

Hillcrest Community
Center (HCC)
1907 Hillcrest Dr.
Columbia, MO 65201
573-874-7475
www.CoMO.gov

Columbia Parks & Recreation

50+ Programs

Office Hours: 8:30am - 4:30pm Mon-Fri

September 2016

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!

Superintendent-

Karen Chandler

Specialists-

Courtney Deters

Cassie Dins

Debbie Reschly

Office-

Jill Overton

Jennifer Meeks

Music-

Cookie Hagan

Julie Vaughn

Osher Lifelong Learning-

Kristin Millikan

Sarah Ginter-Novinger

Walker Perkins

Bob Hibbs

50+ Explorers

Tues, Sept 13, 2016 Lv Hillcrest 10am/Rtn 12pm \$5 plus Snack

Meet Jenny Thompson, owner of Ugly Mugg. We'll have time to sample a beverage and one of 8 varieties of Fannie Frank's Coffee Cake while visiting with her and enjoying the ambiance. We will also look ahead to some other new destinations. If you have an extra ugly mug to donate, bring it along for Jenny's new shop.

Check out these new Fall classes...

MULTI MIND: MAKING THE MOST OF YOUR BRAIN

The human brain is the most complex and sophisticated system on Earth. How much of its enormous potential do you actually use? How well do you understand it? Very user-friendly resources packed with up-to-date mind-brain research will reveal the power and versatility of your mind. A wealth of practical tips, fascinating facts and recreational games will enhance your personal talents, skills and abilities.

Pre-registration required. Call Parks & Rec at 874-7460 or online at www.CoMo.gov

Date: Wed, Sept 14 Time: 10am-12 noon Ages: 50+ Price: \$25

Instructor: Bart Entrikin Location: Hillcrest

MATTER OF BALANCE

Do you want to increase your activity level while reducing your fear of falling? This evidence based program emphasizes practical strategies to do exactly that! Learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change your environment to reduce fall risk factors, and exercise to increase strength and balance.

Pre-registration required. Call Parks & Rec at 874-7460 or online at www.CoMo.gov

Date: Wednesdays, Sept 28-Nov 16 Time: 10am-12 noon Ages: 50+ Price: \$49

Instructor: Lori Rawlings Location: Hillcrest

Parks and Recreation Memberships

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) **\$25/Person Parks & Recreation Membership** includes 50+Tours, 50+ Programs at Hillcrest Facility-Music groups (ukulele, bells, choir), Bingo, Potlucks, Painting groups, games, dances, Mah Jongg groups, Explorers trips, Karaoke, Adult Coloring groups, Spanish club, Travel club, and more. **OR \$40/Person Parks & Rec/Osher @ Mizzou Combo** includes all of the above plus Brown Bag seminars, This Week @ Osher weekly email of upcoming events, and Osher Saturday Morning Book Talks





Labor Day

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.

Osher @ Mizzou

The Osher Fall Session begins September 6
Catalogs are available and online at extension.missouri.edu/osher

"People often say that motivation doesn't last. Well, neither does bathing. That's why we recommend it daily."

-Zig Ziglar

Social Events for September!

Potluck and Bingo – Sep 2nd

1st Friday (from 11:30am-1pm)

Bring your dish to share at potluck. After cleanup, bingo for prizes begins. Enjoy the day with friends!

Karaoke Friday Night – Sep 2, 16

1st and 3rd Fridays (from 7-10pm)

Share fun and friendship as you sing or just listen to your favorite songs on 2 Friday nights each month. Bring your favorite snacks to share. For more information, Contact Jon Harpert at 573-474-7181.

Requires Hillcrest membership or \$3 at the door.

Labor Day-Sep 5 (Office Closed)

Jamm and Dance – Sep 9th

2nd 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 at the break.

Mah Jongg Marathon – Sep 15

Play Mah Jongg from 10am-3pm, change tables and partners every 2 games. Cost of \$20 goes to charity (Assistance League). Registration requested by Sep 2 but check at HCC front desk to late register. Start planning to participate in the Oct 25 Halloween Mah Jongg Marathon

Potluck, Dance and Game Day– Sep 16

3rd Friday (from 11:30am-3:30pm)

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

(Consider returning this evening for Karaoke Night!)

39th Annual Heritage Festival –Sep 17,18

FREE at Nifong Park, 3700 Ponderosa, 10am-5pm daily, See 3 stages of entertainment, traditional arts & trades demos, handmade crafts for sale, fun for young'uns, museum, village, historic home tours and concessions.

Osher Saturday Morning Book Talks

Marlene Lee-No Certain Home (2016)

Sponsored by: Two Mules Editing

Saturday, Sep 10th - 9:30 am Coffee and Pastries

10:00 am Book Talk begins:

Fee is \$3 at the door or \$20 (10-visit punch card) or Fall 2016/2017 Osher Member ID badge.

Ongoing Monthly Events...



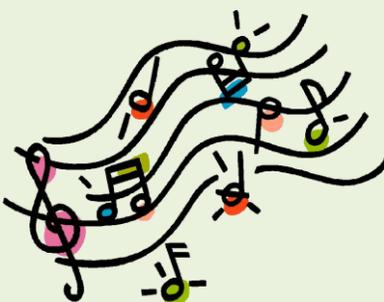
Daily Games:

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.

B I N G O

14	29	38	52	74
4	18	33	46	62
7	16	★	60	71
9	27	44	51	67
12	23	35	47	73



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:

There are now 4 days with Mah Jongg groups playing—Mon 1-4pm, Tues 10:15am-12:15pm, Thurs 10-12:30; 1:30-4pm & Fri 12:30-4pm. If you are interested in joining a group or being a sub, please inquire at the front desk. 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 at 1pm.

Wednesday Coloring Group:

Drop-in between 9am-12noon to de-stress, socialize, and be creative. Bring your own supplies or try it out with ours.

Wednesday Scrabble:

Come enjoy this classic game. 10 am - 12 pm

Monday and Thursday Dominoes:

Love to play Dominoes? Just want some laughter or company? You'll enjoy a friendly form of Mexican Train dominoes two days a week now—Mon and Thurs 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.

ALL GROUPS ARE RECRUITING NEW MEMBERS...

Unified Bell Choir	Mon. Sep 19: 3:30-4:30 PM Now at Paquin Tower, 1201 Paquin St
Choir (Good Timers)	Tue. Sep 22: 2-3 PM Tue, Sep 20 - 2 PM bus to Col Healthcare
Jammers	Wed. Sep 7,14,21,28: 1-3 PM
Ukulele Ensemble	Taking a Break-Stay Tuned...

1st and 3rd Fridays are Karaoke Nights - 7-10 pm