

Ballou Recreation Center Program Reminders

Jammers: Join the Jammers for an acoustic jamboree or just come and listen. Bring your stringed instruments and have fun. Every **Thur.** 3 pm–5 pm, **No Fee**

Garden 101: Join us for an interactive discussion about your garden. **Thur. 11/16/17** 12 pm–1:30 pm **No Fee**

Ballou Choir: Have singing talents? Join the Ballou Choir, practices are held on the 1st **Tues.** of each month. 11:15 am–12:30 pm, **No Fee**

Adult Coloring: You are never too old to color! Bring a snack or bag lunch. **Wed. 11 am, No Fee**

Integrative Yoga for Seniors: Learn to improve strength, range of motion and enhance balance. Every **Mon.** 2 pm–3 pm **No Fee**

*There is always
something for which to be*



**Engaging Community & Enhancing
Lives through People, Places and
Services**



760 West Main Street
Danville, VA 24541

Phone: (434) 799-5216
Fax: (434) 797-8996
E-mail: bynumem@danvilleva.gov

Ballou Recreation Center

► November Program Highlights



Tel: (434) 799-5216

**▶ Ballou
Recreation
Center**

We are here to provide all city of Danville residents, age 55 and better, with quality educational, physical, social and cultural activities and programs that enhance their life through skill-building, self-renewal and fun. This mission is supported through structured programming offered by the Department of Parks and Recreation, at the City of Danville's Ballou Recreation Center.



Ballou Programs

Tai-Chi Class: Improve your balance and strength Mon./Wed. 11:15 am - 12:15 pm, 5:45 pm—6:45	\$6.00 Per Class
Beginners Piano Lessons: Join Mr. Oliver as he helps you understand the basics of piano playing. Every Fri. 9 am- 10:30 am	\$10.00 Per 8 Lessons
Let's Dance: Learn a variety of dances. Tues. 7:00 pm- 8:30 pm; Rumba goes from 10/17/17- 11/28/17. Tues. 7 pm- 8:30 pm	\$4.00 Per Class
Prime Time Fitness: Begin your road to an active and healthy lifestyle with low impact aerobics. Tues. & Thurs. 9:30 am—11 am	\$2 Per Class
Owls Fitness Hour: A balance workout for active older adults. It combines cardio, toning, and dancing. Mon. 9:30 am—11 am	\$2 Per Class
Journey for Control: Diabetes Education Class: Sam's Club Pharmacy will provide an overview of diabetes, nutrition, exercise and insulin usage. Wed. 11/8/17 11:30 am—1 pm	No Fee
Veterans Day Celebration: A day to honor and celebrate our veterans for all they gave and all they continue to give. Please register by Nov. 7. Fri. 11/10/17 12 pm—3 pm	No Fee
Basket Weaving: Learn how to make your own basket taught by instructor Madeline Boyd. She will give you step by step instructions. Tues. 11/14/17 1 pm—4 pm	\$30 Per Person

Welcome to Medicare: Explains Medicare and the coverage options available. By Humana, includes dinner. Tues. 11/14/17 at 5:30 pm	No Fee
AARP Smart Drivers: Refresh your driving skills. Thurs, & Fri, Bring cash or check payable to AARP. Thur. & Fri. 11/16/17 & 11/17/17 10 am—2 pm	\$15 members \$20 non- members
Deco Wreaths: Ballou is bringing deco mesh to you! Deco mesh can be used indoors or out and it's quick and easy to make. Thurs. 11/16/17 6 pm to 8 pm	\$30 Per Person
Elvis-Home for the Holidays: Experience an authentic tribute to Elvis Presley! Wayne Euliss an amazing impersonator of the King of Rock and Roll will captivate your mind as we go back in time with a sensational performance that will engage you with many of Elvis Presley's wonderful medleys. Please register by Nov. 17. Tues. 11/21/17 11:30 am— 2:30 pm	\$12 Per Person



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