

Nodaway Co Active Adults (NCAA) is a Pilot Program sponsored by Maryville Parks & Recreation, in partnership with Mosaic Medical Center, Nodaway Co Economic Development, Home Reliance, LLC, Northwest Technical School, and NWMSU: School of Health Science & Wellness. The program is designed for active adults age 55+ for the promotion of proactive, holistic wellness and FUN! Participation in many activities is at no additional cost to you if you are a member of the Maryville Community Center. Some activities may require a fee to cover supplies, admission, and equipment use costs. We look forward to seeing you!!

REGISTRATION - Ways to Play!

Become a MEMBER of the Maryville Community Center! Just \$26 a month (\$21 a month if you sign up for auto draft payments) gets you many of the activities for no additional charge! Sign up at the MCC Front Desk. If you are already a member...you're all set!

Sign Up for Individual Programs by seeing Nancy at the MCC or calling her at 660-254-4435.

Drop-In to Programs that don't require pre-registration by paying just \$6 for a day pass at the MCC. Daily punch passes are accepted too.

Contact Maryville Community Center at 660-562-2923 or Nancy Shipley, NCAA Coordinator 660-254-4435 with questions.

Contacts	Maryville Parks & Recreation: Maryville Community Center (MCC), 1407 Country Club Rd #200, Maryville, MO 64468	Jeff Stubblefield	660-562-2923
	**Nodaway Co. Active Adults Coordinator (NCAA)	Nancy Shipley	660-254-4435
	Mosaic Medical Center (MOMed)	Jackie Ross	660-562-7945.
	Northwest Technical School, 1515 S. Munn St, Maryville, MO 64468 (NWTech)	Lori Tally	660-562-3022
	Northwest Missouri State University: School of Health Science & Wellness (NWSHSW), 800 University Drive, Martindale Hall, Maryville, MO 64468	Sue Myllykangas	660-541-0703

Day	Date	Time	Activity/Program	Sponsoring Agency	Fee
Mon	2/3	6:30 PM	Missouri Fence Law: Your Rights & Responsibilities	NWTech	\$30 Registration Required. Call Lori Tally
Tues	2/4	12:00-2:00 pm	Normal vs Not Normal Aging	NWTech	\$12 Registration Required. Call Lori Tally
Tues	2/4	2:00-4:00 pm	Positive Physical Approach & Hand Under Hand (<i>Caregiver behavioral support techniques</i>)	NWTech	\$12 Registration Required. Call Lori Tally
Tues	2/4	5:00-7:00 pm	How Computers Work (<i>Teaching BASIC level of understanding computers</i>)	NWTech	\$39 (3 sessions) Registration Required. Call Lori Tally
Tues	2/4	6:00 PM	Valentine Gifts with Natural Ingredients (<i>make & take gifts</i>)	NWTech	\$20 Registration Required. Call Lori Tally
Tues	2/4	6:30 PM	Social Security: Timing is Everything	NWTech	\$25 Registration Required. Call Lori Tally
Fri	2/7	9:00 am -12:00 pm	Online Quickbooks for Beginners	NWTech	\$70 Registration Required. Call Lori Tally
Fri	2/7	12:00 - 1:00 pm	Lunch & Learn: Healthy Weight	MoMed	Registration Required for Lunch - Free w/Membership or \$6 Day Pass. Call Jackie Ross to register 660-562-7945.
Tues	2/11	11:00 am - 12:00 pm	Basic Self Defense: Simple Techniques & Practices for Staying Safe (<i>Dr. Damon Leiss</i>)	NCAA	Register with MCC by 2/7 - FREE w/Membership or \$6 Day Pass
Tues	2/11	6:00-8:00 pm	Growing Fresh Herbs	NWTech	\$15 Registration Required. Call Lori Tally
Thurs	2/13	1:00 - 2:00 pm	The Greatest Hits! (<i>Social Drumming & Exercise</i>) - (<i>Ms Baylee Anderson</i>)	NCAA	Register with MCC by 2/9 - FREE w/Membership or \$6 Day Pass
Sat	2/15	8:00 am - 12:00 pm	Community Health Fair & Heart & Sole (<i>Fundraiser for AED's in Rural Areas</i>)	MOMed & MCC	FREE - NWMSU Hughes Field House
Tues	2/18	11:00 am - 12:00 pm	Negro Baseball: The Roots are in Kansas City (<i>Dr. Augustus Hallmon</i>)	NCAA	Register with MCC by 2/14 - FREE w/Membership or \$6 Day Pass
Wed	2/19	11:00 am - 12:00 pm	Inspire Your Heart with Art! Be a Rock Star! Acrylic Painting (<i>Ms Alex Isom & Ms. Anie Wheeler</i>)	NCAA	Register with MCC by 2/14 - FREE w/Membership or \$6 Day Pass

Tues	2/25	1:00-2:00 pm	Natural Ways to Relax and Heal (<i>Aeromatherapy & Relaxation Techniques</i>) (Ms. Jackie Cochenour)	NCAA	Register with MCC by 2/21 - FREE w/Membership or \$6 Day Pass
Thurs	2/27	1:00 - 2:00 pm	The Greatest Hits! (<i>Social Drumming & Exercise</i>) - (Ms Baylee Anderson)	NCAA	Register with MCC by 2/23 - FREE w/Membership or \$6 Day Pass
Thurs	2/27	5:00-8:00 pm	Workshop: Volunteering with your Pet (Therapy Animal Program)	NWTech	FREE - Register by Calling Lori Tally
Every Wed & Fri		1:00-2:00 pm	Tai Chi for Arthritis & Fall Prevention	NWTech	\$55 for the 16 sessions - Register by calling Lori Tally
Every MTWRF		8:00-10:00 am	Pickle Ball (Basic Equipment Available for Use)	MCC	Drop In at MCC - Free w/Membership or \$6 Day Pass
Every MWF		9-9:45 am	Senior Circuit Training	MCC	Drop In at MCC - Free w/Membership or \$6 Day Pass
Every MWF		9-9:45 am	Stretch & Strengthen Yoga	MCC	Drop In at MCC - Free w/Membership or \$6 Day Pass
Every TR		9-9:45 am	Pilates	MCC	Drop In at MCC - Free w/Membership or \$6 Day Pass
Every MWF		10-10:45 am	Chair Yoga	MCC	Drop In at MCC - Free w/Membership or \$6 Day Pass
Every MWF		11:00 am - 12:00 pm	Walking Club	NW Retirees	Drop In at NWMSU Hughes Field House - Free w/MCC Membership. Contact Janice Falcone at 660-541-0431
Every TR		10-10:45 am	Beginning "Senior" Exercise	MCC	Drop In at MCC - Free w/Membership or \$6 Day Pass
Every Wed		5:30-6:15 pm	Kickboxing	MCC	Drop In at MCC - Free w/Membership or \$6 Day Pass
Every Sat		8:15-9:00 am	Kickboxing	MCC	Drop In at MCC - Free w/Membership or \$6 Day Pass