

HAVE FUN THIS Fall

AT THE HAP & JAN WITTKAMP
senior center

Located on the North Side of the Triphahn Center
1685 W. Higgins Rd – Use Main Entrance
Learn more at HEParks.org/Senior-Center

 **hoffman estates** park district

Masks required for those who are not fully vaccinated.

Questions? Contact Alisa Kapusinski 847-781-3634 or akapusinski@heparks.org

**A place for fun,
friends and activities**

Membership NOT Required

- **Safe & Sanitized** •
- **FREE Drop-In Programs** •
- **FREE & Low Cost Events** •
- **FREE Fitness Opportunities** •

*Some events/programs may take place
outside of the Senior Center, at other
Hoffman Estates Park District locations/parks*

FREE Activities

Drop-In Program Calendar at Triphahn Center, unless otherwise noted

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Volleyball 9:30-11:30A	NEW! Pickleball 9:00-11:00A	MahJong 1:00-3:00P	Pickleball 9:00-11:00A	Volleyball 9:30-11:30A NEW!
Crafting Club 10:00A-Noon <i>1st & 3rd Monday of the Month</i>	Wii Bowling 10:00A-Noon	NEW! Daily Ping Pong 8:30-10:30A	Wii Bowling 10:00A-Noon	Cards & Games 9:30-11:30A
Stitching Stars 1:00-3:00P	Volleyball 12:00-2:00P	Billiards: All Day Walking Track: now available all day, open to all and FREE!	Bike Club 10:30A Weekly <i>Casually Bike the area 15miles</i>	Mexican Train Dominoes / Cards & Games 1:30-3:30P
Book Club 10:00A-Noon <i>4th Monday of the Month</i>	Pinochle 2:00-4:00P		Cards & Games 2:00-4:00P	Bowling 10:00A <i>at Streamwood Bowl \$6 for 3 games & shoes</i>
	Pickleball 4:00-5:30P			

Social Lunches

Birthday Lunch Club: Celebrate our friends' birthdays each month at Garibaldi's.

Receive 20% off lunch and those celebrating their birthdays will get a \$20 gift certificate!

SOS – Seniors Out Socializing: Enjoy a monthly lunch with friends. Be social, have fun!

For dates and times, email Deb Dobbertien for more information at ddobbertien@heparks.org

Stay Active & Healthy (50+) at the Triphahn or Willow Recreation Centers

Forever Strong

Forever Strong is specifically designed to focus on low impact strength training. We'll begin with a light warm up, followed by targeting all of our muscles using bands or light hand held weights. One foot will be on the ground at all times to reduce joint impact.

Bring a towel and water. No Class: 11/23, 25

(50+ years - Triphahn)

Tu	8:30-9:15A	9/14-10/26	\$35 / \$39	245327-A
Th	8:30-9:15A	9/16-10/28	\$35 / \$39	245327-B
Tu	8:30-9:15A	11/2-12/14	\$30 / \$33	245327-E
Th	8:30-9:15A	11/4-12/16	\$30 / \$33	245327-F

Work up a sweat at Forever Strong and stay for Stretch & Tone to cool down – Sign up for both!

Stretch & Tone

All levels of fitness are welcome to this class specifically designed to work on flexibility. Yoga and Pilates are the core of this class.

Must bring own mat to class. No Class: 11/23, 25

(50+ years - Triphahn)

Tu	9:20-9:50A	9/14-10/26	\$18 / \$19	245327-C
Th	9:20-9:50A	9/16-10/28	\$18 / \$19	245327-D
Tu	9:20-9:50A	11/2-12/14	\$15 / \$17	245327-G
Th	9:20-9:50A	11/4-12/16	\$15 / \$17	245327-H

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. *No Class: 11/22, 24, 26*

(50+ years - Triphahn)

M	10:30-11:15A	9/13-10/25	\$35 / \$39	245325-A
W	10:30-11:15A	9/15-10/27	\$35 / \$39	245325-B
F	10:30-11:15A	9/17-10/29	\$35 / \$39	245325-C
M	10:30-11:15A	11/1-12/13	\$30 / \$33	245325-D
W	10:30-11:15A	11/3-12/15	\$30 / \$33	245325-E
F	10:30-11:15A	11/5-12/17	\$30 / \$33	245325-F

Gentle Yoga

Yoga can promote healing in your body as your stress level is reduced and you learn to interact differently with everyday stresses. It can also decrease your blood pressure, heart rate, and respiratory rate while giving you a renewed sense of energy and focus. 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. Dress comfortably. No Class: 11/25

(50+ years - Triphahn)

Th	5:30-6:30P	9/16-10/28	\$53 / \$58	245324-A
Th	5:30-6:30P	11/4-12/16	\$45 / \$50	245324-B

Tai Chi Lessons

Daytime Tai Chi provides a non-intrusive workout for improving the body, mind and spirit. The rhythmic flowing motion 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.

(50+ years - Triphahn)

W	10:00-11:00A	9/29-11/3	\$40 / \$44	245335-A
W	10:00-11:00A	11/17-12/15	\$40 / \$44	245335-B

(50+ years - Willow)

Tu	10:00-11:00A	9/28-11/2	\$40 / \$44	245335-C
Tu	10:00-11:00A	11/16-12/14	\$40 / \$44	245335-D

Evening Use slow, non-strenuous movements toward life-long health maintenance. This quiet, therapeutic exercise sharpens and calms the mind, loosens and strengthens the body offering greater freedom and range of motion while improving balance, coordination, breathing, circulation and posture.

(50+ years - Triphahn)

Tu	5:30-6:30P	9/14-10/19	\$70 / \$77	245337-A
Tu	5:30-6:30P	11/2-12/7	\$70 / \$77	245337-B

You may qualify for a free fitness membership via:

Register online at HEParks.org or in person!

Senior Tap No Class: 11/24

(50+ years - Triphahn)

W 4:30-5:00P 9/15-12/15 \$81 / \$89 245209-E

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. *Wear comfortable, smooth soled shoes. No experience necessary.*

(50+ years - Triphahn)

Th 2:00-3:15P 9/9-10/14 \$52 / \$55 245311-A

Th 2:00-3:15P 10/28-12/9 \$52 / \$55 245311-B

Pickleball Open Play

Indoor Play on Tuesday 9-11am, 4-5:30pm
& Thursday 9-11am at Triphahn Center

Outdoor Play M/W/F 9:00am-Noon at Fabbrini Park
(organized play) or play anytime at the outdoor courts held at:
Fabbrini, Cannon Crossings, Charlemagne and South Ridge Parks.

Trips (50+) Meet at the Triphahn Center

Kinky Boots Theater & Lunch

Kinky Boots is a musical about a shoe maker and a fierce drag queen who find common ground in shoes! From its glorious costumes to its dizzyingly tall heels and songs you'll be humming for days. Lunch, provided prior to the show, will be greek salad & rolls, lemon oregano chicken with vesuvio potatoes, green beans and Balkava dessert.

Cash bar available. Register by: 8/13

Wed, September 1 10:30A-4:30P \$59 / \$64 245318-A

Apple Orchard Trip

We're traveling to All Seasons Apple Orchard in Woodstock. Cost includes admission, hay ride to pick 1/4 peck of apples and cider or coffee after the apple picking. Participants will purchase their own lunch on site while also enjoying the Farm Market and Bakery.

Mon, September 13 9:00A-2:00P \$24 / \$27 245318-C

Anderson Japanese Garden

The Anderson Japanese Gardens is a beautiful, outdoor setting that inspires the mind and energizes the soul. Enjoy a day of touring the gardens in Rockford. After the gardens, we will stop at the Machine Shed restaurant for lunch. Lunch will be paid individually.

Wed, October 6 8:30A-3:00P \$24 / \$27 245318-D

Holiday Lights Trolley Tour

Hop on the trolley for a holiday lights trolley tour. Our first stop will be at Aurelio's for dinner. Afterwards, we'll board a private enclosed trolley where we will go past many homes to see the lights. We may even get off the trolley to view some homes up close! There is minimal walking. Trip fee includes: transportation, dinner and trolley ticket.

Tues, December 7 4:00-8:30P \$59 / \$64 245318-B



Follow us on [Facebook.com/HEParksSeniorCenter](https://www.facebook.com/HEParksSeniorCenter)

Events (50+) at the Triphahn Center

FREE Game Nights

Pub Trivia

Individual registration is required (list your team, no more than 6 people.) General knowledge questions!

Bring food to share with your team only. Winning team receives a prize.

Thurs, September 2	7:00-8:00P	FREE	235334-E
Thurs, September 23	5:30-6:30P	FREE	245334-A
Thurs, October 28	5:30-6:30P	FREE	245334-B
Thurs, November 18	5:30-6:30P	FREE	245334-C
Thurs, December 16	5:30-6:30P	FREE	245334-D

BINGO Night

Gather your friends or meet new friends for a night of fun and BINGO games. *Small prizes awarded to winners.*

Thurs, September 9	6:30-8:00P	FREE	245317-A
--------------------	------------	------	----------

Game Night

We will be playing a variety of fun and entertaining games that are sure to bring out laughs! Join us in playing Pictionary, Scattergories, and Taboo just to name a few. Never played before? Don't worry, we'll teach you!

Tues, October 12	6:30-8:00P	FREE	245317-C
------------------	------------	------	----------

THURSDAY, DECEMBER 2
FROM 5:30-8:00 PM

Holiday Dinner Party

Celebrate the holidays with your friends at the Senior Holiday Party. Enjoy entertainment and dinner; include soup, sliced beef with twice baked potato and vegetables and dessert.

BRIDGES OF POPLAR CREEK COUNTRY CLUB

\$32 Residents / \$35 Non 245317-F



Luncheons

Lunch with the Mayor of HE

Join our village Mayor McLeod for updates on village projects and initiatives, Q&A and lunch. Deli sandwiches, chips and salads served.

Wed, August 18	11:30A-1:00P	\$10 / \$12	235317-H
----------------	--------------	-------------	----------

Half-Way to St Pats

Breakout your green apparel and join your friends for lunch. Corned Beef sandwiches, salad and dessert served.

Wed, September 15	11:30A-1:00P	\$10 / \$12	245317-B
-------------------	--------------	-------------	----------

Lunch with HE Historian

Join Pat Barch to hear stories of original neighborhoods, stores and plots of land in Hoffman Estates. Pasta, salad and garlic bread served.

Wed, September 29	11:30A-1:00P	\$10 / \$12	235317-B2
-------------------	--------------	-------------	-----------

Lunch & Learn: Transitioning to Senior Living

Discussion on ways to ease the stress and keep the peace as you move through these life changes. Lunch provided. *We will have a Real Estate Professional, a Senior Housing Consultant, and Financial Advisors, here to share advice and answer your questions.*

Wed, October 20	11:30A-1:00P	FREE	245317-D
-----------------	--------------	------	----------

Lunch & Learn: Medicare 101

Learn about the basics of Medicare, how it works and what the upcoming 2022 plan options are. Great information for those who have been on Medicare for years or for those who are new to it. Bring a lunch, snacks provided. *Presented by a licensed insurance agent.*

Wed, October 27	12:30-1:30P	FREE	245317-D1
-----------------	-------------	------	-----------

White Elephant BINGO

Bring a small white elephant/gag gift to use for BINGO prizes. Pasta lunch, salad and dessert served.

Wed, November 17	11:30A-1:00P	\$10 / \$12	245317-E
------------------	--------------	-------------	----------

Holiday BINGO

Wear festive holiday apparel and bring a holiday gift (\$5 or less) for the prize table. A variety of soups, salads and dessert served.

Wed, December 15	11:30A-1:00P	\$10 / \$12	245317-G
------------------	--------------	-------------	----------

Seminar & Dinner

Senior Living: Am I Prepared? *Presented by: Senior Oasis Advisors, Carebuilders at Home, Castlekeepers, and L&M Financial Services Inc.*

Don't miss this opportunity to learn some valuable tips that will empower you to make educated decisions when assisting loved ones.

Topics include: senior living process, starting the conversation with a parent, POA, safety in the home, discussing different senior living options, and cost concerns.

Wed, September 22	5:30-7:00P	FREE	245317-B1
-------------------	------------	------	-----------