



Trips!

Summer Sounds on the Green Billy Elton
 (Meet at Hideaway- no BUS)
 Th 8/1 7:00-8:30P **FREE** 235317-C

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

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

hoffman estates park district

FREE ⁵⁰⁺ 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

Book Club
 1p-3p
 4th Mon of the month

TUE

Pickleball
 7-11a

Wii Bowling
 10a-Noon

Volleyball
 Noon-2p

Pinochle
 1p-4p

Pickleball
 2:30p-5p

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

WED

Mah Jong
 1p-3:30p

THU

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)*

FRI

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

M	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 ✨

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

50+ Seniors OUT Socializing

EARLY BIRD!



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

Bonefish 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

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

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-Bloomington

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 ✨

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

