

October 2019



www.austintexas.gov/Dittmar

SUN	MON	TUE	WED	THU	FRI	SAT
Senior 55 Plus Fun Schedule is tentative <i>please note the times on each Day!</i>		9:30 Meet & Greet 10:00 GAME BOARD DAY 1:30 –2:30 Stay Smart brain cardio 1	9:30 Meet & Greet 10:30 Chair exercise 2	9:30 Meet and Greet <u>Strength and Stretch</u> 3	9:30 Meet & Greet 10:00 Line Dancing w/ Sonja 4	5
6	9:00 FIRST SESSION <u>Golden Rollers</u> 10:00 SECOND SESSION <u>Golden Rollers</u> 7	9:30 Meet and Greet 10:00 Cooking 4 U pumpkin parfaits 1:30 –2:30 Stay Smart Brain Cardio 8	9:30 Meet & Greet 10:30 Chair exercise 9	9:30 Meet and Greet <u>Strength and Stretch</u> 10	9:30 Meet & Greet 10:00 Line Dancing w/ Sonja 11	12
13	9:00 FIRST SESSION <u>Golden Rollers</u> 10:00 SECOND SESSION <u>Golden Rollers</u> 14	9:30 Meet & Greet West gate Bowling 1:30 –2:30 Stay Smart Brain Cardio 15	9:30 Meet & Greet 10:30 Chair exercise 16	9:30 Meet & Greet BST <u>Halloween Bingo-Dittmar</u> 17	9:30 Meet & Greet 10:00 Line Dancing w/ Sonja 18	19
20	9:00 FIRST SESSION <u>Golden Rollers</u> 10:00 SECOND SESSION <u>Golden Rollers</u> 21	9:30 Meet & greet 10:00 SENIOR CINEMA 22	9:30 Meet & Greet 10:30 Chair exercise 23	9:30 Meet and Greet <u>Strength and Stretch</u> 24	9:30 Meet & Greet 10:00 Line Dancing w/ Sonja 25	26
27	9:00 FIRST SESSION <u>Golden Rollers</u> 10:00 SECOND SESSION <u>Golden Rollers</u> 28	9:00 Cine De Oro MACC 1:30-2:30 Stay Smart brain cardio 29	9:30 Meet & Greet 10:30 Chair exercise 30	9:30 Meet and Greet <u>Strength and Stretch</u> 31		



The City of Austin is committed to compliance with the Americans with Disabilities Act. If you require special assistance for participation in our programs, please call 974-3914 or TEXAS relay 7-1-1

Dittmar Recreation Center -1009 W. Dittmar Rd Austin Texas 78745

512-974-6090

