



Active Adults

March & April 2010

For those 55 years young and beyond

AFTERNOON PITCH



The Winfield Recreation Commission offers fun-filled excitement in the Senior Center on the following Monday afternoons. Enjoy 10-point progressive pitch. Bring your favorite snack and we will provide beverages. High and Low prizes will be given. **The fun starts at 1:30pm.** We need a minimum of 8 people in order to play, so **BRING A FRIEND.**

March 1st & 15th

April 5th & 19th

Kanza Days Activities

10-POINT PITCH TOURNAMENT

Here's your chance to prove that you and your partner are the best pitch players in town. Find a partner and join us for the Kanza Days 10-Point Pitch Tournament. Exact format will be determined based on the number of teams entered. Open to the first 30 teams. To register, call the WRC office at 221-2160 by Wednesday, April 28th. Entry fee is \$3 per person or a Kanza Days Button. Prizes will be given to the 1st and 2nd place teams. Open to all ages.



When: Thursday, April 29th

Time: 5:30pm

Where: Senior Center, 700 Gary

EVENING POTLUCK DINNERS & CARDS

Cook up some of your favorite goodies and join the Winfield Recreation Commission for some food, friendship and FUN!!! Potluck dinners will be held before select evening activities so come for the food and stay for the fun. Dinner will be followed by cards. High and low prizes will be given (Walmart gift cards). Cards will begin at 6:00pm. Table service will be provided by the WRC. Call the WRC office at 221-2160 to make your reservation by noon the day of the dinner and to let us know what dish you will be bringing. Dinner will be held in the Senior Center, 700 Gary.



Potluck Dinners & Cards:

Thursday March 18th—Crazy Cards
Thursday April 15th--Pitch

ADULT ACTIVITIES & AQUATICS

Aqua Tone

This shallow water class provides a great cardiovascular workout, increased flexibility and enhanced strength without stress on your joints. Water provides resistance to movement while it assists your circulatory system and cools you off. Participants will do water walking combined with fitness exercises.

INSTRUCTOR	Kody Windler
Enrollment	Min. 6 Max. 25
Days	Tuesdays & Thursdays
Time	12:45-1:30pm
Dates	March 23-May 13
Place	SC Indoor Pool
Fee	\$32 (16 classes)



SILVER SNEAKERS

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support.

INSTRUCTOR	Luanne Warren
Enrollment	Min. 6 Max. 20
Days	Tuesdays & Thursdays
Time	9:30 - 10:15am
Dates	March 23-May 13
Place	Aerobics Room
Fee	\$32 (16 classes)

LAP SWIM

Swimming laps at your own pace is a great way to increase your cardiovascular endurance. To lap swim, purchase a Coupon Book for \$15 at the WRC office or pay a \$3 drop in fee.



INSTRUCTOR	Lifeguard on Duty
Days	Monday Wednesday & Friday
Times	6:30-8:00am, 12:00-12:45pm AND 6:00-8:00pm (Mon & Wed. only)
Dates	Thru May 14

AEROBICS ADVANTAGE

No matter what your fitness level, you'll enjoy this low impact, medium to high intensity class with Luanne. Have fun, work at your own pace and improve your outlook on life!

INSTRUCTOR	Luanne Warren
Enrollment	Min. 6, Max. 20
Days	Tuesdays & Thursdays
Times	8:30-9:15am
Dates	March 23-May 13
Place	Aerobics Room
Fee	\$32 (16 classes)

Evening Potluck

Join the Winfield Recreation Commission for its monthly evening potluck on Thursdays, March 18th & April 15th starting at 5:00pm at the Community Center, 700 Gary.



Bring a covered dish for everyone to enjoy.

For those that are interested, we will play Crazy Cards in March and Pitch in April. Prizes will be given for the high and low scores.



R.S.V.P. to the Winfield Recreation Commission office at 624 College or call 221-2160 by 5:30pm the Wednesday before.



Have fun at the always popular

DOWNSTREAM CASINO

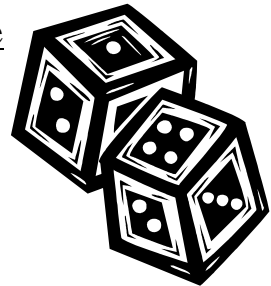
Thursday, March 25th

\$20 per/person

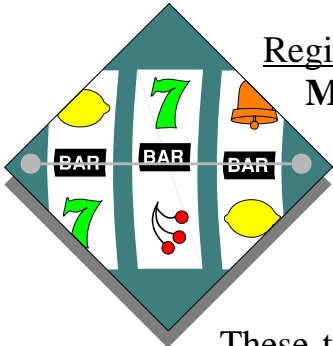


A beautiful casino located in the northeast corner of Oklahoma, the Downstream Casino is the place to go for gaming fun. The casino has over 1200 slots to choose from – including plenty of penny slots. Table games include Black Jack, 3-Card Poker, and Texas Hold ‘em.

Our Village Charters motor coach will load at 7:15 a.m. (leave at 7:30) from the Recreation Center parking lot, 624 College. We will have fun playing bus bingo before arriving at the casino around 10:00 am. We will have 6 hours to share in all the fun and excitement the casino has to offer. We will leave the casino at 4:00 pm and should arrive back in Winfield around 6:30 p.m.



TOTAL COST INCLUDING OUR BUS FROM Village Charters IS only \$20. YOU will receive \$10 in free slot play and \$10 for a complimentary buffet lunch.



Registration begins immediately at the WRC office, 624 College. Deadline is March 18 or when the trip fills, whichever occurs first. Don't wait though, our one-day casino trips usually fill up fast! Payment must be made at the time of registration. WRC accepts cash, check, Visa, MasterCard and American Express.

These trips are open to people 55 years and older. Registration is taken on a first come, first serve basis. Maximum is 54. All trip fees must be paid in full at the time you register. Refunds will be given if a replacement can be found. This trip is hosted by WRC staff. A reminder from the casino, be sure to bring your driver's license! Call 221-2160 to register, or stop by the WRC office.

A Day In The Flint Hills
Following the Sun:
The Art of Sue Jean Covacevich, 1905-1998

Monday, April 19th

Cost: \$54 p/person

Join us for a delightful spring day through the beautiful Flint Hills as we tour the historic Chase County Courthouse, have lunch at the Grand Central Hotel, and view the dynamic exhibit of Winfield's very own, the art of Sue Jean Covacevich.



Our Village Charters motor coach will load at 7:45 am (leave at 8:00) from the Recreation Center parking lot, 624 College. Our first stop will be at the historic **Chase County Courthouse**. The building was built in 1873 out of native limestone and is the oldest working courthouse in Kansas.

After a 45 minute guided tour, we will have lunch at the **Grand Central Hotel and Grill** in Cottonwood Falls. This restored building is the State's only AAA Four Diamond historic country inn/restaurant and was named a finalist in 8 Wonders of Kansas. You will enjoy one of their favorites, homemade chicken salad, served with pasta salad, fresh fruit garnish, drink, and peach cobbler for dessert.

After lunch, we continue through the Flint Hills on our way to Manhattan for the centerpiece of our travel, a stop at the **Beach Museum of Art**. This exhibition showcases the work of Sue Jean Covacevich (1905-1998). "Covacevich established herself as a dynamic artist and art educator in south-central Kansas beginning in the 1940s, after spending the previous decade working and teaching in Mexico. Her early training, in the 1920s, came under Birger Sandzen at Lindsborg's Bethany College." "Time in Depression-era Mexico produced a wanderlust that later propelled the artist to such places as Russia and the Middle East. Covacevich's interest in other cultures and her deep love for Kansas guided her art teaching and multi-dimensional work. Her subjects ranged from the Kansas landscape to world monuments to the heliotropic sunflower—an apt metaphor for her frequent movements and the open-mindedness she brought to her work." It's an exhibition you won't want to miss!! We will return to Winfield at approximately 6:00 p.m.



TOTAL COST INCLUDING TRANSPORTATION, LUNCH, AND ALL ADMISSIONS IS ONLY \$54 per person.



Registration begins immediately at the WRC office, 624 College. Deadline is April 12 or when the trip fills, whichever occurs first. Don't wait though; there are only 48 seats available! Payment must be made at the time of registration. WRC accepts cash, check, Visa, MasterCard, and American Express. Payment will be accepted by phone, mail or in person. Refunds are issued if a replacement can be found.

This trip is open to the public and will be escorted by Sue Jean's daughter, Teresa Grana, and Sue Birney from the public library. Call 221-2160 to register, or stop by the WRC.

“CHURCH BASEMENT LADIES 2: A SECOND HELPING”

Crown Uptown

Thursday, April 22nd

Cost: \$49 p/person



Our Village Charters motor coach will load at 10:15 am (leave at 10:30) from the Recreation Center parking lot, 624 College.

Then it's off to the Crown Uptown in Wichita where you will enjoy a delicious lunch buffet before watching the new production of “Church Basement Ladies 2: A Second Helping.” As folks protest the Vietnam War and women are demanding equal pay for equal work, in their small rural Minnesota community, the ladies of the church basement kitchen are dealing with changes of their own.

This delightful musical comedy takes us from serving the high school students at the Luther League Banquet to a church sponsored Missionary Night and the rise and fall of a Viking Super Bowl Sunday. It's the sequel to last year's mega-hit, Church Basement Ladies.

Following the show, we will return to Winfield at approximately 4:00 p.m.

Total cost including transportation, buffet and show at the Crown is only \$49 per person.

Registration begins immediately at the WRC office, 624 College. Deadline is April 15 or when the trip fills. Don't wait though; there are only 44 seats available. Payment must be made at the time of registration. WRC accepts cash, check, Visa, MasterCard and American Express. Payment will be accepted by phone, mail or in person.

All of our senior adult trips are open to those 55 and older. Registration is accepted on a first come, first serve basis. Refunds are issued if a replacement can be found. This trip is hosted by WRC staff. Call **221-2160** or stop by the WRC office.



Abilene, Abilene...Sweetest Town I've Ever Seen

Thursday, May 6th

\$59 p/person



This Spring, take a day to enjoy the sunshine and the fresh spring breeze aboard the Abilene Smoky Valley Railroad, a delicious lunch, see the Working White House exhibit at the Eisenhower Library and Museum and a quick stop at Russell Stover to satisfy that sweet tooth.

Our Village Charters motor coach will load at 7:00 am (leave at 7:15) from the Recreation Center parking lot, 624 College. After arriving in Abilene, we will board the **Abilene Smoky Valley Railroad**. You will enjoy this unique rail experience as we board the train for a 90-minute trip around the country side. After we depart, it's off to lunch at **Mr. K's Farmhouse**, where President Eisenhower often dined. You will enjoy a great home-cooked meal including chicken fried chicken, mashed potatoes and gravy, all-you-can-eat salad bar, homemade roll, drink and dessert.



At 1:30, we will spend time at the **Eisenhower Library and Museum** for an opportunity to see the Working White House exhibit. In this traveling exhibit from the Smithsonian Institute you will see 200 years of tradition and memories, while you get a glimpse as to how former presidents and staff members have viewed each other. Learn about the fascinating everyday life in the White House. You will also have time to view the Eisenhower Boyhood Home, the Eisenhower Library, the Place of Meditation, and the gift shop in the Visitors Center.

Before enjoying the ride home, we will stop at **Russell Stover Candies** to browse the store and purchase some delicious candy at low prices. We should arrive in Winfield around 6:30 pm.

Total cost including transportation, Smoky Valley train ride, lunch and admission to everything at the Eisenhower Center is only \$59 per person.

Registration begins immediately at the WRC office, 624 College. **Deadline is April 28** or when the trip fills. Don't wait though; there are only 42 seats available. Payment must be made at the time of registration. WRC accepts cash, check, Visa, MasterCard and American Express. Payment will be accepted by phone, mail or in person.

All of our senior adult trips are open to those 55 and older. Registration is accepted on a first come, first serve basis. Refunds are issued if a replacement can be found. This trip is hosted by WRC staff. Call **221-2160** or stop by the WRC office.