



2018

“Seasoned Citizen’s”

Winter Activities

City of Pierre Parks and Recreation



Seasoned Citizen Programming is offered for those 50 and over, but anyone is welcome.

If due to financial hardship you cannot pay the advertised fees, contact Mindy at 773-7445 and we will handle on a case to case basis.

Come join the fun!

Registration:

You can register by:

- Stopping in the Recreation Office at 900 E. Church St.
 - Call Mindy at 773-7445



Perfect for: Active Older Adults or those who need modifications.

How It Works: Zumba Gold introduces easy to follow Zumba choreography to international rhythms that focuses on balance, range of motion and coordination. Come ready to sweat leave empowered and feeling strong!

Benefits: Focuses on all elements of fitness: cardiovascular, muscle development, flexibility and balance.

Classes are held Tuesdays 10am at the Y/Aquatic Center Multipurpose Room and 5:30pm at the Pierre Senior Center. All ages welcome!

Fee: \$16

Free to Senior Center Members



Help with YOUR



Electronic Device

When: Tuesdays 9:15-9:45am
Jan. 9– Feb. 6

Where: Aquatic Center/YMCA
Multipurpose Room

What: Did you get a new computer, iPad, smart phone for Christmas? Are you struggling with it? If so bring it in and we will help you figure it out. We will work on exercises to help you get comfortable with your device.

Cost: \$15

Free to Senior Center Members

Instructor: Riggs High Students

Linedance

When: Wednesdays 9:00am–10am
Jan. 10–March 28

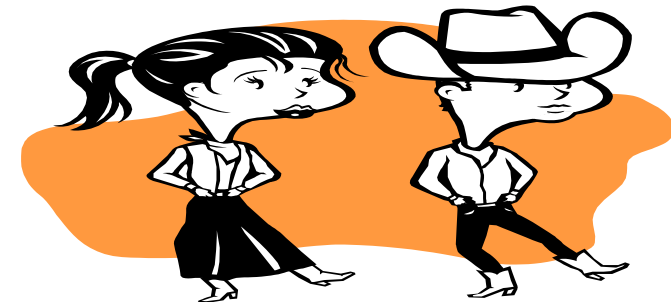
Where: Aquatic Center
Multipurpose Room

What: Learn Fun, Easy To Learn
Dances. Great exercise!
Step by step instruction

Fee: \$20

Free for Senior Center members

Instructor: Geraldine Ray



Tai Chi AM

When: Monday and Wednesday
Jan. 8-March 28
Beginners 10:15 –11:00am
Experienced 10:30-11:15am

Where: YMCA/Aquatic Center
Multipurpose Room

What: A safe and easy to learn a program proven to relieve pain and improve health and balance. Good for everyone

Fee: \$30
Free for Senior Center Members



CoolClips.com

TAI Chi PM

When: Thursdays
Jan. 11-March 29
5:30-6:15pm (beginners)
5:45-6:30 (experienced)

Where: Pierre Senior Center

What: A safe and easy to learn a program proven to relieve pain and improve health and balance. Good for everyone

Fee: \$20
Free for Senior Center Members

