



Senior Calendar

May 28 - August 31, 2019

425 E 5th St
New Richmond WI 54017
715-246-2252
www.nrcentre.com

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	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	SilverSneakers® Classic 9:45 - 10:30 AM Aletha 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® Stability 10:45 - 11:30 AM Dana RCU Studio	SilverSneakers® Classic 10:45 - 11:30 AM Amanda RCU Studio	SilverSneakers® Yoga 10:45 - 11:30 AM Dana RCU Studio	SilverSneakers® Classic 10:45 - 11:30 AM Aletha RCU Studio	SilverSneakers® Stability 10:45 - 11:30 AM Dana RCU Studio

Breakfast & Bingo

Date: Monday, June 17
Time: 7:30 AM - 8:30 AM
Cost: \$5.00 for Centre Members
\$7.00 for Community Participants

Senior Day at MN State Fair

Date: Thursday, August 29
Time: 8:30 AM - 1:30 PM
Cost: \$15.00 for Centre Members
\$20.00 for Community Participants

Coffee with Coordinator

Date: Tuesday, June 25
Time: 8:30 AM - 10:00 AM
Cost: Free to all participants

Mah Jongg

Date: Wednesdays, July 10 - August 28
Time: 1:00 PM - 3:00 PM
Cost: FREE for all participants

Actively Aging Cookout/Potluck

Date: Friday, July 12
Time: 11:30 AM - 12:30 PM
Cost: FREE for Centre Members

Pickleball

Date: Mondays, Wednesdays, & Fridays
Time: 10:00 AM - 1:00 PM Monday
10:00 AM - 12:00 PM Wednesday
8:00 AM - 9:30 AM Friday
Cost: FREE for Centre Members
\$10.00 day pass for Community Participants **OR**
\$10.00 5-visit punch card for adults 55+ years old

Food, Painting, & Fun

Date: Wednesday, August 14
Time: 11:30 AM - 1:30 PM
Cost: \$25.00 for Centre Members
\$30.00 for Community Participants

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
Mon - Sat	8:00 AM - 12:00 PM
Mon - Fri	4:15 PM - 8:00 PM
Sun	10:30 AM - 1:00 PM



ROYAL
CREDIT
UNION



United Way
St. Croix Valley

May - September

Mon - Sat	8:00 AM - 12:00 PM
Mon - Thurs	4:15 PM - 8:00 PM
Fri	4:15 PM - 7:45 PM
Sun	Closed

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

Updated 05/28/2019

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

Bingo & Breakfast

Enjoy breakfast with your peers and play some fun and competitive rounds of Bingo for great prizes! Sign up online or at the Centre.

Coffee with Coordinator Coffee with Coordinator is a program designed to offer seniors the ability to have coffee and pastries and receive information regarding Centre offerings, information about other events going on in the surrounding community, senior specific education regarding various topics (Health, Financial, Mental Wellness, Nutrition, Leisure), information about volunteer opportunities, socialization with other seniors.

Actively Aging Cookout/Potluck

The sun will be out and we should too so we are having a cookout and inviting you! The Centre will provide the brats, you bring your friends and a dish to share!

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!

Senior Day at MN State Fair

Seniors can take the opportunity to gather friends and ride with our Senior Programs Coordinator in the Centre van to attend the MN State Fair. Seniors will pay a nominal fee which includes transportation and parking. You will purchase your own discounted ticket at the gate.

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 every one of all ages. It will provide you the opportunity to play and meet friends, be physically active, and have fun!

Mah Jongg

Mah Jongg was first played by the ruling class of China and dates back to the time of Confucius. Mah Jongg is a game played with 152 tiles or 152 Mah Jongg "Kards," and the object of the game is to form combinations of suits. Join Vanora Jorgensen on Wednesday afternoons for lessons on how to play this challenging yet fun game.