

CITY OF KINGSTON PARKS & RECREATION

ADULT/SENIOR PROGRAMS & ACTIVITIES

**OPEN TO ALL CITY & SURROUNDING AREA RESIDENTS
ALL PROGRAMS (UNLESS SPECIFIED ELSEWHERE) ARE HELD AT
ANDY MURPHY (MIDTOWN) NEIGHBORHOOD CENTER
467 BROADWAY- KINGSTON**

MONDAYS

**EXERCISE CLASS – 9:30 am- 10:45 am
CERAMICS - 10 am -12noon- 10 Weeks (registration on going)
\$30-City Residents, \$40 –Non Residents begins April, 2014
KINGSTON HOME CRAFTER’S 12:30-3pm in Senior’s Lounge at Midtown Center
(Knitting/Crocheting) Beginners Welcomed!**

TUESDAYS

**CERAMICS-10 am -12noon - 10 Weeks (registration on going)
\$30-City Residents, \$40-Non Residents – will begin April 2014
NATURE HIKES- 2nd and 4th Tuesdays- starting in Spring
Meet at 9:30 am at the Forsyth Nature Center-Call 481-7332 or 481-7336 for more info**

WEDNESDAYS

**LINE DANCING – Beginners 9:30-10 am – Intermediate 10-11:00 am
CARDS (Crazy Canasta) and Games 12:30-3pm- in Seniors Lounge-Beginners welcomed!**

THURSDAYS

*** Book Worms – 10:30 am (intergenerational-see*below)
BINGO – 12:30-3pm –in Senior’s Lounge at Midtown Center**

FRIDAYS

**Exercise Class – 9:30 am-10:45 am
Crafts 12:30-2:30pm**

There Is No Fee For Programs Unless Specified

Volunteers Wanted For Intergenerational Programs

***Looking for Adult/Seniors to help with Cooking & Craft Programs at Hodge Ctr.
3-4:30 pm on Wednesdays**

Read to preschool children at our “Book Worms” Program

Thursdays 10:30 am Nov.- March at Andy Murphy Mid-town Neighborhood Ctr.

Upcoming Bus Trips to be announced in Mid-February

For Info - Call Pat Johnson- Rec. Leader at 845-481-7332 or www.kingstonparksandrec.org

