

Ballou Recreation Center Program Reminders

Senior Citizens Club: Join the club for a monthly cover dish luncheon. Open to age 50 and older. Meetings every 3rd **Thursday** of the month.
12 pm -1:30 pm

Slips, Trips and Falls:
Learn how to reduce the chance of accidents by looking at your environment. Wed. **9/20/17**
12:30 pm, **No Fee**

Safe Proofing your Home-from Falls: Check out these great tips to safety-proof your home and environment to prevent a slip, trip or fall. Wed. **9/27/17**
12:30 pm, **No Fee**

Senior Self-defense Class:
Learn situational awareness, self empowerment, and how to defend yourself if necessary. Thur. **9/28/17** 12 pm—2 pm, **No Fee**

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



Engaging Community & Enhancing
Lives through People, Places and
Services



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Ballou Recreation Center

► *September 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

	\$6.00
Tai-Chi Class: Improve your balance and strength Mon./Thurs. 11:15 am - 12:15 pm, 5:45 pm—6:45	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; Foxtrot goes from 8/1/17-9/5/17, Waltz starts 9/12/17	\$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
Welcome to Medicare: Explains Medicare and the coverage options available. By Humana, includes dinner. Tues. 9/12/17 at 5:30 pm	No Fee
Fall Prevention Awareness Seminar: Sam's Club Pharmacy will provide an overview of diabetes, nutrition, exercise and insulin usage. Tues. 9/12/17 11 am—2 pm	\$5 Per Person
Journey for Control: Diabetes Education Class: Sam's Club Pharmacy will provide an overview of diabetes, nutrition, exercise and insulin usage. Wed. 9/13/17 11:30 am—1 pm	No Fee

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. 9/14/17 6 pm to 8 pm

\$30 Per Person

Ballou Fall Yard Sale: Out with the old and in with the new! Sell your gently used items. Sat. 9/16/17 7 am—12 pm

\$10 Per Parking Space

Patsy Cline Tribute: Join the delightful Suzanne Reynolds as she captivates us with a lively tribute to Patsy Cline. Must pre-register by Friday, September 15. Lunch is included. Tues. 9/19/17 11:30 am—2 pm

\$11 Per Person

Hand Building Pottery: Join talented instructor Lori Bidgood as she helps you design beautiful hand building pottery pieces in just one day. Thurs. 9/21/17 1 pm—4 pm

\$35 Per Person



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