

# KROC SENIOR NEWSLETTER



## Open Senior Time

**Wednesdays: Noon–2pm**

**Free to Members or with a Day Pass!**

Join us for fun and games!

Relax with old friends and make some new ones while enjoying lots of laughter and interesting activities!

## 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! **(No Lab on the 1<sup>st</sup> & 8<sup>th</sup>!)**

## May Calendar of Events

<b>Knitting Club Tuesdays: May 7,14,21,28</b>	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!
<b>Wed. May 8</b>	Travel vicariously with Mexican Train!
<b>Wed. May 15</b>	Pick a card, any card! (No magic, just fun!!)
<b>Wed. May 22</b>	Farkle or Phase 10? Which Game is YOUR Favorite?!
<b>Wed. May 29</b>	May Birthdays!
	May's birthstone is emerald and Lilly of the Valley is the flower!
<b>May Field Trips are the 17<sup>th</sup>, 24<sup>th</sup> and 30<sup>th</sup>.</b>	It's off to Wallace on the 17 <sup>th</sup> and 24 <sup>th</sup> of this month for fun and adventure! Then we'll be heading up to Trader Joe's in Spokane on the 30 <sup>th</sup> . These trips are full, but please call Peni at 208.763.0614 for any general questions or info on future trips!

*"Faith is the realization of what is hoped for and evidence of things not seen." Hebrews 11:1*



RAY & JOAN  
**KROC CENTER**  
COEUR D'ALENE, ID

# INFORMATION, PROGRAMS & ACTIVITIES FOR AGES 62+

## Try a Program at The Kroc!

Expand your horizons! The classes below require registration in advance unless otherwise indicated. Pick up a copy of our Program Guide for further information.

- **Ballroom Dance Lessons: Cha-Cha!**  
Thursdays, May 2-23, 7:30-8:30pm
- **Mini & Me Acrylic Painting**  
Saturday, May 4, 10am-Noon
- **Scenic Walking Adventures**  
Fridays, 9am-3pm  
May 10: Farragut State Park  
May 31: Spokane River Bowl & Pitcher
- **Scenic Day Hike: Chilco Peak**  
Saturday, May 18, 8am-5pm
- **Adult Fine Art Workshop:  
Intro to Hand Lettering  
With Audrey Langsev**  
Thursday, May 16, 6-8:30pm
- **Medicare 101**  
Presented by SHIBA  
Tuesday, May 28, 1-3pm

All Classes are open to The Public. Register at  
The Kroc Center Front desk or online at  
[www.kroccda.org](http://www.kroccda.org)

## 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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