

## Ballou Recreation Center Program Reminders

**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

**Pet First Aid Seminar:** Learn to care for your four legged family members with Dr. Jeff Smith, owner of Family Vet. Sat. 9/8/18 1 pm to 3 pm **No Fee**

**Diabetes Support Group:** Learn tips & tricks to help better manage your diabetes. Weds. 9/12/18 11:30 am to 1 pm  
**No Fee**

**Beginners Line Dance Workshop:** Join us as we learn fun, new dances ranging from Ultra Beginner to High Beginner levels. Sat. 9/29/18 10 am-4 pm  
\$20 Advance & \$25 at the door



**SEPTEMBER IS  
CHILDHOOD CANCER  
AWARENESS MONTH**

*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**

<b>Tai-Chi Class:</b> 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	\$6 Per Class
<b>Prime Time Fitness:</b> Begin your road to an active and healthy lifestyle with low impact aerobics. Tues. & Thurs. 9:30 am—11 am	\$2 Per Class
<b>Urban Southside Line Dance:</b> Learn a variety of line dances in a fun atmosphere. Thurs. 6 pm— 7 pm	\$3 Per Person
<b>Welcome to Medicare:</b> Explains Medicare and the coverage options available, includes dinner. Tues. 9/4/18 at 5:30 pm	No Fee
<b>Hear What You Are Missing:</b> Join Dr. Ashbrook and discuss the many challenges of hearing loss as it pertains to the elderly. Tues. 9/4/18 2 pm—3:30 pm	No Fee
<b>Bob Ross Painting Class:</b> Learn to paint the Bob Ross way. Complete beautiful painting in just one day. Sat. 9/8/18 10:30 am—3:30 pm	\$70 Per Person
<b>Senior Expo:</b> First Senior Expo bring seniors, agencies, services and products together in order to maintain quality of life. Tues. 9/11/18 9 am to 2 pm	No Fee
<b>Fall Prevention Awareness Seminar:</b> Sam's Club Pharmacy will provide an overview of diabetes, nutrition, exercise and insulin usage. Tues. 9/11/18 11 am—2 pm	\$5 Per Person

**Deco Wreaths:** Deco mesh can be used indoors or out and it's quick and easy to make. Thurs. 9/13/18 6 pm to 8 pm \$30 Per Person

**Johnson Orchards:** Have an enjoyable day as we travel to Bedford, VA , to pick peaches & apples. We will also explore the National D-Day Memorial & have lunch at Olde Liberty Station. Sat. 9/15/18 8 am to 3 pm \$62 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. 9/18/18 1 pm—4 pm \$35 Per Person

**Blandwood Mansion & Gardens Tour:** Visit the historical Blandwood Mansion & Gardens in Greensboro, NC, the oldest Italianate home in the U.S. Fri. 9/28/18 10 am—3 pm \$18 Per Person



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