

JRP SENIOR CITIZENS CENTER

100 S. 10th St., St. Joseph, MO

816-271-4666

Schedule for September 2010

Walking Route, Billiards, 8-Ball, Snooker, Shuffleboard Table and Table Tennis, Wii

Monday-Friday 8:00am-5:00pm (50 cents per day/per person for Wii, Pool Tables & Shuffleboard)

The Center will be closed Monday, September 6, 2010

Cafeteria

Tuesday-Friday 11:00am-12:30pm – OPEN TO ALL AGES

Fitness Center

Monday-Friday 8:00am-7:30pm

(Check night schedule for later closing times)

Saturdays 8:00am-Noon

Evenings & weekends when other groups are scheduled

Membership required (\$25 per calendar year, expires Dec. 31)

Blood Pressure Screenings:

2nd & 4th Mondays by Silver Lining 8:30am-10:00am

Each Tuesday by Ruth Anna Foster 9:40am-11:40am

Each Wednesday by Caregivers 10:30am - Noon

2nd & 4th Thursday by Benders 11:30am – 12:30pm

Dances:

Line Dance Lessons-each Monday 3:00pm (\$2 per session)

Sodance Couples Club (*Couples only*) each Friday at 7:00pm (*Club membership needed*)

Down Home Country Dance – Tuesdays, 7:00pm (\$5 @ door)

Dancing Clark's Mega Tunes 2nd Saturday 7:30pm (\$5 @ door)

4th Saturday of the month, Wayne Hoover and the Countrysiders, 7:00pm, \$5 @ door

Special Dances-band and price as announced

MONDAYS:

Total Body Workout – 8:15am (\$2 each)

Pinochle Card Group – 10:00am (25 cents each/per day)

Rubber Stamping – 9:30am **September 13** (\$5 or less – make & take)

Line Dance Lessons - 3:00pm (\$2 each)

RSVP Sewing Group – 9:00am **September 13**

TUESDAYS:

Step/Pilates: 8:15am (\$2 each)

Pool Players Association Meeting – 1:00pm **September 7**

Sing-A-Lings Rhythm Band - 10:00am

Pinochle Card Group - 10:00am (25 cents each/per day)

Computer Users Group Meeting – 1:00pm **September 7**

Computer Lab – 1:00pm -4:00pm

Cardio-Pilates Class – 5:15pm - 6:15pm (\$3 per session)

Missouri Valley Gem & Mineral Society – **September 14**

WEDNESDAYS:

Total Body Workout – 8:15am (\$2.00 per session)

Intermediate Contract Bridge – 12:30pm (25 cents each per day)

Commission on Aging – (**meeting at Country Squire**)

Scrap booking –9:30am **September 15** (\$5 Make & Take)

Senior Center Council – 1:00pm **September 22**

Dance Committee – 2:30pm **September 22**

Line Dance Lessons – 6:15pm-7:15pm

THURSDAYS:

Ceramics - 9:00am

Young At Heart – 10:00am **September 16**

Orphan's Watercolor Group - 1:00pm

Tai Chi Class – 2:00pm (\$2 each session)

Yoga – 2:30pm (\$2 each session)

Pony Express Assn. of the Blind – 6:00pm **September 9 & 23**

Step/Pilates – 5:15pm (\$3 each)

FRIDAYS:

Total Body Workout – 8:15am (\$2 per session)

Pinochle Card Group – 10:00am (25 cents each/per day)

10 Point Pitch Card Group – 1:30pm

Disabled American Veterans – 7:00pm **September 10**

SATURDAYS:

Myasthenia Gravis &

MS Support Group – 10:30am – **not meeting in September**

Zumba – 10:30am

St. Joseph Stamp Club – 12:30 pm **September 18**

Missouri Writers Guild – 12:30pm **September 18**