



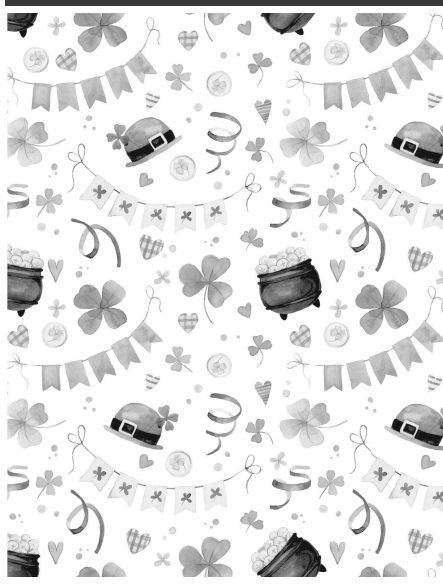
FORT WAYNE
PARKS AND
RECREATION

The Community Center

223 West Main Street • (260) 427-6460

Monday - Friday, 8am - 4:30pm

An **active** place for **active** people



*We ♥ our
Volunteers*

Do you have extra time on your hands? We offer numerous opportunities for people of all ages to join our family of over 150 volunteers and become involved in Community Center programs and operations. Please call 427-6441 for more information.

MARCH 2025

Age 50+ Daily Calendar

MONTHLY EVENTS

TUESDAY MOVIE 1:30pm Free

Remember Me: The Mahalia Jackson Story 3/4
Which Brings Me to You 3/18

Must register by the Monday prior

Sponsors: American Senior Communities & Absolute Angels

BINGO

Friday 3/14 & 3/28 1pm - 3pm \$2 / 3 Cards

Sponsored by American Senior Communities

MONDAY LUNCHEON "March Madness"

"Two Point" Cheesy Burger Sliders, "Baller & Cheek" Snack Mix, "Stuff the Net" Celery Sticks, and "Hug the Referee" Peanut Butter Cookies.

Monday 3/17 12pm \$5 Reservation

Sponsored by Canterbury Health and Rehabilitation

RELAXATION STATION \$2

Monday 3/17 10:30am - 11:30am

Spend an hour relaxing and coloring with friends.

BOOK SALE

March 11th - 13th. Open to the public, featuring hardbacks and DVDs for \$1 and paperbacks for \$.50. Other items such as magazines, cards and puzzles are also available. Donations of these items are accepted year-round.

DAILY ACTIVITIES

AARP FitLot Park	8am - Dusk	Free
Billiards	8am - 4:30pm	\$2
Circuit Training	8am - 4:30pm	\$2
Cornhole	8am - 4:30pm	\$2
Exercise Equipment	8am - 4:30pm	\$2

WEEKLY ACTIVITIES

All activities are \$2

MONDAY

Table Tennis	8:30am - 11:30am
Cardio Flex	10:45am - 11:30am
Scrabble	1:00pm - 4:00pm

TUESDAY

ABC Exercise	9:30am - 10:15am
Indoor Circuit Class	10:00am - 10:45am
Cardio Flex	10:45am - 11:30am
Scrapbooking	1:00pm - 3:00pm

WEDNESDAY

Table Tennis	8:30am - 11:30am
(Rubber) Bridge	12:00pm - 4:30pm
Crochet	10:00am - 12:00pm
Euchre	12:00pm - 3:00pm
Crochet	1:00pm - 3:00pm

THURSDAY

ABC Exercise	9:30am - 10:15am
Indoor Circuit Class	10:00am - 10:45am
Cardio Flex	10:45am - 11:30am
Quilting	1:00pm - 4:00pm



FORT WAYNE
PARKS AND
RECREATION

MARCH 2025

The Community Center
223 West Main Street • (260) 427-6460
Monday - Friday, 8am - 4:30pm
An **active** place for **active** people

LIBRARY AT HOME, Monday 3/17, 1:30pm

Join us on the third Monday of each month for a FREE engaging exploration of a new fun topic led by Peg Heinze. Each month's theme is designed to spark curiosity and creativity. This month's topic is "A Trip on the Empire Builder." Ages 50+.

SEMINARS

Dementia Friends Indiana - Tues. 3/18, 2-3pm

Eating Smart Moving More - Wed. 3/19 - 5/7, 11am-12pm

Advanced Care Planning - Mon. 3/24, 11:30am

Getting the Most Out of

Your iPhone & iPad - Mon. 3/24, 6-8pm

WII BOWLING, Tuesdays 3/25-4/29, 1-3pm

Wii Bowling is a great way to stay active! It promotes physical activity and helps to keep you on your mental game as well! Join us for fun and friendly competition at the Community Center. Call 427-6441 by March 18 to sign up. Prizes will be awarded to the top 3 players. Min. 6. Drop in fee: \$2

CHAIR YOGA, Mondays 3/17-5/5, 9:45-10:30am

Move your whole body through a complete series of seated and standing Yoga Poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, range of motion, balance and build endurance. Registration deadline: March 10. Min. 8. Max. 12.



CHAIR VOLLEYBALL, Mondays 3/17-5/5, 3-4pm

Chair Volleyball is played seated and can help enhance your upper body mobility and joint flexibility. It is also good for your muscle tone, reflexes, hand-to-eye coordination, and endurance. The game is played with a beach ball and a five foot net. You must remain seated during the game, but all other rules are the same as regular volleyball. Registration deadline: March 10.