

Hillcrest Community  
Center(HCC)  
1907 Hillcrest Dr.  
Columbia, MO 65201  
**573-874-7475**  
www.GoColumbiaMo.com

**Recreation Staff at  
Hillcrest Community  
Center (HCC):**

**Superintendent-**  
Karen Chandler  
**Specialist-**  
Courtney Deters  
Cassie Dins  
Debbie Reschly  
**Office-**  
Jill Overton  
Jennifer Meeks

**Music-**  
Cookie Hagan  
Julie Vaughn  
**Driver-**  
Daniel Hardwick

**Osher Lifelong Learning-**  
Don Nicholson  
Lucille Salerno  
Till Rosenberger  
Sarah Ginter-Novinger

**Special Needs:** For accommodations needed due to a disability, please call at least 2 days in advance.

**Please Note:** The Columbia Adapted Recreation offers programs at Paquin Tower which may also be of interest.

# Columbia Parks & Recreation

## 50+ Programs

**Office Hours:**  
**9:00 am - 4:00 pm**  
**Monday to Friday**

### March 2015

Join us for a variety of programs, activities, music, dances, crafts, and more for those ages 50 and better. We hope you can attend the activities and don't forget to bring a friend!

#### 50+ Explorer Trips

Fri, Feb 27 - Lv Hillcrest 9:00am/Rtn 12:30pm

**Cost \$5 plus doughnut** -We're giving Harold's Doughnuts in downtown Columbia another try! We'll sample, then enjoy the new Boone Olive Oil Co and other downtown favorites- Bluestem, Tallulah's, Calhoun's, and Poppy's.

Tue, Mar 17 - Lv Hillcrest 10:15 am/Rtn 12:30pm

**Cost \$5 plus lunch** -Stephens College Historic Costume Gallery exhibit -"The Day, The Dress, The Dream" highlighting wedding dresses over the years. One of the oldest is from 1887, the 1940's, and a 2014 non-traditional dress. Some tuxes, flower girl, mother of the bride items and flowers by My Secret Garden will add to the exhibit.  
Lunch at Culver's after the exhibit.

***Call our office (874-7475) to sign up and stay in touch.***

**NEW!!!!** Evan Prost from the MU Physical Therapy Dept. will hold a class here at the Moss Building over one week, Mon, Wed, Fri, Mar 23, 25, 27 from 10:30-11:30 am. He will demonstrate trekking poles to assist with balance and combat back pain and gain better posture. Pre-registration is required, Ask at the Hillcrest front desk for assistance. If you know someone who might benefit, please pass the word on. Cost is \$25 for the 3-day class. You'll be amazed at the difference these poles will make.

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# Social Events for March!

## Potluck and Bingo – Mar 6

1<sup>st</sup> Friday (11:30am-1pm)

Bring your dish to share at potluck. After cleanup, bingo for prizes begins. Take a break from the holidays.

## Daylight Savings Time – Mar 8

Spring forward an hour.

## Jamm and Dance – Mar 13

2<sup>nd</sup> Friday (from 1-3pm)

Enjoy an afternoon of music for your dancing and listening pleasure. The House Band welcomes you and your requests. Snacks are welcome to share during the break.

## Potluck, Dance and Game Day – Mar 20

3<sup>rd</sup> Friday (from 11:30-3:30pm)

Bring a dish to share and enjoy a great meal with friends followed by music and games all afternoon.

## 1<sup>st</sup> Day of Spring – Mar 20

It's Official!

## Parks and Recreation Memberships

Applications are in Leisure Times. Payment can be made in person at the front desk or by mail with check payable to Columbia Parks and Rec. (Membership fee includes activities unless otherwise noted)

2015 Membership	<u>HCC</u>	<u>50+ Tours</u>	<u>HCC &amp; 50+ Tours Combo</u>
Single	\$20	\$20	\$30
Couple (Same Address)	\$35	\$35	\$60

## Daily Games:

Jigsaw puzzle, board and other games.

Is your card or game group looking for a special time or place to gather? Maybe we can help.

No matter how long the winter; spring is sure to follow.



## Winter Weather Policy

When Columbia Public Schools cancels classes, the senior/50+/Osher scheduled activities are also cancelled.

## Osher Saturday Morning Book Talks - March 7

9:30 am Coffee and Pastries / 10 am Book Talk begins. Marsha Knudsen is the featured author with her book, *Sailor's Mail* (2014) using letters her father had written during WWII. Books will be available for purchase and signing at 11 am. Fee is \$3 at the door or \$20 (10-visit punch card)

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# Ongoing Monthly Events...

## **Monday / Thursday Painting Group:**

Join our painting group as they use a wide variety of mediums including oils, water colors, acrylics, charcoal, colored pencils and more. They share ideas, techniques, successes and experiments as they support each other's endeavors on Mondays 9am-noon and/or Thursdays 1-3:30pm.

## **Mah Jongg**

Due to Osher and other instruction classes, there are now 4 days with Mah Jongg groups playing—Mon pm, Tues am, Wed am, Thu pm. If you are interested in joining a group or being a sub, please let the front desk know. Mah Jongg is great fun!

## **Tuesday Bingo:**

Join us every Tuesday to play for practical prizes. Come early to socialize and meet new friends. Calling begins promptly at 1pm.

## **Thursday Dominoes:**

Love to play Dominoes? Just want some laughter or company? You'll enjoy a friendly form of Mexican Train dominoes every Thursday starting promptly at 10am.

**Music:** These practice times may change. Please check with HCC front desk at 874-7475 --scheduled performances take priority over practices.

Adapted Bell Choir	Mon, Mar 23 : 3:30-4:30 PM
Choir (Good Timers)	Tues, Mar 3, 17 : 2-3 PM
Jammers	Wed, Mar 4,11,18,25 : 1-3 PM
Bell Choir	Mon, Mar 23 : 2-3 PM
Ukulele	Fri Mar 27 : 3 PM (at the Terrace)

New Address:  
 Hillcrest Community Center  
 1907 Hillcrest Dr  
 Columbia, MO 65201  
 50+ Activities Front Desk  
 573-874-7475

50+ Tour Program  
 New phone:  
 573-441-5525

## **Osher**

Osher Winter Session ends Feb16.  
 Spring Session runs Mar 9-May 8.  
 Catalogs are available and online at [extension.missouri.edu/osher](http://extension.missouri.edu/osher)

## **Daily Games:**

Jigsaw puzzle, board games, cards, and other games.

