

Recreation Center
10th & Indiana
940-761-8887



Hours
Mon, Wed & Fri
7:30am – 12:00 pm
Tues, Thurs
7:30am -6:30pm

April Schedule: Mon, Wed, Fri 7:30am -12:00pm Tues & Thurs 7:30 am- 6:30 pm

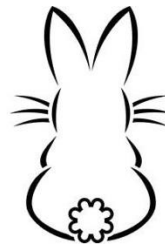
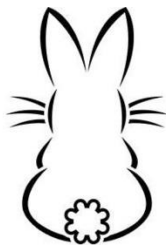
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30A-11:30A: Charity Quilting Group - Experience Quilters Only! Rm 211 Limit 6</p> <p>9:A: Chair Balance & Posture, Rm 208B Limit 16</p> <p>9-11A: Ping Pong, Rm 202 Limit 12</p> <p>9:30A: Morning Workout with Lori, Rm 201 Limit 12</p> <p>10:30A: Stronger Seniors, Rm 208B Limit 16</p> <p>ZONE Closes 12:00 pm</p>	<p>9:A: Chair Balance & Posture, Rm 208B Limit 12</p> <p>9:A: FREE Prize Bingo Ballroom – Rm 216</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>10:30A: Tai Chi for Beginners- Instructor Chi Ton: Room 201 Limit 12</p> <p>2:00P: Stronger Seniors, Rm 208B Limit 16</p> <p>2:00P: Non-Denominational Bible Study, Rm 212 Limit 12</p> <p>2:00P Craft Class with Janet Davis, Rm 215 Limit 10</p> <p>2:30P: Open Line Dance, BALLROOM –Rm 216</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 12:00 pm</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>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>2:00 P CASH BINGO- Rm 216 Ballroom –Caller: Brett Hayley of Healing Hands</p> <p>2:00P: “Sharing & Caring” Support Group- Facilitator: Sheryl Mahon-Hospice of WF Rm 212 Limit 12</p> <p>2:30-3:30P Line Dance Class- Rm 201 Limit 12</p> <p>3:30P: Movie, Rm 208B</p> <p>4:30-5:30P Watercolor/Drawing Class- Instructor Cindy Leavy \$10/Mo Room 215 Limit 8 ***MUST PRE_REGISTER**</p> <p>5:15P: Evening Workout- With Sharon Rm 212 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: Thai Chi for Beginners- Instructor Chi Ton: Room 201 Limit 12</p> <p>10:30A: Open Line Dance Activity –BALLROOM - Rm 216</p> <p>ZONE Closes at 12:00 pm</p>

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. Only Exception – when exercising while social distancing, masks must be put back on when less than 6 feet from another person. Social distancing of 6 Feet at all times.

Due to COVID19 Restrictions: there will be no Coffee, Kool-Aid, Popcorn or Self-Serve water. Members are encouraged to bring their own water. Bottled water is available for purchase at the Zone Desk for 25 cents.

These are our temporary hours; additional hours added when we are able. Thank you for your patience.

Recreation
Center
10th & Indiana
940-761-8887



MEMBERSHIP ONLY \$30 A YEAR!

NEW Hours
Mon, Wed, Fri
7:30 am -12:00pm
Tues & Thurs
7:30 am – 6:30 pm

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

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

Issue 273

City of Wichita Falls Parks & Recreation

April 2021

FREE Prize Bingo



Tuesdays at 9:00 am

Sponsored by:

April 6th- Best Care Home Health

April 13th – Kindred Home Health
and Hospice

April 20th- Best Care Home Health

April 27th – Brookdale Midwestern
Parkway

*Games played on paper cards.
Bring a dauber or buy one for \$1 ea.



Thursdays at 2:00 pm

**Bingo Caller: Brett Hayley from Healing
Hands Healthcare**

BINGO SESSIONS HELD IN THE
BALLROOM (ROOM 216)

Cards sets- \$1 & \$3 for 3-game sheets,
daubers- \$1 each.

Free Coffee and Donuts

Tuesday, April 13th 8:30–9:30 am

50 Plus Zone Social Room

(Room 217) Sponsored by:



Tuesdays at 2pm Room 215

Instructor: Janet Davis

Limit 10 Students

“FIT After 50”

Wednesday April 28th thru June 16

50 Plus Zone Ballroom – Room 216

FREE 8 Week Fitness & Educational Program
Provided by: Texas Agricultural Extension
Office. Instructor: Heather Simpson

These fun and informative sessions will include
a 30 min. fitness session, followed by
nutritional education-recipes, food samples,
weekly incentive gifts and more.

**Sign up required by Friday April 23rd at the 50
Plus Zone desk or call 940-761-8887

New! Tai Chi for Beginners

Tues. & Fri. 10:30am-12pm

Room 201 Instructor: Chi Ton **Limit 12**

OPEN LINE DANCE Tuesdays 2:30pm &

Fridays 10:30 am! *Now in the**

Ballroom – Room 216* this is an**

activity not a class

LINE DANCE CLASS Thursdays-2:30-3:30

pm Room 201 –Open to ALL MEMBERS.

Have fun learning how to Line Dance.

Steps Broken down to make it easy to

learn. Recommended for EVERYONE!

Beginners and advanced dancers. Limit

12 Students

CARING & SHARING: Support Group

Facilitated by: Sheryl Mahon of Hospice of
Wichita Falls

Thursdays 2-3 pm

Room 212

Have you experienced a loss, struggles
dealing with the stresses and loneliness of
social distancing? This is the group for you!
Open to all 50 Plus Zone members



Twilight Theater Thursday

ONE SHOWING ONLY

3:30 PM Shown in Room 208B

April 1st

“The Harvey Girls” (1946)

Rated R - 1 hr. 42 min.

April 8th

“The Burning Plain” (2008)

Rated R – 1 hr. 48 min.

April 15th

“Hello, My Name is Doris” (2015)

Rated: R - 1 hr. 30 min.

April 22nd

“The Bridge” (2014)

Rated TV G - 1 hr. 23 min.

April 29th

“Radio” (2003)

Rated PG - 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)**