

Ballou Recreation Center Program Reminders

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**

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**

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 Tues. 2 pm—3 pm **No Fee**

Wednesday Fellowship Program: A great time to fellowship among seniors! Bring a bag lunch. Staff will provide a special activity or speaker. Every Wed. 11 am—1:30 pm **No Fee**



Engaging Community & Enhancing
Lives through People, Places and
Services



760 West Main Street
Danville, VA 24541

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Ballou Recreation Center

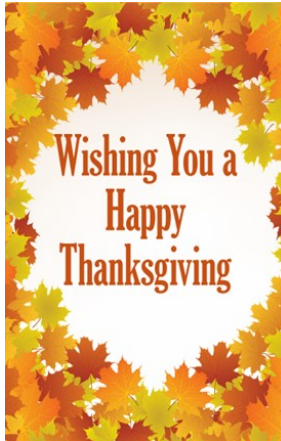
► November Program Highlights



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

	\$6
Tai-Chi Class: Improve your balance and strength Mon. 11:15 am - 12:15 pm, 5:45 pm—6:45 pm, Wed. 3:30 pm- 4:30 pm	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
Urban Southside Line Dance: Learn a variety of line dances in a fun atmosphere. Thurs. 6 pm— 7 pm	\$3 Per Person
Sex Education for the Elderly: David Emerson will be discussing the importance of seniors and their sexual health. Thurs. 11/1/18 1 pm—2 pm	No Fee
Welcome to Medicare: Explains Medicare and the coverage options available, includes dinner. Tues. 11/6/18 at 5:30 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. 6. Fri. 11/9/18 12 pm—3 pm	No Fee
Bob Ross Painting Class: Learn to paint the Bob Ross way. Complete beautiful painting in just one day. Sat. 11/10/18 10:30 am—3:30 pm	\$70 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. 11/13/18 1 pm—4 pm	\$35 Per Person

Diabetes Support Group: Learn tips and tricks from your peers to help better manage your diabetes. Wed. 11/14/18 11:30 am—1 pm

No Fee

Garden 101: Join us for an interactive discussion about your garden. Thur. 11/15/18 12 pm—1:30 pm

No Fee

Deco Wreaths: Deco mesh can be used indoors or out and it's quick and easy to make. Thurs. 11/15/18 6 pm - 8 pm

\$30
Per Person

Eggleston Art Studio Tour: Experience the opportunity to create your very own unique holiday craft with a local artist. Karen Eggleston will demonstrate and guide participants in making a handmade holiday craft. Tues. 11/30/18 9 am—3 pm

\$16
Per Person



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