

# WHAT'S HAPPENING THIS Summer

HAP & JAN WITTKAMP

## senior center

A place for fun, friends & activities

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

Located on the North Side of the Triphahn Center  
1685 W. Higgins Rd – Learn more at [HEParks.org/Senior-Center](http://HEParks.org/Senior-Center)

Some events/programs may take place outside of the Senior Center, at other Hoffman Estates Park District locations/parks. Membership NOT Required.

hoffman estates park district

## FREE <sup>50+</sup> Activities Drop-In Program Calendar at Triphahn Center unless otherwise noted.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Volleyball 9:30-11:30A	Pickleball 7:00-11:00A <i>Before 9:30A (6 courts) After 9:30A (3 courts)</i>	Chair Volleyball 10:00-11:00A	Pickleball 7:00-11:00A <i>Before 9:30A (6 courts) After 9:30A (3 courts)</i>	Volleyball 9:30-11:30A
<b>Crafting Club</b> 10:00A-Noon <small>15<sup>TH</sup> &amp; 3<sup>RD</sup> MONDAY</small>	Wii Bowling 10:00A-Noon	MahJong 1:00-3:00P	Wii Bowling 10:00A-Noon	Cards & Games 9:30-11:30A
Stitching Stars 1:00-3:00P	Volleyball 12:00-2:00P	<b>Daily</b> Ping Pong 8:30-10:30A Billiards: All Day Walking Track: All Day and FREE!	<b>Bike Club</b> 10:30A <i>Casual 15 miles</i>	Mexican Train Dominoes 1:30-3:30P <small>PLUS 2<sup>ND</sup> &amp; 4<sup>TH</sup> MONDAY</small>
<b>Book Club</b> 1:00P - Register directly with Schaumburg Library!	Pinochle 2:00-4:00P		Cards & Games 2:00-4:00P	<b>Bowling</b> 10:00A at Streamwood Bowl \$6 for 3 games & shoes
	Pickleball 2:00-5:00P (3 courts)		Pickleball 2:00-5:00P (3 courts) <small>NEW!</small>	

Additional Pickleball available for \$3 daily fee. Monday and Wednesday from 1:00-4:00P, and Friday from 3:00-5:00P

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

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## 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: 7/4, 9/5. *(Triphahn)*

M	10:30-11:15A	5/16-6/20	\$31 / \$35	225325-D
W	10:30-11:15A	5/18-6/22	\$37 / \$42	225325-E
F	10:30-11:15A	5/20-6/24	\$37 / \$42	225325-F
M	10:30-11:15A	6/27-8/1	\$31 / \$35	235325-A
W	10:30-11:15A	6/29-8/3	\$37 / \$42	235325-B
F	10:30-11:15A	7/1-8/5	\$37 / \$42	235325-C
M	10:30-11:15A	8/8-9/12	\$31 / \$35	235325-D
W	10:30-11:15A	8/10-9/14	\$37 / \$42	235325-E
F	10:30-11:15A	8/12-9/16	\$37 / \$42	235325-F

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## 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.

*(Triphahn)*

W	10:00-11:00A	5/18-6/29	\$42 / \$46	225335-B
W	10:00-11:00A	7/6-8/10	\$42 / \$46	235335-A
W	10:00-11:00A	8/17-9/21	\$42 / \$46	235335-B

*(Willow)*

Tu	10:00-11:00A	5/17-6/28	\$42 / \$46	225335-D
Tu	10:00-11:00A	7/5-8/9	\$42 / \$46	235335-C
Tu	10:00-11:00A	8/16-9/20	\$42 / \$46	235335-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.

*(Triphahn)*

Tu	5:30-6:30P	5/3-5/31	\$60 / \$66	225337-B
Tu	5:30-6:30P	6/7-7/12	\$60 / \$66	235337-A
Tu	5:30-6:30P	7/19-8/23	\$60 / \$66	235337-B

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## 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. We will keep one foot on the ground at all times to reduce joint impact. Bring a towel and water. *(Triphahn)*

Tu	10:30-11:15A	5/17-6/21	\$35 / \$39	225327-E
Th	10:30-11:15A	5/19-6/23	\$35 / \$39	225327-F

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## Stretch and 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. All participants must bring their own mat to class. *(Triphahn)*

Tu	9:50-10:20A	5/17-6/21	\$18 / \$20	225327-G
Th	9:50-10:20A	5/19-6/23	\$18 / \$20	225327-H

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## 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. Wear comfortable smooth soled shoes. No experience is necessary. *(Triphahn)*

Th	1:00-2:15P	6/9-7/14	\$60 / \$66	235311-A
Th	1:00-2:15P	7/21-8/25	\$60 / \$66	235311-B

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## Gentle Yoga

Yoga can promote healing in your body. 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. Dress comfortably. *(Triphahn)*

Tu	10:00-11:00A	6/7-7/12	\$45 / \$50	235324-A
Tu	10:00-11:00A	7/19-8/23	\$45 / \$50	235324-B

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## Adult Tap Dance

This class is for all levels of dancers. In this class dancers will be learning steps and combinations in the style of tap. *(Willow)*

Th	6:00-6:45P	6/9-7/28	\$75 / \$82	235209-D
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## Events (50+)

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### Seniors Out Socializing

Meet once a month for lunch and conversation, on the third Friday of each month at various restaurants. Free to attend, lunch at cost.

F 5/20	Shake Shack	11:30A-1:00P	Lunch on Own	225316-B
F 6/17	Omega Restr	11:30A-1:00P	Lunch on Own	235316-A
F 7/15	Olive Garden	11:30A-1:00P	Lunch on Own	235316-B
F 8/19	Red Robin	11:30A-1:00P	Lunch on Own	235316-C

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### Birthday Lunch Club (Garibaldi's)

Celebrate our friends' birthdays each month. Attendee receive a 20% off lunch coupon and those with a birthday during the month receive \$20 gift certificate. Must register one week prior.

F	11:30A-1:00P	5/27	Lunch on Own	225320-B
F	11:30A-1:00P	6/24	Lunch on Own	235320-A
F	11:30A-1:00P	7/22	Lunch on Own	235320-B
F	11:30A-1:00P	8/26	Lunch on Own	235320-C

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### Kentucky Derby Race & Lunch

Come out dressed for the Derby wearing your best fascinator or Derby hat and cheer on your favorite horse on our Kentucky Derby Table Game and enjoy lunch. *(Triphahn)*

F	11:30A-1:00P	5/6	\$10 / \$12	225317-E
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### Clear Captions, Dessert & Learn

Hearing loss doesn't have to affect your ability to communicate. If you have hearing loss that necessitates the use of captions, you can qualify to have no-cost Caption service installed at your home. A representative will bring dessert and then talk about the services they provide. *(Triphahn)*

W	12:30-2:00P	6/15	FREE	235317-C
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**Pickleball League** Adult Pickleball League will be divided into three divisions: advanced players 3.5+, social/newer players and first-timers. First Timers League: The first two weeks of our first timers league offers two free 30 minute instructional classes before your first two scrimmage games. Starting week 3 of the season you will compete in games. 5/16-6/27 \$\$ 227308 *(18+ Fabbrini Park)*

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**50+ Outdoor Pickleball at Fabbrini** *(Fabbrini Park)* M,W,F 9:00A-12:00P 4/4-12/30 FREE 235301-A

## Lunch & Learn (50+)

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### Elderwerks & Home Care Assistance

Elderwerks and Home Care Assistance will be discussing what it takes to find qualified care.

W	11:30-1:00P	5/4	FREE (Lunch Provided)	225317-C
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### Summer Nutrition

W	11:30A-1:00P	6/1	FREE (Lunch Provided)	235317-A
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### Alden, Oasis & Comfort Keepers

When and where does your loved one go when living at home is no longer an option. Oasis Senior Advisors is a placement provider offering FREE services to the client and family for placement in Independent and/or Assisted Living, Memory Care and Skilled Nursing Facilities. Oasis will quickly match your loved one with a personalized local senior care community that will fit your needs and budget. Call 630-506-0225 to get started.

W	11:30A-1:00P	6/29	FREE (Lunch Provided)	235317-D
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### 9 Tips for Better Sleep

W	11:30A-1:00P	7/6	FREE (Lunch Provided)	235317-E
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### What Happens when Paychecks Stop

F	11:30A-1:00P	7/8	FREE (Lunch Provided)	235317-F
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### Schaumburg Township Dist. Library

"Newspapers, Magazines, Movies...Oh My!" Schaumburg Library will present an overview of the digital library and show you how to unlock electronic resources with your library card.

W	11:30A-1:00P	8/30	\$10 / \$12 (Lunch Provided)	235317-I
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## **Trips** (50+) Meet at Triphahn & take HEPARKS Bus

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### **Lake Geneva Lunch Cruise & Black Pointe Mansion Tour**

Enjoy a Narrated Tour of Lake Geneva & a Delicious Sit Down meal! 2.25 hours. A bus will then take us to Black Pointe Mansion for a guided tour of the first two floors of the mansion and the exterior grounds which will last approximately 1½ hours.

W 9:30A-5:30P 5/18 \$80 / \$88 225318-C

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### **Schweikher House Tour**

Tour the fully furnished mid-century modern home built in 1938 that is listed on the National Register of Historic Places. A docent led tour of the Studio, House, and garden (peonies date back 100 years and are maintained by the University of Illinois Master Gardeners and the Schaumburg Garden Club.) More information about the architect Paul Schweikher and the second owners, the Langsdorfs. Martyl, a famous artist, and Alexander, a nuclear physicist at the Fermilab.

F 9:00A-1:00P 6/3 \$25 / \$28 235318-A

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### **Fitzgerald's Fish Boil**

Fitzgerald's Genoa City Junction serves all-you-can-eat North Atlantic Cod boiled in traditional outdoor kettles year-round for that one of a kind mouthwatering taste that has made them legendary. With one bite of their fish they guarantee to transform you into a raving fan.

W 4:00-8:00P 7/13 \$28 / \$31 235318-B

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### **St. Charles Paddlewheel Riverboat Cruise & Lunch**

Embark on a riverboat adventure up and down Fox River. Afterwards, enjoy a bite to eat at The Filling Station in downtown St. Charles.

Th 10:00A-2:30P 8/11 \$25 / \$28 (Lunch on Own) 235318-C

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### **Four Winds Casino**

Full day trip to New Buffalo, Four Winds Casino for lunch and gaming. \$15 of money on a gaming card plus \$10 towards your lunch is included. Transportation in a private bus with a bathroom is provided.

W 9:00A-4:00P 8/17 \$40 / \$44 235318-F

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## **Fun & Games** (50+) Triphahn

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### **Flower Arranging Class**

Learn to make a beautiful basic flower arrangement and take it home! No previous experience necessary!

T 3:30-5:00P 5/10 \$12 / \$14 225317-D

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### **Movie Night & Popcorn**

Join your peers for a showing of the movie "Dog" featuring Channing Tatum. Popcorn and water will be served. With a dog named Lulu by his side, Army Ranger Briggs races down the Pacific Coast to make it to a soldier's funeral on time. Along the way, Briggs and Lulu drive each other completely crazy, break a handful of laws, narrowly evade death, and learn to let down their guards to find happiness.

W 7:00-9:00P 6/8 \$2 / \$3 235317-A1

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### **Bunco & Baked Goods**

Join your peers for an exciting afternoon of Bunco and Baked Goods. No need to know the rules ahead of time. We will teach you!

Th 4:00-5:30P 6/9 \$5 / \$6 235317-B

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### **Masterpieces & Mocktails**

An artist will guide you to create a beautiful masterpiece while sipping on delicious non-alcoholic "PainKillers."

Th 6:00-7:30P 7/28 \$25 / \$28 235317-G

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### **Minute to Win It**

Challenge yourself and your team to compete in a variety of fun games in less than a minutes time. So much fun to be had!

Tu 6:00-7:00P 8/2 FREE 235317-H

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### **Pub Trivia** (May @ Triphahn, June - August @ Bridges)

All questions will be general knowledge questions. Be sure to register individually - 6 people per team. Prizes will be awarded.

Th 6:00-7:30P 5/26 FREE 225334-B

Th 6:00-7:30P 6/23 FREE 235334-A

Th 6:00-7:30P 7/28 FREE 235334-B

Th 6:00-7:30P 8/25 FREE 235334-C

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