

Trips!

9 to 5 Show at Metropolis & Lunch
 (50+ HE Parks Bus)
 Th 5/16 9:30A-4:15p
 \$60/\$66 225318-C

Sight Movie @AMC South Barrington
 (NO BUS- choose your own date, time
 and theater)
 5/23-5/30
 Email Jschtulz@heparks.org for code

FREE 225318-B1

Fitzgerald's Fish Boil
 (50+ HE Parks Bus)
 Th 6/13 4:15-8:45P \$35/\$38 235318-A

Metropolis Million Dollar Quartet and Lunch
 (50+ HE Parks Bus)
 Th 7/25 11:30A-5P \$60/\$66 235318-B

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



Lunch & Learns



Lunch and Learn- "Senior Living Myths Debunked"
 (Triphahn Center) 225317-D
W 5/22 11:30A-1P FREE

Lunch and Learn Lifeway Mobility
 (Triphahn Center) 235317-B
W 6/26 11:30A-1P FREE

Ascension Lunch and Learn-Pain Management
 (Triphahn Center) 235317-C2
Tu 7/23 12:00-2P FREE

50+ Senior Events

Movies and Munchies (Triphahn Center)
M 6/17 1:30-3:30P \$6 / \$7
 235317-A

Movies and Munchies (Willow Center)
M 8/26 1:30-3:30P \$6 / \$7
 235317-E

Spotlight on New York Informational Meeting (Triphahn Center)
Th 7/18 1:00-2:00P FREE
 235317-C

Woodstock Name that Tune Party
 (Triphahn Center)
M 8/12 1:30-3:00P \$6 / \$7
 235317-D

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

NOTE: Gym resurfacing July 22-August 11

NO programs during this time frame in the GYM

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

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

(50 and up- Triphahn Center & Ice Arena)

Tu	6:00-7:00P	7/2-8/6	\$54 / \$60	235324-A
Tu	10:00-11:00A	7/2-8/6	\$54 / \$60	235324-C
Th	10:00-11:00A	7/11-8/8	\$54 / \$60	235324-E
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

Basic Exercise & Movement

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	6/24-7/29	\$48 / \$53	235325-A
W	10:30-11:15A	6/26-7/31	\$48 / \$53	235325-B
F	10:30-11:15A	6/28-8/2	\$48 / \$53	235325-C
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 and up- Triphahn Center & Ice Arena)

W	10:00-11:00a	6/26-7/31	\$55 / \$60	235335-A
W	10:00-11:00a	8/7-9/11	\$55 / \$60	235335-B

50+ Line Dancing (No experience is necessary).

Le will dance to country music and have fun all while learning to line dance. Wear comfortable smooth soled shoes.

(18 and up- Triphahn Center & Ice Arena) No classes on 7/4 or 8/29

Th	1:15-2:30P	6/6-7/18	\$66/\$73	235311-A
Th	1:15-2:30P	7/25-9/5	\$66/\$73	235311-B

PUB TRIVIA

Pub Trivia- Register individually - teams will be formed with up to 6 people. Prizes will be awarded to the winning team.

(Bridges)

W	6/12	6:00-7:30P	\$1	235334-A
W	7/17	6:00-7:30P	\$1	235334-B
W	8/21	6:00-7:30P	\$1	235334-C

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



Seniors OUT Socializing

EARLY BIRD!

Seniors Out Socializing Lunch

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

Richard Walker's 225316-B
F, 5/17 12:00-1:30p Buy Your Own

Honey Berry 235316-A
F, 6/21 12:00-1:30p Buy Your Own

The Local Kitchen & Tap 235316-B
F, 7/19 12:00-1:30p Buy Your Own

Perry's 235316-C
F, 8/16 12:00-1:30p 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.

Chandler's Burger Night-CASH ONLY
235316-A1

W 6/5 5:00-6:30p Buy Your Own

Riccardo's 235316-B1
W 7/10 5:00-6:30p Buy Your Own

Texas Road House 235316-C1
TH 8/8 4:30-6:00p Buy Your Own

Birthday Lunches

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

May Birthday Lunch

F 12:00-1:30p 5/24
Buy Your Own 225320-B

June Birthday Lunch
F 12:00-1:30p 6/28
Buy Your Own 235320-A

July Birthday Lunch
F 12:00-1:30p 7/26
Buy Your Own 235320-B

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

