

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

Coffee with Coordinator

Date: Tuesdays, June 26, July 24, & August 28
 Time: 8:30 AM - 10:00 AM,
 guest speakers 8:30 AM - 9:00 AM
 Cost: FREE for all participants

Make & Take Succulent Garden

Date: Wednesday, July 18
 Time: 1:00 PM - 2:15 PM
 Cost: \$42.00 for Centre Members
 \$44.00 for Community Participants

Lunch N' Learn Potluck

Date: Fridays, June 1, July 20, & August 3
 Time: 11:45 AM - 1:15 PM
 Cost: FREE for all participants

Food, Painting & Fun!

Date: Tuesday, August 14 **DATE & TIME CHANGE**
 Time: 11:45 AM - 1:15 PM
 Cost: \$25.00 for Centre Members
 \$30.00 for Community Participants

Pickleball

Date: Mondays & Wednesdays, June 1 - August 31
 (no Pickleball July 4)
 Time: 10:00 AM - 12:00 PM
 Cost: FREE for Centre Members
 \$10.00 day pass for Community Participants OR
 \$10.00 5-visit punch card for adults 55+ years old

Senior Day at Minnesota State Fair

Date: Thursday, August 30
 Time: 8:30 AM - 1:30 PM
 Cost: \$15.00 for Centre Members
 \$20.00 for Community Participants
 (price does not include ticket)



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United Way
 St. Croix Valley

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

	October - April	May - September
Monday - Saturday	8:00 AM - 12:00 PM	8:00 AM - 12:00 PM
Mon, Wed, & Thurs	4:15 PM - 8:15 PM	4:15 PM - 8:15 PM
Tuesday & Friday	4:15 PM - 7:45 PM	4:15 PM - 7:45 PM
Sunday	10:30 AM - 1:00 PM	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

Senior Splash: Activate your aqua urge for variety! Senior Splash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

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.

Stretch: Stretch is a total body stretching class which includes all major and minor muscle groups, designed to improve overall flexibility and balance. You can expect gentle stretching to enhance a greater range of movement. Ages 10+ all fitness levels

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.

Wii® Sports: Have a great time participating in Bowling, Baseball, Golf, Tennis and Boxing on the Nintendo Wii®.

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

Pickleball: Learn, play, and enjoy one of the fastest growing sports in the country. Pickleball is a racquet sport that is a cross between tennis, badminton, and ping-pong. It can be played by all ages and will provide the opportunity to meet friends, be physically active, and have fun! During open gym times Monday - Thursday after 6:00 PM, pickleball may be played in half of the gym if space is available. Please check with the Welcome Center for gym availability.

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.

Food, Painting & Fun! Join us for an afternoon of food, painting and fun! Take the opportunity to choose from 1 of 2 options for creating a canvas masterpiece. As you paint you'll be gently guided by instructor Amy Stevens, taking cues from the process, but carrying each in your own direction so it becomes your own masterpiece. Each participant will get lunch, a painting to take home and plenty of conversation and fun! Invite your friends to join you!

Make & Take Succulent Garden Suffering Succotash.....a take home Succulent Garden?! Johnna from Garden Expressions will help each participant create a lovely succulent bowl to take home and enjoy. This class includes instruction, a decorative bowl and 6 succulents. This is a fun opportunity to gather with friends and show off your green thumb!

Senior Day at Minnesota State Fair Actively Aging Adult Centre Members can take the opportunity to gather friends and ride the Centre van to attend the Minnesota State Fair on Senior Day. Seniors (65+) admitted for \$9 at the gate, regular adult fee is \$14. Many merchandise and food vendors offer special Senior Day bargains for all fair guests. There is a \$15 van fee and each participant will pay for their ticket at the entrance.