

Senior Activity Center

216 SW Johnson Ave * 817-295-6611

Operational Hours:

Monday-Friday 8:00 a.m. – 4:00 p.m.
 Saturday 10:00 a.m. – 4:00 p.m.
 Sunday Closed

February & March 2024

Adults 50+

Group Exercise & Dance

Weekly Schedule . . . at a glance

Day	Rm	Program	Time
Monday	C	Beginner Yoga	8:45 – 9:45 a.m.
	C	Chair Exercise	10 - 11 a.m.
	C	Walking Class	11:15 a.m. – 12:15 p.m.
	C	Intermediate Line Dance	12:30 p.m.
	C	Ping Pong/Wii Bowling	1:45 p.m.

Tuesday		Pickleball <i>meet at Warren Park</i>	10a-Noon
	C	Beginner Line Dance	10 a.m.
	C	Beginner Country Dance	11:30 a.m.-12:30 p.m.
	C	Chair Beach Ball Volleyball	1 p.m.

Wednesday	C	Beginner Yoga	8:45 – 9:45 a.m.
	C	Chair Exercise w/Video	10 a.m.
	C	Walking Class	11:15 a.m. – 12:15 p.m.
	C	Advance Line Dance	1 – 3 p.m.

Thursday	C	Intermediate Line Dance 2	8:45 a.m.
	C	Advance Beginner Line Dance	10 a.m.
	C	Chair Exercise	11:15 a.m.

Friday	C	Advance Line Dance	9:30 – 11:30 a.m.
	C	Chair Beach Ball Volleyball	1 p.m.

Saturday	C	Beginner Yoga <i>NO Mar 9</i>	10 a.m.
	C	Fun Line Dancing <i>NO Mar 9</i>	11 a.m.
	C	Chair Beach Ball Volleyball <i>NO Mar 9</i>	1 p.m.
Mar 9	C &	Craft Fair	9 a.m. --2 p.m.
	D	Sponsored by Friends of Library	

Benefits of Line Dancing for Seniors

Perfect exercise because it improves coordination and balance; increases cardiovascular health and brain memory, boosts confidence and is a fun activity!

Indoor Walking

Walking in place is a simple way to get exercise, easy & low-impact exercise.

Racket Sports

Offer something other fitness sports do not – lateral movement. You move both back and forward and side to side. This helps improve balance and weight shifting, which can lower your risk of falls.

Schedule changes, please check the Monthly Activity Calendar.

January & February 2024

Adults 50+

Group Exercise & Dance

Chair Exercise. Mondays 10 a.m., Thursdays 11: 15 a.m. with instructor and Wednesdays 10 a.m. with video. It's no secret that regular exercise is essential for healthy aging. Chair exercises can improve your strength and functional mobility, allowing you to stay independent as you age. They are an excellent option for exercise beginners and people with limited mobility.

Pickleball. Tuesdays from 10 a.m. to 12 p.m. Meet at Warren Park, 301 SW Johnson Ave (across the street from the library). Invented in 1965, pickleball combines elements of tennis, ping pong and racquetball into a game that's easy to play, takes time and practice to master and provides an excellent workout. Working in conjunction with our friends in Burleson Parks and Recreation, the senior center has acquired a block of time exclusively for seniors.

The Senior Games. This is an annual event held in January. Win medals, prizes, and bragging rights as you test your skills playing these eight deceptively easy games: Ping Pong Bounce, Corn Hole, Basketball, Javelin Throw, Golf, Ring Toss, Card Toss, and Marksmanship. A light lunch precedes the Games.

Beginners Country Dance Classes. Tuesdays 11:30 a.m. Couples dancing is great exercise which promotes cardiovascular health and improves balance. It doesn't matter if you bring a partner or just bring yourself. Listen to great music and have fun with friends old and new.

WPS DJ Dance. Bring your friends and family and dance the night away to the music of DJ Travis Moncrief. He'll be spinning tunes from the '60s, '70s, '80s plus more. Free snacks will be provided by Widowed Persons Service (WPC). Free admission, but donations to WPS are welcome.

