

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| <p><i>(**Senior Club is \$10 annual fee for monthly pitch-in lunches.<br/>First Monday April-December 2019<br/>Contact Bob Myers at 765-366-9405)</i></p> |  | <p>9:45 Strength &amp; Stretch<br/><b>11 am The Price is Right</b><br/>11:30 Chair Yoga</p> | <p>10:15 Silver Sneakers<br/>Nutrition Center: 11:45<br/>12:30 Bingo by Midland<br/>5:30 Beginner Yoga<br/><b>9 am Trail Travels</b><br/>5-8 pm Line Dancing</p>      | <p>9:45 am FUNctional Fitness<br/>11am-1pm Pickleball<br/>5-7pm Pickleball</p> |
| <p>9:45 am FUNctional Fitness<br/>11:30 Chair Yoga<br/><b>Noon -**Senior Club Pitch-in</b><br/>6-8 pm Pickleball</p>                                      | <p>10:15 Silver Sneakers<br/>Nutrition Center: 11:45<br/>12:30 Bingo by Mid-Land Meals</p>                                       | <p>9:45 Strength &amp; Stretch<br/>11:30 Chair Yoga</p>                                     | <p>10:15 Silver Sneakers<br/>Nutrition Center: 11:45<br/>12:30 Bingo by Midland<br/>5:30 Beginner Yoga<br/><b>9 am Trail Travels</b><br/>5-8 pm Line Dancing</p>      | <p>9:45 am FUNctional Fitness<br/>11am-1pm Pickleball<br/>5-7pm Pickleball</p> |
| <p>9:45 am FUNctional Fitness<br/>11:30 Chair Yoga<br/>6-8 pm Pickleball</p>  | <p><b>9:30 am Senior Health Fair</b><br/>10:15 Silver Sneakers<br/>Nutrition Center: 11:45<br/>12:30 Bingo by Mid-Land Meals</p> | <p>9:45 Strength &amp; Stretch<br/>11:30 Chair Yoga</p>                                     | <p>10:15 Silver Sneakers<br/>Nutrition Center: 11:45<br/>12:30 Bingo by Midland<br/>5:30 Beginner Yoga<br/><b>9 am Depauw Nature Park</b><br/>5-8 pm Line Dancing</p> | <p>9:45 am FUNctional Fitness<br/>11am-1pm Pickleball<br/>5-7pm Pickleball</p> |
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| <p>9:45 am FUNctional Fitness<br/>11:30 Chair Yoga<br/>6-8 pm Pickleball</p>  | <p>10:15 Silver Sneakers<br/><b>11:30 Hunter's Honey Farm</b><br/>Nutrition Center: 11:45<br/>12:30 Bingo by Mid-Land Meals</p>  | <p>9:45 Strength &amp; Stretch<br/>11:30 Chair Yoga</p>                                     | <p>10:15 Silver Sneakers<br/>Nutrition Center: 11:45<br/>12:30 Bingo by Midland<br/>5:30 Beginner Yoga<br/><b>9 am Trail Travels</b><br/>5-8 pm Line Dancing</p>      |  |

**Upcoming Event Descriptions on the back**

**Park & Rec Community Center—922 E. South Boulevard—Crawfordsville, Indiana 47933**  
 Kim Clark 765-364-5175    Join the email list at [kclark@crawfordsville-in.gov](mailto:kclark@crawfordsville-in.gov)

### ***Fitness Classes***

**Silver Sneakers**-Designed to increase muscle strength, range of movement and improve activities of daily living.

**Tuesday & Thursday 10:15-11:00 am**

**FUNctional Fitness**-Low impact aerobics, chair exercises and strength training. **Monday & Friday 9:45-10:30 am**

**Strength & Stretch** -Improve your strength and flexibility with a variety of strength and range of motion exercises. **Wednesday 9:45-10:30 am**

**Chair Yoga**-A simple form of yoga practiced sitting in a chair and using a chair for support. Designed to help breathing, balance and flexibility.

**Monday & Wednesday 11:30-12:00 pm**

### ***Day Trips:***

**May 16th—DePauw Nature Park - 9:00 am.** Between 1917 and 1977, the Nature Park was the site of a limestone quarry. One of the best nature parks in Indiana. Perfectly maintained trails with outstanding views. If you enjoy being out in nature you should not miss this park. \$6.00 for transportation. (Part of our “Trail Travels” walking series)

**May 28th—Hunter’s Honey Farm - 11:30 am.** The tour combines the Honey Barn Tour, Roll Your Own Beeswax Candle and Bottle Your Own Honey Bear. \$12 Tour + \$8.00 Transportation.

### ***Activities:***

**Bingo** - Tuesday & Thursday at 12:30 sponsored by Midland Meals.

**The Price is Right** – First Wednesday of every month at 11:00 am - Win prizes!

**Living Well 55+ Walking Group “Trail Travels”** - April thru October every Thursday at 9:00 am. Check Trail Travels schedule for place we are walking.

**Line Dancing** – Thursdays 5:00-8:00 pm. Beginner Class begins at 5:00 pm.

### ***Educational Classes & Seminars***

**May 14<sup>th</sup> Senior Health Fair & Expo 9:30-1:30 pm.** at First Baptist Church. 1905 Lebanon Rd., Crawfordsville.

### ***Sunshine Vans:***

Phone: 765-364-5173

Office Hours: Monday – Friday 8:00 am – 3:30 pm

The Sunshine Van office is located and operated in the Crawfordsville Parks & Recreation Department. Sunshine Vans provide ground transportation for Montgomery County residents that are age 60 and older and/or disabled. The vans are funded by your donations, Montgomery United Fund, Montgomery County Community Foundation, INDOT, Title III, and other grant programs. This service transports to medical appointments, pickups for prescriptions and groceries, and other personal care trips. It also provides transportation to the community nutrition site. Call and schedule your appointments at least 24 hours in advance. Medical and Wheelchair appointments require a 48 hours advance notice. Suggested donations are posted in each vehicle. Ask about our punch passes that are offered at a discount.

### ***Nutrition Site:***

Located in the Crawfordsville Community Center at 922 E. South Blvd. Meals are provided by Midland Meals to those 60 years or older and persons who qualify. They are open Tuesday and Thursday at 11:45am. Call 765-477-7189 for more information. Midland Meals also sponsors Bingo on Tuesday & Thursday at 12:30 pm.

# May 2019



## Living Well 55+ Schedule of Events