

SENIOR PROGRAMS



COFFEE & CONVERSATION

Enjoy coffee with friends while gaining knowledge about your community and beneficial everyday information.

SCHEDULE: The **SECOND Tuesday of every month!**

AGE: Seniors

LOCATION: Valley Farms Community Center

COST: FREE

WERQ DANCE FITNESS



WERQ is a fun, non-stop cardio dance fitness class with easy repetitive moves to top music, pop, & hip hop.

AGES: Adults and Seniors

DATES: 6 weeks starting Aug. 12th, Tuesdays

TIMES: 6-7pm

LOCATION: Valley Farms Community Center

COST: \$60/6 weeks or \$12/drop-in

STRESS LESS WITH MINDFULNESS

Stress Less with Mindfulness introduces participants to the experience and practice of mindfulness, with a goal of reducing stress.

AGES: Adults and Seniors

DATES: 5 week session Aug 25th - Sept. 29th
(No class on 9/1).

DAY/TIME: Mondays at 11am

LOCATION: Valley Farms Community Center

COST: FREE

UKULELE CLASS

Join local Ukulele artist, Ben Hassenger, for a 6 week Ukulele class. You will learn how to play the Ukulele and learn more about the world surrounding the instrument!

AGES: Adults and Seniors

DATES: 6 week session with an introductory kick-off starts SEPTEMBER 2nd

DAY/TIME: Tuesdays at 1pm

LOCATION: Valley Farms Community Center

COST: \$60/6 weeks

DARA NEWSLETTER

AUGUST 2025

INCLUSIVE PROGRAMS

SOCIAL NIGHT

First Friday of Every Month -
Dancing, Refreshments, & Hang Out!

Teens and Adults with Disabilities (16+)

UPCOMING 2025 DATES:

Sept 5th, Oct 3rd, Nov 7th, Dec 5th

TIME: 6:00 PM- 8:00 PM

LOCATION: VALLEY FARMS COMMUNITY CENTER

COST: \$10.00/guest *Each guest is allowed a plus one (Staff, guardian, parent, etc.)

ADAPTIVE SOCCER

WEDNESDAY EVENINGS

5 week league with 5 games

DATES: Oct 1st - Oct 29th

TIME: Games run between 5:00pm-8:00pm (each game is 45 minutes to an hour each)

LOCATION: Mid-Michigan Miracle League Field
Located by Valley Farms Community Center

COST: \$50

*Athletes receive a t-shirt for games.

REG. DEADLINE: Friday, Sept 19th

DROP IN PROGRAMS

CARDIO DRUMMING - Wednesdays at 6pm

**all located at valley farms community center

•**Walk with Ease-** **Contact:** DeWitt District Library

PICKLEBALL RESERVATIONS

Please Call the office to reserve the court.
(517)482-5117

*For more information regarding adaptive programs or senior programs, follow our Facebook page and/or website.

You can also contact:

Ilah Coe

Email: icoe@dewittrecreation.org

Phone: 517-482-5117





DARA NEWSLETTER AUGUST 2025



YOUTH AND ADULT SPORTS

YOUTH FLAG FOOTBALL K/1ST / 2ND / 3RD GRADE, 4TH / 5TH GRADE, & 6TH / 7TH GRADE SATURDAY AFTERNOONS

6 week league with 6 games

DATES: Sept 6th - Oct 11th

TIME: 1:00 PM - 4:00 PM (times vary)

LOCATION: DeWitt Sports Park

COST: \$50/res; \$65/non-res

REG. DEADLINE: Friday, Aug 29th

\$10 early bird discount until Aug 22nd

SPIRIT SQUAD K-5TH GRADE SATURDAY AFTERNOONS

6 week league with 6 games

DATES: Sept 6th - Oct 11th

TIME: 1:00 PM - 4:00 PM (times vary)

LOCATION: DeWitt Sports Park

COST: \$50/res; \$65/non-res

REG. DEADLINE: Friday, Aug 29th

\$10 early bird discount until Aug 22nd

YOUTH SOCCER LIL' KICKERS, KINDERGARTEN, 1ST GRADE, & 2ND / 3RD GRADE SATURDAY MORNINGS

6 week league with 6 games

DATES: Sept 6th - Oct 11th

TIME: 9:00 AM - 1:00 PM (times vary)

LOCATION: Valley Farms Park (K-3rd) &

DeWitt Sports Park (lil' kickers)

COST: \$50/res; \$65/non-res

REG. DEADLINE: Friday, Aug 29th

\$10 early bird discount until Aug 22nd

UPCOMING YOUTH SPORTS

SPORTS STARTER (3-5 YEAR OLDS)

1ST / 2ND GRADE BASKETBALL

3RD / 4TH GRADE BASKETBALL

5TH / 6TH GRADE BASKETBALL

REGISTRATION OPENS AUG 29TH

CHILDREN'S PROGRAMS

PRE-K STRESS BUSTERS & OPEN PLAY

AGES: 3-5

Focuses on easy-to-do activities your child can do to help feel better when they are facing big feelings. They'll learn things like mindfully paying attention to their movement and breathing, using artwork to express feelings, and even learn how laughter helps us feel better. Participants will also learn valuable social skills that will help them build friendships and get along with others. They'll cover topics such as including others and sharing, kindness, good listening, respecting personal space, and more.

DATE: Every Friday beginning on August 29th

TIME: 1-2pm Stress busters Workshop & 2-3pm Open play

No Registration Required !!!

LOCATION: Valley Farm Community Center