

Recreation Center
10th & Indiana
940-761-8887



Hours
Monday - Friday
8am – 12 Noon
Tuesday & Thursday
1:30pm- 6:30pm

November Activities – New HOURS: M-F 8am- 12pm & Tues/Thurs 1:30-6:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30A-11:30A: Charity Quilting Group,- Experience Quilters Only! Rm 211 Limit 6</p> <p>9:A: Chair Balance & Posture, Rm 208B Limit 16</p> <p>9-11A: Ping Pong, Rm 202 Limit 12</p> <p>9:30A: Morning Workout with Lori, Rm 201 Limit 12</p> <p>10:30A: Stronger Seniors, Rm 208B Limit 16</p> <p>ZONE Closes 12 pm</p>	<p>9:A: Chair Balance & Posture, Rm 208B Limit 12</p> <p>9:30A: Morning Workout, with Terri Rm 201 Limit 12</p> <p>9:30 A: Computer Workshop, Rm 202 Limit 3</p> <p>10:30A: Stronger Seniors, Rm 208B Limit 16</p> <p>ZONE Closed 12pm-1:30pm</p> <p>2:00P: Stronger Seniors, Rm 208B Limit 16</p> <p>2:00P Pinochle Tournament, Rm 217</p> <p>2:00P: Craft Class, Rm 215 Limit 8 Instructor: Janet Davis</p> <p>2:00P: Non-Denominational Bible Study, Rm 212 Limit 12</p> <p>2:30P:Open Line Dance, Rm 201 Limit 12 (activity not class)</p> <p>3P: Chair Yoga, Rm 208B</p> <p>5-6:30 Ping Pong, Rm 202</p> <p>5:15P: Evening Workout- With Terri Rm 201 Limit 12</p> <p>ZONE Closes 6:30 pm</p>	<p>8:30A-11:30A: Charity Quilting Group,- Beginner Quilters Only! Rm 211 Limit 6</p> <p>9:A: Chair Balance & Posture, Rm 208B Limit 12</p> <p>9-11A: Ping Pong, Rm 202 Limit 12</p> <p>9:30A: Morning Workout with Lori Rm 201 Limit 12</p> <p>10A-12P: Stained Glass, \$10 - Rm 215 Limit 8</p> <p>10:30A: Stronger Seniors, Rm 208B Limit 12</p> <p>ZONE Closes at 12 Noon</p>	<p>8:30A-11:30A: Charity Quilting Group,-Experience Quilters Only! Rm 211 Limit 6</p> <p>9:A: Chair Balance & Posture, Rm 208B Limit 12</p> <p>9:30A: Morning Workout with Terri Rm 201 Limit 12</p> <p>9:30A: Stitching Group Rm 215 Limit 6</p> <p>10:30A: Stronger Seniors, Rm 208B Limit 16</p> <p>ZONE Closed 12pm-1:30pm</p> <p>1:30- 3:30P- :Open Oil Painting Session Rm 215-Art Room Limit 8</p> <p>2:00P: Stronger Seniors, Rm 208B Limit 12</p> <p>3:30-4:30P Beginner Line Dance Class- Instructor Susi Blankenship Rm 201 Limit 12 (Starts 9/10/2020)</p> <p>3:30P: Movie, Rm 208B Limit 16</p> <p>4:30-5:30P Watercolor/Drawing Class- Instructor Cindy Sheldon \$10/Mo Room 215 Limit 6 ***MUST PRE_REGISTER**</p> <p>5:15P: Evening Workout- With Sharon Rm 201 Limit 12</p> <p>5-6:30 Ping Pong, Rm 202 Limit 12</p> <p>ZONE Closes 6:30 pm</p>	<p>9:A: Chair Balance & Posture, Rm 208B Limit 12</p> <p>9-11A: Ping Pong, Rm 202 Limit 12</p> <p>Additional Morning Workout Session 9:30A: Morning Workout with Sharon Rm 201: Limit 12</p> <p>10:30A: Stronger Seniors, Rm 208B Limit 16</p> <p>10:30A: Open Line Dance Activity –NOT AN INSTRUCTOR LED CLASS! Rm 201 Limit 12</p> <p>ZONE Closes at 12 Noon</p>

Available: M,W,F 8am-12pm & Tues/Thurs 8:00 am- 12 pm & 1:30-6:30pm

Fitness Equipment Room (200): Limit 16

Circuit Training Room (203): Limit 12

Social Room (217): Limit 30 *Cards, *Dominoes, *Billiards, TV, Computers, Socializing

Hallways: Limit 20 Walking for Members Only - One direction

***Billiard balls, pool cues, cards and dominoes are checked out at the Zone desk. All supplies are sanitized and cards are discarded after use.**

SINGLE ENTRANCE ON NORTH SIDE OF BUILDING (10TH Street) ONLY!!!

Check in at the Sanitation/Greeting Center on the Second Floor is required. Every member must sign the COVID19 addendum

AS OF 7/3/2020: WEARING OF A MASK OR FACECOVERING IS REQUIRED WHILE INSIDE THE BUILDING- EVEN WHEN EXERCISING. ONLY EXCEPTION IS A MEDICAL CONDITION PREVENTING THE WEARING OF A MASK. Social distancing of 6 Feet at all times.

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10th & Indiana
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Hours
:Mon. Wed. Fri.
8am – 12 Noon
Tuesday & Thursday
8:00am- 12 noon
& 1:30-6:30pm

MEMBERSHIP ONLY \$30 A YEAR!

www.wichitafallstx.gov/208/50-Plus-Zone

<https://www.facebook.com/50PlusZoneOfWF>

Issue 268

City of Wichita Falls Parks & Recreation

November 2020

The 50 Plus Zone will be CLOSED Thursday, November 27th & Friday, November 28th for the Thanksgiving Holiday



New Additional Hours:

Mon. Wed. & Fri. 8am -12pm

Tues. & Thurs. 8am-12pm & 1:30- 6:30pm

***BE WELL, LIVE WELL**

A FREE 5 Week Educational Program

Wednesdays 10:30 – 11:30am Room 212

Ends Nov. 4, 2020 Limit 10

CRAFT CLASS Tuesdays 2 pm Room 215

Instructor: Janet Davis **Limit 8**

OPEN LINE DANCE Tuesdays 2:30pm &

Fridays 10:30 am! Room 201 this is an Activity not a class! **Limit 12** dancers per session

BEGINNER LINE DANCE Thursdays-3:30-

4:30 pm Room 201

Instructor: Susi Blankenship Have fun learning how to Line Dance. Steps Broken down to make it easy to learn.

Recommended for Beginners. Limit 12

Students

Evening Workout 5:15-6:15pm

-Tuesdays- Room 201

Instructor: Terri Kennedy

-Thursdays- Room 212

Instructor: Sharon Myers

Great workout for the entire body. 30 Minutes of cardio, 20 minutes of strength training and 10 minutes of stretching/cool down. **Limit 12 Students**

Evening Ping- Pong

Tuesdays & Thursdays 5-6:30pm Room 202



ENTRANCE TO 50 PLUS ZONE IS ON THE NORTH SIDE OF THE BUILDING ONLY! (10TH Street). FACE COVERINGS ARE REQUIRED! MUST COVER NOSE AND MOUTH

Everyone is required to sanitize hands and get their temperature taken at the Sanitation Station on the 2nd Floor. Thank You!

As of 9/17/20 PRE-registration is now required for Water Color and Drawing Class Call 940-761-8887 or sign up at desk

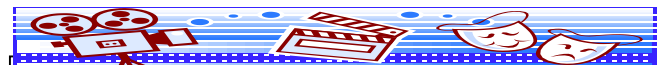
9th ANNUAL QUILT SHOW & SALE



50 Plus Zone Members ONLY!!!
Thursday, November 12th
9:00am – 12 noon & 1:30 -4:00pm
50 + Zone Ballroom

Over 170 quilts will be on display and priced to **SELL!**

For ZONE MEMBERS ONLY!



Twilight Theater Thursday
ONE SHOWING ONLY
3:30 PM Shown in Room 208B
(Limit 16)

November 6th
"The Secret Garden" (2020)
Rated PG - 1 hr. 39 min.

November 13th
"Belle" (2014)
Rated PG – 1 hr. 53 min.

November 20th
"Critical Thinking" (2020)
Rated NR- 1 hr. 51 min.

November 27th
Zone Closed for Thanksgiving

Movie Snacks Sponsored By: Royal Estates Assisted Living (Limit 1 Bottle of Water and 1 bag of prepackaged popcorn per person)