

GET MOVING ACTIVITIES

GentleYoga at TC

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.

Tu	6:00-7:00p	4/9-5/14	\$53/\$59	225324-A
Tu	10:00-11:00a	4/9-5/14	\$53/\$59	225324-C
Th	10:00-11:00a	4/4-5/9	\$53/\$59	225324-E

Tai Chi Lessons at TC

W	10:00-11:00a	4/3-5/8	\$55/\$60	225335-A
W	10:00-11:00a	5/15-6/19	\$55/\$60	225335-B

Tu	10:00-11:00a	4/2-5/7	\$55/\$60	225335-C
Tu	10:00-11:00a	5/14-6/18	\$55/\$60	225335-D

50+ Pub Trivia at Bridges

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.

Th	6:00-7:30p	3/21	\$1	215334-C
W	6:00-7:30p	4/24	\$1	225334-A
W	6:00-7:30p	5/15	\$1	225334-B

50+ Line Dancing at TC

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.

Th	1:15-2:30p	4/18-5/23	\$66/\$73	225311-A
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Basic Exercise & Movement at TC

Strengthen the entire body including your heart, and all muscle groups using tubing, small balls, stretching/strengthening. Basic

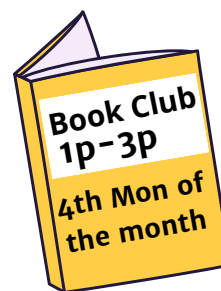
M	10:30-11:15a	4/1-5/6	\$48/\$53	225325-A
W	10:30-11:15a	4/3-5/8	\$48/\$53	225325-B
F	9:30-10:15a	4/5-5/10	\$48/\$53	225325-C
M	10:30-11:15a	5/13-6/17	\$40/\$45	225325-D
W	10:30-11:15a	5/15-6/19	\$48/\$53	225325-E
F	9:30-10:15a	5/17-6/21	\$48/\$53	225325-F



FREE 50+ Activities Drop-In Calendar

at Triphahn Center unless otherwise noted.

MON	TUE	WED	THU	FRI
Volleyball 9:30-11:30a	Pickleball 7-11a	Chair Volleyball 10-11a	Pickleball 7-11a	Volleyball 9:30a-11:30a
Crafting Club 1st and 3rd Monday of the month 10a-Noon	Wii Bowling 10a-Noon	Mah Jong 1p-3:30p	Wii Bowling 10a-Noon	Cards / Games 9:30a-11:30a
	Volleyball Noon-2p		Cards/Games 1p-4:00p	Stitching Stars 12:30p-2:30p
	Pinochle 1p-4p		Pickleball 2:30-5p	Mexican Train, Cards / Games 1:30p-3:30p
	Pickleball 2:30p-5p		Bike Club 10:30a	
	*Pickleball before 9:30a (6 courts) After 9:30a (3 courts)		*Pickleball before 9:30a (6 courts) After 9:30a (3 courts)	



More FREE Everyday Activities- Including Sat. & Sun.
Ping Pong 7:30a-10a Billiards & Walking Track: All Day!



TRIPS!

Cirque Du Soleil Crystal (on ice)
 (50 and up- Now Arena)
 Su 12:30-3:15p 3/24 \$65
 215318-B1

Antique Mall and Lunch at Port Edwards
 (50 and up- HE Parks Bus)
 W 1:00P-5:45p 3/27 \$45 / \$50
 215318-C

Chicago Architectural Tour and Lunch
 (50 and up- HE Parks 50+ Trip)
 Tu 10:00A-5:30p 4/30 \$75 / \$82
 225318-A

Lake Geneva Cruise with Lunch at Pier 290
 (50 and up- HE Parks 50+ Trip)
 Th 9:30A-4:00p 5/9 \$70 / \$77
 225318-B

9 to 5 Show at Metropolis & lunch
 (50 and up- HE Parks Bus)
 Th 9:30A-4:15p 5/16 \$60 / \$66
 225318-C

Overnight Trip to Milwaukee/Cubs Game
 (50 and up- HE Parks 50+ Trip)
 W,Th 11:30A-4:00p 5/29-5/30 \$400
 225318-D

New Hampshire & the White Mountains Trip by Diamond Tours
 \$75 -deposit due upon registration
 6/15-6/23 9-days/8-nights
 \$1349* -per person (with double occupancy- add \$499 for single occupancy)
 Final Payment Due: 4/8/2024
 225318-E

OUT SOCIALIZING

Seniors Out Socializing Lunch
 Join your peers for lunch at a local establishment. Each person pays for their own meal. Please register a week before the meal.

F, 4/5 Pilot Pete's
 12:00-1:30p Buy Your Own
 215316-AB

F, 4/19 Wildfire
 12:00-1:30p Buy Your Own
 225316-A

F, 5/17 Richard Walker's
 12:00-1:30p Buy Your Own
 225316-B

50+ Seniors Out Socializing Early Bird

Join your peers at a local establishment. Each person pays for their own meal. Please register a week before the meal.

215316-C1 Finn McCool's Irish Pub
 W 5:00-6:30p 3/6 Buy Your Own

225316-A1 Red Robin
 W 5:00-6:30p 4/3 Buy Your Own

225316-B1 Longhorn Steakhouse
 W 5:00-6:30p 5/8 Buy Your Own



BIRTHDAY LUNCH

Celebrate our friends' birthdays at Garibaldi's. 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 event date.
 (50 and up- Garibaldi's)

March Birthday Lunch
 F 12:00-1:30p 3/29 Buy Your Own 215320-C

April Birthday Lunch
 F 12:00-1:30p 4/26 Buy Your Own 225320-A

May Birthday Lunch
 F 12:00-1:30p 5/24 Buy Your Own 225320-B

UPCOMING EVENTS

Acrylic Paint Pouring Class
 (50 and up- Triphahn Center & Ice Arena)
 Tu 2:30-4:30p 4/9 \$12 / \$14

(50 and up- Willow Center)
 Tu 2:30-4:30p 5/21 \$12 / \$14

Scrabble and Healthy Appetizers
 (50 and up- Willow Center)
 M 5:00-7:00p 3/4 \$7 / \$8

St. Paddy's Day Luncheon
 (50 and up- Triphahn Center & Ice Arena)
 F 12:00-2:30p 3/15 \$25

LUNCH & LEARNS

Lunch and Learn Baird & Warner
 (50 and up- Triphahn Center & Ice Arena)
 W 11:30A-1:00p 3/20 FREE 215317-F

Lunch and Learn Music Therapy
 (50 and up- Triphahn Center & Ice Arena)
 W 11:30A-1:00p 4/10 FREE 225317-B

Lunch and Learn "Senior Living Myths Debunked"
 (50 and up- Triphahn Center & Ice Arena)
 W 11:30A-1:00p 5/22 FREE 225317-D

Lunch and Learn Redefining Your Tomorrow: Real Estate, Home Organizing & Estate Planning
 (50 and up- Triphahn Center & Ice Arena)
 T 11:30-1:00p 5/14 FREE 225317-E

NEW HAMPSHIRE TRIP WITH DIAMOND TOURS

- ◆ Motorcoach transportation
- ◆ 8-nights lodging including 4 consecutivenights in NewHampshire
- ◆ 15-meals:8-breakfasts,8-lunch,and6-dinners
- ◆ Experience a 1.3 Mile Scenic Gondola Ride to the Summit of Loon Peak
- ◆ Enjoy a 2.5-Mile Train Ride at Clark's Trading Post
- ◆ Admission to the Wright World War II Museum including 14,000 artifacts and Military Vehicles
- ◆ See a Live Bear Show
- ◆ Enjoy a Scenic Narrated Cruise on Lake Sunapee
- ◆ Tour of Remick Country Doctor Museum & Farm
- ◆ Exclusive Diamond Tours Dinner Party with Entertainment and much more

◆ \$75 Deposit Due Upon Signing.*Price per person, based on double occupancy. Add \$499 for single occupancy. use code 225318-E
Final Payment Due: 4/30/2024 (deadline extended!)

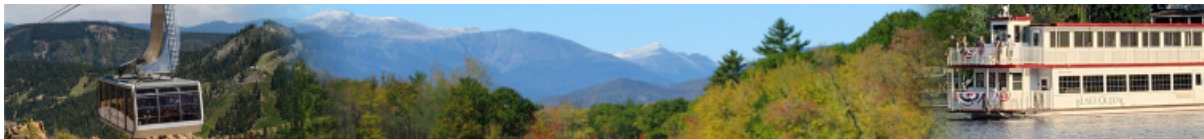
Motorcoach Departure from:

Hoffman Estates Park District, Triphahn Center,
1685 W Higgins Rd, Hoffman Estates, IL @ 8 am

FOR INFORMATION & RESERVATIONS CONTACT:

Jodi Schultz @ (847) 885-7500

Diamond Tours
Bringing Group Travel to a Higher Standard



\$1349*

9 Days 8 Nights

***PER PERSON, DOUBLE OCCUPANCY**

**(Sat - Sun)
Jun 15 - 23
2024**

SPOTLIGHT ON NEW YOUR TRIP WITH COLLETTE TRAVEL

HAP & JAN WITTKAMP
senior center
hoffman estates park district

Trip Dates:
February 17-21

Greenwich Village, Wall Street, Two Broadway Shows
including Hamilton, Statue of Liberty, Ellis Island, 9/11
Memorial, 9/11 Museum

Sign up to learn see a travel presentation for this trip on
7/18 @ 1:00pm using ID#

