

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**

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**

Beginners Piano Lessons: Join Mr. Oliver as he helps you understand the basics of piano playing. Every Fri. 9 am–10:30 am **\$10 per 8 lessons**

Garden 101: Join us for an interactive discussion about your garden. Thur. 5/17/18 12 pm–1:30 pm **No Fee**



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

► May 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
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
Let's Dance: Learn a variety of dances. East Coast Swing goes from 5/1/18- 5/22/18, Tues. 7:00 pm-8:30 pm	\$4 Per Class
I Can Read: Explore "I Can Read" with Ballou Seniors as they collaborate with Stonewall as we share a love of reading. Wed, 5/2/18 — 5/23/18 10 am—2 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. 5/3/18	\$30 Per Person
Eye Health Awareness Month: Join us as we discuss the importance of eye health. Fri. 5/4/18 1pm to 2pm	No Fee
Welcome to Medicare: Explains Medicare and the coverage options available. By Humana, includes dinner. Tues. 5/8/18 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. 5/8/18 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. 5/9/18 11:30 am—1 pm No Fee

McAdams Strawberry Farm: Travel to a local strawberry farm, and grab a pail or bucket as we pick strawberries. Fri. 5/18/18 9 am—2:30 pm No Fee

National Military Appreciation Month: Let's remember those in the U.S. Armed Forces who have died in the pursuit of freedom. Fri. 5/25/18 1pm to 3pm No Fee

Senior Self-Defense Class: Learn situational awareness, self empowerment, and how to defend yourself if necessary. Cynthia Buchanan with Damsels in Defense will teach tools of self-defense. Sat. 5/26/18 2 p.m.— 4 p.m. No Fee



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