

## Morning Walking

Our facility promotes healthy lifestyles among local residents, including our mature adults, mom's with strollers, and walkers of all ages.

Our goal is to promote walking as an alternative to physical inactivity, remove barriers of weather and cost, promote walking as a family activity, and build community pride.

This **FREE** program for City residents and all Seniors (60 & over) is a great way to get healthy. Join friends for a walk or make new friends along the way.

Join us today! The John W. Pitts Recreation Center features a 1/13th mile indoor walking track.

Please check at the service counter for the current Walking/Jogging hours.



# Senior Fitness

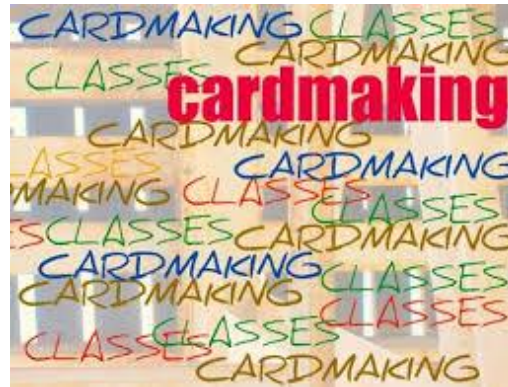
## Card Making for Adults (18 & up)

Participants will use an assortment of tools, papers, stamps and embellishments to create greeting cards that will wow your family and friends. You will make up to 4 assorted themed cards and/or one 3-D paper craft item.

Different techniques and fun fold are taught each month. All levels of experience are welcome. Class is self-paced but individualized assistance is available as needed. Instructor – Kim Courtney. Minimum of 4, Maximum of 10.

Activity #19CMAP09  
Days: Friday  
Dates: September 14  
Times: 10:00am-12:00pm  
Location: Pitts Center MP Rm  
Activity Fee: \$15

Activity #19CMAP10  
Days: Friday  
Dates: October 12  
Times: 10:00am-12:00pm  
Location: Pitts Center MP Rm  
Activity Fee: \$15



[www.cityofdover.com/Parks-Recs-Home/](http://www.cityofdover.com/Parks-Recs-Home/)

## New York City Bus Trip

It doesn't get any better than New York City during the holidays. The motor coach will take you and your friends and family to NY City and dropped off in the vicinity of Radio City Music Hall to explore and shop on your own.

The bus will leave the Pitts Center parking lot promptly at 7 AM. We will depart from NYC at 7 PM and return to Dover approximately 10:30 PM. We do not offer refunds or credits if you cancel or miss the bus. Minimum of 35, Maximum of 45.

Activity #19NYCP01  
Day: Saturday  
Date: December 1  
Departure Time: 7:00 am  
Depart: John W. Pitts Recreation Center Parking Lot  
Activity Fee: \$40

Activity #19NYCP15  
Day: Saturday  
Date: December 15  
Departure Time: 7:00 am  
Depart: John W. Pitts Recreation Center Parking Lot  
Activity Fee: \$40



## 2019 Philadelphia Flower Show Flower Power

The Pennsylvania Horticultural Society has revealed the theme for next year's Flower Show: Flower Power.

Guests can expect a tie-in to the 50th anniversary of Woodstock, and you can surmise there'll be a fair amount of peace signs to be found.

But there's an even more exciting announcement regarding the 2019 show. It'll be hosting the Florists Transworld Delivery World Cup, a floral design competition. Each competitor, one representing a different country, will make four different floral designs. Each of these designs will be on display at the Flower Show itself.

The winner of the World Cup will be announced on March 3 at a special Philadelphia Flower Show gala event.

Minimum of 35, Maximum of 45. Activity Fee includes bus transportation and admission ticket.

Activity #19PHFP03  
Day: Wednesday  
Date: March 6  
Departure Time: 8:00 am  
Depart: John W. Pitts Recreation Center  
Return Time: 4:00 pm  
Activity Fee: \$50



## Senior Indoor Softball

### For Men & Women Ages 55 & Up

**Indoor pick-up games are played every Tuesday and Thursday, 10 am to 12 noon, beginning January 17, 2019**

**This open gym activity is open to all senior men & women ages 55 and up and all skill levels are welcomed.**

**There are no residency requirements or fees required. Show up, complete the open gym paperwork & play!**

The goal of this activity is:

- Everyone plays and bats.
- The emphasis is on fun safe play,
- demonstrating sportsmanship,
- getting some exercise,
- having some laughs,
- enjoying camaraderie,
- and winning,

....in that order of importance.

We don't worry about dropping or misjudging fly balls, striking out, missing ground balls, bad throws, or having back-to-back senior moments, as we have all done these things in the past, and will likely continue to do so in the future. We are thankful we can still play for the love of the game.

#### What you'll need:

Fielders Glove  
Bat (or use someone else's)  
A desire to have fun

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## 2018 Fall & Winter

# Programs & Activities for Mature Adults



### John W. Pitts Recreation Center

10 Electric Avenue

Dover, DE 19904

(302) 674-7541

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City of Dover Recreation Division



City of Dover Recreation