



Spring HAPPENINGS

HAP & JAN WITTKAMP
senior center

A place for fun,
friends & activities

- **FREE Fitness Opportunities** •
- **FREE Drop-In Programs** •
- **FREE & Low Cost Events** •

Some events/programs may take place outside of the Senior Center, at other Hoffman Estates Park District locations/parks. Membership NOT Required.

 **hoffman estates** park district

*Located on the North Side of the Triphahn Center
1685 W. Higgins Rd – Learn more at HEParks.org/Senior-Center*

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

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	Volleyball 9:30-11:30A	Pickleball 7:00-11:00A <i>Before 9:30A (6 courts) After 9:30A (3 courts)</i>	Chair Volleyball 10:00-11:00A	Pickleball 7:00-11:00A <i>Before 9:30A (6 courts) After 9:30A (3 courts)</i>	Volleyball 9:30-11:30A
1ST & 3RD Wednesdays	Crafting Club 10:00A-Noon	Wii Bowling 10:00A-Noon	MahJong 1:00-3:00P	Wii Bowling 10:00A-Noon	Cards & Games 9:30-11:30A
	Stitching Stars 1:00-3:00P	Volleyball 12:00-2:00P	Daily Ping Pong 8:30-10:30A Billiards: All Day Walking Track: All Day and FREE!	Bike Club 10:30A <i>Casual 15 miles</i>	Mexican Train Dominoes 1:30-3:30P
	Book Club 1:00P <i>- Register directly with Schaumburg Library!</i>	Pinochle 2:00-4:00P		Cards & Games 2:00-4:00P	Bowling 10:00A <i>at Streamwood Bowl \$6 for 3 games & shoes</i>
		Pickleball 4:00-5:30P (3 courts)			

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

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. *(Triphahn)*

M	10:30-11:15A	4/4-5/9	\$37 / \$42	225325-A
W	10:30-11:15A	4/6-5/11	\$37 / \$42	225325-B
F	10:30-11:15A	4/8-5/13	\$37 / \$42	225325-C
M	10:30-11:15A	5/16-6/20	\$31 / \$35	225325-D
W	10:30-11:15A	5/18-6/22	\$37 / \$42	225325-E
F	10:30-11:15A	5/20-6/24	\$37 / \$42	225325-F

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.

(Triphahn)

W	10:00-11:00A	4/6-5/11	\$42 / \$46	225335-A
W	10:00-11:00A	5/18-6/29	\$42 / \$46	225335-B

(Willow)

Tu	10:00-11:00A	4/5-5/10	\$42 / \$46	225335-C
Tu	10:00-11:00A	5/17-6/28	\$42 / \$46	225335-D

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.

(Triphahn)

Tu	5:30-6:30P	4/5-4/26	\$48 / \$53	225337-A
Tu	5:30-6:30P	5/3-5/31	\$60 / \$66	225337-B

You may qualify for a free fitness membership via:



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. We will keep one foot on the ground at all times to reduce joint impact. Bring a towel and water. *(Triphahn)*

Tu	10:30-11:15A	4/5-5/10	\$42 / \$46	225327-A
Th	10:30-11:15A	4/7-5/12	\$42 / \$46	225327-B
Tu	10:30-11:15A	5/17-6/21	\$35 / \$39	225327-E
Th	10:30-11:15A	5/19-6/23	\$35 / \$39	225327-F

Stretch and Tone

All levels of fitness are welcome to this class specifically designed to work on flexibility. Yoga and Pilates are the core of this class.

All participants must bring their own mat to class. *(Triphahn)*

Tu	9:50-10:20A	4/5-5/10	\$21 / \$23	225327-C
Th	9:50-10:20A	4/7-5/12	\$21 / \$23	225327-D
Tu	9:50-10:20A	5/17-6/21	\$18 / \$20	225327-G
Th	9:50-10:20A	5/19-6/23	\$18 / \$20	225327-H

Pickleball Open Play

Indoor Play on Tuesday 7-11am, 4-5:30pm & Thursday 7-11am 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.



Luncheons (50+) at Triphahn Center

Seniors Out Socializing

Meet once a month for lunch and conversation, on the third Friday of each month at various restaurants. Free to attend, lunch at cost.

F at Buona Beef	11:30A-1:00P	4/22	FREE	225316-A
F at Shake Shack	11:30A-1:00P	5/20	FREE	225316-B

Birthday Lunch Club

Celebrate our friends' birthdays at Garibaldi's each month. Attendee receive a 20% off lunch coupon and those with a birthday during the month receive \$20 gift certificate. Must register one week prior.

F	11:30A-1:00P	3/25	FREE	215320-C
F	11:30A-1:00P	4/29	FREE	225320-A
F	11:30A-1:00P	5/27	FREE	225320-B

St. Patrick's Day Luncheon

Break out your green and enjoy St Patrick's Day at the senior center. Lunch will be corned beef sandwiches, soup and dessert.

Th	11:30A-1:00P	3/17	\$10 / \$12	215317-D
----	--------------	------	-------------	----------

Lunch and Learn Brookdale

Living a Brain-Healthy Lifestyle Carol Cummings, RN, BSN, Senior Director Optimum Life and Engagement. This presentation reviews the latest research and steps participants can take related to keeping their brain healthy for a lifetime. Lunch will be provided.

W	11:30A-1:00P	4/6	FREE	225317-A
---	--------------	-----	------	----------

Lunch and Learn Elderwerks

Simplify the process of navigating senior living options. Gain information, referrals, and guidance for all types of senior living, home care, support services, and benefits etc. Lunch will be provided.

W	3:30-5:00P	5/4	FREE	225317-C
---	------------	-----	------	----------

Kentucky Derby Race & Lunch

Come out dressed for the Derby wearing your best fascinator or Derby hat and cheer on your favorite horse on our Kentucky Derby Table Game and enjoy a light lunch.

F	11:30A-1:00P	5/6	\$10 / \$12	225317-E
---	--------------	-----	-------------	----------





BEST BALL EVENT

March 27 2 Person Teams Virtual Golf

8am - Registration & Practice
9am - Golf

Format: Better Ball of Pairs

Fees: \$50 /player Tees: Silver (6400 yds)
*18 Hole event, and prize entry. Optional Team Skins - \$20

On-Course Competitions:
Closest to Pin & Longest Drive



SENIOR

SCRAMBLE

WED, MAY 18
9AM SHOTGUN





Call the Pro Shop at 847-781-3681
or visit: bridgesofpoplarcreek.com

PRIZES: Awarded to flight winners. Flights will be based on final scores and number of teams entered.
FEES: \$200 / 4 person team. Includes green fees and cart, lunch ticket, and a small basket of range balls for each player. (50+ years)

Trips (50+) Meet at Triphahn Center take HEPARKS Bus

San Filippo Estate Tour

Three Hour, Docent-Guided Tours of the Sanfilippo Collection We begin in the main Residence viewing and learning about the Sanfilippo Collection of automated music machines, their history, restoration efforts, as well as the opulent details of the Residence's French Second Empire setting. The tour includes hearing a representative selection of our music machines. The Highlight of the tour is the Carousel Pavilion with the fully restored and operational carousel 89' wide and 42' tall carved façade with life-sized carved horses, giant art glass butterflies, a painting recreating an original that hangs in the Louvre, and a beautiful etched-glass entryway. A sight to behold, 36 hand-carved horses, four ornate rocking gondolas and a spinning lovers' tub rotate spectacularly to the sounds of an 89-key Gavioli Band Organ.

W 12:45-5:00P 4/13 \$35 / \$39 225318-A

Rock of Ages & Lunch

Stimulate your mind and body with the Hoffman Estates Park District and Paramount Theater - tailored especially with the 50 plus active adult in mind! Nominated for five Tony Awards® including Best Musical, Rock of Ages will take you back into the iconic music era of the 80's, where rock-n-roll dreamers line up to turn their fantasies into reality — and you can watch it all come to life. Just a small-town girl with Hollywood dreams meets a big-city boy chasing his rock-star fantasies on the infamous sunset strip in L.A. With the historic Bourbon Room as the backdrop, their love story unfolds right where the biggest names in rock got their start — all told through the mind-blowing hits of Journey, Bon Jovi, Styx, Poison and more. Go back to when rock was king, and every song was a kingmaker. Relive some of the biggest, baddest rock songs of all time including "Just Like Paradise," "Sister Christian," "We're Not Gonna Take It," "Wanted Dead or Alive," "Can't Fight This Feeling," "Hit Me With Your Best Shot," "Every Rose Has Its Thorn" and a whole lot more.

W 10:30A-5:00P 4/20 \$69 / \$76 225318-B

Lake Geneva Lunch Cruise & Black Pointe Mansion Tour

Stimulate your mind and body with the Hoffman Estates Park District - tailored especially with the 50 plus active adult in mind! Enjoy a Narrated Tour of Lake Geneva & a Delicious Sit Down meal! 2.25 hours A bus will then take us to Black Point Mansion for a guided tour of the first two floors of the mansion and the exterior grounds which will last approximately 1½ hours.

W 9:30A-5:30P 5/18 \$80 / \$88 225318-C

Game Night (50+) Triphahn Center

Pub Trivia

Join in on the trivia fun! All questions will be general knowledge questions. Everyone will need to register individually - teams will be formed with up to 6 people. Teams may bring food to share for their team only. Prizes will be awarded to the winning team.

(50+ years - Triphahn)

Th	6:00-7:30P	3/24	FREE	215334-C
Th	6:00-7:30P	4/28	FREE	225334-A
Th	6:00-7:30P	5/26	FREE	225334-B

Bingo Night

Gather your friends or meet new friends for a free night of fun and BINGO games. Small prizes will be awarded to winners. Bring snacks!

Tu 6:00-7:00P 4/12 FREE 225317-B

Flower Arranging Class

Learn to make a beautiful basic flower arrangement and take it home! No previous experience necessary!

Tuesday, May 10 from 3:30-5:00P

\$12 / \$14

225317-D

