

# HAP & JAN WITTKAMP senior center

hoffman estates park district

## FREE Activities Drop-In Program Calendar at Triphahn Center unless otherwise noted.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	<b>NEW!</b> Pickleball 7:00-9:30A 6 Courts		<b>NEW!</b> Pickleball 7:00-9:30A 6 Courts	
Volleyball 9:30-11:30A	Pickleball 9:30-11:00A 3 Courts	MahJong 1:00-3:00P	Pickleball 9:30-11:00A 3 Courts	Volleyball 9:30-11:30A
<b>Crafting Club</b> 10:00A-Noon <i>1st &amp; 3rd Monday of the Month</i>	Wii Bowling 10:00A-Noon	<b>Daily</b> Ping Pong 8:30-10:30A  Billiards: All Day  Walking Track: now available all day, open to all and FREE!	Wii Bowling 10:00A-Noon	Cards & Games 9:30-11:30A
Stitching Stars 1:00-3:00P	Volleyball 12:00-2:00P		<b>Bike Club</b> 10:30A Weekly <i>Casually Bike the area 15miles</i>	Mexican Train Dominos / Cards & Games 1:30-3:30P
<b>Book Club</b> 1:00P <i>4th Monday of the Month - Register directly with Schaumburg Library! (No Book Club in December)</i>	Pinochle 2:00-4:00P		Cards & Games 2:00-4:00P	<b>Bowling</b> 10:00A <i>at Streamwood Bowl \$6 for 3 games &amp; shoes</i>
	Pickleball 4:00-5:30P 3 Courts			

Updated 12/2/21

## Triphahn Center Hours

Monday-Friday 6:00a-9:00p  
Saturday 6:00a-5:00p  
Sunday 7:00a-5:00p

Christmas Eve Closed  
Christmas Day Closed  
New Year's Eve 7:00a-1:00p  
New Year's Day Closed

## Fitness

### Forever Strong

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.

Tu	10:30-11:15A	1/4-2/8	\$42 / \$46	215327-A
Th	10:30-11:15A	1/6-2/10	\$42 / \$46	215327-B
Tu	10:30-11:15A	2/15-3/22	\$42 / \$46	215327-C
Th	10:30-11:15A	2/17-3/24	\$42 / \$46	215327-D

### Gentle Yoga

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 to class.

Th	1:00-2:00P	1/6-2/10	\$45 / \$50	215324-A
Th	1:00-2:00P	2/17-3/24	\$45 / \$50	215324-B

### Basic Exercise & Movement

Burn calories and increase your energy with low impact cardio exercises. Strengthen the entire body using tubing, small balls, and stretching.

M	10:30-11:15A	1/3-2/7	\$42 / \$46	215325-A
W	10:30-11:15A	1/5-2/9	\$42 / \$46	215325-B
F	10:30-11:15A	1/7-2/11	\$42 / \$46	215325-C
M	10:30-11:15A	2/14-3/21	\$42 / \$46	215325-D
W	10:30-11:15A	2/16-3/23	\$42 / \$46	215325-E
F	10:30-11:15A	2/18-3/25	\$42 / \$46	215325-F

### Daytime Tai Chi Lessons

Practicing Tai Chi provides a non-intrusive workout for improving the body, mind and spirit. This class will include: warm-up exercises, drills, and learning/practicing.

W	10:00-11:00A	1/12-2/16	\$42 / \$46	215335-A
W	10:00-11:00A	2/23-3/30	\$42 / \$46	215335-B
(50+ years - Willow)				
Tu	10:00-11:00A	1/11-2/15	\$42 / \$46	215335-C
Tu	10:00-11:00A	2/22-3/29	\$42 / \$46	215335-D

### Evening Tai Chi Lessons

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.

Tu	5:30-6:30P	1/18-2/15	\$58 / \$64	215337-A
Tu	5:30-6:30P	3/1-3/29	\$58 / \$64	215337-B

## ❄️ Game Nights

### Minute to Win It Game Night

Challenge yourself and your team to compete in a variety of fun Minute to Win it games. Teams will have less than a minute to complete different challenges and games. So much fun to be had!  
(50+ years - Triphahn)

W	6:00-7:30P 1/19	FREE	215317-A
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### Bingo Night

Gather your friends or meet new friends for a free night of fun and BINGO games. Small prizes will be awarded to winners.  
(50+ years - Triphahn)

Tu	6:00-7:00P 2/8	FREE	215317-B
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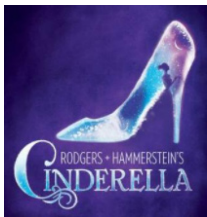
### Pub Trivia

Join in on the trivia fun! All questions will be general knowledge questions. Everyone will need to register individually - teams will be formed with up to 6 people. Teams may bring food to share for their team only. Prizes will be awarded to the winning team.  
(50+ years - Triphahn)

Th	6:00-7:30P 1/27	FREE	215334-A
Th	6:00-7:30P 2/24	FREE	215334-B
Th	6:00-7:30P 3/24	FREE	215334-C

## ❄️ Trips

**Paramount Theater\*\*\* Paramount Theater requires all attendees to show proof of COVID-19 vaccination or proof of a negative COVID-19 PCR test taken within 72 hours of performance start time. Face coverings are required at all times during the show.**



### Cinderella - Paramount Theater

From the genius minds of Rodgers & Hammerstein! This show will delight and enchant young and old alike. You're never too young for a little magic and never too old to believe. Enjoy this all-ages trip. Perfect opportunity to bring your child or grandchildren along. Lunch is not provided so please eat before you board the bus.

**Registration closes on December 15.**

(5+ years - HEParks Bus)	W	12:15-5:00P	1/5	\$44 / \$48	215318-A
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### Groundhog Day - Paramount Theater

Imagine being stuck in a time loop - waking up and realizing you're living the same day over and over and over again?! Based on the classic Bill Murray comedy, Groundhog Day: The Musical is full of "fertile and feverish theatrical imagination," The New York Times raved. Fee includes lunch prior to the show at Meyer Ballroom across from Paramount Theater. **Registration closes on January 12.**

(50+ years - HEParks Bus)	W	11:00A-5:00P	2/2	\$64 / \$70	215318-B
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## ❄️ Pickleball Lessons (The Club at Prairie Stone)

### 101

Learn the basic pickleball safety, rules, grip, strokes and scoring. By the end of class, players will be capable of playing a game without the need of assistance.

W	9:00-10:00A	12/1-12/22	\$65 / \$75	240450-D
W	9:00-10:00A	1/5-1/26	\$65 / \$75	210450-A
M	5:00-6:00P	1/10-1/31	\$65 / \$75	210450-AE
W	9:00-10:00A	2/2-2/23	\$65 / \$75	210450-B
W	9:00-10:00A	3/2-3/23	\$65 / \$75	210450-C

### 102

Expand the basic game by learning more advanced shots and developing your in-game strategy. Work on your shot readiness, awareness, anticipation, and moving as a team.

W	10:00-11:00A	12/1-12/22	\$65 / \$75	240451-D
W	10:00-11:00A	1/5-1/26	\$65 / \$75	210451-A
W	10:00-11:00A	2/2-2/23	\$65 / \$75	210451-B
W	10:00-11:00A	3/2-3/23	\$65 / \$75	210451-C

### 103

The main emphasis will be on strategy. There will be new drills to help perfect your shots, Working on proper court positioning and coverage.

W	11:00A-12:00P	12/1-12/22	\$65 / \$75	240452-D
W	11:00A-12:00P	1/5-1/26	\$65 / \$75	210452-A
W	11:00A-12:00P	2/2-2/23	\$65 / \$75	210452-B
W	11:00A-12:00P	3/2-3/23	\$65 / \$75	210452-C

## ❄️ Luncheons

### Senior Holiday BINGO Luncheon

We're celebrating the holidays and playing BINGO! Wear festive holiday apparel and bring a wrapped holiday gift (\$5 or less) for the prize table. Lunch will be a variety of soups and salads and dessert.  
(50+ years - Triphahn)

W	11:30A-1:00P	12/15	\$10 / \$12	245317-G
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### Senior Lunch & Learn - Brain Health

Living a Brain-Healthy Lifestyle - This presentation reviews some of the latest research and steps participants can take related to keeping their brain healthy for a lifetime. Lunch will be provided.

(50+ years - Triphahn)	W	11:30A-1:00P	12/8	FREE	245317-F1
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### Senior Lunch & Learn - Retirement

A retirement distribution and estate strategy should be a part of everyone's retirement goals. This informational session will focus on the basics of estate and retirement approaches including: 1) Basic estate strategies, 2) Wills, trusts, and financial and health care powers of attorney 3) The importance of naming beneficiaries 4) When you should consider a retirement approach that uses a trust 5) The value of life insurance in estate and retirement strategies. Lunch will be provided. (50+ years - Triphahn)

W	11:30A-1:00P	1/12	FREE	215317-A1
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### Valentine's Day Luncheon

Love is in the air! Let's all enjoy our company together and celebrate Valentine's Day with your friends. We'll enjoy chicken parmesan lunch with salad and dessert. (50+ years - Triphahn)

M	11:30A-1:00P	2/14	\$10 / \$12	215317-C
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### St. Patrick's Day Luncheon

Break out your green and enjoy St. Patrick's Day at the Senior Center. Lunch will be corned beef sandwiches, soup, and dessert.

(50+ years - Triphahn)	Th	11:30A-1:00P	3/17	\$10 / \$12	215317-D
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### Monthly Birthday Lunch

Celebrate our friends' birthdays at Garibaldi's each month. Attendee receive a 20% off lunch coupon and those with a birthday during the month receive a \$20 gift certificate. Must register by end of day before event date. (50+ years - Garibaldi's)

F	11:30A-1:00P	1/28 (A) 2/25 (B) 3/25 (C)	215320
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## ❄️ Dance

### Adult Combo

No dance experience necessary. Learn three styles of dance-Ballet, Jazz and Tap throughout the class. (18+ years - Triphahn)

W	6:30-7:15P	1/12-5/18	\$169 / \$186	215209-I
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### Senior Tap

Learn the basic tap steps and combinations. Emphasis is on technique and performance. No Class: 3/23 (50+ years - Triphahn)

W	4:30-5:00P	1/12-5/18	\$113 / \$124	215209-H
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## ❄️ Book Club

### Book Club will not meet in December

Register for the January Book Club online or at either the main Schaumburg Township Library or the Hoffman Branch. Book club meets the 4th Monday of each month at 1:00p.

Save the date!

## Seniors out Socializing

The first lunch meet up is  
January 21.