

Senior Fitness Fun!

Senior Fitness Fun Program

Seniors ages 60+, join us for games and activities at the JW Pitts Recreation Center. This program will offer various games through May. Bring your friends and have some fun competition while getting some exercise. Not into games? That's ok, just enjoy walking on our marked indoor walking track.

Games and Activities Will Include:

**Cornhole
Washer Toss
Badminton
Ladder Toss
Pickle Ball
Volleyball
& more!**

Held on Wednesdays, call 674-7541 for hours



Day Bus Trips

New York City

Does it get any better than New York City in the spring? Jump on the motor coach and you will be taken 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 #16NYCP04
Day: Saturday
Date: April 23
Departure Time: 7:00 am
Depart: John W. Pitts Recreation Center
Activity Fee: \$37

Activity #16NYCP06
Day: Saturday
Date: June 18
Departure Time: 7:00 am
Depart: John W. Pitts Recreation Center
Activity Fee: \$37

Activity #17NYCP08
Day: Saturday
Date: August 20
Departure Time: 7:00 am
Depart: John W. Pitts Recreation Center
Activity Fee: \$37

Activity #17NYCP09
Day: Saturday
Date: September 10
Departure Time: 7:00 am
Depart: John W. Pitts Recreation Center
Activity Fee: \$37



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Enrichment Activities

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 5, Maximum of 10.

Activity #16CMAP05
Days: Friday
Dates: May 13
Times: 10:00am-12:00pm
Location: Pitts MP Rm
Activity Fee: \$13

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DoverWALKS

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 seniors 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.

Walking/Jogging hours are normally scheduled early mornings, Monday through Friday.

Call 736-4443 for the Senior walking times.

2016 Spring & Summer

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

