

50+ Outdoor Pickleball

Dedicated Open Play for those 50+

(Fabbrini Park)

M-F 9:00A-12:00P 4/1-12/30 235301-A

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. We will dance to country music and have fun all while learning to line dance. Wear comfortable smooth soled shoes. No experience is necessary.

(Triphahn Center & Ice Arena)

Th 1:15-2:30P 7/20-8/24 \$60 / \$66 235311-A

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. No class 7/4

Daytime Lessons

(Triphahn Center & Ice Arena)

W 10:00-11:00A 6/28-8/2 \$50 / \$55 235335-A

W 10:00-11:00A 8/9-9/13 \$50 / \$55 235335-B

(Willow Recreation Center)

Tu 10:00-11:00A 6/27-8/1 \$42 / \$46 235335-C

Tu 10:00-11:00A 8/8-9/12 \$50 / \$55 235335-D

Evening Lessons

Tu 5:30-6:30P 6/27-8/8 \$60 / \$66 235337-A

Tu 5:30-6:30P 8/22-9/26 \$60 / \$66 235337-B

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! No class 6/8

(Ages 18+ - Triphahn Center & Ice Arena)

Th 4:00-5:15P 6/1-6/29 \$72 / \$80 235338-A

Th 4:00-5:15P 7/6-7/27 \$72 / \$80 235338-B

Th 4:00-5:15P 8/3-8/24 \$72 / \$80 235338-C



Register for programs in person at the front desk or online! heparks.org




FREE ⁵⁰⁺ Activities Drop-In Program Calendar at Triphahn Center unless otherwise noted.

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	Ping Pong 7:30-10:00A	Ping Pong 7:30-10:00A	Ping Pong 7:30-10:00A	Ping Pong 7:30-10:00A	Ping Pong 7:30-10:00A
	Volleyball 9:30-11:30A	Pickleball 7:00-11:00A Before 9:30A (6 courts) After 9:30A (3 courts)		Pickleball 7:00-11:00A Before 9:30A (6 courts) After 9:30A (3 courts)	Volleyball 9:30-11:30A
1ST & 3RD MONDAYS	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
		Volleyball 12:00-2:00P	Daily Billiards: All Day Walking Track: All Day and FREE!	Bike Club <small>NEW!</small> 10:30A <i>Casual 15 miles</i>	Stitching Stars 12:30-2:30P
4TH MONDAY	Book Club 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

PLUS
CARDS AND GAMES

Additional Pickleball available for \$3 daily fee on Fridays from 3:00-5:00P

Senior Events

Family Bingo Night South Side

(Triphahn Center & Ice Arena)

Th 6:00-7:30P 6/8 \$5 / \$6 235317-A

Lunch and Learn: "Boots to the Ground" Presented by Vietnam Veterans

Lunch Sponsored by Oakstreet Health

(Triphahn Center & Ice Arena)

W 11:30A-1:00P 6/28 FREE 235317-B

Toptracer Lunch & Driving Range Games

(Toptracer Range at Bridges of Poplar Creek Country Club)

F 12:00-2:00P 7/7 \$25 / \$28 235317-C

Lunch and Learn: Luther Home

(Triphahn Center & Ice Arena)

W 11:30A-1:00P 7/12 FREE 235317-D

Family Bingo Night North Side

(Willow Recreation Center)

Tu 6:00-7:30P 7/25 \$5 / \$6 235317-E

Lunch and Learn: Avondale Estates

(Triphahn Center & Ice Arena)

W 11:30A-1:00P 8/2 FREE 235317-E1

Summer Concert Series "Elvis"

(Hideaway Brew Garden)

Th 7:00-10:00P 8/17 FREE 235317-F

Pinstripes Lunch & Activity

(Pinstripes)

Lunch & Bowling

M 11:30A-2:00P 8/14 \$16 / \$16 235317-G

Lunch & Bocce

M 11:30A-2:00P 8/14 \$16 / \$16 235317-G

50+ 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.

(Bridges of Poplar Creek Country Club)

W 6:00-7:30P 6/21 FREE 235334-A

W 6:00-7:30P 7/19 FREE 235334-B

W 6:00-7:30P 8/23 FREE 235334-C

Senior Trips

Kane County Cougars Game

Th 5:00-10:00P 6/1 \$27 / \$30 235318-A

Fitzgerald's Fish Boil

Th 4:15-8:00P 7/13 \$30 / \$33 235318-B

Buddy Holly Marriot Lunch and Show

Th 10:30A-4:00P 8/10 \$80 / \$88 235318-D

Seniors Out Socializing

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

Seniors Out Socializing June

Richard Walker's, Schaumburg

F 12:00-1:30P 6/16 BYO 235316-A

Seniors Out Socializing July

Egg Harbor, Schaumburg

F 12:00-1:30P 7/21 BYO 235316-B

Seniors Out Socializing August

The Local Kitchen & Tap, Schaumburg

F 12:00-1:30P 8/18 BYO 235316-C

Seniors Out Socializing Early Bird Dinner June

Red Lobster, Schaumburg

W 5:00-6:30P 6/7 BYO 235316-A1

Seniors Out Socializing Early Bird Dinner July

Maggiano's, Schaumburg

W 5:00-6:30P 7/5 BYO 235316-B1

Seniors Out Socializing Early Bird Dinner August

Wok N Fire, South Barrington

W 5:00-6:30P 8/2 BYO 235316-C1

Senior Birthday Lunch

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 a \$20 gift certificate. Must register one week before event.

June Birthday Lunch

F 12:00-1:30P 6/23 BYO 235320-A

July Birthday Lunch

F 12:00-1:30P 7/28 BYO 235320-B

August Birthday Lunch

F 12:00-1:30P 8/25 BYO 235320-C

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 Center & Ice Arena)

M 10:30-11:15A 7/10-8/14 \$44 / \$48 235325-A

W 10:30-11:15A 7/12-8/16 \$44 / \$48 235325-B

F 10:30-11:15A 7/14-8/18 \$44 / \$48 235325-C

M 10:30-11:15A 8/21-9/25 \$44 / \$48 235325-D

W 10:30-11:15A 8/23-9/27 \$44 / \$48 235325-E

F 10:30-11:15A 8/25-9/29 \$44 / \$48 235325-F

Gentle Yoga

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 to class. Dress comfortably. This class can be prorated. No class on 7/4.

(Triphahn Center & Ice Arena)

Tu 6:00-7:00P 6/27-8/8 \$48 / \$53 235324-A

Tu 6:00-7:00P 8/15-9/19 \$48 / \$53 235324-B

Seated Strength & Better Balance

FYZICAL Therapy and Balance Centers would like to offer their Seated Strength and Better Balance class. 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.

(Triphahn Center & Ice Arena)

W 11:15A-12:00P 8/23-9/20 \$36 / \$40 235327-B



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