

SENIOR CENTER

Opportunities!

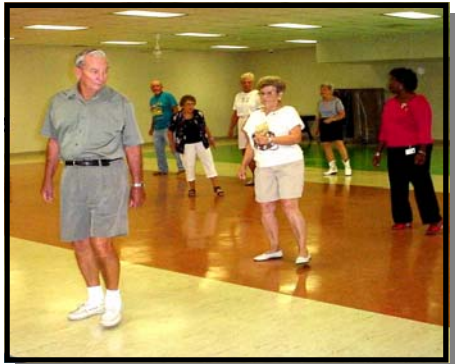
City of Winter Haven

Summer 2005

Hours of Operation

250 Lake Silver Drive
Winter Haven, Florida 33880
Phone: (863) 291-5870

Monday - Friday
8 a.m. - 4 p.m.



Dance Classes

Beginners Line Dance Class

Session Dates: Resumes in October
Days & Times: Friday
2 p.m. - 3 p.m.
Age: 55 years and over
Contact Name: Audrey McIntosh
Contact Number: 863-291-5870
Fee: FREE
Registration: No registration required.

Beginners of line dancing will receive instruction on basic line dancing steps.

Line Dance Class

Session Dates: Ongoing
Days & Times: Thursday
9 a.m. - 10 a.m.
Age: 55 years and over
Contact Name: Audrey McIntosh
Contact Number: 863-291-5870
Fee: FREE
Registration: No registration required.

This class is offered for intermediate to advanced level line dancers. Join our class to improve your line dancing skills or to learn new steps!

Ballroom Dance

Location: Senior Center
Session Dates: Ongoing
Days & Times: Tuesday
7:30 p.m. - 9:30 p.m.
Age: 55 years and over
Contact Name: Dorothy McKinley
Contact Number: 863-291-5870
Fee: \$2.50
Registration: No registration required.

This dance class offers an opportunity to perform a variety of dance steps. Singles and couples are welcome to attend. Brad Petty, Bob Petty, or Pat Montaine provide music.

Exercise Classes

Low Impact Aerobics

Session Dates: Ongoing
Days & Times: Monday, Wednesday, Friday
9:30 a.m.
Age: 55 years and over
Contact Name: Audrey McIntosh
Contact Number: 863-291-5870
Fee: FREE
Registration: No registration required.

This low impact aerobic exercise class uses the Richard Simmon's Silver Fox video tape which is played on a large screen television. This is an excellent workout for all levels of fitness.



Chair Yoga

Session Dates: Ongoing
Days & Times: Wednesday and Friday
10:30 a.m.
Age: 55 years and over
Contact Name: Dorothy McKinley
Contact Number: 863-291-5870
Fee: Free
Registration: No registration required.

This yoga class is designed for seniors and focuses on flexibility, strengthening, stress reduction and relaxation. Jennifer Specht, certified yoga instructor leads the class. Please join us to gain the benefits of this wonderful class.

Social Activities

Card Social

Session Dates: Ongoing
Days & Times: Wednesday
12:45 p.m. - 3:30 p.m.
Age: 55 years and over
Contact Name: Dorothy McKinley
Contact Number: 863-291-5870
Fee: FREE
Registration: No registration required.

The card social provides a fun afternoon for bridge and pinochle players. It is open to everyone ages fifty-five and older. A partner is not necessary to participate in the social.

Quilting Bee

Session Dates: Ongoing
Days & Times: Wednesday & Friday
1 p.m. - 3 p.m.
Age: 55 years and over
Contact Name: Dorothy McKinley
Contact Number: 863-291-5870
Fee: \$5 per class or
\$15 for 4 weeks
Registration: Fifteen minutes before
class starts.

Bring your sewing machine and enjoy the company of others as you work on your individual projects. Tom Kohl, quilting instructor, will be present to give assistance as needed.

OPPORTUNITIES is a publication of the City of Winter Haven, Department of Leisure & Environmental Services. If you would like additional information on any of the programs, activities or facilities listed, please contact the Department of Leisure & Environmental Services at 291-5656

All programs, events and classes listed within this brochure are subject to change.

Social Activities

Shuffleboard Club

Session Dates: April - June
Days & Times: Tuesday, Wednesday
and Friday
9:00 a.m.
Age: 55 years and over
Contact Name: Dorothy Mckinley
Contact Number: 863-291-5870
Fee: \$20.00 per year
Registration: Contact Dorothy Mckinley.

The shuffleboard club holds weekly shuffleboard games. This club also participates in state and district tournaments, turkey shoots and special events during the winter months.



Ballroom Dance Class

Session Dates: Resumes in October
Days & Times: Monday
1:30 p.m.
Age: 55 years and over
Contact Name: Dorothy McKinley
Contact Number: 863-291-5870
Fee: \$2.00 / person / class
Registration: No registration required.

No partner required. Join other seniors and learn techniques that will have you floating across the dance floor in no time at all.

Social Activities

Painting Bee

Session Dates: Ongoing
Days & Times: Wednesday
1 p.m.
Age: 55 years and over
Contact Name: Dorothy Mckinley
Contact Number: 863-291-5870
Fee: Free
Registration: Contact Dorothy Mckinley.

Join fellow painters at Rotary Park every Wednesday for a painting bee. This self guided program allows you to compare and learn techniques from others or just enjoy the company of others while you paint.

Information

Other activities at the Senior Center include Fellowship Dining served by Polk County daily at 11:45 a.m.

The Senior Center is host to numerous other entertainment activities. Please contact the staff for specific dates and times at 291-5870.



City Information

Mayor Mike Easterling
Mayor Pro Tem Nathaniel Birdsong
Commissioner Yvonne Brooks
Commissioner Charles Cone
Commissioner Jeff Potter

David L. Greene, City Manager
Dale Smith, Assistant City Manager

Department of Leisure & Environmental Services

210 Cypress Gardens Boulevard
Winter Haven, FL 33880
Phone: (863) 291-5656
Fax: (863) 291-5660
Website: www.mywinterhaven.com

T. Michael Stavres, CPRP
Director

Debbie Battista, Division Director

WINTER HAVEN
The Chain of Lakes City

The Department of Leisure & Environmental Services is committed to enriching the lives of our citizens by providing an infinite selection of exceptional, meaningful, lifelong leisure opportunities.

Winter Haven Senior Center
250 Lake Silver Drive
Winter Haven, FL 33881

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