



Stay Active & Healthy (50+) at Triphahn or Willow Recreation Centers

Forever Strong

Forever Strong is specifically designed to focus on low impact strength training. We'll begin with a light warm up, followed by targeting all of our muscles using bands or light hand held weights. One foot will be on the ground at all times to reduce joint impact.

Bring a towel and water. No Class: 11/23, 25

(50+ years - Triphahn)

Tu	8:30-9:15A	11/2-12/14	\$30 / \$33	245327-E
Th	8:30-9:15A	11/4-12/16	\$30 / \$33	245327-F

Basic Exercise & Movement

Burn calories and increase your energy with low impact cardio exercises. Strengthen the entire body including your heart, and all muscle groups using tubing, small balls, stretching and strengthening. *No Class: 11/22, 24, 26*

(50+ years - Triphahn)

M	10:30-11:15A	11/1-12/13	\$30 / \$33	245325-D
W	10:30-11:15A	11/3-12/15	\$30 / \$33	245325-E
F	10:30-11:15A	11/5-12/17	\$30 / \$33	245325-F

Gentle Yoga

Yoga can promote healing in your body as your stress level is reduced and you learn to interact differently with everyday stresses. It can also decrease your blood pressure, heart rate, and respiratory rate while giving you a renewed sense of energy and focus. Expect gentle stretching and moving exercises, which incorporate deep breathing and poses to strengthen and bring flexibility to your body.

Bring a 1/4" yoga mat, block, strap and towel. Dress comfortably. No Class: 11/25

(50+ years - Triphahn)

Th	5:30-6:30P	11/4-12/16	\$45 / \$50	245324-B
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Register online at HEParks.org or in person!

Additional FREE Fitness & Fun Opportunities

On the back page!

Tai Chi Lessons

Daytime Tai Chi provides a non-intrusive workout for improving the body, mind and spirit. The rhythmic flowing motion combines; relaxed postures, agility, balance, breathing and calmness of mind to help reduce stress and offers a way to improve overall health, balance, coordination, flexibility and strength.

(50+ years - Triphahn)

W	10:00-11:00A	11/17-12/15	\$40 / \$44	245335-B
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(50+ years - Willow)

Tu	10:00-11:00A	11/16-12/14	\$40 / \$44	245335-D
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Evening Use slow, non-strenuous movements toward life-long health maintenance. This quiet, therapeutic exercise sharpens and calms the mind, loosens and strengthens the body offering greater freedom and range of motion while improving balance, coordination, breathing, circulation and posture.

(50+ years - Triphahn)

Tu	5:30-6:30P	11/2-12/7	\$70 / \$77	245337-B
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Luncheons (50+) at Triphahn Center

White Elephant BINGO

Bring a small white elephant/gag gift to use for BINGO prizes. Pasta lunch, salad and dessert served.

Wed, November 17	11:30A-1:00P	\$10 / \$12	245317-E
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Lunch & Learn: Brain Health

Living a Brain-Healthy Lifestyle - This presentation reviews some of the latest research and steps participants can take related to keeping their brain healthy for a lifetime. Lunch will be provided.

Wed, December 8	11:30A-1:00P	FREE	245317-F1
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Holiday BINGO

Wear festive holiday apparel and bring a holiday gift (\$5 or less) for the prize table. A variety of soups, salads and dessert served.

Wed, December 15	11:30A-1:00P	\$10 / \$12	245317-G
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Morke's Chocolate Trip

Join us as we travel to Morke's Chocolate in Palatine. Participants will enjoy a variety of chocolatmaking treats such as chocolate pizza, making acandy bar and chocolate molds. After Morke's we will eat at Culver's - lunch on your own. Bring your sweet tooth!

November 9 9:15A-12:30P \$26R/\$29NR #245318-E



Holiday Dinner Party

BRIDGES OF POPLAR CREEK DEC 2 5:30-8:30P \$32 R / \$35 NR 245317-F

Celebrate the holidays, enjoying entertainment and dinner with your friends!



HOLIDAY LIGHTS TROLLEY TOUR

HOP ON THE TROLLEY FOR A HOLIDAY LIGHTS TROLLEY TOUR. OUR FIRST STOP WILL BE AT AURELIO'S FOR DINNER. AFTERWARDS, WE'LL BOARD A PRIVATE ENCLOSED TROLLEY WHERE WE WILL GO PAST MANY HOMES TO SEE THE LIGHTS. WE MAY EVEN GET OFF THE TROLLEY TO VIEW SOME HOMES UP CLOSE! THERE IS MINIMAL WALKING. TRIP FEE INCLUDES: PARK DISTRICT TRANSPORTATION, DINNER AND TROLLEY TICKET.

December 7 4:00p-8:30p \$59R/ \$64NR #245318

FREE Fitness & Fun!

(50+) at the Triphahn Center

Pub Trivia

Individual registration is required (list your team, no more than 6 people.) General knowledge questions!

Bring food to share with your team only. Winning team receives a prize.

Thurs, November 18 6:00-7:30P FREE 245334-C
 Thurs, December 16 6:00-7:30P FREE 245334-D

Pickleball Open Play

Indoor Play on Tuesday 9-11am, 4-5:30pm
 & Thursday 9-11am at Triphahn Center

Outdoor Play M/W/F 9:00am-Noon at Fabbrini Park
 (organized play) or play anytime at the outdoor courts held at:
 Fabbrini, Cannon Crossings, Charlemagne and South Ridge Parks.

hoffman estates park district
GO HOFFMAN

Take a step towards a healthier you

In support of the **GO HOFFMAN** walking program, the Triphahn Center's **INDOOR WALKING TRACK IS FREE** for all and available to use during business hours!

You may qualify for a free fitness membership via:



FREE Activities *Drop-In Program Calendar* at Triphahn Center unless otherwise noted.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Volleyball 9:30-11:30A	NEW! Pickleball 9:00-11:00A	MahJong 1:00-3:00P	Pickleball 9:00-11:00A	Volleyball 9:30-11:30A NEW!
Crafting Club 10:00A-Noon <i>1st & 3rd Monday of the Month</i>	Wii Bowling 10:00A-Noon	NEW! Daily Ping Pong 8:30-10:30A	Wii Bowling 10:00A-Noon	Cards & Games 9:30-11:30A
Stitching Stars 1:00-3:00P	Volleyball 12:00-2:00P	Billiards: All Day	Bike Club 10:30A Weekly <i>Casually Bike the area 15miles</i>	Mexican Train Dominoes / Cards & Games 1:30-3:30P
Book Club 1:00P <i>4th Monday of the Month - Register directly with Schaumburg Library! (No Book Club in December)</i>	Pinochle 2:00-4:00P	Walking Track: now available all day, open to all and FREE!	Cards & Games 2:00-4:00P	Bowling 10:00A <i>at Streamwood Bowl \$6 for 3 games & shoes</i>
<p>Birthday Lunch Club: Celebrate our friend's birthdays each month Attendees receive 20% off coupon and those with a birthday that month receive \$20 gift certificate. Must register by end of day the day before the event. FREE to register. Attendee pays for own lunch. Garibaldi's at 11:30am – Nov 19 #245320-A and Dec 17 #245320-B</p>				