























MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Starting this month... 		1 	2 	3  	4 
6  	7  <i>away</i>	8  	9 	10   	11 
RESPECT-ADMIRE-APPRECIATE: CREATING CARDS FOR SENIOR CITIZENS					
13  	14  <i>away</i>	15 	16 	17  	18
20  	21  <i>away</i>	22 	23   	24  	25 
27   	28 	29  	30  	31  	

SWIM LESSONS — FIRST SESSION — WEEK ONE

Ward 7 Community Center

1615 HORRIDGE STREET - VINTON, LA 337-589-5181

LEARN TO SWIM THIS SUMMER

BEGINNERS / INTERMEDIATE / ADVANCED

1ST SESSION: MAY 27TH - JUNE 6TH

2ND SESSION: JUNE 10TH - JUNE 20TH

MONDAY THROUGH THURSDAY

10:00 AM - 10:45 AM OR 11:00 AM - 11:45 AM

\$50.00 FOR TWO WEEK SESSION PER SWIMMER. MUST BE PAID BEFORE THE FIRST SWIM LESSON.

www.ward7rec.com



DIY Sign Party

hello \$40

SATURDAY, MAY 11TH @ 5PM
VINTON REC CENTER

Join us for a fun night out to create a handmade wood sign, tiered tray set or 16" door hanger. Pick one design from the designs provided. All materials will be supplied. Come prepared to paint & have fun! Bring snacks & drinks.

Email: craftyqueenspc@gmail.com with any questions, or design changes.

Hosted by: **Crafty Queens**

WARD 7 COMMUNITY CENTER PRESENTS

GOLDEN GAMES

WEEKDAYS AT 11:30

Physical, Mental, Cognitive Fitness while enjoying time with other seniors!

Check the calendar for daily activities.

Ward 7 Community Center
1615 Horridge St
Vinton, La 70668
ward7rec.com

WARD 7 COMMUNITY POOL

Ladies Exercise & SENIOR CITIZEN SWIM

MONDAY - WEDNESDAY - THURSDAY
5:00 PM - 6:30 PM

\$1.00 PER CLASS
\$25.00 FOR THE SEASON

WARD 7 RECREATION COMMUNITY CENTER

PICKLEBALL SENIOR HOUR

MONDAY WEDNESDAY FRIDAY

1-2 PM

ALL ARE WELCOMED.

WARD 7 SHAW PARK
1615 HORRIDGE STREET, VINTON, LA

337-589-5181
WWW.WARD7REC.COM

WARD 7 COMMUNITY CENTER

AEROBICS DANCE

A FUN, ENERGETIC DANCE CLASS WITH UPBEAT MUSIC TO GET YOU MOVING.

TUESDAY & THURSDAY @ 5:00 PM

CLASS BENEFITS:

- Total Body Movement
- Build Endurance
- Burn Calories
- Increase Serotonin
- Help With Coordination
- Help With Cognitive Skills

FREE FOR FITNESS ROOM MEMBERS. \$5 FOR NON-MEMBERS

WARD 7 COMMUNITY CENTER

Country Western DANCE CLASS

THIS EXCITING 2-HOUR CLASS FOCUSES ON COUNTRY AND WESTERN DANCE, INCLUDING LINE DANCING, JITTERBUG, AND CHA-CHA.

Wednesday @ 6:00 pm

BENEFITS OF CLASS:

- Meet New People
- Help with Coordination
- Increase Flexibility
- Improve Mood & Memory
- Burn Calories

FREE FOR FITNESS ROOM MEMBERS. \$10.00 FOR NON-MEMBERS

WARD 7 COMMUNITY CENTER

TOTAL BODY RESET

THE ULTIMATE POWER HOUR FOR YOUR BODY

MONDAY - WEDNESDAY - FRIDAY
8:00 AM

Benefits of Class:

- GAIN STRENGTH AND MUSCLE
- KICK START YOUR METABOLISM
- STRENGTHEN YOUR CORE
- OFFERS VARIETY WITHOUT BOREDOM

This well-rounded class packs a punch with a mix of strength training, core workouts, and HIIT (High-Intensity Interval Training). You will build muscle, strengthen your core, and get your heart pumping to boost your metabolism.

Free to Fitness Room Members. \$5 per class for non-members.

WARD 7 COMMUNITY CENTER

PILATES

A LOW IMPACT, FULL BODY WORKOUT TO IMPROVE MUSCLE TONE AND FLEXIBILITY.

Class Benefits:

- Improve stability, balance, & coordination
- Build endurance
- Increase range of motion
- Pain relief for damaged joints and bones
- Improve posture
- Strengthen joints

Reminders of Pilates:

- Concentration
- Control
- Center
- Breath
- Precision
- Flow

MONDAY & WEDNESDAY @ 5:00PM

TUESDAY & THURSDAY @ 8:00AM

SATURDAY @ 9:00AM

FREE FOR FITNESS ROOM MEMBERS. \$5 FOR NON-MEMBERS.

WARD 7 COMMUNITY CENTER

9 AM-11 AM
MAY 23, 2024
1615 Horridge Street, Vinton, LA

presented by **VPD**
Vinton Police Department

C.R.A.S.E.

CIVILIAN RESPONSE TO ACTIVE SHOOTER EVENTS

Learn techniques and best practices of what to do if you are caught in an active shooter situation.

The Civilian Response to Active Shooter Events (CRASE) course, designed and built on the Avoid, Deny, & Defend (ADD) strategy, provides strategies, guidance, and a proven plan for surviving an active shooter situation.

Topics include the history and prevalence of active shooter events, civilian response options, medical issues, and considerations for conducting drills.

OPEN TO THE PUBLIC