



PARKS & RECREATION

JAN-MAR 2023

COMMUNITY PROGRAMS

HIGHLIGHTS:

- 100 Mile Walking Club
- A.F.E.P
- NEW Book Club
- NEW Crochet Club
- Wii Bowling
- Golden Years Movie
- Seasonal Programs
 - Charcuterie Creations
 - Soap Making
- Golden Years Trip

GOLDEN YEARS NEWSLETTER

NEW YEAR. NEW PROGRAMS.
SAME GREAT COMMUNITY.

2023 is right around the corner, and with the new year comes NEW Golden Years Programming. Not to worry, we'll be bringing back several of your favorite already existing programs, too. From A.F.E.P and the 100 Mile Walking Club that keep you active to the infamous Golden Years Trips that provide an opportunity to CREATE MEMORABLE EXPERIENCES with one another, there are opportunities for everyone to participate and enjoy.

Golden Years Newsletters will be mailed out quarterly and will keep you in the know about all things Golden Years programming. Want to know more or have questions? Contact Karsen or Casey at 417.732.3500.



Golden Years Programs



100 Mile Walking Club

Want to get rewarded for the laps you walk? Say no more! Come in from the cold and walk on the indoor walking track at the Republic Community Center and join the 100 Mile Walking Club. You enjoy walking outdoors? No problem! Enjoy the outdoors and landscaping while walking the trails at one of our beautiful city parks. To join, visit the Republic Community Center and ask the receptionist to start a new walking log for you, and record your laps walked each time you visit. Prizes are awarded for hitting different milestones, and select Walking Club members will have the opportunity to attend the invitation only Walking Club celebratory awards breakfast at the end of the year for being a 100+ Mile Walker.

Book Club

The all-new Book Club program is designed to offer a space for avid readers to get together and discuss current or favorite reads. Individuals may choose to read and discuss a book together or go on your own literature journeys. Book Club will take place every first Thursday at 2:30 p.m. at the Republic Community Center. This program runs for one hour and is not instructor led. There is no cost to participate, and registration is not required.

Crochet Club

The all-new Crochet Club program is designed to offer a space for crochet lovers to get together and enjoy your craft together. Don't know how to crochet? Come to crochet club and learn from your fellow golden years friends. Crochet Club will take place every second Thursday at 2:30 p.m. at the Republic Community Center. This program runs for one hour and is not instructor led. There is no cost to participate, and registration is not required.

Arthritis Foundation Exercise Program (A.F.E.P.)

The Arthritis Foundation Exercise Program (A.F.E.P.) is a group recreational activity program designed specifically for individuals with arthritis. This program includes education, joint warm-up and cool-down, muscle strengthening and endurance exercises, body mechanics, and relaxation techniques. The upcoming winter A.F.E.P. session will take place January 10 - March 2. Classes are held at the Republic Community Center on Tuesday and Thursday afternoons beginning at 1:30 p.m. This is a free program and pre-registration is not required.

RepublicParks.com/Golden-Years-Programs



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Golden Years Programs

Wii Bowling

Wii Bowling is held at the Republic Community Center on Wednesday mornings with 1-hour long timeslots available between 8 a.m. - 12 p.m. A maximum of four players may sign up per timeslot. Wii Bowling sessions typically run six weeks long, and the cost is \$2 per player. Since limited timeslots are available, all spots are first come first serve, and must be paid for at the time of registration. Registration for each session will open two weeks prior to the start of a new session.

UPCOMING WII BOWLING SESSIONS:

January 4-February 8 (Registration opens December 21)
February 15-March 22 (Registration opens February 1)
March 29-May 3 (Registration opens March 15)

Golden Years Movie

Golden Years Movies are offered the last Thursday of every month, with the exception of the last Thursday being a holiday in which it will take place the Thursday prior, beginning at 3:00 p.m. Golden Years movies are free and there is no registration required to attend. All attendees will receive a bag of popcorn to enjoy while watching the movie.

UPCOMING GOLDEN YEARS MOVIES:

January 26 - Chitty Chitty Bang Bang
February 23 - My Fair Lady
March 30 - The Karate Kid

Upcoming Seasonal Programs

February 8 - Charcuterie Creations
March 23 - Soap Making

These programs require pre-registration, and program fees must be paid at the time of registration. Register online at recdesk.republicparks.com or by calling the Republic Community Center at 417.732.3500.

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Golden Years Trip - March 8

Discover what it was like to be a passenger aboard the world's most famous luxury liner, the RMS Titanic, as we visit Titanic Museum Attraction in Branson, MO. As a "passenger," attendees will experience what it was like to walk the hallways, parlors, cabins, and Grand Staircase while surrounded by hundreds of artifacts directly from the Titanic itself and its passengers. After visiting the museum, we will be eating lunch prior to returning home. The cost of the trip will be \$45 per person and does not include lunch. Please fill out the included registration form to register for this trip. If you have any questions, please contact the Republic Community Center at 417.732.3500.

Charcuterie Creations - February 8

Date night, ladies night, or just come on your own! Participants will have the opportunity to create their very own charcuterie design led by AR Workshop. Enjoy a charcuterie snack box and indulge in a tasty treat from Nothing Bundt Cakes while you create your one-of-a-kind charcuterie set. Cost is \$60 per board.

Soap Making - March 23

Grab your friends or have a solo self-care night! Participants will have the opportunity to make their very own soap and sugar scrub. The cost is \$20 per person and includes three small bars of goat milk soap with three different scents to choose from, and a jar of lavender sugar scrub.



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