

Activity Schedule for November 2020

*The JRP Activity Center will be closed November 11,
November 26 & November 27*



Joyce Raye Patterson 50+ Activity Center

100 South 10th St. Joseph, Mo 816-271-4666

Billiards, 8-Ball Snooker, Shuffleboard

Monday-Friday 8am – 5pm

(75 cents per day/per person for Pool Tables & Shuffleboard)

Cafeteria

Tuesday-Friday 11:00a-12:30pm – OPEN TO ALL AGES –

Carryout and Dine in meals available

Fitness Center (Please call 271-4625 to make an appointment)

Monday-Thursday 8:00am-7:30pm– By appointment

Friday 8:00 am—5:00 pm—By appointment

Saturday 8:00-11:30 am—By appointment

MONDAYS:

Total Body Workout – 8:15am (\$3)

Yoga – 9:30am – 10:30am (\$4)

Exercise with Kelly- 1pm (\$2)

Line Dance Lessons – 3:00pm (\$2)

Beginner Step Class- 5:15-6:15pm, (\$4)

TUESDAYS:

Tai Chi for Arthritis & Fall Prevention 9-10am (\$3)

JRP Kitchen Band – 10:00am

Tuesday Mah Jong Queens -1:00pm (.50)

Step Conditioning Class - 5:15pm (\$4)

WEDNESDAYS:

Total Body Workout – 8:15am (\$3)

Beginning Line Dance Lessons – 3:00pm (\$2)

THURSDAYS:

Tai Chi for Arthritis & Fall Prevention 2-3pm (\$3)

Body Conditioning Class -5:15pm (\$4)

FRIDAYS:

Total Body Workout – 8:15am (\$3)

Ten Point Pitch Cards – 1:00pm (.50 per day)

Saturday:

Fitness Center 8:00am-11:30am

St. Joseph Stamp Club – Nov. 21, 1:00pm

NOVEMBER Special Activities

Wednesday, Nov 4—Dec 9

Walk with Ease — Free

8:30-10:00 am

RSVP (at front desk)

Wednesday, November 4

Live Trivia — Free

10:00am —11:00 am

RSVP (at front desk)

Individuals to teams of up to 4

Wednesday, Nov 4—Dec 7

Diabetes Self-Management — Free

2:00-4:00 pm

RSVP (at front desk)

Tuesday, November 17

Monthly Art Class

“Painted Boards“ (4’ tall x 1’ wide)

(\$20 per person—limit of 12 participants)

8:30 am — 1200 pm

No prior experience necessary! RSVP at front desk

No prior experience necessary!

Sign Up Now!

NOVEMBER Special Activities

Monday, Nov 2—Dec 7

Eat Healthy, Be Active — Free

10:00am —11:00 am

RSVP (at front desk)

Wednesday, November 18

“Closing your garden for the winter”

Free Presentation with

Master Gardner, Larry Werthmueller

10am-11am