

Recreation Center
10th & Indiana
940-761-8887



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

October 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 6 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>10:30A: Be Well, Live Well, Room 212 Week Series Taught by Texas Ag. Ext Limit 10 Pre-Registration Required at Zone Desk</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>10:45A: Gentle Yoga with Terri, Room 201 Limit 9</p> <p>10:30A: Stronger Seniors, Rm 208B Limit 16</p> <p>ZONE Closed 12pm-1:30pm</p> <p>1:30P:Open Oil Painting Session Rm 215-Art Room Limit 6</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>New Time! 9:30A: Beginner Pilates Instructor: Sharon Room 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-F 8am-12pm & Tues/Thurs 1:30pm-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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MEMBERSHIP ONLY \$30 A YEAR!

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

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

Issue 267

City of Wichita Falls Parks & Recreation

October 2020

FLU SHOT CLINIC

MONDAY October 5th 8-11AM
Zone Social Room (217)

Sponsored by: United Regional
Hospital

FREE with Medicare or Insurance
card.



PHASE 2: New Additional Hours:
Mon-Fri 8am-12pm & Tue/Thurs 1:30-6:30pm
Try out these FUN ACTIVITIES!

***BE WELL, LIVE WELL**

A FREE 5 Week Educational Program
Wednesdays 10:30 – 11:30am Room 212
Oct. 5-Nov. 4, 2020) Limit 10

***CRAFT CLASS Tuesdays 2 pm Room 215**
Instructor: Janet Davis Limit 6

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 Classes Start September 10th
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 Room 201
-Tuesdays- Instructor: Terri Kennedy
-Thursdays- Instructor: Sharon Meyers
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

Be Well, Live Well:

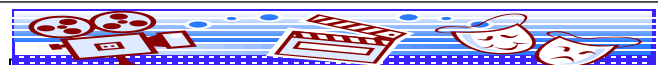
A Program on Healthy Aging

FREE 5 WEEK Program Starting Wed Oct. 7th
10:30-11:30 am Room 212

Learn How To:

- Reduce your risk for disease
- Engage in a healthy lifestyle
- Learn which nutrients you need more of as you age, how to support cognition through food and more!
- Find out how to use the nutrition facts label as a tool to help you maintain a healthy lifestyle
- Learn how to keep food safe while shopping, how to interpret dates on food packages, safe food storage practices and more!
- Meal Planning-find solutions to eating alone and how to plan meals for small households
- Learn the benefits of physical activity as you age, and ideas to include physical activity in your daily life.

Limit 10 Students – Pre-registration Required! Sign up at
the Zone Desk Taught by Heather Simpson- BLT
Extension Agent. For More Info Call: 940-716-8610



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

October 2nd
“Irresistible” (2020)
Rated “R” - 1 hr. 41 min.



October 9th
“Little Women” (2019)
Rated PG – 1 hr. 47 min.

October 16th
“The Secret: Dare to Dream” (2020)
Rated PG- 1 hr. 47 min.

October 23rd
“The High Note” (2020)
Rated PG-13 - 1 hr. 53 min.

October 30th
“Bombshell” (2019)
Rated “R” - 1 hr. 49 min.

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