

## Heather's Quarter 1 Program Report: January-March

We were off to a rolling start with programming for the first quarter of 2020.

We enjoyed special events and our regular events. Here is a glimpse into our

Top 5 Activities for the first quarter of 2020:

5-	500 Cards	# of Participants	= 172
4-	Coffee Club Walking Program	# of Participants	= 246
3-	Monday Pepper	# of Participants	= 375
2-	Flex N Stretch Fitness	# of Participants	= 393
1-	Special Events	# of Participants	= 555

When looking at all of our programs and our number of participants that checked into the Marshall Adult Community Center. We served a total 5,411 individuals from January 1 through March 16, 2020. This number is great especially considering that as of March 17 we had to shut our doors due to the coronavirus.

Programs I am currently watching grow include:

Stretch N Flex Outings....these are once or twice a month event(s) that are tied into fitness. They challenge us to try new things to push ourselves and explore the world around us instead of staying within the same box! Over the first quarter this included: Curling at the Red Baron, Pickle Ball at the YMCA, Wednesday Workouts/Winter Conversations with Western Mental Health, and Senior Cycling at the YMCA. Stay tuned to see how this event forms later this spring/summer when we return to living life together.

In addition to reviewing our first quarter programming, I have also been working on programming for the community service brochure for the months of May through August and will soon be looking further into the fall. If you have any suggestions for programs you would like to see at the center or an outing you would love to go on....please contact me...I would love to hear your ideas...

[heather.radke@ci.marshall.mn.us](mailto:heather.radke@ci.marshall.mn.us) or give me a call 507-591-2174

From a programming standpoint one of the things I miss the most is just having people come together to share a laugh, a smile, a work out, a card game and to past the time with great friends. I am greatly looking forward to the time when we will all be back together.