



**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

