

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. No experience is necessary. Class will not meet 10/5, 11/2, or 11/23.

(Triphahn Center & Ice Arena)

Th	1:15-2:30P	7/20-8/24	\$60 / \$66	235311-A
Th	1:15-2:30P	9/7-10/19	\$60 / \$66	245311-A
Th	1:15-2:30P	10/26-12/14	\$60 / \$66	245311-B

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 11/22

Daytime Lessons

(Triphahn Center & Ice Arena)

W	10:00-11:00A	9/20-10/25	\$50 / \$55	245335-A
W	10:00-11:00A	11/1-12/13	\$50 / \$55	245335-B

(Willow Recreation Center)

Tu	10:00-11:00A	9/19-10/24	\$50 / \$55	245335-C
Tu	10:00-11:00A	11/7-12/12	\$50 / \$55	245335-D

Evening Lessons

Tu	5:30-6:30P	10/10-11/14	\$60 / \$66	245337-A
Tu	5:30-6:30P	11/28-1/2	\$60 / \$66	245337-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 11/23

(Ages 18+ - Triphahn Center & Ice Arena)

Th	4:00-5:15P	9/7-9/28	\$72 / \$80	245338-A
Th	4:00-5:15P	10/5-10/26	\$72 / \$80	245338-B
Th	4:00-5:15P	11/2-11/30	\$72 / \$80	245338-C
Th	4:00-5:15P	12/7-12/28	\$72 / \$80	245338-D



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 Casual 15 miles	Stitching Stars 12:30-2:30P
4TH MONDAY	Book Club 1:00P <small>- Register directly with Schaumburg Library!</small>	Pinochle 1:00-4:00P		Cards & Games 1:00-4:00P	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

Welcome to Fall Fried Chicken Luncheon

(Meet at Chandler's, Schaumburg)

Su	1:00-2:30P	9/10	BYO, CASH ONLY	245317-A
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Learn About Greece Island Hopper Vacation

(Triphahn Center & Ice Arena)

Th	12:00-1:00P	9/14	FREE	245317-B
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Lunch and Learn: Medicare 101

(Triphahn Center & Ice Arena)

W	11:30A-1:00P	10/11	FREE	245317-C
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Lunch and Learn: Ascension Breast Cancer Awareness

(Triphahn Center & Ice Arena)

F	12:00-1:30P	10/13	FREE	245317-D
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Fall Fun Bingo

(Triphahn Center & Ice Arena)

W	6:00-7:30P	10/18	\$5 / \$6	245317-E
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Lunch and Learn Brookdale

(Triphahn Center & Ice Arena)

W	11:30A-1:00P	10/25	FREE	245317-F
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Halloween Luncheon Party

(Triphahn Center & Ice Arena)

M	12:00-2:00P	10/30	\$12 / \$15	245317-G
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Lunch and Learn: Pizza & Pre-Need with Morizzo Funeral Home

(Triphahn Center & Ice Arena)

W	11:30A-1:00P	11/8	FREE	245317-G1
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Lunch and Learn: Downsizing and Decluttering

(Triphahn Center & Ice Arena)

W	11:30A-1:00P	11/15	FREE	245317-H
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Holiday Dinner Party

(Bridges of Poplar Creek Country Club)

Th	5:30-7:30P	11/30	\$40 / \$44	245317-I
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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)

Th	6:00-7:00P	9/28	FREE	245334-A
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Th	6:00-7:00P	10/26	FREE	245334-B
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Th	6:00-7:00P	11/16	FREE	245334-C
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Senior Trips

Starved Rock Land and Water Lunch Cruise

W	8:30A-5:00P	9/13	\$70 / \$77	245318-A
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Addams Family Matinee & Lunch

Th	11:30A-5:00P	9/28	\$65 / \$72	245318-B
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Elegant Farmer Apple Picking and Lunch

Sa	9:30A-4:30P	10/7	\$40 / \$44	245318-C
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Scrooge Musical at Fireside Theatre with Lunch

Th	8:30A-5:30P	11/9	\$90 / \$99	245318-D
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 Follow us on Facebook.com/HEParksSeniorCenter



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 September

Burrito Parrilla, Schaumburg

F	12:00-1:30P	9/15	BYO	245316-A
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Seniors Out Socializing October

Wildberry, Schaumburg

F	12:00-1:30P	10/20	BYO	245316-B
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Seniors Out Socializing November

Olive Garden, Schaumburg

F	12:00-1:30P	11/10	BYO	245316-C
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Seniors Out Socializing Early Bird Dinner September

Jameson's Charhouse, Arlington Heights

W	5:00-6:30P	9/6	BYO	245316-A1
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Seniors Out Socializing Early Bird Dinner October

MingHin Cuisine, Rolling Meadows

W	5:00-6:30P	10/4	BYO	245316-B1
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Seniors Out Socializing Early Bird Dinner November

Bonefish, Schaumburg

W	5:00-6:30P	11/1	BYO	245316-C1
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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.

September Birthday Lunch

F	12:00-1:30P	9/22	BYO	245320-A
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October Birthday Lunch

F	12:00-1:30P	10/27	BYO	245320-B
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November Birthday Lunch

F	12:00-1:30P	11/17	BYO	245320-C
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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. Class will not meet on 11/24, 12/4, 12/6, or 12/8.

(Triphahn Center & Ice Arena)

M	10:30-11:15A	10/2-11/6	\$44 / \$48	245325-A
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W	10:30-11:15A	10/4-11/8	\$44 / \$48	245325-B
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F	10:30-11:15A	10/6-11/10	\$44 / \$48	245325-C
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M	10:30-11:15A	11/13-12/11	\$37 / \$41	245325-D
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W	10:30-11:15A	11/15-12/13	\$37 / \$41	245325-E
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F	10:30-11:15A	11/17-12/15	\$30 / \$33	245325-F
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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	10:00-11:00A	10/3-11/7	\$48 / \$53	245324-A
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Tu	10:00-11:00A	11/14-12/19	\$48 / \$53	245324-B
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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. Class will not meet on 11/22.

(Triphahn Center & Ice Arena)

W	11:15A-12:00P	10/4-11/1	\$36 / \$40	245327-A
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W	11:15A-12:00P	11/8-12/13	\$36 / \$40	245327-B
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