

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Water Moves</b> 6:45 - 7:30 AM Betty Centre Pool	<b>Water Moves</b> 6:45 - 7:30 AM Betty Centre Pool	<b>Water Moves</b> 6:45 - 7:30 AM Betty Centre Pool	<b>Water Moves</b> 6:45 - 7:30 AM Betty Centre Pool	
<b>Zumba® Gold</b> (brought to you by Silver&Fit) 9:45 - 10:30 AM Dana RCU Studio	<b>Strength II</b> 9:30 - 10:30 AM Rochelle RCU Studio	<b>SilverSneakers® Classic</b> 9:45 - 10:30 AM Amanda RCU Studio	<b>Strength II</b> 9:30 - 10:30 AM Rochelle RCU Studio	<b>Zumba® Gold</b> (brought to you by Silver&Fit) 9:45 - 10:30 AM Dana RCU Studio
	<b>SilverSneakers® Classic</b> 10:45 - 11:30 AM Aletha RCU Studio	<b>SilverSneakers® Yoga</b> 10:45 - 11:30 AM Jeanna RCU Studio	<b>SilverSneakers® Classic</b> 10:45 - 11:30 AM Jeanna RCU Studio	<b>SilverSneakers® Yoga</b> 10:45 - 11:30 AM Dana RCU Studio
<b>SilverSneakers® Stability</b> 10:45 - 11:30 AM Dana RCU Studio				

### Como Zoo & Conservatory

Date: Tuesday, October 2  
 Time: 8:00 AM - 1:00 PM  
 Cost: \$15.00 for all participants

### Chili Cook-Off

Date: Monday, November 5  
 Time: 11:00 AM - 12:00 PM  
 Cost: \$2.50 per taste-tester, free for chili-cookers

### Lunch N' Learn Potluck

Date: Friday, October 12 "Pumpkins, Not Just for Carving"  
 Friday, November 9  
 Time: 12:00 PM - 1:00 PM  
 Cost: FREE for all participants

### Casino Run

Date: Wednesday, November 7  
 Time: 8:30 AM - 2:30 PM  
 Cost: \$15.00 for Centre Members  
 \$18.00 for Community Participants

### Pickling Party

Date: Monday, October 15  
 Time: 11:00 AM - 12:00 PM  
 Cost: FREE for all participants

### Senior Holiday Polka Party

Date: Friday, December 7  
 Time: 12:00 PM Lunch  
 1:00 PM - 3:00 PM Polka Band and Dancing  
 Cost: \$5.00 for Centre Members  
 \$7.00 for Community Participants

### Coffee with Coordinator

Date: Tuesday, October 23 "Legal Tools & Estate Planning"  
 Time: 8:30 AM - 10:00 AM,  
 guest speaker 8:30 AM - 9:00 AM  
 Cost: FREE for all participants



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### Facility Hours

	October - April	May - September
Monday - Thursday	4:45 AM - 10:00 PM	4:45 AM - 9:00 PM
Friday	4:45 AM - 9:00 PM	4:45 AM - 8:00 PM
Saturday - Sunday	7:00 AM - 9:00 PM	7:00 AM - 8:00 PM

### Kids Kove Hours

Monday - Friday	8:00 AM - 12:00 PM & 4:15 PM - 8:00 PM
Saturday	8:00 AM - 12:00 PM
Sunday (Oct - April)	10:30 AM - 1:00 PM
Sunday (May - Sept)	Closed

Please note that all program areas close 15 minutes before the facility.  
 For more information please contact the Centre at 715-246-2252.

## Class Descriptions

**SilverSneakers® Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® Stability:** Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. It is recommended that participants are able to stand for at least 35 minutes.

**SilverSneakers® Yoga:** Yoga will move your whole body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Strength II:** A high level class for members wanting to work on muscle endurance and core strength. This class works with a variety of resistance tools. Participants must be able to get on the floor for mat work.

**Water Moves:** The perfect combination of gentle, yet effective aerobic exercises, muscle toning, strengthening, stretching, and posture improving exercises make this the perfect workout for persons over 50. Also a great choice for persons with Arthritis, Fibromyalgia, recovering from and injury, or pregnant.

**Zumba® Gold (brought to you by Silver&Fit):** is known for the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. This senior class is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

## Activity Descriptions

**Lunch N' Learn Potluck:** Join us for a potluck lunch and a special guest speaker one Friday every month. Bring a dish to pass, spend some time socializing, and enjoy a different topic each month.

**Coffee with Coordinator** You're invited to share coffee, pastries, and conversation with Sam Nolan, Senior Program Coordinator. Come share your ideas, learn about upcoming community events, hear speakers, learn about volunteer opportunities and give feedback.

**Como Zoo & Conservatory** Let's take a trip to Como Zoo and Marjorie McNely Conservatory in St Paul, Minnesota. Seniors can take the opportunity to visit a part of the zoo and conservatory for a leisurely walk before the crowds and enjoy special events and opportunities. Bring a bag lunch and we can picnic in the park before heading back home.

**Pickling Party** What is a pickling party? It's an opportunity for individuals to try out various pickles and pickled products for tasting. Let's not limit ourselves to just the cucumber types of pickles either (pickles, peppers, olives, tomatoes, etc). Bring in your pickled item for tasting and we will have a sign placed next to your item indicating what kind of pickle it is. If you are interested, you can bring in the recipe to share with others.

**Chili Cook-Off** Join us for our First Annual Chili Cook-Off! Bring your best chili to see who will walk away with a trophy and bragging rights. To register for the Chili Cook Off, visit our Welcome Center or register online. Registration is free to enter a chili and taste-testers pay just \$2.50. If you don't want to make chili you can still participate! Taste the chili and vote! Open to the community, bring a friend!

**Casino Run** Feeling Lucky?! Why not grab a friend and enjoy a day at Treasure Island Casino! Ride the Centre van to Treasure Island and see if lady luck is on your side. Treasure Island has 50+ Wednesdays. Guests 50 or better, will have a chance to win up to \$50 FREE slot play every Wednesday. You'll also receive \$3 off at Tradewinds Buffet or 10% off your bill at any other restaurant, \$5 off at Island Bingo, and \$5 FREE pull tabs with a \$10 pull tab purchase. Plus, enjoy a special bonus point multiplier of up to +5 your regular slot point multiplier.

**Senior Holiday Polka Party** Save the date for a barrel of fun: The Squires Band will perform. Lunch is included in your registration fee. Enjoy lunch, dancing, and have a great time!