

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**

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**

Volunteer Opportunities: Ballou Recreation Center welcomes you to share your talents and skills with our seniors. Please consider sharing your time and lending a helping hand...it's a lot of FUN! Call (434) 799-5216.



Engaging Community & Enhancing
Lives through People, Places and
Services



760 West Main Street
Danville, VA 24541

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Ballou Recreation Center

▶ January 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
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
Integrative Yoga for Seniors: Learn to improve strength, range of motion and enhance balance. Every Mon. 2 pm—3 pm	No Fee
Welcome to Medicare: Explains Medicare and the coverage options available. By Humana, includes dinner. Tues. 1/9/18 at 5:30 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. 1/9/18 1 pm—4 pm	\$30 Per Person
Journey for Control: Diabetes Education Class: Sam's Club Pharmacy will provide an overview of diabetes, nutrition, exercise and insulin usage. Wed. 1/10/18	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. 1/11/18

\$30
Per
Person

Garden 101: Join us for an interactive discussion about your garden. Thur. 1/18/18 12 pm—1:30 pm

No Fee

AARP Smart Drivers: Refresh your driving skills. Thurs, & Fri, Bring cash or check payable to AARP. Thur. & Fri. 11/25/18 & 11/26/18 10 am—2 pm

\$15
members
\$20
non-
members

Virginia Museum of Natural History: Enrich your mind as we walk through Virginia's natural history from beginning to present. A wonderful lunch will be provided after the tour. **Please register by Friday, Jan. 19. Wed. 1/31/18** 9:30 am— 3 pm

\$24
Per
Person



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