

**BOOMERS & BEYOND
OCTOBER
UP THIS MONTH!**

Unless otherwise noted, these events are all COMPLIMENTARY!

Put this in a call out or make it pop:

Due to the COVID-19 outbreak, the Adult Activity Centers are taking precautions to protect our guests. All visitors are required to wear a face covering inside and a health screening will take place before entering the facility. All activities have been configured to allowed for social distancing of six feet and staff regularly cleans the centers. Hand sanitizer is readily available for all guests.

SOCIAL MOTION CLUB | SPECIAL NEEDS ADULTS AGES 18+

Locations, days and times vary

Now thru May 31

An adult centered program that enhances life satisfaction through a wide variety of activities like exercise, creative/expressive arts, cooking/baking, life/social skills, nature and horticulture therapy, community outings, speakers and more! This program requires a current participant registration form and active parent/caregiver communication with staff. Maximum participants will depend on event.

FIRST FRIDAY ART WALK

Historic downtown Ocala

Friday | Oct. 2 | 6-9 p.m.

Enjoy an evening of art, art activities and downtown shops and restaurants. Pick up your map (also available via QR code) on the square and take a self-guided tour of local artists.

PROGRAMS IN THE PARKS

Fridays

Oct. 9 | 6-8 p.m. | Owls and Bats | Heritage Nature Conservancy

Oct. 16 | 10-11 a.m. | Leave No Trace City Edition | Tuscowilla

Designed to give children and families a more in-depth look at the natural resources around them. Each program will focus on a different topic and include an activity based on the subject matter. Dress for the outdoors and the weather, bring water and sunscreen, but most importantly bring a desire to learn and have fun!

DISCOVERY DATE NIGHT | AGES 18+

Discovery Center | 701 NE Sanchez Ave.

Friday | Oct. 23 | 6:30-9 p.m.

Enjoy an adult only night at the museum with wine, snacks and free play in the exhibit hall. Then head into the lab for hands-on science experiments and top off your evening with a planetarium show. Ticket and ID are required at the door. \$15/person.

BOO BASH

Friday | Oct. 30

Space is limited and is by appointment only

Bring your grandkids for Halloween fun! Join us once again for a scary good time full of tricks, treats and surprises. This safe, family-friendly event has face painting, creepy crafts, candy for children and much more! Masks required. Social distancing observed. To reserve your time slot, email jbaker@ocalafl.org.

STAR LAB PLANETARIUM SHOWS

Discovery Center | 701 NE Sanchez Ave.

Saturdays | Ongoing | 11-11:30 a.m. | 1-1:30 p.m.

Tour our solar system and learn about the stars and constellations. \$30/group (up to 10 people from same family or party) plus general admission. Masks must be worn inside the planetarium.

FITNESS ZONE | AGES 14+

E.D. Croskey Recreation Center | 1510 NW Fourth St.

Mondays-Saturdays | Noon-8 p.m.

Get your heart and muscles pumping on cardio equipment or weight machines. No matter what your athletic level is, our fitness area is designed to help you on your journey for a happier, healthier life!

OCALA DOWNTOWN MARKET

Corner of SE Third St. and SE Third Ave.

Saturdays | 9 a.m.-2 p.m. | Rain or shine

Locally grown produce, jellies, jams, kettle corn, boiled peanuts, homemade crafts, plants and a playground for the kids.

ADULT GOLF OUTINGS AND LESSONS

Ocala Golf Club | 3130 E Silver Springs Boulevard | 352.401.6917

Call the city golf course and get ready to **TEE IT UP!**

TENNIS ANYONE?

Fort King Tennis Center | 3301 SE Fort King St. | 352.629.8453

Open to the public and certified tennis professionals provide lessons for all skill levels.

SAVE THE DATE ~ NEXT MONTH & BEYOND

FIRST FRIDAY ART WALK Nov. 6 and Dec. 4

OFF YOUR ROCKERS SENIOR SOCIAL Nov. 12-May 13

PROGRAMS IN THE PARKS Nov. 13

BARBARA LEE CRUISE Nov. 18

LIGHT UP OCALA Nov. 21

SENIOR HOLIDAY LUNCHEON Dec. 3

BARBARA GASKIN WASHINGTON ADULT ACTIVITY CENTER
210 NW 12 Ave. | 352.629.8357 | Grace

BINGO

Tuesdays & Thursdays | Year-round | 11 a.m.-1 p.m.

Come play BINGO for fun!

OUTDOOR LINE DANCING | Second and Third Thursdays | 5-6 p.m.

E.D. Croskey Recreation Center racquetball court | 1510 NW Fourth St.

Come out and learn the old and newest line dances! We have a BLAST and get a workout in too!

EIGHTH AVENUE ADULT ACTIVITY CENTER

830 NE Eighth Ave. | 352.629.8545 | Connie

REJUVENATE WITH THE ARTS

The second and fourth Tuesdays of each month | 10 a.m.-Noon

Design unique and collaborative creations to renew or discover your artistic abilities. \$5/person/class includes materials. You are welcome to bring your own materials. Thank you to our sponsors, Relics & Rust and Windsor Assisted Living.

WOODCARVERS | Wednesdays | 1-4 p.m.

Bring your own tools, wood and pattern. Share your ideas to display and sell your creations.

We need volunteers to coach, tutor, help at events and more. Background screenings conducted on all volunteers. Please contact Connie Carroll at 352.368.5504 for details.

Benefits Check-up. There are over 2,000 federal, state and private programs available to help pay for prescriptions, health care, utilities, taxes and more. Call 352.629.8545 for an appointment.

Elder options is a Supplemental Nutrition Assistance Program (SNAP) for ages 60 plus. Call 1.800.96.ELDER for details.

SHINE (Serving Health Insurance Needs of Elders). Counseling and information provided to Medicare beneficiaries, caregivers and family members to assist in Medicare and health insurance issues such as prescription assistance, planning and long-term care insurance. Call 352.629.8545 to schedule your complimentary appointment.