

# MATURE ADULT

## Gentle Flow Yoga

Chair Yoga is a unique yoga style that adapts yoga positions and poses through creative use of a chair. The chair replaces the mat and becomes an extension of the body. Bring nothing with you (except water, if desired) and don't forget anyone can practice yoga regardless of age, experience, or level of flexibility – we can all benefit from yoga.

**Dates:** Sept. 17 - Oct. 22 251220-01  
 Nov. 5 - Dec. 10 351320-01

**Day:** Monday

**Time:** 5:15 - 6:15 p.m.

**Ages:** 50 years & up

**Instructor:** Debbie Sernus

**Location:** Krueger Park Activity Room A & B

**Min/Max:** 8/24

**Fee:** \$44 Resident; \$49 Non-Resident

**Check Out Pages 3 & 4 for  
 Bingo Night, Grand Bingo Night, Sensational  
 Soup & Paninis and much, much more!**

## Easy Does It

253207-01

This exercise class opens with a warm-up (8-10 minutes), which includes range of motion exercise and stretching to increase flexibility. This is followed by a 20-minute low impact "aerobic" segment to improve cardiovascular fitness. Class ends with toning, firming, and more stretching. Classes are geared for seniors and everyone is encouraged to go at his/her own pace. **NOTE: Hand weights will be available. No class October 16, November 20, & November 22.**

**Date:** October 2 - December 13

**Day:** Tuesday & Thursday

**Time:** 9:00 - 10:00 a.m.

**Ages:** 50 years & up

**Location:** Krueger Park Gym

**Min/Max:** 12/34

**Fee:** \$63 Resident; \$66 Non-Resident or  
 \$40 Punch Card 253207-PC (10 Visits)  
 \*No Refunds or Credits on Punch Cards

# SENIOR LUNCHEONS

## Have a Picnic Indoors, Less Bugs 256290-01

Get ready for an indoor picnic with BBQ sandwiches, potato salad, chips & dips.

**Day & Date:** Tuesday, September 18

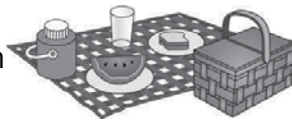
**Time:** 12:00 Noon - 2:15 p.m.

**Ages:** 50 years & up

**Location:** Krueger Park Gym

**Min/Max:** 100/125

**Fee:** \$7 Resident; \$8 Non-Resident



## No Passport Needed Luncheon 256291-01

Today, we will sample foods from Italy, Greece and Poland! Bring an appetite to this luncheon. After lunch, enjoy some kolacky's for dessert, and take in some entertainment to round off the afternoon!

**Day & Date:** Tuesday, October 16

**Time:** 12:00 Noon - 2:15 p.m.

**Ages:** 50 years & up

**Location:** Krueger Park Gym

**Min/Max:** 100/125

**Fee:** \$7 Resident; \$8 Non-Resident

**NOTE: Fee for each luncheon includes lunch, dessert, & refreshments. No refunds/credits on luncheons.**

## It's Turkey Time 256292-01

Celebrate a traditional Thanksgiving Feast of turkey, dressing, mash potatoes, corn and traditional desserts. Finish the afternoon with some fine entertainment.

**Day & Date:** Tuesday, November 20

**Time:** 12:00 Noon - 2:15 p.m.

**Ages:** 50 years & up

**Location:** Krueger Park Gym

**Min/Max:** 100/125

**Fee:** \$8 Resident; \$9 Non-Resident

## 7 Days Until Christmas 356323-01

Feel the spirit of the season as you feast upon a catered holiday lunch of beef, ham, and sides. Afterwards, enjoy dessert, bingo and prizes.

**Day & Date:** Tuesday, December 18

**Time:** 12:00 Noon - 2:15 p.m.

**Ages:** 50 years & up

**Location:** Krueger Park Gym

**Min/Max:** 100/125

**Fee:** \$7 Resident; \$8 Non-Resident



## Progressive Rummy

Progressive Rummy is a very easy game to learn. Each hand has a different wild card. Register for this enjoyable day at Krueger Park. **NOTE: Fee includes coffee, soda, lunch, & prizes.**

**Day & Date:** **Friday, September 7** 256245-01  
**Friday, October 19** 256245-02  
**Time:** 11:30 a.m. - 2:30 p.m.  
**Ages:** 50 years & up  
**Location:** Krueger Park Activity Room A & B  
**Min/Max:** 20/35  
**Fee:** \$8 Resident; \$9 Non-Resident

## Food for Thought

Join this 6 week program that covers nutritional basics and gives healthy options for “unhealthy” selections. Settle into a comfortable food plan and avoid the paranoia of your current eating habits. Learn how to integrate exercise into your daily routine while becoming comfortable with your body. **NOTE: This class is taught by our personal trainer Kristin Hass, who is a certified nutrition specialist. No class November 22.**

**Dates:** **Sept. 13 - Oct. 18** 256288-01  
**Nov. 1 - Dec. 13** 356388-01  
**Day:** Thursday  
**Time:** 11:00 a.m. - 12 Noon  
**Ages:** 55 years & up  
**Instructor:** Kristin Hass  
**Location:** Krueger Park Activity Rooms A & B  
**Min/Max:** 6/14  
**Fee:** \$41 Resident; \$46 Non-Resident



## Dominoes

This is an easy game with simple rules, but the fun is limitless. Lunch will be served around noon. **NOTE: Fee includes coffee, soda, lunch, & prizes.**

**Day & Date:** **Friday, October 12** 256216-01  
**Friday, November 9** 256216-02  
**Time:** 11:30 a.m. - 2:30 p.m.  
**Ages:** 25 years & up  
**Location:** Krueger Park Activity Room A & B  
**Min/Max:** 20/35  
**Fee:** \$8 Resident; \$9 Non-Resident

## Pinochle

Pinochle is a very easy game to learn. If you enjoy a challenge or just love playing cards, this evening will be a blast. Join us for a relaxing day of cards at Krueger Park Rec. Center. **NOTE: Fee includes coffee, soda, lunch, & prizes.**

**Day & Date:** **Friday, October 26** 256202-01  
**Friday, November 30** 256202-02  
**Time:** 11:30 a.m. - 2:00 p.m.  
**Ages:** 50 years & up  
**Location:** Krueger Park Activity Room C  
**Min/Max:** 8/35  
**Fee:** \$8 Resident; \$9 Non-Resident

## Take Charge of Your Diabetes 256224-01

Take Charge of Your Diabetes will help you manage your diabetes or the onset of diabetes in a new way. Trained facilitators from “Age Options” with personal or professional experience will help teach healthier approaches to take control of your diabetes. **NOTE: Refreshments will be served during program.**

**Dates:** **October 11 - November 15**  
**Day:** Thursday  
**Time:** 6:00 - 8:30 p.m.  
**Ages:** 55 years & up  
**Instructor:** Age Options  
**Location:** Krueger Park Activity Room C  
**Min/Max:** 10/18  
**Fee:** \$25 Resident; \$30 Non-Resident

