

For Adults with Active Lifestyles

Try the Kroc Center and Discover More Energy, More Friends, More Fun!



Are you looking for ways to get more energy, feel stronger and meet new friends?

Starting in September

The Salvation Army Kroc Center offers a variety of programs for older adults who want to be more fit, learn new things and keep having fun!

A variety of programs are available to Kroc Center members AND non-members. For detailed descriptions and schedule with dates and times, please check the Kroc Center Program Guide or go to our website at www.omahakroc.org.

IT'S FREE!

Brain Builders Club – FREE to everyone!

Your Brain is a muscle in your body that needs to be worked out too! Join us for fun, games and activities to challenge your brain power and keep you thinking.



Card Clubs – FREE to everyone!

Playing cards is a great way to get together and make new friends. Play Canasta, Pinochle, Bridge or another card game you are interested enjoy. Contact Sandy at 402-905-3574 to connect with other interested card players.

English as a Second Language – FREE

Focus on active listening and speaking skills that are necessary to function successfully in your community.

Functional Fitness Club – FREE to Everyone!

This class is intended to improve everyday function and range of motion in older adults. Assists with activities such as carrying groceries, gardening, lifting boxes, and cleaning house.

Kroc Center Senior Games – FREE

Get ready for the National Senior Games or just have fun, join in a variety of activities such as soccer, badminton, bocce ball, croquet, ping pong, foursquare, miniature golf and more.

Walking Club – FREE to Everyone!

Walking is a healthy, fun way to exercise and even socialize.

At the Salvation Army Kroc Center, children, adults, seniors and families discover their potential through positive experiences in health, education, the arts and spiritual enrichment.

2825 Y St, Omaha, NE • 402-905-3500
www.omahakroc.org



“ Since I started **Water Fitness** classes I have had no joint pain. Before I started I had to get cortisone shots in my elbow every 3 months for pain. I now have more **energy** and I can keep up with my grand kids! I feel that the water relieves my stress and I enjoy meeting new people. The Kroc Center has a family of friendly, **helpful** people. ”

Roxann H., *Kroc Center Member*

■ **AQUATICS CENTER CLASSES**

Water activities are wonderful for individuals with physical challenges or limitations such as knee or back problems. Buoyancy makes exercise enjoyable and you don't have to know how to swim or even get your hair wet to join in the fun! A swimsuit is required.

Sunrise Splash

Start your day off with a splash! A shallow water exercise class will tone up your muscles and strengthen your cardiovascular system.

Aqua-Joints

Aqua-Joints is designed for people with arthritis or special physical conditions as well as those who are recovering from surgery or just starting an exercise program.

Aqua-Circuit

Aqua-Circuit combines a variety of cardio, water circuits, resistance, strength and interval training. Join us for a total body water workout!

Aquacize

This combination class includes both shallow and deep water workouts. Improve cardio, balance, flexibility and core strength.



Hydro-Pump

Flotation devices are used to promote proper vertical alignment and stabilization of the body through cardio/strength training. Participants should feel comfortable in deep water.

■ **FITNESS CLASSES**

Ease-In Aerobics

This low-impact workout helps you ease into a exercise routine. Start with 5 minutes, 10 minutes or whatever feels comfortable! No jumping, bouncing or high impact aerobics.

T'ai Chi

This class is a wonderful start to an exercise program. T'ai Chi relieves stress, improves breathing techniques and improves balance while reducing the risk of falling.

■ **ART CLASSES**

China Painting

Create original hand-painted artwork on porcelain boxes, plates, and tiles.

Jewelry-making

Make a fashion statement—literally! Learn how to create your own jewelry.



China Painting Sample

■ **EDUCATION CLASSES**

Basic Computer Class

No reason to be afraid of computers anymore! This class will teach you the basics from turning a computer on to creating, editing and saving a document.

ASK ABOUT FREE BREAD FRIDAYS!