



2020

SALINA PARKS & RECREATION
THERAPEUTIC RECREATION PROGRAM

NEWS & VIEWS

Rec Time at the Fieldhouse March 4

It's recreation time at the Salina Fieldhouse! Pick-ups begin at 2:00 pm, and the class runs from 3:00-4:00 pm. This month's sport will be Bocce Ball.

Fit Ball March 6 & 27

Give this class a try! We will utilize exercise balls to perform easy, no impact stretching, toning, and balance exercises on a soft, padded surface at the Salina Fieldhouse. Pick-ups begin at 2:00 pm, and the class will run from 3:00-4:00 pm.

30/30 Club March 9 & 23

Join us at Genesis Health Club for 30 minutes of cardio and 30 minutes of weight training. You may also spend the entire 60 minutes doing cardio only, or weightlifting only, if you prefer. Pick-ups begin at 2:00 pm and the class runs from 3:00-4:00 pm. *T.R. Staff reserves the right to refuse attendance for participants who are not dressed appropriately for this class! Appropriate attire is mandatory!!

Bowling March 11 & 25

Bowl 2 games each session. This activity runs from 3:00-4:00 pm at The Alley. Pick-ups begin at 2:00 pm. Please bring money if you wish to purchase any food or drinks.

Cooking Class *Non-Accessible* March 13 *Limit 8*

Join us at the Salina Emergency Food Bank for a cooking lesson from 3:00-4:00 pm. Participants will help prepare a dish to take home, and help clean up after the lesson. Pickups begin at 2:00 pm. You may only attend one cooking class to give everyone a chance to attend.

Healthy Cooking *Accessible* March 16 *Limit 12*

This class is held in room 109 at the City/County Building. Participants will prepare a dish to take home, and help clean up after the lesson. This month's recipe is Low Fat Mint Chocolate Chip Cheesecake Dip. Pick-ups begin at 2:00 pm. You may only attend one cooking class to give everyone a chance to attend.

Design Time March 18

Please notice the time change!!

Let's create something wonderful

at the Salina Art Center! Due to a scheduling conflict with the Art Center, we have changed the time of this program to 2:00-3:00 pm. Pick-ups begin at 1:00 pm.

One Night of Queen Saturday, March 21

Pick-ups begin at 3:30 pm. We will depart Salina by 4:30 pm from the J.C. Penney parking lot on the west side. We will make a supper stop prior to the concert. Our approximate arrival back in Salina will be 11:00 pm, with drop-offs following. *Tickets are limited and non-refundable, unless someone is on the waiting list to take your spot.*

Afternoon Movie March 30

Treat yourself to a movie at the AMC Theater in the mall. Pick-ups begin at 3:00 pm. Drop-offs MUST arrive at the mall by 3:45 pm, or call Linnette with their movie choice!! I will choose the movies with similar start/end times, and you may pick from those. Please bring money if you would like to purchase snacks! Depending on the movie choices, this activity will run from 4:00-6:30 pm.

UPCOMING EVENT:

MAMMA MIA!

C.L. HOOVER OPERA HOUSE IN JUNCTION CITY

SATURDAY, APRIL 18

7:30 PM

COST \$80

Cost includes door-to-door transportation (within city limits), supper (including drink & tip), show ticket, and Parks & Recreation supervision.

Sophie dreams of a perfect wedding, which includes her father giving her away. The problem? She doesn't know who he is! Sneaking a peek in her mother's diary, she discovers 3 possible fathers. She invites all 3 to the wedding, hoping she'll know him when she sees him. But when all 3 turn up, it may not be as clear as she thought! This story is told through the legendary music of **ABBA** with songs such as **DANCING QUEEN, SUPER TROOPER, SOS,** and more!

Salina Parks & Recreation Dept.
300 W. Ash, Rm 100
785-309-5765 Office Phone



Therapeutic Recreation Cell Phone:
785-819-2321
E-mail: linnette.burger@salina.org