

Recreation Center  
10th & Indiana  
940-761-8887



Hours  
Monday - Friday  
8am – 12 Noon  
Tuesday & Thursday  
1:30pm- 6:30pm

## September Activities – New HOURS: M-F 8am- 12pm & Tues/Thurs 1:30-6:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-11:30A: <b>Open Oil Painting Session</b> Rm 215- Art Room: <b>Limit 6</b>	9:A: <b>Chair Balance &amp; Posture</b> , Rm 208B <b>Limit 12</b>	8:30A-11:30A: <b>Charity Quilting Group,- Beginner Quilters Only!</b> Rm 211 <b>Limit 6</b>	8:30A-11:30A: <b>Charity Quilting Group,- Experience Quilters Only!</b> Rm 211 <b>Limit 6</b>	9:A: <b>Chair Balance &amp; Posture</b> , Rm 208B <b>Limit 12</b>
8:30A-11:30A: <b>Charity Quilting Group,- Experience Quilters Only!</b> Rm 211 <b>Limit 6</b>	9:30A: <b>Morning Workout</b> , with Terri Rm 201 <b>Limit 12</b>	9:A: <b>Chair Balance &amp; Posture</b> , Rm 208B <b>Limit 12</b>	9:A: <b>Chair Balance &amp; Posture</b> , Rm 208B <b>Limit 12</b>	9-11A: <b>Ping Pong</b> , Rm 202 <b>Limit 12</b>
9:A: <b>Chair Balance &amp; Posture</b> , Rm 208B <b>Limit 12</b>	9:30 A: <b>Computer Class</b> , Rm 202 <b>Limit 3</b>	9-11A: <b>Ping Pong</b> , Rm 202 <b>Limit 12</b>	9:30A: <b>Morning Workout</b> with Terri Rm 201 <b>Limit 12</b>	<b>New Time!</b> 9:30A: <b>Beginner Pilates Instructor: Sharon</b> Room 201: <b>Limit 12</b>
9-11A: <b>Ping Pong</b> , Rm 202 <b>Limit 12</b>	10:30A: <b>Stronger Seniors</b> , Rm 208B <b>Limit 16</b> <b>ZONE Closed 12pm-1:30pm</b>	9:30A: <b>Morning Workout</b> with Lori Rm 201 <b>Limit 12</b>	10:45A: <b>Gentle Yoga</b> with Terri, Room 201 <b>Limit 9</b>	10:30A: <b>Stronger Seniors</b> , Rm 208B <b>Limit 16</b>
9:30A: <b>Morning Workout</b> with Lori, Rm 201 <b>Limit 12</b>	2:00P: <b>Stronger Seniors</b> , Rm 208B <b>Limit 16</b>	10A-12P: <b>Stained Glass</b> , \$10 - Rm 215 <b>Limit 8</b>	10:30A: <b>Stronger Seniors</b> , Rm 208B <b>Limit 16</b> <b>ZONE Closed 12pm-1:30pm</b>	10:30A: <b>Open Line Dance Activity –NOT AN INSTRUCTOR LED CLASS!</b> Rm 201 <b>Limit 12</b>
10:30A: <b>Stronger Seniors</b> , Rm 208B <b>Limit 16</b>	2:00P: <b>Non-Denominational Bible Study</b> , Rm 212 <b>Limit 12</b>	10:30A: <b>Stronger Seniors</b> , Rm 208B <b>Limit 12</b> <b>ZONE Closes at 12 Noon</b>	2:00P: <b>Stronger Seniors</b> , Rm 208B <b>Limit 12</b>	<b>ZONE Closes at 12 Noon</b>
<b>ZONE Closes 12 pm</b>	2:30P: <b>Open Line Dance</b> , Rm 201 <b>Limit 12 (activity not class)</b>		3:30-4:30P <b>Beginner Line Dance Class-</b> Instructor Susi Blankenship Rm 201 <b>Limit 12 (Starts 9/10/2020)</b>	
	3P: <b>Chair Yoga</b> , Rm 208B		3:30P: <b>Movie</b> , Rm 208B <b>Limit 12</b>	
	5-6:30 <b>Ping Pong</b> , Rm 202		4:30-5:30P <b>Watercolor/Drawing Class-</b> Instructor Cindy Sheldon \$10/Mo Room 215 <b>Limit 6</b>	
	5:15P: <b>Evening Workout- With Terri</b> Rm 201 <b>Limit 12</b>		5:15P: <b>Evening Workout- With Sharon</b> Rm 201 <b>Limit 12</b>	
	<b>ZONE Closes 6:30 pm</b>		5-6:30 <b>Ping Pong</b> , Rm 202 <b>Limit 12</b> <b>ZONE Closes 6:30 pm</b>	

**Available: M-F 8am-12pm & Tues/Thurs 1:30pm-6:30pm**

**Fitness Equipment Room (200): Limit 16**

**Circuit Training Room (203): Limit 12**

**Social Room (217): Limit 30 \*Cards, \*Dominoes, \*Billiards, TV, Computers, Socializing**

**Hallways: Limit 20 Walking for Members Only - One direction**

**\*Billiard balls, pool cues, cards and dominoes are checked out at the Zone desk. All supplies are sanitized and cards are discarded after use.**

**SINGLE ENTRANCE ON NORTH SIDE OF BUILDING (10<sup>TH</sup> Street) ONLY!!!**

**Check in at the Sanitation/Greeting Center on the Second Floor is required. Every member must sign the COVID19 addendum**

**AS OF 7/3/2020: WEARING OF A MASK OR FACECOVERING IS REQUIRED WHILE INSIDE THE BUILDING- EVEN WHEN EXERCISING. ONLY EXCEPTION IS A MEDICAL CONDITION PREVENTING THE WEARING OF A MASK. Social distancing of 6 Feet at all times.**

**Due to COVID19 Restrictions: there will be no Coffee, Kool-Aid, Popcorn or Self-Serve water. Members are encouraged to bring their own water. Bottled water is available for purchase at the Zone Desk for 25 cents.**

**These are our temporary hours; additional hours will be added when we are able. Thank you for your patience.**

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Monday - Friday  
8am – 12 Noon  
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1:30pm- 6:30pm

**MEMBERSHIP ONLY \$30 A YEAR!**

[www.wichitafallstx.gov/208/50-Plus-Zone](http://www.wichitafallstx.gov/208/50-Plus-Zone)

<https://www.facebook.com/50PlusZoneOfWF>

Issue 266

City of Wichita Falls Parks & Recreation

September 2020

## Zone Closed Monday September 7<sup>th</sup> for Labor Day

**ENTRANCE TO 50 PLUS ZONE IS ON THE NORTH SIDE OF THE BUILDING ONLY! (10<sup>TH</sup> Street). Everyone is required to sanitize hands and get their temperature taken at the Sanitation Station on the 2<sup>nd</sup> Floor. Thank You!**



**Twilight Theater Thursday  
ONE SHOWING ONLY  
3:30 PM Shown in Room 208B  
(Limit 16)**

September 3rd  
"The Call of the Wild" (2020)  
Rated PG -13 - 2 hr. 17 min

September 10th  
"1917" (2020)  
Rated R – 1 hr. 59 min

September 17th  
"Just Mercy" (2020)  
Rated PG-13 - 2 hrs. 17 min

September 24th  
"I Still Believe" (2020)  
Rated PG - 1 hr. 56 min

**Movie Snacks Sponsored  
By: Royal Estates Assisted  
Living (Limit One Bottle of  
Water and one bag of  
prepackaged popcorn per  
person)**

**PHASE 2: New Additional Hours:  
Mon-Fri 8am-12pm & Tue/Thurs 1:30-6:30pm  
Try out these FUN ACTIVITES!**

**OPEN LINE DANCE** Tuesdays 2:30pm & Fridays 10:30 am! Room 201 this is an Activity not a class! Limit 12 dancers per session

**BEGINNER LINE DANCE** Thursdays-3:30-4:30 pm Room 201 **Classes Start September 10th**

**Instructor: Susi Blankenship** Have fun learning how to Line Dance. Steps Broken down to make it easy to learn. All Zone members are invited to participate. **Limit 12 Students**

**Evening Workout 5:15-6:15pm Room 201**

**Tuesdays- Instructor: Terri Kennedy  
Thursdays- Instructor: Sharon Meyers**  
Great workout for the entire body. 30 Minutes of cardio, 20 minutes of strength training and 10 minutes of stretching/cool down. Limit 12 Students

**Evening Ping- Pong  
Tuesdays & Thursdays 5-6:30pm Room 202**



**Thank you so MUCH to all of the people who made masks and those who donated supplies to make masks! We are blessed!**

