

# 2021 Summer Brochure - Living Well 55+

Crawfordsville Community Center - Calendar of Events – May - August

## SCHEDULE OF ACTIVITIES

**Bingo** - Tuesday & Thursday 12:30 pm.

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

**Euchre** - Every Wednesday at 1:00 pm a group gathers and plays Bid Euchre. Please call ahead.

**Puzzles & Games**– There are puzzles and other games available for you to use at any time. Talk to the front desk for information.

### Trail Travels– (May-October)

Walking group meets every Thursday morning at 9:00 at designated meeting spot. Explore different parts of the Sugar Creek Trail and other parks in Montgomery County. Occasionally we will have out of town walking trips. Please call for more information.

## DAY TRIPS

June 17th – **Garfield Park Conservatory Indoor & Outdoor Gardens**; Home to hundreds of different plants from the world's tropics. Park Admission \$2.00 + Ride \$5.00. We will stop for lunch. Departing at 9:00 am

July 26th – **McCloud Nature Park Summer Poetry Walk** \$5.00 for ride. Depart at 9:30 am. We will stop for lunch.

August 19th – **B&O Trail in Hendricks County** \$5.00 for ride. We will stop for lunch. Departing at 9:30 am.

## GROUPS, CLASSES & SEMINARS

May 24th - **“The Art Thing”** 1:00 pm; Create a stepping stone. \$7.50 for supplies.

June 28th - **“The Art Thing”** 1pm; \$5.00 for supplies. Canvas Painting

July 15th – **Rotary Jail Museum** 10:30 am; \$5.00 for tour. Meet at Rotary Jail. Those walking with Trail Travels group that morning will walk to the Rotary Jail.

## FITNESS CLASSES

We honor *Silver Sneakers, Silver & Fit, Renew Active, & AARP*. Please come in and enjoy the facility with your membership!

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

**Silver Sneakers** – Designed to improve muscle strength, range of motion and improvement of daily living activities. A chair is used to assist with balance and seated exercise. *Tuesday 10:15-11:00 am.*

**Yoga Foundations** – Designed for new yoga students or those who would like a review for the fundamentals of yoga including alignment & breathing techniques. *Thursday 5:30-6:30 pm.*

**Please be advised that all activities are subject to change.**

**Please call for more detailed information.**

*To receive monthly calendars about new activities and trips available call 765-364-5175 or join the email group at [kclark@crawfordsville-in.gov](mailto:kclark@crawfordsville-in.gov)*

### **Sunshine Vans:**

**Phone: 765-364-5173**

**Office Hours: Monday-- Friday 8:00 am – 4:00 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.