

LEISURE CLASSES/GROUPS

CAPITOL CITY TABLE TENNIS CLUB TABLE TENNIS CLASS

This course is taught by members of the Capitol City Table Tennis Club and will cover all aspects of the modern game of Table Tennis. Participants will learn the proper techniques including the serve, forehand, backhand, blocking, serve-return, and topspin.

The class covers equipment, strategy warm-up drills, footwork and more. This is a great class for the beginner as well as those who want to improve their skills.



Activity #: 475691-1
Days: Tuesdays
Dates: September 8 - October 20
Times: 6 - 9 p.m.
Ages: 8 years and older
Fee: \$21 per person

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GARDENING AND
LANDSCAPING
CLASSES!**

TAI CHI

The Jefferson City AARP Chapter 4401 and Parks and Recreation co-sponsor free Tai Chi classes for senior adults Thursday mornings from 10 a.m. to noon at the Shikles Center Gymnasium, 1200 Linden Drive.

Led by Nick Mercer, Tai Chi is designed to increase strength, flexibility, balance and vitality and if practiced regularly helps alleviate depression, anxiety, and fatigue. Virtually anyone can participate in Tai Chi regardless of age or physical condition as many exercise movements can be performed while seated.

CAPITAL CITY HORSESHOE CLUB & TOURNAMENTS

The Capital City Horseshoe Club will be forming fall leagues. Each participant must be a National Horseshoe Pitching Association (NHPA) member.

The club will be hosting several tournaments throughout the year. Tournaments will be held on the following dates: August 9, September 27 and 28 and October 18.

All leagues and tournaments will be held at the Washington Park Horseshoe Complex.

For more information about the Capital City Horseshoe Club, call Mel Bruemmer at 573-635-9394.



RED HAT SOCIETY



Calling all ladies! Are you looking for a fun, social opportunity to meet and make new friendships? If so, the Red Hat Society is for you! The Red Hat Society prides itself in having no rules except this: members must be at least 50 years of age and wear purple outfits and red hats to all club functions. Ladies under the age of 50 are known as "pinkies" and must wear lavender outfits and pink hats to club functions.

More than 150 ladies have made the Red Hat Society a part of their lives. In cooperation with the Parks and Recreation Department, two Red Hat Chapters exist in Jefferson City: the Classy Red Hatters meet the third Saturday of the month beginning at 9:30 a.m. and the River City Reds meet the second Saturday of the month beginning at 10:00 a.m. Meetings are held at the McClung Park Indoor Pavilion and last about an hour and a half. To join the Red Hat fun, call Classy Red Hatter Edi at 584-9430 or River City Red Sharon at 690-7946.