

Show Us Your Shamrock

O'Friends, wear your green and watch out for the leprechauns. A traditional Irish lunch will be served.



Date March 17
Day Wednesday
Time 11 a.m.
Fee Free (\$2 suggested donation)
Location Palmer Center

Reservations are required by noon March 15.

Indoor Easter Egg Hunt

Egg hunts aren't just for kids, so get ready to collect as many eggs as you can, filled with goodies.



Date April 2
Day Friday
Time 11 a.m.
Fee Free
Location Palmer Center

Red Hat Tea Party



If you are a member of a local Red Hat chapter and would like to mingle with other members – you won't want to miss this tea-licious event. Bring your own special tea cup and enjoy assorted teas and tea time bites. Plan to wear your festive red and purple outfits. Co-sponsored with Sugar Creek Parks and Recreation.

Date April 8
Day Thursday
Time 2 p.m.
Fee \$3
Location Palmer Center

Registration due by April 5.

Mother/Father's Day Recognition

We will be honoring all mothers and fathers to let them know how special they are!

Date May 7 (Mothers)
 June 18 (Fathers)
Day Friday
Time 11 a.m.
Fee Free (\$2 suggested donation)
Location Palmer Center



Reservations are required by noon May 6 for mothers and June 17 for fathers.

Picnic in the Park

Join us for old fashioned games, a traditional summer cookout and entertainment. Co-sponsored with Sugar Creek Parks and Recreation.

Date June 17
Day Thursday
Time 11:30 a.m.
Fee \$5
Location Harrison Park, Sugar Creek

Registration due by June 14.

Patriotic Celebration



Wear your patriotic colors and let's celebrate freedom.

Date July 2
Day Friday
Time 11 a.m.
Fee Free (\$2 suggested donation)
Location Palmer Center

Reservations are required by noon July 1.

Red Hat Dazzles and Dining

Join us for a Red Hat fashion show, lunch, and shopping for Red Hat accessories. Photos will be available for \$2 each, so dress in your best Red Hat apparel. If you wish to be a model or reserve a booth to sell your Red Hat items, call for a registration form. There is a \$10 vendor fee. Co-sponsored with Sugar Creek Parks and Recreation.

Date July 15
Day Thursday
Time 11 a.m.
Fee \$12
Location Mike Onka Memorial Hall, Sugar Creek



Reservations are required by noon July 12.

Grandparent's Day Breakfast

Come for breakfast and plan to engage in some memorable activities with your grandchild.



Date Sept 11
Day Saturday
Time 9 a.m.
Fee \$5 (adults)
 \$3 (children)

Location Palmer Center

Registration due by September 8.

50 + PROGRAMS

Computer Programs



The Computer Lab at the Palmer Center has eight computers with internet access for use during open computer lab time. Other classes are taught by a qualified

volunteer instructor.

Fitness Programs

The Palmer Center has a fitness room for 50+ adults to pursue their individual fitness goals. Included are Nu-Steps, treadmills, an elliptical trainer, a recumbent bike, and six Nautilus Nitro weight training machines. Each membership includes a fitness assessment and equipment orientation. Many classes are offered to challenge all levels of fitness, Stretch & Tone, Sittin' Fit, Wake Up Workout, Peppi, Gentle Tai Chi, Zumba Gold, Pavement Pounders, and Pickleball.



Dance & Music Programs



A variety of dance and music programs are offered at the Palmer Center to get your toes tapping: Line Dancing, Tap Dancing, Ballroom Dancing and Country Music Jams. Organ lessons are available.

Creative & Education Programs

Autobiography classes and Photography Roundtable give you an opportunity to pursue your creative interests; take an AARP Defensive Driving course, learn what matters legally, and more.

Fun & Games

A variety of games are played at the Palmer Center, allowing you to relax and enjoy a little competition at the same time. Try out Bunco, Billiards, the Wii, Pinochle, Mexican Dominoes, Pitch and different types of bingo.

Health Programs

Many services are offered to help you evaluate your level of health and to offer support. Get assistance from the Nurse's Closet and the Low Vision Resource Center. Or take any number of health screenings, attend a Health Education and You in 2010 class, and watch for many health education classes with pertinent topics on aging. Call the Palmer Center for a current schedule.

Support Groups

Monthly sessions are offered at the Palmer Center to help with support on processing issues related to grief, caregiving, fibromyalgia, arthritis, and more.

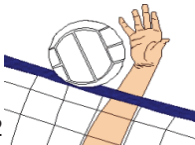
Tour Program

Discover friendly traveling companions, fun destinations and professional services with our popular trip program. As many as five day tours are offered each month, for a reasonable fee. Tours are advertised in the Palmer Center Post newsletter. www.independencemo.org/parksandrec/palmer.aspx

Drop-In Volleyball

Recreational volleyball is back. Attend when you can or register for the whole session for a very low price. Games are self refereed.

Dates	May 5 - June 30 Session 1 August 4 - October 27 Session 2
Day	Wednesday
Time	6 - 8 p.m.
Fee	\$2 for Drop-In \$10 Session 1 \$15 Session 2
Location	Truman Memorial Building



Encore Theatre

You can become a thespian at ANY age. Adults, age 50+, are invited to join this fun-loving group who specializes in "Melodrama". Meetings are held at 1:30 p.m. the first and third Friday of each month.

"You Can't Beat the House"

By Pat Cook
Director to be announced

Audition Dates:



March 19, 3 - 5 p.m.
March 22, 7 - 9 p.m.
April 23-25*
April 30 - May 2*

Performance Dates:

Encore Theatre Ticket Information

Evening performances – 7:30 p.m.

Matinee (*) performances - 2 p.m.

Adults - \$6 Senior Citizens - \$5

Children 12 and younger - \$4

For reservations call (816) 325-7367

Prompt #2 for Encore Theatre