



# News Release

P.O. BOX 6015 \* Columbia, Mo 65205 \* (573) 874-7460 \* [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com)

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Contact: Parks & Recreation, 573-874-7475

## **December Older American Klub & 50+ Programs**

The Columbia Parks and Recreation Department and the Older American Klub offers many programs for those 50 and older. Join the fun at Parkade Center, 601 Business Loop 70W, Ste 216B for music, dance, crafts and more.

### Potluck & Bingo

Friday, Dec. 2, 11:30 am, 50 cents

### Jamm and Dance Session

Friday, Dec. 9, 7-10 pm, Free

### Holiday Dance

Friday, Dec. 16, 7-10 pm. \$3

### Pool Tournament

Friday, Dec. 23, 12:30 pm, \$1

### Daily Activities

Line Dancing: Mondays, 10-11 am lessons, 11 am-12 pm dance, \$1 per class

Coffee & Gab: 1<sup>st</sup> and 3<sup>rd</sup> Tuesday, 9 am

Painting: Mondays, 9 am-12 pm

Ceramics: Tuesdays/Thursdays, 9 am-3 pm, Wednesdays 5:30-9:30 pm

Crafts: Fridays 9 am-3 pm

Bingo: Tuesdays, 2 pm

Pool: Mon-Fri, 8 am-4 pm

Low Impact Aerobics: Mon/Wed/Fri, 9-10 am

Choir: 1<sup>st</sup> and 3<sup>rd</sup> Tuesday, 10-11 am

Bell Choir: Mondays, 2:30 – 3:30 pm

Variety Band: 2<sup>nd</sup> and 4<sup>th</sup> Thursday, 10-11 am

Rhythm Band: 2<sup>nd</sup> and 4<sup>th</sup> Thursday, 2-3 pm

Call 874-7475 for information.