

Seated Strength & Better Balance

FYZICAL Therapy and Balance Centers would like to offer their Seated Strength and Better Balance class. Each class will help improve your strength, flexibility, posture and overall balance confidence to reduce your risk of falling. Activities include seated warm-up stretches followed by strengthening, low-impact aerobic moves, core/abdominal work and finally, balance training. No class 4/12

(Triphahn Center & Ice Arena)

W	11:15A-12:00P	4/5-5/10	\$36 / \$40	225327-A
W	11:15A-12:00P	5/17-6/14	\$36 / \$40	225327-B

Feel Better Workshops

These holistic, evidence-based and client-centered workshops led by a healthcare professional are designed to encourage positive changes in every aspect of your life and provide support throughout. During the workshops various tools will be introduced to the participants including, but not limited to the elements of yoga, tai-chi/qi-gong, meditation, breath-work and therapeutic movement. There will be discussions and activities on the topics of nutrition, stress management, social interactions, positive mindset and self-love just to name a few. Aim to raise your vital energy, rewire your brain, heal and simply feel better!

(18+ years - Triphahn Center & Ice Arena)

Th	4:00-5:15P	4/6-4/27	\$72 / \$80	225338-A
Th	4:00-5:15P	5/4-5/25	\$72 / \$80	225338-B

50+ 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 is necessary. No class 4/6 or 5/25.

(Triphahn Center & Ice Arena)

Th	1:15-2:30P	3/30-5/11	\$60 / \$66	225311-A
Th	1:15-2:30P	5/18-6/29	\$60 / \$66	225311-B

50+ Daytime Tai Chi Lessons

Practicing Tai Chi provides a non-intrusive workout for improving the body, mind and spirit. The rhythmic flowing motion of the Tai Chi form 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. The format of this new class will include: warm-up exercises, drills, and learning/practicing a Yang style form.

(Triphahn Center & Ice Arena)

W	10:00-11:00A	4/5-5/10	\$50 / \$55	225335-A
W	10:00-11:00A	5/17-6/21	\$50 / \$55	225335-B

(Willow Recreation Center)

Tu	10:00-11:00A	4/4-5/9	\$50 / \$55	225335-C
Tu	10:00-11:00A	5/16-6/20	\$50 / \$55	225335-D

50+ Evening Tai Chi Lessons

Use T'ai Chi Ch'uan's slow, non-strenuous, fluid 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 Center & Ice Arena)

Tu	5:30-6:30P	3/21-4/25	\$66 / \$73	215337-B
Tu	5:30-6:30P	5/9-6/13	\$66 / \$73	225337-A

Register for
programs
in person, at the
front desk or
online!
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
1ST & 3RD MONDAYS	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 12:30-2:30P
4TH MONDAY	Book Club 1:00P <i>- Register directly with Schaumburg Library!</i>	Pinochle 2:00-4:00P		Cards & Games 2:00-4:00P	Mexican Train Dominoes 1:30-3:30P
		Pickleball 2:15-5:00P (3 courts)		Pickleball 2:00-5:00P (3 courts)	

Additional Pickleball Friday from 3:00-5:00P, for \$3 fee.

PLUS
CARDS
AND
GAMES

Senior Events

at the Triphahn Center

Healing Paws Dog Therapy Visit

W	10:30-11:30A	3/8	FREE	215317-D2
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Lunch & Learn: Spring Real Estate Market

M	11:30A-1:00P	3/13	FREE	215317-D3
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St. Patty's Luncheon

featuring Trinity Irish Dancer Entertainment!

F	11:30A-1:30P	3/17	\$20 / \$22	215317-F
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Bunco & Baked Goods

Tu	3:30-5:00P	3/28	\$6 / \$7	215317-G
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Lunch & Learn: Soul Tab

W	11:30A-1:00P	4/5	FREE	225317-A
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Lunch & Learn: Out Scam the Scammers

W	11:30A-1:00P	4/12	FREE	225317-B
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Lunch & Learn: Native Plants of Illinois

M	11:30A-1:00P	4/10	\$10 / \$12	225317-B1
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Name That Tune! 60's to Today

Th	4:00-5:00P	4/20	\$6 / \$7	225317-C
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Lunch & Learn: Steps to Making Your Move

W	11:30A-1:00P	4/26	FREE	225317-D
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Kentucky Derby Racing & Lunch

F	11:00A-12:30P	5/5	\$10 / \$12	225317-E
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Flower Arranging with a Florist

(meet at Fabbrini Flowers)

Tu	5:00-6:00P	5/2	\$30 / \$33	225317-F
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at Willow Recreation Center

Bunco & Baked Goods

Tu	3:30-5:00P	3/14	\$6 / \$7	215317-E
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Name That Tune! 60's to Today

W	4:00-5:00P	5/17	\$6 / \$7	225317-G
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Senior Trips

Lunch @ Mars Cheese Castle and Outlet Mall Shopping

Th	10:00A-5:00P	3/30	\$30 / \$33	215318-D
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Lake Geneva Overnight with Belfry Music Show

\$325 double occupancy, \$450 single occupancy. Hotel, Simon & Garfunkel tribute show, and all meals covered in fee.

Sa & Su	12:30-1:30P	4/22-4/23	\$325 / \$450	225318-B
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San Filippo Estate Tour & Lunch @ Chessie's

Tu	8:45A-3:00P	4/25	\$60 / \$66	225318-A
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Untouchables Mobster Tour and Lunch @ Eataly

F	9:30A-4:15P	5/12	\$50 / \$55	225318-C
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Seniors Out Socializing

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

Lunches

Bahama Breeze				
F	12:00-1:30P	3/10	BYO	215316-C

Checker's Pancake House				
F	12:00-1:30P	4/21	BYO	225316-A

Briana's Pancake House				
F	12:00-1:30P	5/19	BYO	225316-B

Early Bird Dinners

Longhorn Steakhouse				
W	5:00-6:30P	4/12	BYO	225316-A1

JoJo's Diner				
W	5:00-6:30P	5/3	BYO	225316-B1

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. Everyone buys their own lunch.

March Birthdays

F	11:30A-1:00P	3/24	BYO	215320-C
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April Birthdays

F	12:00-1:30P	4/28	BYO	225320-A
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May Birthdays

F	12:00-1:30P	5/26	BYO	225320-B
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50+ 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. Prizes will be awarded to the winning team.

(Bridges of Poplar Creek Country Club)

W	6:00-7:30P	3/29	FREE	215334-C
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W	6:00-7:30P	4/26	FREE	225334-A
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W	6:00-7:30P	5/24	FREE	225334-B
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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 5/29.

(Triphahn Center & Ice Arena)

M	10:30-11:15A	4/3-5/8	\$44 / \$48	225325-A
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W	10:30-11:15A	4/5-5/10	\$44 / \$48	225325-B
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F	10:30-11:15A	4/7-5/12	\$44 / \$48	225325-C
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M	10:30-11:15A	5/15-6/19	\$37 / \$41	225325-D
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W	10:30-11:15A	5/17-6/21	\$44 / \$48	225325-E
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F	10:30-11:15A	5/19-6/23	\$44 / \$48	225325-F
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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 to class. Dress comfortably. This class can be prorated.

(Triphahn Center & Ice Arena)

Tu	6:00-7:00P	4/4-5/9	\$47 / \$52	225324-A
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Tu	6:00-7:00P	5/16-6/20	\$47 / \$52	225324-B
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