

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

(Triphahn Center & Ice Arena)

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

(Willow Recreation Center)

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

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 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.

	<i>Mondays</i>	<i>Tuesdays</i>	<i>Wednesdays</i>	<i>Thursdays</i>	<i>Fridays</i>
	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
		Pickleball 2:30-5:00P		Pickleball 2:30-5:00P	

PLUS
CARDS AND GAMES

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

Senior Events

Halloween Luncheon Party

(Triphahn Center & Ice Arena)

M 12:00-2:00P 10/30 \$12 / \$15 245317-G

Lunch and Learn: Pizza & Pre-Need with Morizzo Funeral Home

(Triphahn Center & Ice Arena)

W 11:30A-1:00P 11/8 FREE 245317-G1

Lunch and Learn: Downsizing and Decluttering

(Triphahn Center & Ice Arena)

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

Holiday Dinner Party

(Bridges of Poplar Creek Country Club)

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

Winter Bingo

(Willow Recreation Center)

W 6:00-7:30P 12/6 FREE 245317-G1



Follow us on Facebook.com/HEParksSeniorCenter

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 11/16 FREE 245334-C

Th 6:00-7:00P 12/14 FREE 245334-D

Senior Trips

Scrooge Musical at Fireside Theatre with Lunch

Th 8:30A-5:30P 11/9 \$90 / \$99 245318-D

Morton Arboretum Tree Lights and Dinner

Tu 4:00-9:00P 12/12 \$55 / \$60 245318-E

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 November

Olive Garden, Schaumburg

F 12:00-1:30P 11/10 BYO 245316-C

Seniors Out Socializing December

IHOP, Hoffman Estates

F 12:00-1:30P 12/8 BYO 245316-D

Seniors Out Socializing Early Bird Dinner November

Bonefish, Schaumburg

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

November Birthday Lunch

F 12:00-1:30P 11/17 BYO 245320-C

December Birthday Lunch

F 12:00-1:30P 12/15 BYO 245320-D

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

W 10:30-11:15A 10/4-11/8 \$44 / \$48 245325-B

F 10:30-11:15A 10/6-11/10 \$44 / \$48 245325-C

M 10:30-11:15A 11/13-12/11 \$37 / \$41 245325-D

W 10:30-11:15A 11/15-12/13 \$37 / \$41 245325-E

F 10:30-11:15A 11/17-12/15 \$30 / \$33 245325-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)

Mornings

Tu 10:00-11:00A 10/3-11/7 \$48 / \$53 245324-A

Tu 10:00-11:00A 11/14-12/19 \$48 / \$53 245324-B

Evenings

Tu 6:00-7:00P 10/3-11/7 \$48 / \$53 245324-C

Th 6:00-7:00P 10/5-11/9 \$48 / \$53 245324-D

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 10/11 or 10/25.

(Triphahn Center & Ice Arena)

W 10:15-11:00A 10/4-11/15 \$36 / \$40 245327-A

W 10:15-11:00A 11/22-12/20 \$36 / \$40 245327-B

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 10/26-12/14 \$60 / \$66 245311-B