

Joyce Raye Patterson Senior Citizens Center

100 South 10th St. Joseph, Mo 816-271-4666

Schedule for OCTOBER, 2019

Billiards, 8-Ball Snooker, Shuffleboard Table and Table Tennis

Monday-Friday (75 cents per day/per person for Pool Tables & Shuffleboard)

Cafeteria

Tuesday-Friday 11:00a-12:30pm – OPEN TO ALL AGES

Fitness Center

Monday-Friday 8:00am-7:30pm

Saturdays 8:00am-11:30am

(Evening & weekends when other group are here - check door schedule for later closing times)

(Membership required - Ask at the front desk for information on joining fitness center)

Blood Pressure Screenings:

1st & 2nd Tuesdays 9:00am-10:00am by Help at Home

Wednesdays 9:00am – 10:30am by Caregivers

1st & 3rd Fridays 10:00am – 11:30am by Three Rivers Hospice

Dances:

Down Home Country Dance- Tuesdays 7:00pm (\$5 @ door)

Midnight Country Dance – Saturday, October 5, 7:00pm (\$5 @ door)

Dancing Clark's Mega Tunes – Saturday October 12, 7:30pm (\$5 @ door)

Walker Brothers Band – Saturday October 19, 7:00pm (\$5 @ door)

Wayne Hoover & the Countrysiders – Saturday October 26, 7:00pm (\$5 @ door)

Line Dance Lessons – Mondays, 3:00pm (\$2 per session)

Beginning Line Dance Lessons – Wednesdays, 3:00pm (\$2 per session)

ACTIVITIES & CLASSES

MONDAYS:

Total Body Workout – 8:15am (\$3 per session)

Tai-Chi –9:30-10:00am (\$3 per session)

Yoga – 10:45am – 11:45am (\$3 per session)

Exercise with Kelly- 1pm (\$2 per session)

Line Dance Lessons – 3:00pm (\$2 per session)

Wii Group -- 12:00pm-4:00pm

TUESDAYS:

Pool Players Association Meeting – Oct. 8, 9:00am

JRP Kitchen Band – 10:00am

Step Conditioning Class - 5:15pm (\$4/class)

Tuesday Mah Jong Queens 1:00pm (.50 cents)

WEDNESDAYS:

Total Body Workout – 8:15am (\$3/ session)

Yoga – 9:15am-10:15am (\$3/session)

Chinese Mah Jong - 1:00pm (.50cents) 1st,3rd,5th Wed

Open group - Will teach

WEDNESDAY continued

Intermediate Contract Bridge – 12:00pm (.50/ day)

Beginning Line Dance Lessons – 3:00pm (\$2/session)

THURSDAYS:

Body Conditioning Class -5:15pm (\$4/session)

FRIDAYS:

Total Body Workout – 8:15am (\$3 per/session)

Ten Point Pitch Cards – 1:00pm (.50 per/day)

SATURDAYS:

Fitness Center 8:00am-11:30pm

Fitness Center 6:00pm-9:30pm

(On the nights when a dance is scheduled)

St. Joseph Stamp Club – October 19, 1:00pm

Saturday Night Dances listed above