Trips!

Summer Sounds on the Green Billy Elton

(Meet at Hideaway- no BUS)

235317-C Th 8/1 7:00-8:30P **FREE**

High Tea at Cally Lily's Tea Room

(HEParks 50+ Trip)

W 8/28 11:15A-2:30P \$45/\$50 235318-C

Pizza Presentation and Buffet @ Chicago Pizza and Culinary Academy

(HEParks 50+ Trip)

Th 9/12 4:00-9:00P \$70 245318-A

Apple Picking and Lunch @All Seasons **Orchard**

(HEParks 50+ Trip) M 10/14 10:00A-3:00P \$33/\$36 245318-B

Geneva History Museum/Little Traveler **Lunch and Shopping**

(HEParks 50+ Trip)

Tu 11/19 9:45A-3:30P \$55/\$60 245318-C

Naperville Trolley Lights and Dinner at Gemato's

(HEParks 50+ Trip) Wed 12/11 3:45-8:45P \$65/\$66 245318-D

Have Questions? Manager of Senior Programs:

Jodi Schultz ischultz@heparks.org 847-285-5419

Lunch & Learns

Lunch and Learn- "Aging in Place or is it Time to Move?" Keller Williams

(Triphahn Center) 245317-A W 9/25 11:30A-1P **FREE**

Lunch and Learn- "The Journey of Hip and Knee Arthritis" Barrington Ortho

(Triphahn Center) 245317-B 9/30 11:30A-1P **FREE**

Lunch and Learn- "Supportive Living & Memory Care" Victory Center

(Triphahn Center) 245317-C Wed 10/9 11:30A-1P **FREE**

Lunch and Learn- "Medicare 101"

(Triphahn Center) 245317-E M 11/11 11:30A-1P FREE

50+ Senior Events

Woodstock Name that Tune Party

(Triphahn Center)

\$6/\$7 235317-D M 8/12 1:30-3:00P

Halloween Luncheon

(Triphahn Center) Th 10/31 12:00-2:00P \$12 245317-D

Holiday Dinner Party- "Ludy and His Lady" entertains!

(Bridges of Poplar Creek) Th 12/5 5:30-8:00P \$45 245317-F



HAP & JAN WITTKAMP senior center

6 hoffman estates park district

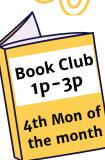
FREE Activities Drop-In Calendar

at Triphahn Center unless otherwise noted.

MON

Volleyball 9:30-11:30a

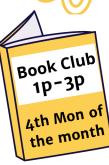
Crafting Club 1st and 3rd Monday of the month 10a-Noon



TUE

Pickleball 7-11a

Wii Bowling 10a-Noon





1p-3:30p

1p-4p

Pickleball 2:30p-5p

before 9:30a (6 courts) After 9:30a

Mah Jong

Volleyball Noon-2p

Pinochle

*Pickleball

(3 courts)

Pickleball 7-11a

Wii Bowling 10a-Noon

Bike Club 10:30a

Cards/Games 1p-4:00p

Pickleball 2:30-5p

*Pickleball before 9:30a (6 courts) After 9:30a (3 courts)

Volleyball 9:30a-11:30a

Cards / Games 9:30a-11:30a

Stitching Stars 12:30p-2:30p

Mexican Train, Cards / Games 1:30p-3:30p

*On Fridays from 3p-5p Pickleball is available for a daily fee of \$3

More FREE Everyday Activities - Including Sat. & Sun. Ping Pong 7:30a-10a Billiards & Walking Track: All Day!

Get Moving Activities

Gentle Yoga (50 and up-Triphahn Center)

Expect gentle stretching and moving exercises, deep breathing, and poses. Bring a 1/4" yoga mat, block, strap and towel to class.

Tu	6:00-7:00P	8/13-9/17	\$54/\$60	235324-B	
Tu	10:00-11:00A	8/13-9/17	\$54/\$60	235324-D	
Th	10:00-11:00A	8/15-9/19	\$54/\$60	235324-F	
Tu	10:00-11:00A	9/24-10/29	\$54/\$60	245324-A	
Tu	10:00-11:00A	11/5-12/10	\$54/\$60	245324-B	
Tu	6:00-7:00P	9/24-10/29	\$54/\$60	245324-C	
Tu	6:00-7:00P	11/5-12/10	\$54/\$60	245324-D <	<

Basic Exercise & Movement (50+Triphahn Center)

Strengthen the entire body including your heart, and all muscle groups using tubing, small balls, stretch/strength (50 and up- Triphahn Center & Ice Arena) no class 9/2

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М	10:30-11:15A	8/5-9/9	\$40 / \$44	235325-D
W	10:30-11:15A	8/7-9/11	\$48 / \$53	235325-E
F	10:30-11:15A	8/9-9/13	\$48 / \$53	235325-F

Tai Chi Lessons (50+Triphahn Center)

W	10:00-11:00a	8/7-9/11	\$55 / \$60	235335-B
W	10:00-11:00a	9/18-10/23	\$55 / \$60	245335-A
W	10:00-11:00a	10/30-12/4	\$55 / \$60	245335-B

50+ Line Dancing- (18+Triphahn Center)

Taught by Dance with Janet (No experience is necessary).

Wear comfortable smooth soled shoes. (No classes on 8/29, 11/5, or 11/28)

Th	1:15-2:30P	7/25-9/5	\$66/\$73	235311-B
Tu	1:15-2:30P	9/10-10/15	\$66/\$73	245311-A
Th	1:15-2:30P	9/12-10/17	\$66/\$73	245311-B
Tu	1:15-2:30P	10/22-12/3	\$66/\$73	245311-C
Th	1:15-2:30P	10/31-12/5	\$66/\$73	245311-D

Pub Trivia

Pub Trivia- Register individually - teams will be formed with up to 6 people. Prizes will be awarded to the winning team.
(Bridges of Poplar Creek)
W 8/21 6:00-7:30P \$1
235334-A

W 9/18 6:00-7:30P \$1 245334-A

Th 10/24 6:00-7:30P \$1 245334-B

Th 11/21 6:00-7:30P \$1 245334-C

Th 12/19 6:00-7:30P \$1 245334-D

L Soniore Out Socializing

50+ Seniors OUT Socializing

50+ Seniors Out Socializing

Join your peers for lunch at a local establishment. Each person pays for their own meal. Please register a week before the meal.

Perry's, Schaumburg

235316-C

F 8/16 12-1:30p Buy Your Own Bone?sh Grill-Schaumburg

245316-A

Fri 9/20 12- 1:30PM Buy Your Own

Lou Malnati's-Schaumburg

245316-B

Fri 10/18 12-1:30PM Buy Your Own Wildberry Pancakes- Schaumburg

245316-C

Fri 11/15 12-1:30PM Buy Your Own Franco's Cucina-Streamwood

245316-D

Fri 12/13 12-1:30PM Buy Your Own

50+ Seniors Out Socializing Early Bird

Join your peers at a local establishment. Each person pays for their own meal. Please register a week before the meal.

Texas Road House-Bloomingdale

225316-C1

TH 8/8 4:30-6:00p Buy Your Own

Lucky Monk- Barrington

245316-A1

W 9/4 5 – 6:30PM Buy Your Own

Sweet Basil- Hanover Park

245316-B1

W 10/2 5-6:30PM Buy Your Own

Olive Garden_Schaumburg

245316-C1

Wed 11/6 5 – 6:30PM Buy Your Own

NEW!!!

50+ Outdoor Pickleball at Fabbrini

Dedicated 50+ Pickleball play time at Fabbrini Park on Monday, Wednesday and Fridays from 9 - noon (50+ Fabbrini Park)

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

FREE 235301-A

Birthday Lunch

August Birthday Lunch

F 12:00-1:30p 8/23 Buy Your Own 235320-C

September Birthday Lunch

F 12:00-1:30p 9/27 Buy Your Own 245320-A

October Birthday Lunch

F 12:00-1:30p 10/25

Buy Your Own 245320-B

Celebrate our friends' birthdays at Garibaldi's.
Attendees receive a 20% off their lunch and those with a birthday during the month receive a \$10 gift certificate. Must register one week before event date. (50+ Garibaldi's)

November Birthday Lunch

F 12:00-1:30p 11/22 Buy Your Own 245320-C

December Birthday Lunch

F 12:00-1:30p 12/20 Buy Your Own 245320-D

