

*The Parks & Recreation Department offers a wide range of programs and activities for active and mature adults, ages 50 and above. For more information on the 50 Plus Program, contact the Parks & Recreation office at 309-5765.*

## 2nd Sixty News

This monthly newsletter is published the last Monday of each month in the Salina Journal's Neighbor's section. This insert includes calendar of events and activities of the Parks & Recreation Department and the Salina Senior Center, Friendship Meals menu, and other resource information. If you do not receive the Salina Journal, contact the Parks & Recreation office at 309-5765, and we will send you a copy of the newsletter at no charge.

## Body Shaping

This program has been developed in cooperation with the Salina Family YMCA. The program will help individuals who are interested in weight training, walking, using a treadmill or stationary bike, and more. We will meet in the YMCA Fitness Room on Monday, Wednesday, and Friday from 10:00-11:30 a.m. **or** 1:00-2:30 p.m. Monthly fee is \$15.00 for 2 days/week, or \$20 for 3 days/week. A trainer will be present to help develop personal training plans for all individuals and assist them on the machines. This is a great way to get toned and keep those muscles working. Come try out this class! Registration and payment must be made at the Parks & Recreation office prior to the first class of each month. Fall classes begin Wednesday, September 2.

**Sept: 8003.116 a.m. 3x    Dec: 8004.115 a.m. 3x**  
**8003.117 a.m. 2x        8004.116 a.m. 2x**  
**8003.118 p.m. 2x        8004.117 p.m. 3x**  
**8003.119 p.m. 3x        8004.118 p.m. 2x**

**Oct: 8003.203 a.m. 3x    Jan: 8004.204 a.m. 3x**  
**8003.204 a.m. 2x        8004.205 a.m. 2x**  
**8003.213 p.m. 3x        8004.212 p.m. 3x**  
**8003.214 p.m. 2x        8004.213 p.m. 2x**

**Nov: 8003.303 a.m. 3x    Feb: 8004.333 a.m. 3x**  
**8003.304 a.m. 2x        8004.323 a.m. 2x**  
**8003.313 p.m. 3x        8004.305 p.m. 3x**  
**8003.314 p.m. 2x        8004.332 p.m. 2x**

## Arthritis Classes

The Kansas Arthritis Foundation along with the Salina Parks and Recreation Department will be offering a variety of programs to assist you in reduction of pain, improve pain management and reduce doctor's visits.

Arthritis Exercise Class are offered every Tuesday and Thursday from 2:30-3:30. Cost is \$8.00 per month. The class meets at the First Christian Church, 2727 E. Crawford.

**Sept: 8003.101                      Dec: 8004.105**  
**Oct: 8003.205                      Jan: 8004.207**  
**Nov: 8003.305                      Feb: 8004.308**

YMCA Aquatics Exercise Class is offered every Monday/Wednesday/Friday at 9:30 a.m. at the YMCA. Bring a towel, dressing rooms are available. Cost is \$15.00 per month.

**Sept: 8003.120                      Dec: 8004.123**  
**Oct: 8003.218                      Jan: 8004.210**  
**Nov: 8003.319                      Feb: 8004.331**

Eaglecrest Aquatics Exercise is offered every Monday /Thursday at 1:00 p.m. at the Eaglecrest retirement center. Cost is \$10.00 per month.

**Sept: 8003.105                      Dec: 8004.132**  
**Oct: 8003.223                      Jan: 8004.202**  
**Nov: 8003. 316                      Feb: 8004.324**

Arthritis Self Help Class is offer on Thursday evening from September 17 to October 22. The 6-week class meets from 6:30-8:30 p.m. at the Salina Senior Center, 245 North 9th. The class uses a guidebook. The class is free after the purchase of your book which is \$20.00  
**8003.125**

## Senior Services Fair & Dance

The 2008 KS Senior Services Fair, "Aging on a High Note", will be held at the Bicentennial Center on Tuesday, September 22nd. The day's activities include presentations, exhibits, lunch, and a silent auction. Cost is \$14.00 before September 5 or \$16.00 after. Register through the North Central Flint Hills Area Agency on Aging, 437 Houston St., Manhattan, KS 66502, (1-800) 432-2703, or with the Salina Senior Center.

Stay for "Classic Heart" from 7-10 p.m., also at the Bicentennial Center. Cost is \$3.00 per person. Refreshments will be provided.

## Movies At The Mall

The first Tuesday of each month, the Parks & Recreation Department will sponsor a FREE movie at the Central Mall theaters. The shows are recent box office hits that are family friendly. The movies begin at 1:00 p.m. and no reservations are needed to attend. Special refreshments will also be available for purchase. The movies will resume on October 6th. Watch the 2nd Sixty for the movie titles.

## Country Line Dance

Sondra Crank leads the group once a week on Tuesdays, 5:00-6:00 p.m. in the Senior Center Ballroom. Cost is \$10.00 for a four-week session. No experience is required and beginners are welcomed. You do not need a partner for this class. Pre-registration is not necessary. A new fall session begins Tuesday, September 1.

Sept: 8003.129                      Jan: 8004.207  
Oct: 8003.236                      Feb: 8004.338  
Nov: & Dec. 8003.305

## Vitalsize

Get your morning going with a Vitaband workout. This class is held at Riverside Plaza, 600 E. Elm, each Tuesday and Thursday morning from 9:00-9:45 a.m. A vitaband is used for most of the exercises and they are mainly done in a chair. Exercises are tailored to everyone's own ability. Cost is \$8.00 per month. A band is furnished when you enroll for the first time. Additional bands are sold for \$3.00 each.

The first class will be Tuesday, September 1.

Sept. 8003.104                      Dec. 8004.110  
Oct. 8003.201                      Jan. 8004.203  
Nov. 8003.301                      Feb. 8004.330

## Mrs. Santa's Store

On December 4-5, the Senior Center will be full of little shoppers as the Senior Center, and Parks & Recreation Department host the 12th annual Mrs. Santa's Store. The event is open to grade school children (kindergarten through 6th grades) and gives them the opportunity to shop for family members, friends, teachers, etc. Homemade items are needed, as well as volunteers to work the two days. For more information and the times, call Janice at 309-5765.

## Computer Classes

The Salina Parks & Recreation Department, along with the Salina Senior Center, continue to offer a variety of classes at the Computer Lab hosted at the Senior Center. During the second week of each month starting at 1:00 p.m., we will offer a class on computer basics. An "E-Mail/Internet" class is offered during the third week of each month at 1:00 p.m. Registration is not required and these classes are offered on a first-come, first-served basis. Open lab time Begins at 9:00 a.m Monday through Friday. A genealogy interest group meets at 1:00 p.m. on the first and third Friday of the month. SCUG (Senior Computer Users Group) will meet on a day during the fourth week of each month at 1:00 p.m. Watch the Second Sixty for more details.

## Stroke Support Group

The Salina Area Stroke Support Group is co-sponsored by Parks & Recreation and the Salina Regional Health Center. It is open to anyone who has suffered a stroke, their families or friends. For more information, call Janice at 309-5765, or Linda at 452-7011. Transportation is provided to all the events. Information about the monthly meetings is in the 2nd Sixty News as well as a separate newsletter. Fall activities include:

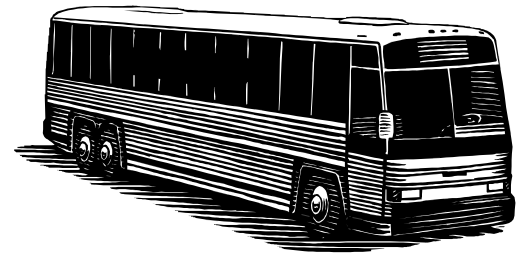
Sept. 23: Picnic at Lakewood Discovery Ctr.  
Oct. 28: Tour of Kansas State—Salina  
Nov. 18: KS Cosmosphere/Space Center & Lunch @ Main St. Deli, McPherson  
Dec. 16: Christmas Party

A 2010 calendar will be mailed out to our Stroke Support Group mailing list or watch the 2nd Sixty News for more information.

## Trips & Tours

The Parks & Recreation 50 Plus program continues to provide travel opportunities for area senior citizens and other interested persons. More information will also be available in the Second Sixty News and on our trips mailing list. Please contact the Parks & Recreation office at 309-5765 for additional information on upcoming trips. Overnight trips are based upon double occupancy rates.

- 8003.123** Brown Grand, Concordia—Opal & Ron Erickson  
Friday, September 18  
Fee: \$28.00
- 8003.1** Secret Salina  
Friday, September 26  
Fee: \$25.00
- 8003.205** Mystery Trip  
Saturday and Sunday, October 3-4  
Fee: \$.00
- 8003.2** Golden Eagle Casino  
Friday, October 9  
\$15.00
- 8003.215** "Wicked", Wichita Theatre League  
Thursday, October 22  
Fee: \$90.00
- 8003.220** Abilene GPTF "Arsenic and Old Lace"  
& Kirby House  
Wednesday, October 28  
Fee: \$38.00
- 8003.323** Discover Tuscany  
November 3-12
- 8003.300** Abilene GPTF "Moon over Buffalo" and  
Mr. K's Farmhouse  
Wednesday, November 15  
Fee: \$38.00
- 8004.112** Abilene GPTF "Joseph & the Amazing Technicolor Dreamcoat"  
& Brookville Hotel  
Wednesday, December 9  
Fee: \$40 .00
- 8004.120** Ponco City, OK Christmas  
Friday & Saturday, December 11&12  
Fee: \$ per person/double occupancy
- 8004.306** New Theatre of Overland Park  
"Cactus Flower" starring Loretta Swit  
Saturday, February 13  
Fee:\$65.00



Branson MO Ozark Springtime Tour  
April or May 2010—More information to come!

## Special Events

Several special events have been scheduled during the upcoming months. These events may include a meal and special entertainment. Sometimes a small charge is requested to cover the cost. Our fall/winter events include:

<b>Date</b>	<b>Event</b>	<b>Location</b>
August 21	Watermelon Fee	Oakdale Park
August 26	Saline Co. Spelling Bee	Salina Public Library
Sept. 22	"Aging on a High Note" Dance	BiCentennial Center
Oct. 16	Kansas Senior Spelling Bee	Webster Conference Center
Nov. 19	Holiday Buffet	Salina Sr. Center
Dec. 15	Salina Christmas Lights Tour	Salina Sr. Center
Jan. 10	New Years Tea Dance	4-H Building

## Crafts

Anyone interested in making crafts is welcome to join us the second and fourth Wednesday of each month 1t 10:00 a.m. at the Salina Senior Center, 245 North 9th Street. The completed projects can be purchased or kept at the Senior Center for our "Mrs. Santa's store" held each December.

## Poker Walk

We offered this program last spring and it offered a fun way to get out with your friends and walk at the YMCA. We will meet for two sessions. You will receive a playing card for each lap you complete. (Maximum of 12 cards per person). The best poker hand wins a surprise. We start at 9:00 a.m. on Wednesdays starting October 7th. The program is free but registration is required:

**8003.206                      October—November**  
**8004.208                      January—February**

## AARP Defense Driving

This is a great opportunity to learn new traffic laws, deal with road rage and improve your reaction time. AARP will be offering a defense driving class on Tuesday and Thursday, October 27 & 29, at Carver Center, 315 North 2nd. The class will run from 5:30-9:30p.m. Pre-registration is required by calling 309-5765. Cost of the class is \$14.00 (\$12.00 if you are an AARP member). You may pay on the first night of class. Refreshments are provided by Humana Market Point. Check with your insurance company to see if they will lower your rate if you complete this course.

## Tai Chi

We will be offering a class in Ti Chi that is co-sponsored by the Kansas Arthritis Foundation. For more details contact the Parks and Recreation office or look in the Salina Second Sixty.