

Stephens Lake  
Activity Center  
2311 E. Walnut St.  
Columbia, MO 65201  
**573-874-7475**  
www.GoColumbiaMo.com

## Columbia Parks & Recreation

# 50+ Programs

### Recreation Staff at Stephens Lake Activity Center (SLAC):

**Superintendent-**

Karen Ramey

**Specialist-**

Erin Carrillo

Courtney Deters

Debbie Reschly

**Office-**

Mary Weable

Kimberly Dreher

**Music-**

Cookie Hagan

Julie Vaughn

**Driver-**

Dale Beasley

Marilyn Skipper

**Osher Lifelong Learning-**

Lucille Salerno

Joanne Heisler

Adam Newman

Office Hours:

9:00 am - 4:00 pm

Monday to Friday

## January 2012

Join us for a variety of programs, activities, music, dances, crafts, and more for those ages 50 and better. We hope you can attend the activities and don't forget to bring a friend!

### Upcoming 50+ Explorer Trip - \$3

Mark your calendar for 1pm Thursday, Jan 19 and a tour of the newest elementary school in Columbia. We'll end the tour at SLAC with a cup of hot chocolate and conversation. *Call our office (874-7475) to sign up as space is limited.*

**Special Needs:** For accommodations needed due to a disability, please call at least 2 days in advance.

**Please Note:** The Columbia Adapted Recreation offers programs at Paquin Tower which may also be of interest.

## Parks and Recreation Memberships

Applications are in Leisure Times. Payment can be made in person at SLAC front desk or by mail with check payable to Columbia Parks and Recreation.

(Membership fee includes activities unless otherwise noted.)

2012 Membership	<u>SLAC</u>	<u>OAK Tours</u>	<u>SLAC/OAK Tours Combo</u>
Single	\$20	\$20	\$30
Couple: Same Address	\$35	\$35	\$60

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### **Daily Games:**

Jigsaw puzzle,  
board games, Wii  
bowling, and other  
games.

Is your card or  
game group looking  
for a special time or  
place to gather?  
Maybe we can help.

“There are only two  
ways to live your life.  
One is as though  
nothing is a miracle.  
The other is as though  
everything is a  
miracle.”

- Albert Einstein



**Activities and Practices take place at Stephens  
Lake Activity Center, 2311 E. Walnut**



## **Social Events for January**

### **Potluck and Bingo – Jan 6**

1<sup>st</sup> Friday (starts at 11:30AM)

Bring a dish to share and enjoy a great meal with friends followed by bingo with prizes provided by Older Am Klub.

### **Jamm and Dance – Jan 13**

2<sup>nd</sup> Friday (from 7-10:00 PM)

Dance, listen and enjoy the music of the OAK House Band of seasoned musicians and good company. Snacks welcome.

### **Potluck, Game, and Pie Day – Jan 20**

3<sup>rd</sup> Friday (from 12-4:30PM)

Instead of the usual potluck and games at night, we have moved January's potluck & games to the afternoon! We want to be sure to celebrate national Pie Day (Pie Day takes place the 21st). Vegetable soup and crackers will be provided—potluck should be a side salad or sandwich and of course pie for dessert.

### **Afternoon Tea Dance – Jan 25**

4<sup>th</sup> Wednesday (from 1-3:00 PM)

House Band welcomes public to enjoy an afternoon of musical entertainment. Snacks encouraged.

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### **Fabulous 50's Club – Jan 6, 18**

1<sup>st</sup> Friday & 3<sup>rd</sup> Wednesday (at 6:30 PM)

Meet new friends, enjoy social and business meetings at this social club. Each member serves on two committees each year. Sample the club at a Wednesday night potluck by requesting a sponsor for the evening. Leave your contact at the SLAC front desk or call 874-7475.

*Must be 50 years or older. Fee: \$12/yr + SLAC member*

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**Monthly Meeting:**

**2<sup>nd</sup> Monday - Jan 9**  
OAK Board - 1pm  
OAK Council - 1:30pm

Election of new Board  
and Council will be held  
Feb 13. Interested in  
participating in the  
Council? Leave your  
name at SLAC front

Osher classes begin  
January 17. Catalogs  
are available at SLAC  
or online at  
*extension.missouri.  
edu/learnforlife*

**Daily Games:**

Jigsaw puzzle,  
board games, Wii  
bowling, and other  
games.

**Activities &  
practices take  
place at SLAC  
located at  
2311 E. Walnut St**

**Ongoing Monthly Events...**

**Mondays/Thursdays Painting Group:**

Join our painting group as they use a wide variety of mediums including oils, water colors, acrylics, charcoal, colored pencils and more. They share ideas, techniques, successes and experiments as they support each other's endeavors on Mondays 9am-noon and/or Thursdays 1-:30pm.

**Tuesdays Bingo:**

Join us every Tuesday this month to play for prizes provided by the Older American Klub. Come early to socialize and meet new friends. Calling begins promptly at 1pm.

**Thursday Dominoes:**

Love to play Dominoes? Just want some laughter or company? You'll enjoy a friendly form of Mexican Train dominoes every Thursday this month starting at 10am -1pm

**Music:** These practice times may change. Please check with SLAC front desk at 874-7475 --scheduled performances take priority over practices.

Bell Choir	1 <sup>st</sup> and 3 <sup>rd</sup> Monday : 3-4 PM
Adapted Bell Choir	2 <sup>nd</sup> and 4 <sup>th</sup> Monday : 3:30-4:30 PM
Choir	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday : 10-11:00 AM
OAK Jammers	Wednesday : 1-3 PM
Ukulele	2 <sup>nd</sup> and 4 <sup>th</sup> Friday : 2-3 PM

**Exciting News!** **Friday, January 20<sup>th</sup>** 9:30am-noon  
A group of ladies including Brenda Rainey, Ruth Larocca, and Nadine Sargent are spear-heading an initiative to make warm hats and scarves to donate. From beginners to novice, please join us for a simple, social, fun activity. They have looms to make the process even easier! If you have spare yarn, hooks or needles, or just want to join in the fun please mark your calendar.

