

# URBANDALE SENIOR REC

URBANDALE PARKS & RECREATION ♦ SPRING 2026



Scan to register  
for programs!



**NEW!**

Spring program  
registration opens  
March 2nd at 12:01 am!

[www.urbandaleseniors.org](http://www.urbandaleseniors.org)

515.278.3907

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## SERVICE INFORMATION

The City of Urbandale Senior Recreation Center offers a variety of social, recreational, and educational programs for adults 55 years and older. Classes located off-site from the USRC or allowing participants of younger ages will be noted in the course information.

### Accommodation Requests

It is the responsibility of the individual who requires accommodations to inform the Park and Recreation Department at least 48 hours in advance to allow full participation in an activity. Participants needing accommodations are encouraged to request them when they submit their registration.

### Cancellation/Refund Policy

If you are unable to attend a program you are registered for, please let us know in advance. Notifying us allows someone else to fill the spot. Additionally, timely notification ensures that programs meet minimum enrollments and adequate preparations can be made. To be eligible for a program/activity refund, you must cancel by the registration deadline unless otherwise noted. After that, no refunds will be given unless the program or class is cancelled or the participant has an unforeseen medical situation. Cancellations for free programs on the same timeline are appreciated. Absences due to unforeseen medical events will be provided a prorated credit to your account for the absence when reported to the office within 14 days.

### Credit Card Processing Fee

If paying with a credit card at the USRC or online, a 3.95% processing fee will be added. Avoid this fee by paying with cash or check.

### Financial Assistance

Financial assistance is available to Urbandale residents. If you have a financial hardship that prevents you from registering for a class, please reach out to staff for more information..

### Resident/Non-Resident Fee Structure

The USRC is unique and fully-operated by the City of Urbandale. Urbandale residents pay a lower fee for registrations than seniors from other communities. We're are happy to be able to provide this benefit to our residents, while still inviting members from all across the metro to take part in our programs.

### Service Animals

Service animals specifically trained to aid a person with a disability are welcome. Pets are not allowed in the Urbandale Senior Recreation Center.

### NEW- Online Registration Opening March 2<sup>nd</sup> at 12:01am

Registration for all Senior Recreation Programs will begin online only at midnight. In-person registration and over the phone will begin at 7:30am on March 2 at the Senior Recreation Center. If you have any questions or need help with online registration, please call our office during business hours 7:30am-4pm at 515-278-3907, we are happy to help!

## URBANDALE SENIOR REC CENTER HOURS

Monday-Friday  
7:30 am - 4:00 pm

### Holiday Closures:

Monday, May 25

## CONTACT US

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 [UrbandaleSeniorRecreationCenter](https://www.facebook.com/UrbandaleSeniorRecreationCenter)

# USCR HAPPENINGS



## Welcome to the Team!

We're excited to introduce our new Recreation Supervisor, Danya Thoms, to the Urbandale Senior Recreation Center! Danya joins us from the City of West Des Moines, where she was the Guest Services supervisor, where she oversaw leagues, camps, clinics, and a wide variety of programs at the RecPlex. Prior to that, she worked with the Mason City Parks and Recreation Department as a Recreation Coordinator. A Mason City native, Danya is a proud graduate of the University of Northern Iowa and now lives in Waukee with her husband Brian, son Braxton, and daughter Charlotte and their two dogs, Kylo and Macy. She's also an avid Minnesota Vikings fan—SKOL, Hawkeyes fan, and St Louis Cardinals fan! In Danya's free time she loves to golf, go boating, travel, and play with her kids. Danya is thrilled to share, support, and continue growing all that the Urbandale Senior Recreation Center offers our community, and she looks forward to connecting with each of you. Please stop by the office and welcome her to our team!

## Suggestion Box

Our best ideas come from you! That's why we have a suggestion box available in the lobby for anyone who wants to share thoughts, ideas, or improvements. Want to share a new dining club location, fitness class, or education topic? Drop us a note! Whether it's a big idea or a small tweak we'd love to know what you think!

## VOLUNTEERING

### Garden Refresh

Friday, May 22<sup>nd</sup> 12-2pm

With warmer days, and better weather ahead, it's time to give our garden a GLOW UP! Join us for the afternoon while we get our hands dirty and work on our pollinator garden, memorial garden, and our raised garden beds. Together, we'll weed, rake, prepare, and even plant around the Rec Center. Use our gardening gear (we have gloves, kneeling mats, trowels, etc) or feel free to bring your own!

### Donation Drive

During the month of May, we'll be collecting donations of the Urbandale Food Pantry's most needed items: meals in a can, peanut butter, cereal, rice, pasta, soups, canned fruits + vegetables, canned meats, and side dishes. Drop them off in the lobby at any point during the month of May and we'll get them to the Urbandale Food Pantry for distribution!



# GET INVOLVED

## New Member Orientation

If you're new to the USRC or would like more information on what is offered and how to get started, drop by for a brief tour and time to ask questions with USRC staff. No registration is needed—meet in the lobby.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
Wed	Mar 11	10:30-11 am
Wed	Apr 8	2-2:30 pm
Wed	May 13	10:30-11 am
Wed	June 10	2-2:30 pm

## Program Planning & Feedback Session

Do you have an idea for a program you think others would enjoy? Want a sneak peek at the upcoming offerings? We'd love to have you join us at our seasonal planning session. Everyone is welcome!

<u>Day</u>	<u>Dates</u>	<u>Time</u>
Thu	May 14	1-2:30 pm

## Name Tag Week

You know that person who always stands next to you in fitness, you've been friendly with for years, but you can't remember their name? It's to the point where it feels too awkward to ask because you \*should\* know? We'll have name tags available in the lobby the week of June 15. Take a minute to put one on before your daily activities and get to know those around you!

# SOCIAL PROGRAMS

## Timely Talkers

Join this discussion group for some lively conversation on a variety of topics including current events, personal experiences, and local news. Everyone is welcome!

<u>Day</u>	<u>Time</u>
Tue	10:30 am-12 pm

## Podcasts & Pizza: The Fight for the First US Olympics

In 1904, the Olympics came to America for the first time. But before the games arrived, a fierce battle raged over which city would host them. Two great American cities strive to bring the first Olympics to U.S. soil -- and athletes from all walks of life strive for a chance to compete in them. Come listen to this American History Tellers podcast with others once a week and stick around for further discussion afterward. If you'd like, bring your own lunch. The final week, we'll provide pizza for everyone! Min 8/Max 24

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Mon	Apr 13-May 4	12-1 pm	Free	Apr 6



## Try Something New Month

May 6 is Try Something New Day, but we're celebrating all month long at the USRC. The USRC is a great place to step out of your comfort zone and gain new experiences. Stop at the front desk beginning April 27 for info on how to log your activities when you try something new during the month of May. All participants who submit their tracking sheet will be eligible for a prize!

## Music Mixer

Come with your instrument and find some friends to play with, or just listen to others share their talents. This drop-in program brightens the Center atmosphere and we welcome new participants.

<u>Day</u>	<u>Time</u>
Tue	1-3 pm

## Bookies Book Club

Grab a copy of the monthly title from any public library or bookstore, and get ready to discuss them with your fellow book club members. This is a drop-in program.

**April:** [The Book Club for Troublesome Women](#) by Marie Boswick

**May:** [Mother Mary Comes To Me](#)

by Arundhati Roy

**June:** [The Widow](#) by John Grisham

<u>Day</u>	<u>Dates</u>	<u>Time</u>
Wed	Apr 15	10-11:30 am
Wed	May 20	10-11:30 am
Wed	Jun 17	10-11:30 am

# SPORTS & RECREATION

## Game Room

2 pool tables and one shuffleboard table are available for drop-in use on a first-come, first-served basis when the room is not in use for leagues or programming.

## UrbanTrail Walking Group

Meet and walk together on Urbandale's amazing trail system. Walks will be low to medium intensity, approximately 2 miles, and meant to make exploring the trails safe and accessible for all. Please register in advance so we know to expect you and can notify you of any cancellations or changes. (Min 8/Max 24)

Apr 17 & 24 depart from: Urbandale Library  
 May 1 & 8 depart from: Walnut Creek Regional Park  
 May 15 & 22 depart from: Urbandale Middle School

Day	Dates	Time	Fee	Deadline
Fri	Apr 17	10:30 am	\$1	Apr 10
Fri	Apr 24	10:30 am	\$1	Apr 17
Fri	May 1	10:30 am	\$1	Apr 24
Fri	May 8	10:30 am	\$1	May 1
Fri	May 15	10:30 am	\$1	May 8
Fri	May 22	10:30 am	\$1	May 15

## Drop-In Chair Volleyball

Check out this fun version of volleyball while seated! Great for upper body mobility and joint flexibility. You'll play seated in a chair with a beach ball, using a lowered net. It's sure to be lots of fun--bring a few friends to try it out!

Day	Time	Fee
Tue	2:30-4:00 pm	\$1/person/day

## Drop-In Pickleball for Beginners

Two courts are available for drop-in play at the USRC for beginner pickleball players. Balls and paddles are available or bring your own. Drop-In Pickleball will end for the spring at the end of April. We'll invite you back in October! From May-September, we hope you'll enjoy the outdoor courts at Walker Johnston, Lions, and Rick Boals Parks. No pickleball 4/20. (Max 16)

Day	Time	Fee
Mon	2:30-4 pm	\$3/person/day
Wed	2:30-4 pm	\$3/person/day

## Learn to Play Pickleball

Come learn the rules of the game and skills needed to get started playing one of the fastest growing sports. Pickleball paddles and balls will be available if needed. The class will be held at Walker Johnston Park Pickleball Courts. (Min 4/Max 16)

Day	Dates	Time	Fee	Deadline
Thu	Apr 30-May 21	10:30-11:30 am	\$20 R/\$26 NR	Apr 23

## Pickleball Doubles League

Bring your own paddles and balls, or check one out from the USRC for the season. If an odd number of teams register for a league, teams will be randomly selected for 1 bye week and 1 double header. An informational preseason league meeting will be held at the USRC on Thursday, May 28th at 2 pm. Games will be played at 8:30 AM or 9:30 AM. (Min 4 teams/Max 8 teams)

## Novice Leagues

Novice players can enjoy friendly matches, improve their game, and connect with fellow enthusiasts. Choose to register for league play at Walker Johnston Park or Lions Park. Games will be played at 8:30 AM or 9:30 AM.

Location	Day	Dates	Fee	Deadline
Walker Johnston	Tue	Jun 2 - Jul 14	\$24 R/\$31 NR	May 26
Lions	Tue	Jun 2 - Jul 14	\$24 R/\$31 NR	May 26

## Advanced League

For players who are ranked 3.5 in skill level or higher. Games will be played at 8:30 AM or 9:30 AM.

Location	Day	Dates	Fee	Deadline
Walker Johnston	Wed	Jun 3 - Jul 15	\$24 R/\$31 NR	May 26



## Learn to Play Golf

Sugar Creek Golf Club in Waukee is hosting this 4-class introduction to the game of golf. We'll cover rules, etiquette, putting, pitching & chipping, irons, and woods. Clubs are available to rent from Sugar Creek at an additional cost. If you have your own clubs, please bring them. On the last day of class, June 30, we will play 9 holes of golf together to try out our new skills. (Min 8/Max 10)

Day	Dates	Time	Fee	Deadline
Tue/Thu	Jun 16- Jun 30	9-10 am	\$125 R/\$135 NR	June 9

## Urbandale Open: Mini Golf Tournament

Sign up as a team of 3-4 (55+) to try your hand at our Mini Golf Course that makes its way through the USRC. Prizes will be awarded to the top 3 finishing teams. Shotgun start at 12pm or 2pm. (Min 6 teams/Max 12)

Day	Dates	Time	Fee	Deadline
Fri	May 8	12-1:30 pm	\$10/team R \$13/team NR	May 1
Fri	May 8	2-3:30 pm	\$10/team R \$13/team NR	May 1

## Learn to Play Bocce Ball

If you've always wanted to learn how to play the game of Bocce Ball, this clinic is for you! We'll walk you through the rules of the game with instructions and demonstrations. We'll also allow for a few rounds of play. We hope after this session, you'll join us for our league! (Min 4/Max 8)

Day	Dates	Time	Fee	Deadline
Mon	April 27	2-3 pm	\$5 R/\$7 NR	Apr 20



## Spring Bocce Ball Leagues

Come and see what all the rage is about and join one of our spring bocce leagues! An informational preseason league meeting will be held on Monday, May 4th at 2:00 pm.

### Competitive League (Teams of 3 or 4)

Our Monday league is for players seeking a competitive experience. Teams of 3-4 will play a 6-week regular season with games scheduled once/week between 9:30 am-3:30 pm followed by a single elimination tournament for the top 8 teams. No play Monday, May 25th. (Min 4 teams/Max 12 teams)

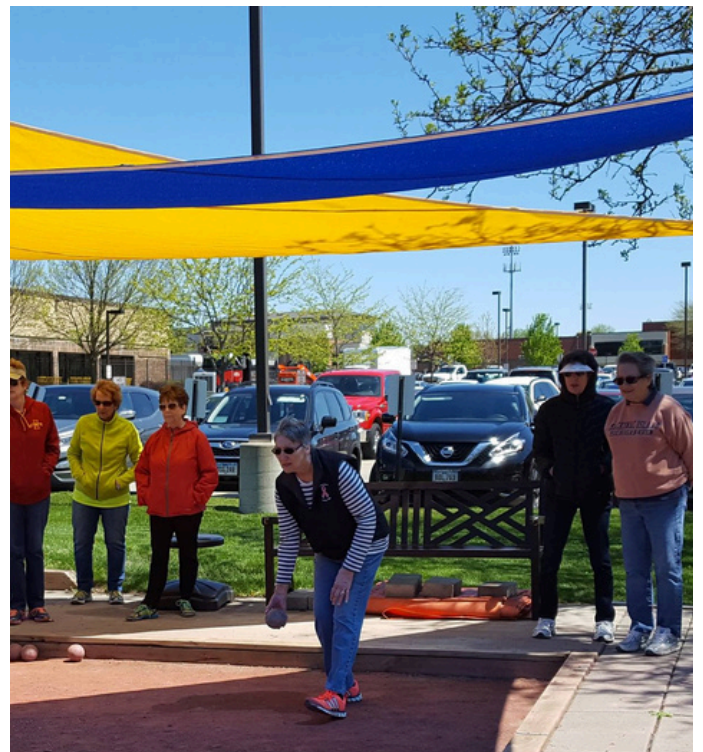
### Recreational League (Teams of 3 or 4)

Our Tuesday league is for players seeking a recreational experience. Teams of 3-4 will play a 6-week regular season with games scheduled once/week between 9:30 am-3:30 pm followed by a single elimination tournament for the top 8 teams. (Min 4 teams/Max 12 teams)

### Open League (Teams of 1 to 4)

Teams of one, two, three or four people, all skill levels are welcome! You'll be scheduled to play one match a week for 7 weeks on Wednesdays between 9:30 am-3:30 pm. Whether you're a seasoned bocce ball enthusiast or a first-time player, this league offers an exciting opportunity to engage in friendly competition, improve your skills, and meet new people in a social and welcoming environment!

League	Day	Dates	Fee	Deadline
Comp	Mon	May 11-June 29	\$24 R/\$31 NR	May 1
Rec	Tue	May 12-June 23	\$24 R/\$31 NR	May 1
Open	Wed	May 13-June 24	\$24 R/\$31 NR	May 1



# HEALTH & WELLNESS



## Medicare Assistance

Do you have questions about Medicare benefits or protecting yourself from Medicare fraud? Call us at 515-278-3907 to schedule a one-on-one appointment with a volunteer SHIIP (Senior Health Insurance Information Program) counselor. This year-round program is offered through the State of Iowa. Counselors do not sell or promote any insurance companies, policies, or agents. USRC is a local sponsor site for SHIIP in Polk County. Looking for times outside of our center hours? You can find SHIIP counselors throughout the state at [www.shiip.iowa.gov](http://www.shiip.iowa.gov).

## Welcome to Medicare Seminar

Are you going to be eligible for Medicare soon? Have you been on Medicare and want to better understand what it offers? This free, two-hour seminar is offered by SHIIP counselors. The program covers Medicare Part A and B benefits, the prescription drug benefit (Part D), Medicare Advantage plans, and Medicare supplement insurance. Call 515-278-3907 to register.

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Tues	Apr 14	5:30-7:30 pm	Free	Apr 7

## Fitness Room Orientation

New to the fitness room or just need a refresher? Join us for our monthly Fitness Equipment Orientation! Held every second Thursday, this program is designed to help you feel confident and comfortable using our equipment. In these one-on-one 15 minute sessions, our staff will guide you through proper machine use, help with adjustments, and answer any questions you may have. Spots are limited- call or stop by the front desk at the USRC to get registered!

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
Thu	Mar 12	12:30pm-3:30pm	Free
Thu	April 9	12:30pm-3:30pm	Free
Thu	May 14	12:30pm-3:30pm	Free
Thu	June 11	12:30pm-3:30pm	Free

## Fitness Room

Cardio equipment is available on a first-come, first-served basis for use during our open hours for everyone 55 and over. There is no charge to use the fitness room, you just need an annual waiver on file. Equipment includes 2 treadmills, 4 NuSteps, a recumbent elliptical, and a recumbent bicycle.



## EveryStep Health Clinic

Monthly health service including: nail trim/foot care and blood pressure testing. Appointments are free--this service is largely supported by grants. Donations are accepted and should be given directly to EveryStep. New: register online to quickly claim your preferred appointment time! One appointment every three months, please.

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
Thu	Apr 2	8:10 am-2 pm	Free
Thu	Apr 16	8:10 am-2 pm	Free
Thu	May 7	8:10 am-2 pm	Free
Thu	May 21	8:10 am-2 pm	Free
Thu	Jun 4	8:10 am-2 pm	Free
Thu	Jun 18	8:10 am-2 pm	Free

## Dance Day

Looking to add some rhythm and fun to your routine? Dance Day is a monthly social gathering where we celebrate movement through a variety of dance styles — from swing to salsa, waltz to foxtrot, and everything in between!

Whether you're a seasoned dancer or just curious to try something new, all are welcome. While there's no formal instruction provided, the focus is on fun, freedom, and community. Beginners can follow along, pick up steps organically, and simply enjoy the music and movement in a relaxed, supportive atmosphere.

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
Thu	Mar 12	1-2:30 pm	\$1
Thu	April 9	1-2:30 pm	\$1
Thu	May 14	1-2:30 pm	\$1
Thu	June 11	1-2:30 pm	\$1



## Tai Chi Together

Our Tai Chi Group meets for a group-guided practice of this low-impact series of gentle, flowing movements. This group welcomes people of all skill levels and experience to join their journey to better health through the art of Tai Chi. This is a drop-in program. This group meets on Wednesdays from 8:30-9:15 am.

## Neck and Shoulder Refreshment

Could your neck and shoulders use some 'refreshment?' Many modern-day conveniences have resulted in not using our necks and shoulders through their full range of motion. Simply think about your posture when you hold your phone, I-pad, etc. and then think about the frequency of using these devices. Although "Tech Neck" is not an official diagnosis, it can be a painful problem. This class will highlight some self-care practices to help improve motion and bring some ease in your neck, shoulders and head. The practice will include functional yoga movements which can be done sitting in a chair. At least one technique intended for relaxation will be demonstrated on the floor using the Yoga Tune Up® Therapy Balls and a yoga block. (Min 10/ Max 15)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Mon	April 20	3pm-3:45pm	\$10R/\$13 NR	Apr 13



## Occupational Therapy Student Presentations

We're excited to host students from Des Moines University's Occupational Therapy (OT) students this spring. Students will spend time engaging with our members to build hands-on experience and apply their knowledge in our setting. They will be gaining insight into the needs and challenges faced by seniors. At the end of their experience, the students will present educational sessions for our members, sharing key information and strategies to enhance the health, independence, and quality of life of older adults. This will be a unique opportunity for both the students and our members to learn from each other and contribute to the overall well-being of the community. Educational sessions will be held on April 14th or April 16th.

## Mobility and Self Massage Workshop for Your Hands

Learn integrated strategies using Yoga Tune Up® techniques and The Roll Model Method® to restore and repair the body, unlock tension, relieve pain and illuminate your bodies blind spots (weak areas that could become a catalyst for future injury.) When you stop to think about all of the ways we use our hands/wrists/fingers, you will want to give them some much needed (or is it "kneaded") attention. This is especially true if you overuse them for holding phones, books, knitting needles or are spending too much time at the keyboard. You'll learn how to mobilize joints in the hands/wrists and improve range of motion. Join us to learn how and get ready to roll. (Min 10/Max 15)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Mon	May 18	3-3:45 pm	\$10 R/\$13 NR	May 11

## Mobility and Self Massage Workshop for Your Feet

Learn integrated strategies using Yoga Tune Up® techniques and The Roll Model Method® to restore and repair the body, unlock tension, and relieve pain. Your entire body alignment begins at your feet and can affect your body in many ways: plantar fasciitis, fallen arches, foot pain, tight hamstrings, unstable ankles, torn knee cartilage, pain in the hips and low back, and SI joint instability just to name a few. Join us to learn how and get ready to roll. (Min 10/Max 15)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Mon	June 15	3-3:45 pm	\$10 R/\$13 NR	June 8



# THE IOWA CLINIC®

## Knee and Hip Replacement

As you approach one of the most intimidating decisions of your life Dr. Kawsu Barry with the Iowa Clinic will join us to provide clarity and direction on some of the most common questions regarding Total Knee and Total Hip Arthroplasty. In what will be a session filled with open forum and dialogue Dr. Barry will take his time to unpack questions that at times are not given the attention they deserve. (Min 10/Max 50)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Fri	April 3	12-1 pm	Free	Mar 27

# GROUP FITNESS

## How are sessions structured?

Group fitness classes run in one-month sessions. Registration is required and space is limited. Registration will open on March 2 for April, May, and June classes. Choose what works for your schedule--1 month, 2 months, or all 3!

## What if I need to miss a class?

Due to the size and structure of our program, we cannot allow makeups of missed classes. Please take this into consideration when you make your class selections. In the event that you have an unexpected absence due to an unforeseen medical situation, please contact staff within 14 days of the absence, and we will apply a prorated credit to your account.

## New to our program?

If you're new, stop by the front desk and we can walk you through our offerings to help you find the best fit for your fitness level. With 20 different class formats and 11 different instructors, we know we have something you will enjoy! We always welcome new participants to try a class before signing up, too! When you stop in, let us know you'd like a pass, and staff will provide you with one!

## Abs & Barre

A full body workout using the ballet barre, equipment (weights, balls, etc.) and the mat, focusing on strength, balance and core. Emphasis on arms, legs, glutes and core, this class will ensure you get a good workout.

## Building Balance

Improve your balance through a variety of exercises specific to helping you build stability. You'll improve your coordination and strength by focusing on your balance basics.

## Cardio & Strength

High-energy fun focusing on functional fitness. Classes cover stretching, toning, strengthening, and aerobic exercise to keep the heart healthy, increase muscular strength, and improve range of motion.

## Cardio Dance

This class features dance moves and traditional aerobic movements. The music will keep your feet moving and make this workout fly by in no time at all.

## Chair Yoga

This class offers the traditional yoga environment adapted for sitting or standing, using a chair for support. Encouraging relaxation and providing a good stretch, you should feel refreshed and relaxed at the end of this class.

## Chi Kung

Chi Kung combines movement, breath, and meditation to enhance the flow of vital energy throughout the body. The simple-looking repeated exercises are a powerful means of building inner strength, mental calmness, balance, overall strength, and vitality.

## Core & Stretch

Come sweat it out in this awesome fitness class! We'll guide you through fun exercises to work your core, then we'll stretch it all out to keep you flexible and feeling great. Get stronger and move more freely!

## Fall Prevention: Cardio & Balance

Incorporating Cardio exercises to increase heart rate and coordination, along with balance exercises to increase balance reflexes and stability. If needed, a chair can be nearby, and modifications will be available.

## Kickboxing

Are you ready for a great shadowboxing workout? This class will get you moving as you try something new! Kickboxing will help you build your stamina and improve your coordination. Beginners are welcome!

## Line Dance

Join us for a fun 45 minutes of line dancing. The variety is sure to keep you on your toes. We'll get a good workout and have fun while we're at it!

## Mat Pilates

Mat Pilates is a strengthening and lengthening form of exercise that focuses on your core while training the arms and legs and is suitable for all fitness levels. Build a strong, balanced body, and increase flexibility.

## Move & Stretch

Getting your blood pumping with a cardio session designed to get your heart rate up and your body moving. Whether it's through high-energy exercises or dynamic movements, you'll feel your body come alive. Then shift gears into a soothing full-body stretch to release tension and improve flexibility, helping your muscles recover while enhancing your range of motion.

## Seated Seniors

This seated fitness program is designed to help develop strength and improve the ability to function in daily life, including stability, balance, mobility, bending, etc. It's beneficial for anyone interested in relief from stiffness while improving mobility. This class is instructor-led on Mondays and video-led on Thursdays.

## Small Group Training

This small-group environment is welcoming, friendly, fun, and not even a little intimidating! If you are looking for something different to jump-start your routine, or maybe the accountability of a small group to get you moving, this program is for you! Personalized training allows you and the trainer to work together on a fitness program that benefits you, exactly where you are on your fitness journey!

## Stretch & Sculpt

Barre exercises help you lengthen and strengthen muscles by combining ballet, Pilates, and yoga-style movements. You'll reclaim focus in this fitness class by combining small repetitive movements to help your strength and flexibility.

## Water Aerobics at Walnut Ridge

Water aerobics provides a great workout and is easy on your joints. We're excited to partner with Walnut Ridge Senior Living (1701 Campus Dr., Clive) to offer this program where you can improve your muscle tone, strength, and balance. This warm-water pool features a zero-depth entry; no lift is available. Participants must complete an additional waiver prior to the first day of class, which will be sent to you by email, and is also available in the USRC office.

## Yoga

This class provides a good stretch and encourages relaxation. Foundational yoga skills will be taught. Bring a mat (if you have one) and a light blanket or towel. Mats are available for use if needed. Beginners are welcome!

## Zumba/Zumba Gold

Fun dance class featuring music from the 50s to today. Try styles like hip hop, Broadway, cumbia, waltz, salsa, and more, with rhythms from around the world! This class offers modifications for all levels. The best part? It's all about having fun while you move!



# USRC 7305 Aurora Avenue, Urbandale 50032

Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:30 - Chi Kung</b> Instructor: Kristin	<b>7:30 - Cardio &amp; Strength</b> Instructor: Cari	<b>7:30 - Sm Group Training</b> Instructor: Cari	<b>7:30 - Cardio &amp; Strength</b> Instructor: KR	<b>7:30 - Cardio &amp; Strength</b> Instructor: Cari
<b>9:30 - Line Dance (BEG)</b> Instructor: Marsha	<b>8:30 - Zumba Gold</b> Instructor: Billi Jo	<b>8:30 - Kickboxing</b> Instructor: Cass	<b>8:30 - Cardio &amp; Strength</b> Instructor: Cass	<b>8:30 - Zumba</b> Instructor: Cari
<b>10:30 - Cardio Dance</b> Instructor: Cass	<b>9:30 - Cardio Dance</b> Instructor: Melissa	<b>9:30 - Cardio &amp; Strength</b> Instructor: Cass	<b>9:30 - Cardio Dance</b> Instructor: Cass	<b>9:30 - Cardio &amp; Strength</b> Instructor: Cari
<b>11:30 - Seated Seniors</b> Instructor: Cass	<b>10:30 - Cardio &amp; Strength</b> Instructor: Melissa	<b>10:30 - Core &amp; Stretch</b> Instructor: Cass	<b>10:30 - Mat Pilates</b> Instructor: Colleen	<b>10:30 - Chair Yoga</b> Instructor: Cari
<b>1:00 - Yoga</b> Instructor: Colleen	<b>11:30 - Abs &amp; Barre</b> Instructor: Colleen	<b>12:00 - Building Balance</b> Instructor: Melissa	<b>11:30 - Stretch &amp; Sculpt</b> Instructor: Melissa	
	<b>12:30 - Fall Prevention: Cardio &amp; Balance</b> Instructor: Jennifer	<b>1:00 - Yoga</b> Instructor: Colleen		
	<b>1:30 - Move &amp; Stretch</b> Instructor: Jennifer			

# THE HAWK NEST 4020 121st Street, Urbandale, IA 50323

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:30 - Cardio &amp; Strength</b> Instructor: Melissa		<b>9:30 - Cardio &amp; Strength</b> Instructor: Melissa	<b>9:00 - Cardio &amp; Strength</b> Instructor: Melissa	<b>9:30 - Building Balance</b> Instructor: Melissa
		<b>10:30 - Seated Seniors</b> Instructor: Melissa		<b>10:30 - Line Dance (INT)</b> Instructor: Aimee

# WALNUT RIDGE 1701 Campus Dr, Clive, IA 50325

Monday	Tuesday	Wednesday	Thursday	Friday
<b>10:00 - Water Aerobics</b> Instructor: Ashly/Hannah	<b>10:00 - Water Aerobics</b> Instructor: Ashly/Hannah	<b>10:00 - Water Aerobics</b> Instructor: Ashly/Hannah	<b>10:00 - Water Aerobics</b> Instructor: Ashly/Hannah	



# FITNESS CLASS SCHEDULE

Class	Day	Time	Location	Apr	May	Jun
Abs & Barre	Tue	11:30 am-12:15 pm	USRC CR	\$7 R/\$9 NR	\$7 R/\$9 NR	\$8 R/\$10 NR
Building Balance	Wed	12-12:45 pm	USRC CR	\$8 R/\$10 NR	\$7 R/\$9 NR	\$7 R/\$9 NR
Building Balance	Fri	9:30-10:15 am	The Hawk Nest	\$7 R/\$9 NR	\$8 R/\$10 NR	\$7 R/\$9 NR
Cardio & Strength	Mon	9:30-10:15 am	The Hawk Nest	\$7 R/\$9 NR	\$6 R/\$8 NR*	\$8 R/\$10 NR
Cardio & Strength	Tue	7:30-8:15 am	USRC CR	\$7 R/\$9 NR	\$7 R/\$9 NR	\$8 R/\$10 NR
Cardio & Strength	Tue	10:30-11:15 am	USRC CR	\$7 R/\$9 NR	\$7 R/\$9 NR	\$8 R/\$10 NR
Cardio & Strength	Wed	9:30-10:15 am	USRC CR	\$8 R/\$10 NR	\$7 R/\$9 NR	\$7 R/\$9 NR
Cardio & Strength	Wed	9:30-10:15 am	The Hawk Nest	\$8 R/\$10 NR	\$7 R/\$9 NR	\$7 R/\$9 NR
Cardio & Strength	Thu	7:30-8:15 am	USRC CR	\$8 R/\$10 NR	\$7 R/\$9 NR	\$7 R/\$9 NR
Cardio & Strength	Thu	8:30-9:15 am	USRC CR	\$8 R/\$10 NR	\$7 R/\$9 NR	\$7 R/\$9 NR
Cardio & Strength	Thu	9:00-9:45 am	The Hawk Nest	\$8 R/\$10 NR	\$7 R/\$9 NR	\$7 R/\$9 NR
Cardio & Strength	Fri	7:30-8:15 am	USRC CR	\$7 R/\$9 NR	\$8 R/\$10 NR	\$7 R/\$9 NR
Cardio & Strength	Fri	9:30-10:15 am	USRC CR	\$7 R/\$9 NR	\$8 R/\$10 NR	\$7 R/\$9 NR
Cardio Dance	Mon	10:30-11:15 am	USRC CR	\$7 R/\$9 NR	\$6 R/\$8 NR*	\$8 R/\$10 NR
Cardio Dance	Tue	9:30-10:15 am	USRC CR	\$7 R/\$9 NR	\$7 R/\$9 NR	\$8 R/\$10 NR
Cardio Dance	Thu	9:30-10:15 am	USRC CR	\$8 R/\$10 NR	\$7 R/\$9 NR	\$7 R/\$9 NR
Chair Yoga	Fri	10:30-11:15 am	USRC CR	\$7 R/\$9 NR	\$8 R/\$10 NR	\$7 R/\$9 NR
Chi Kung	Mon	8:30-9:15 am	USRC CR	\$7 R/\$9 NR	\$6 R/\$8 NR*	\$8 R/\$10 NR
Core & Stretch	Wed	10:30-11:15 am	USRC CR	\$8 R/\$10 NR	\$7 R/\$9 NR	\$7 R/\$9 NR
Fall Prevention	Tue	12:30-1:15 pm	USRC CR	\$7 R/\$9 NR	\$7 R/\$9 NR	\$8 R/\$10 NR
Kickboxing	Wed	8:30-9:15 am	USRC CR	\$8 R/\$10 NR	\$7 R/\$9 NR	\$7 R/\$9 NR
Line Dance (BEG)	Mon	9:30-10:15 am	USRC CR	\$7 R/\$9 NR	\$6 R/\$8 NR*	\$8 R/\$10 NR
Line Dance (INT)	Fri	10:30-11:15 am	The Hawk Nest	\$7 R/\$9 NR	\$8 R/\$10 NR	\$7 R/\$9 NR
Mat Pilates	Thu	10:30-11:15 am	USRC CR	\$8 R/\$10 NR	\$7 R/\$9 NR	\$7 R/\$9 NR
Move & Stretch	Tue	1:30-2:15 pm	USRC CR	\$7 R/\$9 NR	\$7 R/\$9 NR	\$8 R/\$10 NR
Seated Seniors	Mon	11:30 am-12:15 pm	USRC CR	\$7 R/\$9 NR	\$6 R/\$8 NR*	\$8 R/\$10 NR
Seated Seniors	Wed	10:30-11:15 am	The Hawk Nest	\$8 R/\$10 NR	\$7 R/\$9 NR	\$7 R/\$9 NR
Small Group Training	Wed	7:30-8:15 am	USRC CR	\$85 R/\$95 NR	\$68 R/\$78 NR	\$68 R/\$78 NR
Stretch & Sculpt	Thu	11:30 am-12:15 pm	USRC CR	\$8 R/\$10 NR	\$7 R/\$9 NR	\$7 R/\$9 NR
Water Aerobics	Mon	10-10:30 am	Walnut Ridge	\$24 R/\$31 NR	\$18 R/\$23 NR*	\$30 R/\$39 NR
Water Aerobics	Tue	10-10:30 am	Walnut Ridge	\$24 R/\$31 NR	\$24 R/\$31 NR	\$30 R/\$39 NR
Water Aerobics	Wed	10-10:30 am	Walnut Ridge	\$30 R/\$39 NR	\$24 R/\$31 NR	\$24 R/\$31 NR
Water Aerobics	Thu	10-10:30 am	Walnut Ridge	\$30 R/\$39 NR	\$24 R/\$31 NR	\$24 R/\$31 NR
Yoga	Mon	1-1:45 pm	USRC CR	\$7 R/\$9 NR	\$6 R/\$8 NR*	\$8 R/\$10 NR
Yoga	Wed	1-1:45 pm	USRC CR	\$8 R/\$10 NR	\$7 R/\$9 NR	\$7 R/\$9 NR
Zumba	Tue	8:30-9:15 am	USRC CR	\$7 R/\$9 NR	\$7 R/\$9 NR	\$8 R/\$10 NR
Zumba Gold	Fri	8:30-9:15 am	USRC CR	\$7 R/\$9 NR	\$8 R/\$10 NR	\$7 R/\$9 NR

**\*No Monday classes 5/25**



# EDUCATION

## Lunch & Learn

Monthly Lunch & Learns are a great way to get a little bit of education about a variety of interesting topics! The education is free and an optional boxed sandwich meal is \$5. Please indicate if you are ordering lunch when you register.

### April: Fire Extinguishers and Fall Prevention Speaker: Urbandale Fire Department

Join the Urbandale Fire Department for this two-in-one educational session. You'll learn how to properly use a fire extinguisher and practice with their electronic fire extinguisher simulation. Then focus on fall prevention and reducing your risk of injury in your home and out in the community. (Min 8/Max 50)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Fri	Apr 10	11:30 am-12:30 pm	Free	Apr 3

### May: Working Paws: Understanding Service Dogs in our Community Speaker: Puppy Jake Foundation

Join us to discover the Puppy Jake Foundation, a 501 c (3) nonprofit organization dedicated to helping military veterans through the assistance of well bred, socialized and professionally trained service dogs. Learn what service dogs do, how they assist veterans in daily life, and what to do and what not to do when you see a service dog in public. (Min 8/Max 50)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Fri	May 1	12 pm-1 pm	Free	April 24

### June: Food Safety Speaker: Brian Rohret- Martin Brothers

Do you know the difference between “best by” dates and expiration dates—or how long leftovers should be kept in the fridge? Join us for a Food Safety Lunch & Learn with Brian! Brian brings over 28 years of experience in the food industry, including more than two decades in operations management and senior living dining. During this session, he will share real-world experiences and discuss proper food safety techniques, best practices, and practical tips to help keep food preparation safe and high-quality. A Le Cordon Bleu-trained chef, Certified Dietary Manager, and Food Scientist, Brian is passionate about food safety, guest satisfaction, and supporting successful culinary programs. (Min 8/Max 50)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Fri	Jun 26	11:30 am-12 pm	Free	Jun 19



## AARP Smart Driver Course

Learn defensive driving techniques, new traffic laws, rules of the road, and more in this 4-hour course. Find out how to adjust your driving to age-related changes in vision, hearing, and reaction time. Auto insurance companies in most states provide a multi year discount to graduates! Course fee will be paid to your AARP instructor directly on the day of class, cash or check only please. Consult your insurance agent, \$5 discount with your AARP membership. (Min 6/ Max 12)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Fri	Apr 10	9 am-1 pm	\$25*	Apr 3

\*\$5 discount for AARP members

## CPR/AED Training

Ever wonder about the AED on the wall or how to perform CPR? The best chance of saving someone's life during a cardiac arrest is starting with chest compressions or using an AED as soon as possible. If you don't know how to perform CPR or use an AED, this session is for you! Join Recreation Supervisor Danya, an American Heart Association CPR/First Aid/AED instructor, to learn the basics of CPR and how to confidently use an AED. You'll be shocked on by how easy it is! (Min 5/ Max 15)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Wed	May 13	2-3:30 pm	\$5 R/ \$7 NR	May 6

## Container Gardening with Marcia

Whether you want a burst of color at your front door, tropical plants on the patio, or vegetables and herbs, we will learn to care for and maintain a variety of container gardens. We'll learn about proper planter location, container styles, and how to garden in tight space and on tight budgets. Feel free to come with questions or your own experiences to share. (Min 15/ Max 30)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Wed	May 6	2-3 pm	Free	Apr 29

# TECHNOLOGY EDUCATION

## One-on-One Tech Support

Our one-on-one tech support continues with high school tech experts from Waukeez's APEX program. Appointments are available in April on Friday afternoons. Beginning in May, a summer intern will offer appointments throughout the week. Bring your device and your questions, and we'll help you feel more comfortable using your technology. Appointments are limited to ensure everyone has a chance to use this free service.

## Facebook Marketplace

This beginner course teaches you how to use Facebook Marketplace on your mobile phone to buy and sell items. You'll learn how to create listings, take good photos, write clear descriptions, set prices, and communicate safely with buyers. It's a great class for anyone who is new to Facebook Marketplace and wants easy, step-by-step guidance. (Min 6/Max 12)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Mon	April 6	1-2 pm	\$5 R/\$7 NR	Mar 30

## Registering Online

The Urbandale Parks and Recreation department has an online way to sign up and pay for your favorite classes, without having to wait in line at the USRC, or remember your checkbook! In this class you will get a step-by-step walkthrough of signing in, and signing up on our website. We will even sign up for a program in class to make sure you are ready for our next registration day. This class is easiest to follow along with on a tablet or laptop computer, and not a smartphone. You are welcome to bring your personal tablet or laptop to this class. The USRC also has a limited number of Ipads and laptops available for check out via the USRC office. (Min 1/Max 12)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Mon	May 11	10 am-12 pm	Free	May 4

## Computer, Internet, & Printing

Need access to a computer, the internet, or a printer? Our computers are accessible to the public any time that classes are not being held in our Multi-Purpose Room 2. Black and white printing is available at \$0.10 per sheet for small quantity print jobs.



## iPhone and iPad for Beginners Part 1

In this class, the basics of using your Apple device will be covered. Topics include Wi-Fi vs. cellular connections, keyboard, notes, apps, photos, etc. This class does not cover Android phones or tablets. (Min 6/Max 12)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Mon	May 11	1-3 pm	\$10 R/\$13 NR	May 4

## iPhone and iPad for Beginners Part 2

Come back for more! Learn about maps, the calendar, the calculator, and more about photos! We'll also learn about downloading eBooks and audio books. This class does not cover Android phones or tablets. (Min 6/Max 12)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Mon	Jun 8	1-3 pm	\$10 R/\$13 NR	Jun 1

## Upcoming Tech Classes

Our summer intern will be teaching several tech-focused classes from May-August. Once the class list has been determined, it will be available at the USRC and in the summer newsletter. In the meantime, if you have ideas for tech-related topics you'd like to learn about, drop them in the suggestion box to help with planning the class list.

# SPECIAL EVENTS

## π Pi Day π

Pie and ice cream are a great way to celebrate Pi(e) Day! Advanced registration is required to help us plan for this fun day celebrating everyone's favorite mathematical constant.

Day	Dates	Time	Fee	Deadline
Fri	3.13	1:59 pm	\$2 R/\$3 NR	Mar 11

## 5 Buck Bingo

Bingo is back! No registration is required--just drop in and play. It's fun and free! We'll play up to 10 rounds, and winners from each round will take home their choice of \$5 gift card from local business donors.

Day	Dates	Time	Fee
Thu	Apr 2	1-2:30 pm	Free

## The Longest Day Walk

During the month of June we will be collecting money to support the work of the Alzheimer's Association. You can make your donation via the donation box in the USRC Lobby. Then join us on Monday, June 22<sup>nd</sup> at Lions Park as we walk laps around the park to show our support of those in our community living with Alzheimer's. This walk will be a time to get moving, connect with others, and honor the millions of individuals and families impacted by Alzheimer's. Whether you're walking in memory of a loved one, supporting a friend, or simply want to learn more and show solidarity, every step helps spark conversation, reduce stigma, and promote understanding. Join us in walking with purpose, compassion, and community.

Day	Dates	Time	Deadline
Mon	Jun 22	11:30am-12:30 pm	Jun 15

## Jigsaw Puzzle Competition

Our 2-Hour Jigsaw Puzzle Competition is the perfect test of teamwork and problem-solving. Teams of 2-4 (we recommend 4 for the best experience) will tackle a 500-piece puzzle, racing against the clock to finish first. A 10-minute break is included to recharge and strategize. Only the team captain needs to register, so gather your puzzle pros and get ready to compete! Can you piece it all together before time runs out?

Day	Dates	Time	Fee
Thu	Jun 4	1-3 pm	\$10 R/\$13 NR

## Ice Cream Social

Stop by for ice cream, toppings, and a funtime with friends. *While this program is free, we appreciate you registering to help us prepare.*

Day	Dates	Time	Fee
Mon	Jun 29	2:30-3:30 pm	Free

## USCR Bracketology Challenge

Get ready for the madness! Test your college basketball knowledge (or lucky guesses!) by joining the USCR March Madness Men & Women Bracket Challenge! Participants will fill out either the mens or womens tournament bracket predicting the winners of each game. Brackets must be submitted before the first tip-off. Whether your a die-hard fan or just in it for the fun, this challenge is a great way to enjoy some friendly competition and March excitement. Stay tuned for some March Madness watch parties, once they announce the games.

Day	Dates	Fee	Deadline
Mon	Mar 16	Free	Mar 18



**URBANDALE**  
2026 SUMMER CONCERT SERIES

TIME: 6:30-8 PM

CHARLES GABUS MEMORIAL TREE PARK  
NEAR THE LIBRARY


**BRAD & KATE**  
TUESDAY, MAY 12

**JUNE BUGS**  
TUESDAY, JUNE 23

**KINDA PETTY**  
TUESDAY, JULY 21

**RICHIE LEE**  
TUESDAY, AUGUST 11

**BROUGHT TO YOU BY:**



**AO** WEALTH  
ADVISORY  
*Earn. Invest. Give.*



UNIQUELY  
URBANDALE

# CARDS & GAMES

## Bridge Group

Contract Bridge is a trick-taking card game using a standard 52-card deck. It is played with four players in two competing partnerships, with partners sitting on opposite sides of the table. This group is best suited for those who have played before.

<u>Day</u>	<u>Time</u>
Mon	9 am-12 pm

## Bunco Group

Bunco is a simple dice game and new players are welcome for this monthly meet-up!

<u>Day</u>	<u>Dates</u>	<u>Time</u>
Thu	Mar 26	12:30-2:30 pm
Thu	Apr 23	12:30-2:30 pm
Thu	May 21	12:30-2:30 pm
Thu	Jun 25	12:30-2:30 pm

## Canasta Group

Canasta is a great way to meet new friends. This group is beginning to meet monthly and welcomes you to join!

<u>Day</u>	<u>Dates</u>	<u>Time</u>
Mon	Mar 23	1-3:30 pm
Mon	Apr 27	1-3:30 pm
Mon	May 18	1-3:30 pm
Mon	Jun 22	1-3:30 pm

## Cribbage Group

Are you crazy about cribbage? Join us every Tuesday afternoon to practice your skills and meet new players.

<u>Day</u>	<u>Time</u>
Tue	1-3 pm



## Mahjongg Group

Join our group of Mahjongg players for this fun game. This group is best suited for those who have played before.

<u>Day</u>	<u>Time</u>
Tue	12:30-2:30 pm
Thu	12:30-3 pm

## 500 Group

Do you enjoy the card game 500? Are you interested in learning a new group card game? Stop in and join our 500 groups every Wednesday afternoon.

<u>Day</u>	<u>Time</u>
Wed	12:30-3 pm

## Learn to Play Mahjongg

Mahjongg is a game of Chinese origin, usually played by four players in which tiles bearing various designs are drawn and discarded until one player has an entire hand of winning combinations. It is similar to the game rummy. This class is here to get you up and running in this growing game of strategy! Class fee includes necessary instructional booklet for play. (Min 8/Max 16)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Thu	Apr 9-23	9:30-11:30 am	\$45 R/\$55 NR	April 2

## Learn to Play Canasta

Sign up for our class and dive into the fun of this classic card game! Whether you're a complete beginner or looking to refresh your skills, our friendly instructors will guide you through the rules, strategies, and techniques to master Canasta. Bring your friends or make new ones while enjoying a relaxed atmosphere filled with laughter and friendly competition! Maybe you'll join our monthly canasta group with your new skills! (Min 4/Max 12)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Mon	Jun 22	1-3 pm	\$5 R/\$7 NR	Jun 15

## Love puzzles?

The USRC has a small library of puzzles available for you to borrow. Puzzles range from 300-2500 pieces. Take what you would like and bring it back when finished. At this time, our shelves are full and we are not in need of any donations.

# ARTS & CRAFTS

## Dress A Girl

Make dresses that are delivered worldwide to girls who are in need to show them they are loved. We welcome anyone interested to work at the center or take kits home to return completed. During these sessions, we cut, prep, and package kits--no sewing experience is needed. This is a drop-in program.

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
Fri	Mar 20	9-11:30 am	Free
Fri	Apr 17	9-11:30 am	Free
Fri	May 15	9-11:30 am	Free
Fri	Jun 19	9-11:30 am	Free

## JOPPA Mat Service Project

Once a week, our crafty crew gets together to crochet plastic mats for JOPPA (a local organization serving those experiencing homelessness) and they welcome more help!

<u>Day</u>	<u>Time</u>	<u>Fee</u>
Thu	9 am-11:15 am	Free

## Needlers Group

This drop-in, thread-craft group gets together to work on knitting, crocheting, or cross-stitch projects with a side of socialization. Share ideas or techniques--all skill levels are welcome.

<u>Day</u>	<u>Time</u>	<u>Fee</u>
Wed	12:30-2:30 pm	Free

## Elastic Bracelet Making

Join in this hour class as you dig through beads, learn about layout for bracelets and do a little wirework to add a dangle or charm to your creation. Amanda Arthur-Struss will guide you through this fun and creative activity. (Min 5/Max 10)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Thu	Mar 19	1-2 pm	\$25 R/\$33 NR	Mar 12



## Painted Garden Stones

Come and create a set of painted garden stones to decorate your favorite green space! Leave your rock at the center to dry and we will add the sealant for you. Stop in the next day to pick up your finished project to decorate your favorite outdoor space. (Min 10/Max 25)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Mon	Apr 13	2-3 pm	\$10 R/\$13 NR	April 6

## Adult Coloring Workshop

Adult coloring continues to grow in popularity as a fun, relaxing way to practice mindfulness and reduce stress. Whether you're a seasoned colorer or trying it for the first time, this workshop is sure to be a great experience—no fooling! Coloring pages and pencils will be provided (or bring your own)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Thu	Apr 30	1-2 pm	Free	April 23

## Memorial Cones Workshop

Create two memorial cones using artificial flowers. Choose your colors, ribbons, and accents to personalize them in memory of loved ones—just like the arrangements seen in cemeteries each Memorial Day. The registration fee includes two cones; additional cones may be added for \$10 each (Max 15)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Wed	May 6	11 am-12 pm	\$30 R/\$39 NR	Apr 29



## Tie Dye: Red, White and Blue!

Unleash your creativity with our Red, White, and Blue Tie-Dye Class – a vibrant journey into the art of self-expression! We will prep, design, and dye a new statement piece for your wardrobe. Participants must provide their own new, 100% cotton shirt. Shirts must be brought to the USRC by Friday June 19 at 9 am for preprocessing. (Min 8/Max 15)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Tue	Jun 23	9-11 am	\$15 R/\$20 NR	Jun 16

# DAY TRIPS & TOURS

## Casino Trip-Prairie Meadows

Join us for a fun and relaxing day trip to Prairie Meadows Casino! Just on the other side of the Des Moines metro, Prairie Meadows offers a wide variety of slot machines, table games, and delicious dining!

Whether you enjoy trying your luck, people-watching, or simply getting out for a change of scenery, this trip is a great opportunity to socialize and enjoy a day away. Participants will have free time to explore the casino, enjoy lunch, and relax at their own pace.

(Min 8/Max 12)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Thu	Apr 9	9 am-2 pm	\$12 R/\$16 NR	April 2



## I-Cubs Game Day

Cheer on the I-Cubs as they play the Memphis Red Birds (St. Louis Cardinals) and enjoy a beautiful day at Principal Park! Optional transportation in our 15-passenger van is available from the USRC for \$12 Resident or \$16 Non Resident. Transportation will load at 11 am at the USRC and return after the game. Please select if you are planning to use our transportation when you register. Principal Park is a cashless stadium with a clear bag policy. (Min 10/Max 24)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Wed	May 20	12 pm	\$10 R/ Gametime \$13 NR	May 13

## Dining Club

Join us as we travel all over central Iowa for some amazing eats! We will visit those small town, hole-in-the-wall restaurants we've all heard about, but never tried. Registration includes transportation. Please bring money for your lunch. (Min 8/Max 12)

**Hometown Heros, Grinnell:** Apr 7 or May 5  
**Noah's Ark, Des Moines:** Jun 3 or July 8  
 \* Please limit one trip to a restaurant per person.

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Tue	Apr 7 OR May 5	10:30 am	\$12 R/\$16 NR	Mar 31/Apr 28

Wed	Jun 3 OR Jul 8	11:00 am	\$12 R/\$16 NR	May 27/Jul 1
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## Reiman Gardens & Hickory Park

We're traveling to Reiman Gardens in Ames! Along with general admission to the gardens, we will also get a guided tour. After your tour spend time roaming the gardens before we leave for lunch. We'll end the day with a late lunch at Hickory Park and then head back to the USRC. Please bring money for your lunch (Min 10/Max 24)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Mon	Jun 8	9 am-3 pm	\$30 R/\$39 NR	May 25

**Outlets**  
of DES MOINES

## Shopping Trip-Outlets of Des Moines

Join us for a day at the Outlets of Des Moines in Altoona. (Or get something for yourself, we won't judge.) While out and about, you can enjoy lunch at any of the restaurants found in the outlets on your own. (Min 8/Max 12)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Thu	Jun 11	11 am-3pm	\$12 R/\$16 NR	Jun 4

# DAY TRIPS & TOURS

## Classic Oldies Lunch Cruise

Board a bus on dry land and we'll get you safely to Moline to cruise down the Mississippi on the Classic Oldies Lunch Cruise on the Celebration Belle. While you're cruising down the Mississippi, just sit back and reminisce to the songs that bring back all the memories of the Juke Box era--the magical songs that made the 50s and 60s the era to remember. Enjoy a show with the Oldies coming to life once again. Imagine Patsy Cline, Johnny Cash, Chuck Berry, Jerry Lee Lewis, and a whole cast of others. Oh--and of course a little Elvis. This is a must-see Classic Oldies show cruise! Registration covers transportation, cruise tickets, lunch, and gratuities. Bring money if you want to visit the gift shop. Refunds are not available for cancellations after June 21. (Min 60/Max 100)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Thu	July 23	7 am-6 pm	\$129 R/\$139 NR	June 21

## Des Moines Art Center

Come along as we visit the Des Moines Art Center for a guided tour! Established in 1948, the Des Moines Art Center is home to an exceptional collection spanning from 1500 to the present day, the Art Center offers a rich journey through centuries of creativity. Our guide will take us through the Center's permanent collection and the current special exhibits. You can meet us at the Art Center or book a seat on the USRC's 15-passenger van for \$12 Resident and \$16 Nonresident. Transportation space is limited. Transportation will leave the USRC at 12:40PM. (Min 10/Max 80)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Wed	Apr 29	11 am- 2 pm	Free	Apr 22



## Trip to the Iowa State Fair

Register to ride with us to the fairgrounds for a day of fun: rain or shine! Fee includes admission to the fair and transportation. There is no group activity on this trip-- make your day full of the activities you enjoy on your own!

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Wed	Aug 19	8 am-4 pm	\$20 R/\$26 NR	Aug 12



## State Historical Building Tour

We're headed downtown to the State Historical Museum of Iowa! With over three floors of exhibits you can learn all about Iowa's history; from the days of wooly mammoths roaming the Raccoon River Valley, to the Civil War where more than 76,000 Iowans fought for the Union, and onto the silver screen where some Iowans became Hollywood's biggest stars! You can meet us at the Historical Museum or book a seat on the USRC's 15-passenger van for \$12 Resident or \$16 Nonresident. Transportation space is limited. Transportation will leave the USRC at 9:30AM. (Min 10/Max 20)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>	<u>Deadline</u>
Wed	June 24	10 am - 12 pm	Free	June 17

# URBANDALE SENIOR RECREATION CENTER

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