

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

► February Program Highlights

February
is
American
Heart
Month

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. 2/6/18 at 5:30 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. 2/8/18 6 pm to 8 pm	\$30 Per Person
Basket Weaving: Learn how to make your own basket taught by instructor Madeline Boyd. She will give you step by step instructions. Tues. 2/13/18 1 pm-4 pm	\$35 Per Person

Journey for Control: Diabetes Education Class: Sam's Club Pharmacy will provide an overview of diabetes, nutrition, exercise and insulin usage. Wed. 2/14/18 11:30 am-1 pm	No Fee
Valentine's Bingo: Love is in the air - that is our Love for Bingo! Bring your game face and let's play Bingo! We'll furnish the prizes. Wed. 2/14/18 1 pm-3 pm	No Fee
Garden 101: Join us for an inter-active discussion about your garden. Thur. 2/15/18 12 pm-1:30 pm	No Fee
Avertt University/ Pritchett Auditorium: Ignite your love of music with the captivating Winston-Salem State University Choir as they put on a Black History Month performance. Must register by Monday, February 12 due to limited seats. Thurs. 2/22/18 4:30 pm-9 pm	\$10 Per Person



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