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 Jschultz@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"

225317-D (Triphahn Center) 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) 6/17 1:30-3:30P \$6 / \$7 235317-A

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

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

235317-C

Woodstock Name that Tune Party

(Triphahn Center) 8/12 1:30-3:00P \$6 / \$7 235317-D



7-11a

Volleyball

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

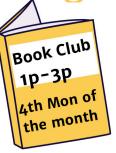
MON

Volleyball

9:30-

11:30a

Crafting





Pickleball

Wii Bowling 10a-Noon

Noon-2p Pinochle

> Pickleball 2:30p-5p

1p-4p

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

FREE Activities Drop-In Calendar

1p-3:30p

August 11

Mah Jong

July 22-

NO programs

Pickleball 7-11a

NOTE: Gym

resurfacing

during this time frame in the GYM

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

PAP&JAN WITTKAMP senior cente

hoffman estates park district

at Triphahn Center unless otherwise noted.

Wii Bowling

10a-Noon

Bike Club

Cards/Games

1p-4:00p

Pickleball

2:30-5p

10:30a

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 Yoqa

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)
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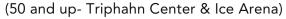
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Tu	6:00-7:00P	7/2-8/6	\$54 / \$60	235324-A
Tu	10:00-11:00A	7/2-8/6	\$54 / \$60	235324-C
Th	10:00-11:00A	7/11-8/8	\$54 / \$60	235324-E
Tu	6:00-7:00P	8/13-9/17	\$54 / \$60	235324-B
Tu	10:00-11:00A	8/13-9/17	\$54 / \$60	235324-D
Th	10:00-11:00A	8/15-9/19	\$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

Μ	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
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



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

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

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

Riccardo's 235316-B1

Buy Your Own W 7/10 5:00-6:30p

Texas Road House

235316-C1

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

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)

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 F 12:00-1:30p 5/24



