

# JRP SENIOR CITIZENS CENTER

100 S. 10<sup>th</sup> St., St. Joseph, MO

816-271-4666

## Schedule for January, 2012

The Senior Center will be closed January 2 and January 16

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)

### Cafeteria

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

### Fitness Center

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

(Check night schedule for later closing times)

Saturdays 8:00am-Noon

Evenings & weekends when other groups are scheduled

Membership required (Ask at front desk for information on joining fitness center)

### Blood Pressure Screenings:

1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Mondays 8:30am-10:00am by Three Rivers Hospice

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

Tuesday's 9:40am-11:40am by Ruth Anna Foster

Wednesday's 9:30 – 11:00 by Caregivers

2<sup>nd</sup> & 4<sup>th</sup> Thursday 11:30am – 12:30 pm by Benders

Fridays 9:30am-10:30am by Help at Home

Fridays Noon—3:00pm by Ruth Anna Foster

### Dances:

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

Sodance Couples Club (Couples only) 2<sup>nd</sup> & 4<sup>th</sup> Friday of month 7:00pm

(Club membership needed)

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

Kenny Swindler & Country Way - , 1<sup>st</sup> Saturday, 7:00pm (\$5 @ door)

Dancing Clark's Mega tunes, 2<sup>nd</sup> Saturday, 7:30pm (\$5 @ door)

Klasik Kuntry Musik Band, 3<sup>rd</sup> Saturday 7:00pm (\$5 @ door)

Wayne Hoover and the Countrysiders, 4<sup>th</sup> Saturday, 7:00pm (\$5 @ door)

### MONDAYS:

Total Body Workout – 8:15am (\$3 each)

Pinochle Card Group – 10:00am (30 cents each/per day)

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

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

Zumba with Martha – 5:15pm-6:15pm (\$5 per session)

### TUESDAYS:

Step/Pilates: 8:15am (\$3 each)

Tai-Chi (\$3) 1:15-1:45pm

Yoga: 4pm – 5pm (\$4 a session)

Pool Players Association Meeting – 1:00pm **January 3**

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

Pinochle Card Group - 10:00am (30 cents each/per day)

Computer Users Group Meeting – 1:00pm **January 3**

Computer Lab – 1:00pm -4:00pm

Cardio-Body Sculpting Class – 5:15pm (\$4 per session)

Missouri Valley Gem & Mineral Society – 7:00pm **January 10**

### WEDNESDAYS:

Total Body Workout – 8:15am (\$3.00 per session)

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

Scrap booking –9:30am **January 11** (\$5 Make & Take)

Senior Center Council – 1:00pm **January 25**

Dance Committee – 2:30pm **January 25**

Indoor Cycling – 5:30 – 6:15, (\$5.00 per session)

### THURSDAYS:

Zumba Gold – 8:15am-9:15am (\$4 each session)

Ceramics - 9:00am

Young At Heart – 10:00am, **January 19**

Yoga: 4pm – 5pm (\$4 a session)

Pony Express Assn. of the Blind – 6:00pm, **January 12 & 26**

Cardio/Body Sculpting – 5:15pm (\$4 each)

### FRIDAYS:

Total Body Workout – 8:15am (\$3 per session)

Pinochle Card Group – 10:00am (30 cents each/per day)

10 Point Pitch Card Group – 1:00pm (30 cents each/per day)

Disabled American Veterans - **January 20**

### SATURDAYS:

St. Joseph Stamp Club - 1:00pm, **January 21**

Missouri Writers Guild – 1:00pm, **January 21**