

18 ADULT/MATURE ADULT ACTIVITIES

Bingo Night

Enjoy a refreshing beverage with snacks and dinner while you engage in a variety of bingo games (18-25). Prizes will be awarded for each game winner. Sit down & enjoy the company of your friends as we'll do the rest. Every player will get to create their own Bingo card for the grand prize game! **NOTE: Every player will receive multiple cards. Fee includes prizes, snacks, dessert, refreshments (coffee, pop, & water), and dinner.**

Day & Date: Tuesday, Sept. 10 255275-02
Thursday, Nov. 7 255275-03
Time: 5:30 p.m. - 8:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Rooms A & B
Min/Max: 30/50
Fee: \$21 Resident, \$23 Non-Resident

Bunco Blast 246274-01

Enjoy an evening of Dice! Sign up to play this old parlor dice game at Krueger Park. You will be treated to **pizza, popcorn, refreshments**, and a chance to win some fabulous **gift certificates** and prizes. **NOTE: Beginners are welcome.**

Day & Date: Friday, October 4
Time: 7:00 p.m. - 9:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Rooms C
Min/Max: 8/24
Fee: \$16 Resident, \$18 Non-Resident

Pinochle

How about a game of Pinochle? Participants will teach you how to play the entertaining game of Pinochle. Once you learn, you'll be hooked forever. **NOTE: Fee includes pizza, refreshments, and prizes for each table winner.**

Day & Date: Tuesday, October 22 256202-01
Tuesday, November 26 256202-02
Time: 11:30 a.m. - 2:00 p.m.
Ages: 50 years & up
Location: Krueger Park Activity Room C
Min/Max: 8/30
Fee: \$12 Resident, \$14 Non-Resident

Spades - Card Game 246230-01

The game of Spades is a partner game that is easy to learn. This is a partner game that involves strategy in working together to win. Making friends with the Ace of Spades as it's the High trump card and is always a winner. Register for this enjoyable day at Krueger Park. New players are welcome to play and learn while enjoying lunch and refreshments.

Day & Date: Tuesday, October 29
Time: 11:30 a.m.- 2:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Room C
Min/Max: 8/16
Fee: \$16 Resident, \$18 Non-Resident

YOGA

Chair 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 a water bottle with you. Anyone can practice yoga regardless of age, experience, or level of flexibility – we can all benefit from yoga.

Dates: September 16 - October 21 251220-01
November 4 - December 9 351320-01
Day: Monday
Time: 5:15 p.m. - 6:15 p.m.
Ages: 50 years & up
Instructor: Pam Lawrence
Location: Krueger Park Activity Room A & B
Min/Max: 10/24
Fee: \$54 Resident, \$59 Non-Resident

Hatha Yoga

Hatha Yoga is about finding a balance between the body, mind, and spirit. Hatha yoga uses body poses, breathing techniques and meditation in hopes of bringing flexibility, and manage stress. It is always advisable, especially if pregnant, to consult a physician before undertaking any physical activity. Bring your mat and water bottle.

Dates: Sept. 16 - Oct. 21 243220-01
Nov. 4 - Dec. 9 343320-01
Day: Monday
Time: 6:30 p.m. - 7:30 p.m.
Ages: 16 years & up
Instructor: Pam Lawrence
Location: Krueger Park Activity Room A & B
Min/Max: 8/14
Fee: \$54 Resident, \$59 Non-Resident

ADULT/MATURE ADULT ACTIVITIES 19

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 11** 256216-01
Friday, November 8 256216-02

Time: 11:00 a.m. - 2:30 p.m.

Ages: 25 years & up

Location: Krueger Park Activity Rooms A & B

Min/Max: 20/35

Fee: \$12 Resident, \$14 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. **Fee includes: Coffee, soda, lunch, & prizes.**

Day & Date: **Friday, October 4** 256245-01
Friday, November 15 256245-02

Time: 11:00 a.m. - 2:30 p.m.

Ages: 50 years & up

Location: Krueger Park Activity Room A & B

Min/Max: 20/35

Fee: \$12 Resident, \$14 Non-Resident

Easy Does It

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 September 17, October 15, November 19. Instructor will teach class via zoom, participants will meet at C.N. Center for class.**

Dates: **Session 1 Sept. 10 - Oct. 17** 253207-01

Session 2 Oct. 24- Dec. 3 353307-01

Day **Tuesday & Thursday**

Time: 10:00 a.m. - 10:45 a.m.

Ages: 50 years & up

Location: Cynthia Neal Center

Min/Max: 10/20

Fee: \$70 Resident, \$75 Non-Resident

Grand Bingo

355375-01

Enjoy a special Bingo event where everyone is guaranteed a prize. Come for a chance to win fabulous prizes including our Grand Prize. Sit & enjoy the company of your friends and we'll do the rest. **NOTE: Every player receives multiple cards. Fee includes prizes, snacks, dessert, refreshments, and lunch.**

Day & Date: **Saturday, December 7**

Time: 1:00 p.m.- 4:00 p.m.

Ages: 21 years & up

Location: Krueger Park Activity Rooms A & B

Min/Max: 30/50

Fee: \$24 Resident, \$26 Non Resident