

## FEBRUARY SENIOR ACTIVITIES "SECOND SIXTY"

**BODY SHAPING FOR SENIOR ADULTS:** This class meets every Monday, Wednesday, and Friday from 10:00 - 11:30 am or from 1:00 - 2:30 p.m. Cost is \$15.00 if you come two times a week and \$20.00 if you come three times a week. Payment for the class needs to be made in advance through the Parks and Recreation Office, 300 West Ash, Room 100. You may pay for more than one month at a time. Payment can be brought to the office or mailed in. Training and assistance are provided and everyone works at their own pace. You still need to sign in each time at the front desk and mark the attendance sheet on the desk in the weight room. For more information about this exciting activity contact Parks & Recreation at 309-5765. This class does not entitle you to a YMCA membership or usage of the pool, etc.. Classes start on Monday, February 1, 2010. Please register for the session before the class begins.

**ARTHRITIS AQUASIZE PROGRAMS:** The American Arthritis Foundation and Salina Parks and Recreation 50 Plus Program offer an **Aquatic exercise class** that meets at the YMCA Family pool. We will meet from 9:30-10:30a.m. every Monday/Wednesday/Friday. Cost is \$15.00. We also have a new second class on Tuesday/Thursdays at 9:00 a.m. at the YMCA family pool. Cost is \$10.00. You will need to check in at the front desk and tell them you are with the Salina Parks and Recreation group. Dressing rooms are available through the double doors. Bring your own towel. Register for this class at the Salina Parks and Recreation Office, 300 West Ash, #100. We offer a smaller class at Eaglecrest Retirement Community using their small heated pool. The classes meet at 1:00pm on Monday/Thursday on the second level. This class is very limited in size. Cost is \$10.00. This is part of the Kansas Arthritis Foundation. All classes start the week of February 2nd.

**TIA CHI EXERCISES:** Our instructor has moved her class to the YMCA for the next three months (January-March). You may participate in this class from 10:15 -11:00 a.m. free of charge. Just let the front desk know what you are doing. This is a great way to stretch and get your body fit. We have a great instructor provided by the Arthritis Foundation. For more information call Janice at 309-5765.

**STROKE SUPPORT GROUP:** We will be meeting on Wednesday, February 24<sup>th</sup> at the Salina Regional Health Center, 400 South Santa Fe, conference room East. Our meeting will start at 1:30 p.m. Our speaker will be Gina McDonald, Human Relations Executive Director who is also liaison with the City of Salina Disability board. Bring your questions and concerns. Call Linda at 452-7011 or Janice at 309-5765 if you need a ride or a 2010 calendar.

**FREE MOVIES AT THE MALL:** We will have our free movie on Tuesday, February 2nd at 1:00 p.m. A snack is available for purchase. The doors open at 12:45. This is rated PG.

**COMPUTER CLASSES.** The lab will open everyday at 9:00a.m. on the 3<sup>rd</sup> floor of the Salina Senior Center. We will be having a basic computer class on February 10<sup>th</sup>. The 17<sup>th</sup> of February we will have a class in basic internet and SCUG (Senior Computer Users Group) will meet on the 24th. This class will be on "photos and pictures". We

will have lunch time discussions every week day from 11:30-12:30. On Mondays we have cover hardware, Tuesdays is software, Wednesday is internet, Thursdays is e-mail and Friday is a general session. Registration is not required to any of these programs.

**CRAFT WORKSHOP:** We will meet on the second and fourth Wednesday this next year at 10:00 a.m. at the Salina Senior Center, 2<sup>nd</sup> floor.

**JOLLY MIXERS:** You are cordially invited to attend the Jolly Mixers on Wednesdays from 7-10 p.m. at the Masonic Temple, 336 South Santa Fe. Socials are non-smoking and alcohol-free.

#### **UPCOMING EVENTS:**

**THE WOODWORKING SHOW:** This is our annual trip to Overland Park to the International Trade Center. The day is Friday, February 19. at the bus will leave at 8:00 a.m. from the southwest corner of the Bicentennial Center. The ticket is \$35.00 and includes transportation, ticket to the show, a stop at Cabala's Sporting Goods Store, Overland Tool Inc. Store (free lunch) and Dinner at the Blind Tiger, Topeka.

**CROWN UPTOWN DINNER THEATER "ALL SHOOK UP":** This tribute to Elvis Presley will be on Thursday, March 4. We will leave at 9:30 a.m. from the southwest corner of the Bicentennial Center. The show includes a buffet lunch and great music. Cost is \$45.00

**GATSBY DAYS IN EXCELESIOR SPRINGS, MO:** This three day tour includes a step on guide for the tour of the museum and Hall of Waters as well as other historical sights. We will be staying at the Historic Elms Resort and Spa. Other events include the Black Bottom Ball, Jesse James farm, and lunch at the Van Till Farm and much more. Cost is \$235.00 with a deposit of \$50.00 due April 1.

**SPRINGTIME IN BRANSON:** We will be traveling with Jim and Cindy's Tours. We will be there May 6-8. Shows include "Noah, the Musical, Legends, Dalena Ditto and the Hughes Brothers. There will be many side trips included. The trip includes 4 meals and 2 nights at the Clarion Hotel. Cost is \$479.00 with a deposit of \$100.00 due March 5<sup>th</sup>.

The 2010 Winter/Spring trips and tours brochure has been mailed. Let me know if you do not receive one or would wish to get one. Call 309-5765. One correction is the cost of "Church Basement Ladies – 2<sup>nd</sup> Helping" at the Crown Uptown Dinner Theater. Cost is \$48.00.

