



May Schedule: Monday thru Friday 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>1:00- 3:30P- :Open Oil Painting Session Rm 215-Art Room Limit 10</p> <p>2:00P: Stronger Seniors, Rm 208B Limit 16</p> <p>3P: Chair Pilates, Rm 208 Limit 16</p> <p>ZONE Closes 6:30 pm</p> <p>*Blood Pressure Clinic by Angels Care Home Health</p> <p>May 3rd 10:00A Room 217 (Social Room)</p> <p>May 17th 2:30P Room 217 Social Room</p> <p>Zone Closed May 31st for Memorial Day</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>8:30A-10A: T.O.P.S. (Taking Pounds Off Sensibly) Rm 212 \$33/year</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>10-11A: Fit After 50: Ballroom (Rm 216) MUST Pre-Register!!! Limit 40</p> <p>10:30A: Stronger Seniors, Rm 208B Limit 12</p> <p>12:30-2: Stained Glass, \$10 - Rm 215 Limit 8</p> <p>2-4 P: Beginning Stained Glass, \$10 - Rm 215 Limit 8</p> <p>2:00P: Stronger Seniors, Rm 208B Limit 16</p> <p>3P: Chair Pilates, Rm 208B</p> <p>5-6:30P: Evening Open Line Dance, BALLROOM –Rm 216</p> <p>ZONE Closes 6:30 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>2:00P: Stronger Seniors, Rm 208B Limit 16</p> <p>2:00P: “Sharing & Caring” Support Group- Facilitator: Sheryl Mahon-Hospice of WF Rm 212 Limit 12</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</p> <p>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>2:00 P CASH BINGO- Rm 216 Ballroom –Caller: Brett Hayley of Healing Hands</p> <p>2:00P: Stronger Seniors, Rm 208B Limit 16</p> <p>3:30P: Movie, Rm 208B</p> <p>ZONE Closes 6:30 pm</p>

THE 50 PLUS ZONE ENTRANCE IS ON NORTH SIDE OF BUILDING (10TH Street) EFFECTIVE 5/1/2021:we will no longer require temperatures to be taken. Every member must sign the COVID19 addendum. The WEARING OF A MASK OR FACE COVERING that covers the nose and mouth are 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. In compliance with Health Department directive all common areas will be sanitize at least once an hour. Sanitizer and paper towels are available in all the rooms for members to sanitize equipment.

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.

Recreation Center
10th & Indiana
940-761-8887



NEW Hours
Monday thru Fri
7:30 am – 6:30 pm

MEMBERSHIP ONLY \$30 A YEAR!

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

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

Issue 274

City of Wichita Falls Parks & Recreation

May 2021

FREE Prize Bingo



Tuesdays at 9:00 am

Sponsored by:

May 4th- Best Care Home Health
May 11th – University Park Nursing & Rehabilitation
May 18th- Best Care Home Health
May 25th – Brookdale Midwestern Parkway

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



FRIDAYS 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.

Zone Closed May 31st For Memorial Day

WE ARE NOW MORE HOURS!
7:30AM UNTIL 6:30pm
MONDAY THROUGH FRIDAY

CASH BINGO MOVE TO FRIDAYS
at 2 pm – DOORS close at 1:50 pm

Stained Glass Classes

New Beginner Class: Wed. 2-4pm

Advanced Class: Wed. 12:30-2pm

Cost: \$3 per Month & \$10 per project



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
10:00 am -11:00 am

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 at the 50 Plus Zone desk or call 940-761-8887

Blood Pressure Clinics

BY: Angels Care Home Health
May 3rd -10:30 am & May 17th – 2:30 pm

Tai Chi for Beginners

Tues. & Fri. 10:30am-12pm
Room 201 Instructor: Chi Ton **Limit 12**

OPEN LINE DANCE THREE TIMES A WEEK!! Tuesdays 2:30pm & Fridays 10:30 am! NEW Evening Hours Wed. 5-6:30pm *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 Now FRIDAYS!
ONE SHOWING ONLY
3:30 PM Shown in Room 208B



May 7th
“Greenland” (2020)
Rated PG-13 – 2 hr.
May 14th
“News of the World” (2020)
Rated PG13– 1 hr. 58 min.
May 21st
“Nomadland” (2020)
Rated: R - 1 hr. 48 min.
May 28th
“Our Friend” (2019)
Rated R - 2 hrs. 6 min.

Movie Snacks Sponsored

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