

# WATERBORO

*Parks & Recreation*

# Senior Programs



# Spring 2017

**Do you have an  
idea for a trip or  
class for seniors?  
We'd love to hear  
from you!**

**247-6166 x115**



**Call us for information and  
reservations for all programs**

**247-6166 x115**

## Waterboro

### Parks and Recreation

24 Townhouse Rd, East Waterboro

Office located in Old Town Hall

[parksandrec@waterboro-me.gov](mailto:parksandrec@waterboro-me.gov)

## Walk With Ease

Now is the time to reduce your pain and feel great again! Join our free walking program designed by the Arthritis Foundation. Proven to improve your balance, flexibility, strength and stamina plus participants get a free guide book and pedometer! Runs April through October. Call for details!

## Senior Luncheons

Our 19th year of providing delicious meals to seniors over 50 for just \$5! Join us every 2nd and 4th Wednesday of each month May through October at the Ossipee Mountaineers Snowmobile Club at noon. Please reserve your spots one week prior 247-6166 x115

## Oxford Casino Trip

Hop on a luxury Coach bus and head up for a day of fun! Your \$25 includes \$10 in free slot play, a cookie and special raffle drawings!

**Wednesday, April 19**

Depart 8am from Old Town Hall—return by 5pm.

**RESERVE TODAY—SPACE IS LIMITED**

## Cribbage

Enjoy a muffin and peg some points with our feisty crew of cribbage players here at Old Town Hall. We meet every Thursday morning at 8:30am and the 2nd and 4th Saturday of each month at 8:30am.

## Tai Chi/Qigong

Experience peaceful, energizing movement in a free trial class of these ancient forms of gentle exercise that promote mental and physical well being. Achieve harmony through body alignment, gentle breath and slow, flowing motions. Taught by veteran instructor Fred Brancato, PhD.

**Monday, April 10, 6-7:30pm. Free**