

Trips (50+) Meet at Triphahn & take HEPARKS Bus

Cantigny Concert Vital Signs

We will explore Cantigny for about an hour and then check out the Band Vital Signs at the Cruise Night. Bring your folding chair to relax in and some money to enjoy the Food service that will be provided by Golden Eagle Hot Dogs, Aunt Tina's Sound Bites, and Mamie's Toffee & Treats. Plus, an adult beverage cart will offer alcoholic and non-alcoholic drink options.

M 3:00-8:30P 9/13 \$15 / \$17 245318-A

Festival of Arts & Crafts

This is one of the largest indoor shows in Illinois and one of the few authentic Arts & Craft shows left in IL where EVERYTHING is handmade here in the USA! The shows have 65,000 square feet showcasing 270 – 310 booths of quality handcrafted products by artists and crafters from the Midwest states.

F 2:00-8:00P 9/30 \$15 / \$17 245318-B

Starved Rock Fall Colors Trolley & Lunch

Starved Rock State Park is known for its beautiful fall foliage in October. Experience this spectacular display on our Fall Colors Trolley Tours. These tours include a 45 minute, guided hike to two of our majestic canyons, a trolley ride and lunch in the restaurant.

M 8:45A-5:00P 10/3 \$45 / \$50 245318-C

Drury Lane Theater Elf

Enjoy bottomless soup and salad at Pinstripes and then we will head to Drury Lane for a performance of "ELF" After discovering he is really a human raised as an elf, Buddy makes the journey from the North Pole to New York City to find his birth father, sharing the true meaning of Christmas along the way. Elf the Musical brings heart, hilarity, and holiday joy—after all, "the best way to spread Christmas cheer is singing loud for all to hear!"

W 10:30A-5:00P 11/9-11/9 \$80 / \$88 245318-D

Marriott Lincolnshire A Christmas Story

Set in 1940s Indiana, a young and bespectacled Ralphie Parker schemes his way toward the holiday gift of his dreams, an official Red Ryder Air Rifle. A leg lamp, pink bunny pajamas, and a freezing flagpole are just a few of the distractions that stand between Ralphie and his Christmas wish. Lunch Included.

W 10:00A-4:00P 11/30 \$70 / \$77 245318-E

Lincoln Park Zoo Lights

A treasured Chicago holiday tradition, ZooLights Presented by ComEd and Invesco QQQ illuminates the zoo with dazzling lights and dynamic displays. Enjoy a twinkling winter wonderland complete with festive activities, such as visits with Santa, a holiday pop-up bar, an Enchanted Forest, Light Maze Presented by Invesco QQQ, sweet treats of all kinds, and much more!

W 3:30-8:30P 12/7-12/7 \$20 / \$22 245318-F

Naperville Trolley Light Tour & Dinner

Hop on the trolley for a holiday lights trolley tour. 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! Afterwards, we will have dinner at Aurelio's.

W 3:45-8:30P 12/14-12/14 \$59 / \$64 245318-G

Fun & Games

Bunco & Baked Goods

Join your friends for a game of Bunco (dice game). If you don't know how to play we will teach you. Small prizes will be awarded to the person with the most BUNCO'S!

at Willow Recreation Center

Th 4:00-5:30P 10/6 \$5 / \$6 245317-C

at Triphahn Center

Th 4:00-5:30P 11/3 \$5 / \$6 245317-G

Halloween Lunch Party & Costume Contest

Presentation by the Schaumburg Township District Library about Bewitched, the sitcom starring Elizabeth Montgomery about her being a witch but nobody knows. It will cover little know facts about the actors and the show. Wear your Halloween costume and we will have a prize for the Best Costume. Lunch will be provided.

at Triphahn Center

W 11:30A-1:00P 10/19-10/19 \$12 / \$14 245317-F

Holiday Dinner Party

Musical Entertainment by Andrew Blendermann. Starting with a classical background from Baldwin-Wallace Conservatory of Music, Andrew has been performing professionally in and around Chicagoland for more than 20 years. Enjoy a sit down dinner with your choice of Mediterranean Chicken or Sliced Sirloin of Beef.

at Bridges of Poplar Creek Country Club

Th 5:30-8:30P 12/1-12/1 \$35 / \$38 245317-H



WHAT'S HAPPENING THIS

FALL

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

heparks.org

FREE ⁵⁰⁺ Activities *Drop-In Program Calendar* at Triphahn Center unless otherwise noted.

	<i>Mondays</i>	<i>Tuesdays</i>	<i>Wednesdays</i>	<i>Thursdays</i>	<i>Fridays</i>
	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
15TH & 3RD MONDAY	Crafting Club 10:00A-Noon	Wii Bowling 10:00A-Noon	MahJong 1:00-3:00P	Wii Bowling 10:00A-Noon	Cards & Games 9:30-11:30A
		Volleyball 12:00-2:00P	Daily Ping Pong 8:30-10:30A Billiards: All Day Walking Track: All Day and FREE!	Bike Club 10:30A <i>Casual 15 miles</i>	Stitching Stars 12:30-2:00P
Book Club 1:00P <i>- Register directly with Schaumburg Library!</i>	Pinochle 2:00-4:00P	Pickleball 2:00-5:00P (3 courts)		Cards & Games 2:00-4:00P	Mexican Train Dominoes 1:30-3:30P
			Pickleball NEW! 2:00-5:00P (3 courts)		

PLUS
Drop
in
Call

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 at Triphahn or Willow Recreation Centers

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.

At Triphahn Center

M	10:30-11:15A	9/19-10/24	\$38 / \$43	245325-A
W	10:30-11:15A	9/21-10/26	\$38 / \$43	245325-B
F	10:30-11:15A	9/23-10/28	\$38 / \$43	245325-C
M	10:30-11:15A	10/31-12/12	\$45 / \$50	245325-D
W	10:30-11:15A	11/2-12/14	\$45 / \$50	245325-E
F	10:30-11:15A	11/4-12/16	\$45 / \$50	245325-F

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. at Triphahn Center

W	10:00-11:00A	9/28-11/2	\$44 / \$49	245335-A
W	10:00-11:00A	11/9-12/14	\$44 / \$49	245335-B

at Willow Recreation Center

Tu	10:00-11:00A	9/27-11/1	\$44 / \$49	245335-C
Tu	10:00-11:00A	11/8-12/13	\$44 / \$49	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. at Triphahn Center

Tu	5:30-6:30P	9/6-10/11	\$60 / \$66	245337-A
Tu	5:30-6:30P	10/25-11/29	\$60 / \$66	245337-B
Tu	5:30-6:30P	12/13-1/17	\$60 / \$66	245337-C

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.

at Triphahn Center

Th	1:00-2:15P	9/8-10/20	\$60 / \$66	245311-A
Th	1:00-2:15P	10/27-12/15	\$60 / \$66	245311-B

Register for programs in person at the front desk or online!
heparks.org

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.

at Triphahn Center

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

Events (50+)

Senior 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 one week before event date.

Birthday Lunch September

F	11:30A-1:00P	9/23	245320-A
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Birthday Lunch- October

F	11:30A-1:00P	10/28	245320-B
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Birthday Lunch- November

F	11:30A-1:00P	11/18	245320-C
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Birthday Lunch- December

F	11:30A-1:00P	12/16	245320-D
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Movie Night

Mrs. Paris Goes to Paris at Triphahn Center

Set in 1950s London, this charming vintage story explores the wit and tenacity of Mrs. Ada Harris, a widowed housekeeper who's intent on owning a gorgeous Christian Dior dress and will stop at nothing to make it happen. Popcorn and Pop Will be served.

Tu	11:30A-1:00P	10/11	\$2 / \$3	245317-D
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VIP Couch Seats

Tu	11:30A-1:00P	10/11	\$5 / \$6	245317-D1
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Seniors Out Socializing (SOS)

Lunches

Join your peers for a lunch at a local establishment. Each person pays for their own lunch. Please register the by Monday of the week of the lunch.

Seniors Out Socializing September – Red Lobster

F 12:00-1:30P 9/16 245316-A

Seniors Out Socializing October – Maxfield's

F 12:00-1:30P 10/21 245316-B

Seniors Out Socializing November – El Mero Mero in Schaumburg

F 12:00-1:30P 11/11 245316-C

Seniors Out Socializing December - Outback Steakhouse in Schaumburg

F 12:00-1:30P 12/9 245316-D

Dinners

Join your peers for an early bird dinner at a local establishment. Each person pays for their own meal. Please register the by Monday of the week of the dinner.'

Seniors Out Socializing September - Chef Ping in Rolling Meadows

W 5:00-6:30P 9/21 245316-A1

Seniors Out Socializing October - El Taurino Mexican Grill

Tu 5:00-6:30P 10/20 245316-B1

Seniors Out Socializing November - Palatine Inn

W 5:00-6:30P 11/16 245316-C1

Seniors Out Socializing December - Chandler's Chophouse

W 5:00-6:30P 12/21 245316-D1

Pub Trivia

Join in on the trivia fun at Bridges of Poplar Creek Country Club! 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+ Pub Trivia September

Th 6:00-7:00P 9/22 245334-A

50+ Pub Trivia October

Th 6:00-7:00P 10/27 245334-B

50+ Pub Trivia November

Th 6:00-7:00P 11/17 245334-C

50+ Pub Trivia December

Th 6:00-7:00P 12/15 245334-D

Lunch & Learn (50+)

L&M Financial Sr. Living Seminar

"The Journey to Successful Senior Living Am I Prepared". Presented by local experts; Law Office of Judith A. Schening, LLC., Oasis Senior Advisors, Carebuilders at Home, Kastlekeepers, and L&M Financial Services Inc. We will provide suggestions, guidance and support to help navigate the questions during the senior living journey. Don't miss this opportunity to learn some valuable tips that will empower you to make educated decisions when assisting loved ones.

- Senior living process
- POA
- Starting the conversation with Mom and/or Dad
- Safety in the home
- How do I pay for this?
- Discussing different types of senior living options

at Triphahn Center

Th 6:00-7:30P 10/13 245317-E

Encore Memory Care South Barrington

Encore is a Memory Care community located in South Barrington. We specialize in caring for seniors who have dementia and offer an all-inclusive lifestyle. I look forward to sharing the specific services and amenities that we provide. We appreciate being a local resource for your Park District members who might have loved ones or know someone who is struggling with memory loss. Lunch will be provided. at Triphahn Center & Ice Arena

W 11:30A-1:00P 9/28 245317-B

Weight Matters

Weight management is about improving your health and well-being not simply about reducing the numbers on the scale. Paul Schweet will lead us through this educational workshop. Paul lives in Hoffman Estates, with his wife of 44 years, and close to his two sons and four grandchildren. He is an exercise enthusiast and former triathlete competing in 14 races. His love of health and wellness comes from years working in the Anti-aging world of Age Management, Bioidentical Hormone Balancing, and Medically Supervised Weight Loss Programs. A healthy Soup and Salad Lunch is included!

at Triphahn Center

W 11:30A-1:00P 9/14 \$10 / \$12 245317-A

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Crafting Club 10:00A-Noon <small>1ST & 3RD MONDAYS</small>	Wii Bowling 10:00A-Noon	MahJong 1:00-3:00P	Wii Bowling 10:00A-Noon	Cards & Games 9:30-11:30A
	Volleyball 12:00-2:00P	Daily Ping Pong 8:30-10:30A Billiards: All Day Walking Track: All Day and FREE!	Bike Club 10:30A <i>Casual 15 miles</i>	Stitching Stars 12:30-2:00P
Book Club 1:00P <i>- Register directly with Schaumburg Library!</i> <small>4TH MONDAY OF THE MONTH</small>	Pinochle 2:00-4:00P		Cards & Games 2:00-4:00P	Mexican Train Dominoes 1:30-3:30P <small>PLUS CARDS AND GAMES</small>
	Pickleball 2:00-5:00P (3 courts)		Pickleball NEW! 2:00-5:00P (3 courts)	

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