

KROC SENIOR NEWSLETTER



Open Senior Time

Wednesdays: Noon–2pm

Free to Members or with a Day Pass!

Relax with old friends and make new ones while enjoying interesting activities. Join us for laughter, games and a whole lot of fun!

Knitting Club

Tuesdays: Noon–2pm, Free!

Learn something new! See Below for details.

Senior Computer Lab

Wednesdays: 2–3pm

Free to Members or with a Day Pass!

Get one-on-one help with your computer, tablet, or cell phone questions!

December Calendar of Events

Knitting Club
Tuesdays:
Dec 4,11,18
No Club on 25th!

Always wanted to learn to knit or crochet? We have a circle of friends to help with that! We knit our own projects as well as items for other club and community needs. Join us as we share and laugh together!

Wed. Dec 5

Great Games! Try a new one!

Wed. Dec 12

Cards and Conversation!

Wed. Dec 19

Christmas Party Potluck Extravaganza!

Wed. Dec 25
No Club on 26th!

Christ is born! Let us rejoice!!! *Merry Christmas!!!*

December's Birthstone is Turquoise & the Flower is Narcissus

**December Field
Trip is the 7th!**

This month we're going on a two hour eagle watching cruise on Lake Coeur d'Alene! For info or any general field trip questions please call Peni at 208.763.0614.

"Glory to God in the highest! And on earth, peace to those on whom His favor rests!" Luke 2:14



RAY & JOAN
KROC CENTER
COEUR D'ALENE, ID

INFORMATION, PROGRAMS & ACTIVITIES FOR AGES 55+

Try a Program at The Kroc!

Fall classes at The Kroc Center are both fun and informative. Try something new this season! The classes below require registration in advance unless otherwise indicated. Pick up a copy of our Program Guide for further information.

- **Adult Fine Art Workshop:
Dry Pastels**
Thursday, Dec 20, 6-8:30pm
- **Ballroom Dance: Salsa!**
Thursdays, Nov 29-Dec 20, 7:30-8:30pm

All Classes are open to The Public. Register at
The Kroc Center Front desk or online at www.kroccda.org

“And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, **“Do not be afraid!** I bring you good news that will cause great joy for all the people. Today in the town of David a Savior has been born to you;

He is the Messiah, the Lord!”

Luke 2:8-11

Drop-in for fun!

Drop-in Classes are free for Gold Members and Day Pass holders and include a variety of fitness options!

- Riverwalk & Power River
- Aqua Sculpt & Gentle Sculpt
- Aqua MED/MS
- Kroc Fit Basic
- Line Dancing
- Juggling!
- Zumba Gold
- Kroc Yoga Gentle & Extra Gentle
- Aqua Balance & Mobility
- Indoor Track
- Pool and Hot Tub
- Fitness Machines
& Free Weights

See the Activity Guide for a full list of the Drop-In Aqua-Group and Group Fit Classes. Pick the perfect class for your skill level!

*You are **always** welcome
at Kroc Church on Sundays at
10am, where we Encourage,
Equip & Engage (E3)!*

*We encourage others into a relationship
with Jesus Christ and into healthy
relationships with others. We equip with
the truth of God’s word so that we can face
our daily struggles. We engage our
community by making a difference in the
lives of other people!*

Join us!!



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