

## FOR IMMEDIATE RELEASE

Contact: Parks & Recreation - (573) 874-7460

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

**COLUMBIA, MO (March 31, 2005)** -- The Columbia Parks and Recreation Department and the Older American Klub offers many programs for those 50 years and older. Join us at Parkade Center, 601 Business Loop 70W, Ste 216B for music, dance, crafts, and social activities.

#### **Potluck & Bingo**

Friday, April 1, 11:30 a.m., \$0.50

#### **Jamm Session**

Friday, April 8, 7 p.m. - 10 p.m., Free

#### **Spring Dance**

Friday, April 15, 7 p.m. - 10 p.m. \$3, Featuring the sounds of LaVerne Jones

#### **Pool Tournament**

Friday, April 22, 12:30 p.m., \$1

#### **Cardinal Baseball Trip**

April 27, Cardinals vs Milwaukee

#### **Fifth Friday Free Dance**

April 29, 7 p.m. – 10 p.m. Music by the Jammers. Carry in refreshments.

#### **Daily Activities**

Coffee & Gab: Tuesday, April 5 & 19, 9 a.m.

Painting: Monday, 9 a.m. - 12 p.m.

Ceramics: Tuesday/Thursday, 9 a.m. - 3 p.m., Wednesday 5:30 p.m. - 9:30 p.m.

Crafts: Friday, 9 a.m. - 3 p.m.

Bingo: Tuesday, 2 p.m.

Pool: Monday-Friday, 8 a.m. - 4 p.m.

Low Impact Aerobics: Monday/Wednesday/Friday, 9 a.m. - 10 a.m.

Choir: April 5, 19 10 a.m. – 11 a.m.

Bell Choir: Mondays, 2:30 p.m. – 3:30 p.m.

Call 874-7475 for information.