

Sublette Older Adult Rejuvenation



A joint venture between the Pinedale Aquatic Center, Rendezvous Pointe and BOCES



Call 307-367-2832 if you need more information! PinedaleAquatic.com
All Month – All exercise classes at PAC are FREE to seniors ages 60 +.

- September 1** 10:00 am – **FREE Line Dancing class.** Learn basic line dance steps and some complete dances! Judy Justesen, Senior Programmer from Rawlins (retired) is coming to share her successful dance program with us. It will be a great a time so come on over for boot scootin' fun! 7:00 pm – **East Coast Swing workshop.** Judy Justesen and her husband, Larry, are our instructors for learning this fun couples type of dancing. No partner? No problem! This is a GREAT chance to learn to dance with your own partner or with someone else who just wants to learn. Fee for this workshop is \$5 per couple and \$3 per individual.
- September 2** 6:30 pm - **Line Dancing** continues at Rendezvous Pointe. Join us here for a FREE introductory class that will be held two weeks in a row. Then starting September 16 Rendezvous Pointe has partnered with BOCES to offer a 7 week line dance program.
- September 4, 11, 18, 25** 9:30 – 11 am **FREE – Walk & Play @ PAC!** Join us every Friday for walking on the track, learning badminton or pickleball or get your own game of racquetball going!
- September 8** 10:00 am – **Meet your neighbors! Water Exercise Class.** JJ Huntley will lead a fun water exercise class. We have invited guests from Jackson, and you can invite your neighbors and give this low impact work out a try. The more the merrier so join the fun.
- September 9** 6:30 pm – **Line Dancing** at Rendezvous Pointe on last FREE class!
- September 11** 10:30 am – **Senior Safety Awareness** at PAC with Karen Rogers
- September 13** all day – **GRANDPARENTS' DAY** – Grandparents of all ages may bring in 2 grandchildren FREE of charge with their paid admission. This special will continue through September 19.
1 paid grandparent=2 FREE grandkids!
- September 14** 6:00 pm – **Story Sharing and Soup Supper** - Enjoy a FREE Soup Dinner while you and other share some of your fun stories and memories of times past here in Sublette County! Seniors eat FREE (no reservation). All others \$5 (reservations required so we have enough food on hand)!
- September 15** 6:00 pm – **FOGEY FUN!** PAC will host grandparents and grandkids FREE of charge for fun in the gymnasium, track, and racquetball/wallyball courts! This is your chance to show your grandkids that you "still got it"!!
- September 16** 9am-Sublette Center 11am-Rendezvous Pointe - **BLOOD PRESSURE CHECK**
- September 17** 4 – 7 pm – **Chamber Mixer** at Rendezvous Pointe - Meet other people in our community and find out what this extraordinary facility has to offer.
- September 19** 9:30 – 10:15 Sublette Center Heritage Room – **Seated Tai Chi** Dominic Ruiz from Salt Lake City will lead a special seated Tai Chi class for seniors with limited mobility and balance.
10:30 – 11:30 – **Tai Chi** at PAC Dominic is coming to lead a Tai Chi class for all ages!
- September 24** 7:00 pm **A Look at Total Health during the Senior Years** at PAC – Join community experts in a roundtable discussion about physical and cognitive health issues facing senior citizens. All seniors and anyone who cares for or about a senior is invited to attend this FREE discussion. Here is a chance to get information and ask questions in a less formal setting.
- September 29** 6:30 pm – **CELEBRATION CULMINATION** at PAC – We will close our month of SOARing with a performance and sing along hosted by Sweet Harmony! We'll have food, fun, fitness, friends and some of your favorites!