

Community Events for Older Adults



CLASSES

- **EDUCATIONAL SEMINAR** • Sleep: An Important Occupation • June 2 • 10 a.m. • Chesterfield City Hall • Pre-registration is required by emailing olderadults@chesterfield.mo.us
- **EDUCATIONAL SEMINAR** • Muscle Loss • June 11 • 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 • Call (636) 391-6326, ext. 402 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.
- **GREEN ROCK TRAIL CHALLENGE** • Saturday, June 6 • 8 a.m.-noon • Greensfelder

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.

Park - Muckerman Shelter • Space is limited; participants must register by noon on Friday, May 29. • Cost is \$10 per person. • Can be enjoyed by anyone of any age, but requires a reasonable fitness level.

- **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.
- **PICKLEBALL LESSONS** • Beginner and intermediate levels. • Wednesday or Thursday evenings • Call Drew for details (636) 391-6326, ext. 430.
- **RIVERWALK** • Through Aug. 21 • Chesterfield Family Aquatic Center • Morning walk: 8-10 a.m. • Evening walk: 6:15-7:45 p.m. • Saturday walk: 9:30-11 a.m. • Single-day pass: \$5 resident; \$6 non-resident • 10-visit pass: \$40 resident; \$50 non-resident • Season pass: \$140 resident; \$170 non-resident • Register at City Hall Monday-Friday, 8:30 a.m.-5 p.m.
- **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.
- **NATURE YOGA** • Wednesdays, May 20-June 24 at 7:45-8:30 a.m.; Saturdays, May 23-June 27 at 8:30-9:15 a.m. • Bluebird Park Amphitheater •

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

Residents \$42; Non-resident \$48 • Bring own mat • Pre-registration required

● **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, June 10 & 24 • 11:15 a.m.-1 p.m. • The Commons, 14885 Clayton Rd. • \$7 per person (cash only, paid at the door) • Pre-registration required by emailing olderadults@chesterfield.mo.us

● **SUMMER PIZZA & BINGO** • Thursday, June 11 • 5:30-7 p.m. • Schroeder Park Building • Pre-registration is required • \$10 per person

● **BOOK CLUB** • Tuesday, June 16 • "The Accidental Tourist" by Anne Tyler • 11 a.m.-noon • Lyceum Art Center

● **ELECTRONIC RECYCLING** • First Thursday of every month • Noon-5 p.m. • Bluebird Park Parking Lot • Pre-registration required

● **FAMILY MOVIE NIGHT SERIES** • Friday, May 29 • Mufasa: The Lion King • Begins at dark • Bluebird Park • Free

● **GOLDEN LUNCH BUNCH** • Wednesday, June 17 • 11:30 a.m. • Oat and Honey; 624 N Ballas Rd., Creve Coeur • Pre-registration 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 • 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.

● **PAINT RECYCLING** • Third Thursday of each month • \$1 per pound for accepted products • Cash, check and credit card accepted • For more information, contact Paint Busters Recycling or visit recyclepaintnow.com

● **ROCK FOR A CAUSE** • Thursday, May 28 • 7 p.m. • Amphitheater Stage at Bluebird Park • Featuring the band Ghost Kitchen • All proceeds benefit Asher's Playground

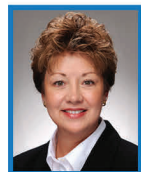
● **ROUTE 66 CRUISE, TUNES & TASTE** • July 17-19 • Throughout Wildwood Historic Route 66 Corridor • Classic car cruise and show, live music, Route 66 displays, food, shopping, family activities and presentations • Cruise event Saturday, July 18 • 10 a.m.-3 p.m. • Public admission free • Classic car registration \$10 • Shuttle service available • More details at www.cityofwildwood.com/cruisetunestaste

● **SUMMER CONCERT SERIES** • Thursdays beginning May 28 • 7-9 p.m. • Bluebird Park Amphitheater • Free

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