesday, Oct. 14 & 28 • 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** • Thursday, Sept. 24. • 6 p.m. • Chesterfield City Hall • Starter Villain by John Scalzi • Pre-register by emailing recreation@chesterfield.mo.us

● **BOOK CLUB** • Tuesday, Oct. 20 • The Forgotten Garden by Kate Morton • 11 a.m.-noon • Lyceum Art Center

● **BRIDGE CLUB** • Tuesdays, Sept. 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

● **GOLDEN LUNCH BUNCH** • Tuesday, Oct. 13 • 11:30 a.m. P.F. Chang's • Pre-register at olderadults@chesterfield.mo.us

● **HONORING OUR VETERANS** • Thursday, Nov. 12 • 3 p.m. • Veterans Honor

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A NORTH KOREAN'S DISCOVERY OF
FREEDOM IN AMERICA

**TUESDAY,
OCTOBER 20, 2026**
7-8:30 P.M. (CT)

IN-PERSON EVENT
Lindenwood University (J. Scheidegger Center for the Arts)

FEATURING:
YEONMI PARK
Author, Speaker, and Human Rights Activist

MORE INFORMATION & RSVP: www.hammondinstitute.org

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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

● 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

● 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, Sept. through April • 1-3 p.m. The Pointe at Ballwin Commons • Free drop-in

● SENIOR SAMPLER • Trunk or Treat • Thursday, Oct. 8 • 10 a.m. • Central Park Parking Lot • Local businesses will be on-site for seniors to walk around and receive information and goodies. • Pre-register by emailing olderadults@chesterfield.mo.us



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