



Adults 55+

New Brighton Parks and Recreation is pleased to offer activities and classes for adults 55 and older. From day trips to Education & Enrichment workshops, to weekly cards and fitness classes, there are many opportunities to enhance your active lifestyle. If you'd like to learn more about any of our 55+ programs, please contact Lesley Young, Recreation Coordinator, at 651-638-2148 or via email at Lesley.Young@newbrightonmn.gov.

“Active Life” Newsletter

The New Brighton Parks and Recreation Department publishes a detailed newsletter six times per year to inform interested individuals of upcoming trips, programs and activities to keep adults 55+ “active for life”. You can receive this newsletter free of charge by picking it up at the New Brighton Community Center; having it emailed to you or we can place you on the mailing list. Please call Guest Services at 651-638-2130 to be put on the mailing list.

Dominoes

Discover the fun in a lively game of Chickenfoot or other popular domino games. The group meets at the New Brighton Community Center from 1:00 pm-3:00 pm on Thursdays. Beginners welcome!

Color Me Calm

Join others during this time as it's open to any age and artistic ability. We will have color sheets for you to get you started. Bring your own box of colored pencils or colored Sharpie markers. This group meets Thursday's from 9:00 am-10:30 am

Free Activities

Seniors and friends are invited to participate in any of the following activities at the New Brighton Community Center. Everyone is welcome.

Mahjonn

Monday 9:00 am-12:00 pm

Hand and Foot

Monday 12:30 pm-3:30 pm

Contract Bridge

Tuesday 9:00 am-12:00 pm

500 Club

Tuesday 12:30 pm-3:30 pm

Duplicate Bridge*

Wednesday 9:00 am-12:00 pm

Keeping You In Stitches

Wednesday 9:00 am-11:00 am

Duplicate Bridge*

Thursday 12:00 pm-3:30 pm

Dominoes

Thursday 1:00 pm-3:00 pm

Color Me Calm

Thursday 9:00 am-10:30 am

Pinochle

Friday 12:30 pm-3:30 pm

*These bridge groups do not provide partners.

Mahjonn

The traditional style of mahjonn is played as a tabletop game, with 144 tiles featuring traditional Chinese characters and symbols. Mahjonn is a game of skill, strategy and luck. Mahjonn's play proceeds similar to the card game of rummy. If you have a set of tiles please bring them. This group meets on Monday from 9:00 am-12:00 pm in room 222.

Free Blood Pressure Checks

A special thanks to Health & Rehabilitation of New Brighton for conducting blood pressure checks at our facility! They will be located on the lower lobby of the Community center the third Wednesday of the month from 10:30 am-12:00 pm.

Keeping You In Stitches

Have fun working on that project you've wanted to complete for a long time all while making new friends. Bring your coffee cup along with any type of crafting project, knitting, beading, coloring, quilting each Wednesday from 9:00 am-11:00 am at the New Brighton Community Center in room 221.

2017 Hiking Club Kick-off Meeting

There will be a planning and informational meeting for anyone interested in participating in the 2017 Hiking Club. Please come to the New Brighton Community Center on Wednesday, February 22, at 1:00 pm.



Older adults involved in recreation activities scored significantly better on the happiness scale than those who are not involved. Did you know there scheduled activities Monday-Friday at NBCC for older adults to participate? These activities not only give you the chance to recreate, but also provide social interaction as well.