

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.

(50+ years - Triphahn Center & Ice Arena)

Tu	6:00-7:00P	1/16-2/20	\$53 / \$59	215324-A
Tu	6:00-7:00P	2/27-4/2	\$53 / \$59	215324-B
Tu	10:00-11:00A	1/16-2/20	\$53 / \$59	215324-C
Tu	10:00-11:00A	2/27-4/2	\$53 / \$59	215324-D
Th	6:00-7:00P	1/11-2/15	\$53 / \$59	215324-E
Th	6:00-7:00P	2/22-3/28	\$53 / \$59	215324-F

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.

(50-99 years - Triphahn Center & Ice Arena)

W	10:00-11:00A	1/10-2/14	\$55 / \$60	215335-A
W	10:00-11:00A	2/21-3/27	\$55 / \$60	215335-B

(50-99 years - Willow Recreation Center)

Tu	10:00-11:00A	1/9-2/13	\$55 / \$60	215335-C
Tu	10:00-11:00A	2/20-3/26	\$55 / \$60	215335-D

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.

(50+ years - Triphahn Center & Ice Arena)

M	10:30-11:15A	1/8-2/12	\$48 / \$53	215325-A
W	10:30-11:15A	1/10-2/14	\$48 / \$53	215325-B
F	9:30-10:15A	1/12-2/16	\$48 / \$53	215325-C
M	10:30-11:15A	2/19-3/25	\$48 / \$53	215325-D
W	10:30-11:15A	2/21-3/27	\$48 / \$53	215325-E
F	9:30-10:15A	2/23-3/29	\$48 / \$53	215325-F



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>
	Ping Pong 7:30-10:00A	Ping Pong 7:30-10:00A	Ping Pong 7:30-10:00A	Ping Pong 7:30-10:00A	Ping Pong 7:30-10:00A
	Volleyball 9:30-11:30A	Pickleball 7:00-11:00A Before 9:30A (6 courts) After 9:30A (3 courts)		Pickleball 7:00-11:00A Before 9:30A (6 courts) After 9:30A (3 courts)	Volleyball 9:30-11:30A
1ST & 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 Billiards: All Day Walking Track: All Day and FREE!	Bike Club 10:30A Casual 15 miles	Stitching Stars 12:30-2:30P
4TH MONDAY	Book Club 1:00P <i>- Register directly with Schaumburg Library!</i>	Pinochle 1:00-4:00P		Cards & Games 1:00-4:00P	Mexican Train Dominoes 1:30-3:30P
		Pickleball 2:30-5:00P		Pickleball 2:30-5:00P	PLUS CARDS AND GAMES

Additional Pickleball available for \$3 daily fee on Fridays from 3:00-5:00P

Senior Events

Lunch and Learn Downsizing and Decluttering with

Mindi Schwartz @ Keller Williams
(50+ years - Triphahn Center & Ice Arena)

W	11:30A-1:00P	1/31	FREE	215317-B1
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Valentine's Day Luncheon and Dance Lessons with Joseph Lim

(50+ years - Triphahn Center & Ice Arena)

TH	12:00-2:00P	2/15	\$20 / \$20	215317-C
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Lunch and Learn by Better Place Forest

(50+ years - Triphahn Center & Ice Arena)

W	11:30P-1:00P	2/28	FREE	215317-C1
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Scrabble and Healthy Appetizers-Scrabble Day/Nutrition Month

(50+ years - Willow Recreation Center)

M	5:00-7:00P	3/4	\$7 / \$8	215317-D
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St. Paddy's Day Luncheon with Trinity Irish Dancers

(50+ years - Triphahn Center & Ice Arena)

F	11:30-1:30P	3/15	\$25 / \$25	215317-E
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Lunch and Learn Baird and Warner

(50+ years - Triphahn Center & Ice Arena)

W	11:30A-1:00P	3/20	FREE	215317-F
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Senior Trips

Lunch at Harper College:

The Dining Room

(50+ years - HE Parks Bus)

Tu	11:00A-2:00P	2/13	\$30 / \$33	215318-A
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Nature Gardens Theatrical Comedy and Lunch at Rau Center for the Arts

(50+ years - HE Parks Bus)

Th	11:30A-4:30P	2/29	\$60 / \$66	215318-B
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Antique Mall and Lunch at Port Edwards

(50+ years - HE Parks Bus)

W	11:00A-5:00P	3/27	\$45 / \$50	215318-C
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Senior Birthday Lunch

Celebrate our friends' birthdays at Garibaldi's each month. Attendees receive a 20% off lunch coupon and those with a birthday during the month receive a \$10 gift certificate. Must register one week before the event date.

January Birthday Lunch

(50+ years - Garibaldi's)

F	12:00p-1:30P	1/26	BYO	215320-A
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February Birthday Lunch

(50+ years - Garibaldi's)

F	12:00p-1:30P	2/23	BYO	215320-B
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March Birthday Lunch

(50+ years - Garibaldi's)

F	12:00p-1:30P	3/29	BYO	215320-C
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Seniors Out Socializing

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.

(50-99 years - Triphahn Center & Ice Arena)

JoJo's Schaumburg

F	12:00-1:30P	1/19	BYO	215316-A
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Checkers Schaumburg

F	12:00-1:30P	2/16	BYO	215316-B
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Pilot Pete's Schaumburg

F	12:00-1:30P	3/22	BYO	215316-C
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Stonewood Ale House Schaumburg

W	5:00-6:30P	1/3	BYO	215316-A1
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Weber Grill Schaumburg

W	5:00-6:30P	2/7	BYO	215316-B1
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Finn McCool's Irish Sports Pub Schaumburg

W	5:00-6:30P	3/6	BYO	215316-C1
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50+ Line Dancing (Taught by Dance with Janet)

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. Class Will Not Meet On: 2/29/24 OR 3/28/24

(50-99 years - Triphahn Center & Ice Arena)

Th	1:15-2:30P	1/4-2/8	\$66 / \$73	215311-A
Th	1:15-2:30P	2/15-4/04	\$66 / \$73	215311-B

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.

(50-99 years - Triphahn Center & Ice Arena)

Th	6:00-7:30P	1/25-1/25	\$1 / \$1	215334-A (50-99 years)	(50-99 years - Bridges of Poplar Creek Country Club)
Th	6:00-7:30P	2/22-2/22	\$1 / \$1	215334-B	
Th	6:00-7:30P	3/21-3/21	\$1 / \$1	215334-C	

