

## Trips (50+) Meet at Triphahn & take HEPARKS Bus

### Movie Night Out @ Star Cinema Grill

Th 5:00-8:00P 1/12 \$20/\$22 215318-A

### The Legend of Georgia McBride & Dinner @ Metropolis Theater

Th 4:30-9:30P 2/2 \$70/\$77 215318-B

### Bingo Trip @ Fox Valley Bingo Hall

Th 11:00A-5:00P 2/9 \$40/\$44 215318-C

### Lunch @ Mars Cheese Castle and Outlet Mall Shopping

Th 8:00A-5:00P 3/30 \$30/\$33 215318-D

## Seniors Out Socializing

Join your peers for a meal at a local establishment. Please register the by Monday of the week of the outing. Each person pays for their own meal.

### Lunches

#### The Assembly

F 12:00-1:30P 1/20 215316-A

#### Pilot Pete's

F 12:00-1:30P 2/17 215316-B

#### Bahama Breeze

F 12:00-1:30P 3/10 215316-C

### Dinners

#### Texas Roadhouse

W 4:30-6:00P 1/4 215316-A1

#### Miller's Ale House

W 5:00-6:30P 2/8 215316-B1

#### Lucky Monk

W 5:00-6:30P 3/1 215316-C1

## Senior Birthday Lunch

Celebrate our friends' birthdays at Garibaldi's each month. Attendees receive a 20% off lunch coupon and those with a birthday during the month receive a \$20 gift certificate. Must register one week before event date. Everyone pays for their own meals.

### January Birthday Lunch

F 11:30A-1:00P 1/27 215320-A

### February Birthday Lunch

F 11:30A-1:00P 2/24 215320-B

### March Birthday Lunch

F 11:30A-1:00P 3/24 215320-C

## 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. Prizes will be awarded to the winning team.

### Triphahn Center & Ice Arena

Th 6:00-7:30P 1/26 215334-A

### Bridges of Poplar Creek Country Club

Th 6:00-7:30P 2/23 215334-B

Th 6:00-7:30P 3/23 215334-C

Register for  
programs  
in person at the  
front desk or  
online!  
[heparks.org](http://heparks.org)



WHAT'S HAPPENING THIS  
*Winter*  
AT THE  
**senior center**

Register for programs and events online at [heparks.org](http://heparks.org)

## FREE <sup>50+</sup> 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
<b>1ST &amp; 3RD MONDAYS</b>	<b>Crafting Club</b> 10:00A-Noon	Wii Bowling 10:00A-Noon	MahJong 1:00-3:00P	Wii Bowling 10:00A-Noon	Cards & Games 9:30-11:30A
		Volleyball 12:00-2:00P	<b>Daily</b> Ping Pong 8:30-10:30A Billiards: All Day Walking Track: All Day and FREE!	<b>Bike Club</b> 10:30A <i>Casual 15 miles</i>	Stitching Stars 12:30-2:30P
<b>4TH MONDAY</b>	<b>Book Club</b> 1:00P <i>- Register directly with Schaumburg Library!</i>	Pinochle 2:00-4:00P		Cards & Games 2:00-4:00P	Mexican Train Dominoes 1:30-3:30P
		Pickleball 2:15-5:00P (3 courts)		Pickleball <b>NEW!</b> 2:00-5:00P (3 courts)	

Additional Pickleball available for \$3 daily fee. Monday and Wednesday from 1:00-4:00P, and Friday from 3:00-5:00P

**PLUS**  
CARDS  
AND  
GAMES

# Senior Events

## Events at the Triphahn Center

Learn About Vacation Trips to Eastern Canada and Alaska

M 1:00-2:00P 1/9 FREE 215317-A2

## Elvis Presley Birthday Game Night

Th 6:00-7:30P 1/19 \$6 / \$7 215317-A

## Senior Lunch and Learn Oakstreet Health

W 11:30A-1:00P 1/11 FREE 215317-B

## Healing Paws Dog Therapy Visit

W 10:30-11:30A 1/18 FREE 215317-B1

## Senior Lunch and Learn Brookdale

W 11:30A-1:00P 1/25 FREE 215317-C

## Senior Lunch and Learn Ascension

W 11:00A-1:00P 2/1 FREE 215317-C1

## Valentine's Day Dinner and Dancing

Tu 5:30-7:30P 2/14 \$38 / \$42 215317-D

## Senior Lunch and Learn Tax Exemptions and Appeals

W 11:30A-1:00P 2/15 FREE 215317-D1

## Healing Paws Dog Therapy Visit

W 10:30A-11:30A 3/8 FREE 215317-D2

## Senior Lunch and Learn Spring Real Estate Market by Remax

M 11:30A-1:00P 3/13 FREE 215317-D3

## St. Patty's Luncheon

F 11:30A-1:30P 3/17 \$20 / \$22 215317-F

## Bunco and Baked Goods

Tu 3:30-5:00P 3/28 \$6 / \$7 215317-E

## Events at Willow Recreation Center

### Bunco and Baked Goods

Tu 3:30-5:00P 3/14 \$6 / \$7 215317-E

# Stay Healthy & Active!

## Feel Better Workshops

These holistic, evidence-based and client-centered workshops led by a healthcare professional are designed to encourage positive changes in every aspect of your life and provide support throughout. During the workshops various tools will be introduced to the participants including, but not limited to the elements of yoga, tai-chi/qi-gong, meditation, breath-work and therapeutic movement. There will be discussions and activities on the topics of nutrition, stress management, social interactions, positive mindset and self-love just to name a few. Aim to raise your vital energy, rewire your brain, heal and simply feel better!

### (18+ years - Triphahn Center & Ice Arena)

Th 4:15-5:30P 1/12-2/9 \$90 / \$99 215338-A

Th 4:15-5:30P 2/16-3/16 \$90 / 99 215335-B

## 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.

### (50+ years - Triphahn Center & Ice Arena)

M 10:30-11:15A 1/9-2/6 \$37 / \$41 215325-A

W 10:30-11:15A 1/4-2/8 \$44 / \$48 215325-B

F 10:30-11:15A 1/6-2/10 \$44 / \$48 215325-C

M 10:30-11:15A 2/13-3/20 \$44 / \$48 215325-D

W 10:30-11:15A 2/15-3/22 \$44 / \$48 215325-E

F 10:30-11:15A 2/17-3/24 \$44 / \$48 215325-F

## 50+ Line Dancing

Line Dancing is a pattern of steps done over and over again throughout the course of a song which individuals can do without a partner. Wear comfortable smooth soled shoes. No experience is necessary.

### (50+ years - Triphahn Center & Ice Arena)

Th 1:15-2:30P 1/5-2/9 \$60 / \$66 215311-A

Th 1:15-2:30P 2/16-3/23 \$60 / \$66 215311-B

## 50+ Daytime Tai Chi Lessons

Practicing Tai Chi provides a non-intrusive workout for improving the body, mind and spirit. The rhythmic flowing motion of the Tai Chi form 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. The format of this new class will include: warm-up exercises, drills, and learning/practicing a Yang style form.

### at the Triphahn Center

W 10:00-11:00A 1/4-2/8 \$50 / \$55 215335-A

W 10:00-11:00A 2/15-3/22 \$50 / \$55 215335-B

### at Willow Recreation Center

Tu 10:00-11:00A 1/3-2/7 \$50 / \$55 215335-C

Tu 10:00-11:00A 2/14-3/21 \$50 / \$55 215335-D

## 50+ Evening Tai Chi Lessons

Use Tai Chi Chouan's slow, non-strenuous, fluid 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 Center & Ice Arena)

Tu 5:30-6:30P 1/31-3/7 \$66 / \$73 215337-A

Tu 5:30-6:30P 3/21-4/25 \$66 / \$73 215337-B



## 50+ 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.

### (50+ years - Triphahn Center & Ice Arena)

Tu 6:00-7:00P 1/10-2/14 \$47 / \$52 215324-A

Tu 6:00-7:00P 2/21-3/28 \$47 / \$52 215324-B

## Seated Strength & Better Balance

Each class will help improve your strength, flexibility, posture and overall balance confidence to reduce your risk of falling. Activities include seated warm-up stretches followed by strengthening, low-impact aerobic moves, core/abdominal work and finally, balance training.

### (50+ years - Triphahn Center & Ice Arena)

W 11:15A-12:00P 1/18-2/15 \$36 / \$40 215327-A

W 11:15A-12:00P 2/22-3/22 \$36 / \$40 215327-B



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