

Seniority!

Because Fun Begins at 50

Spring 2009

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A Note from Jeannie

Welcome to the new edition of Seniority! This is our new quarterly senior & adult newsletter created to inspire you to get involved.

Here we are embarking on another spring (and summer) of warm weather and good times with friends outdoors! Why not take a look at what the Glen Ellyn Park District has to offer in classes, trips, and drop-in programs? Don't forget to invite a friend to come along! Inside this quarter's news you'll find trips to White Fence Farm, a Chicago Cubs game (at Wrigley Field), Four Winds Casino and so much more! There's also information on our monthly luncheons and senior fitness programs. So much to do and see! If you have any questions or need more information, please give me a call at 630-858-2462, ext. 127. Have a great spring, hope to see you soon!

Jeannie Robinson
Recreation Supervisor
Glen Ellyn Park District

Go, Cubs Go!



Join us July 29th at Wrigley Field as the Chicago Cubs take on the Houston Astros! We're taking a van trip to the game and there's limited space, so sign up early! Trip fee includes ticket to the game and transportation.

Date: 7/29 **Pick-Up/Drop Off:** Maryknoll Park, 845 Pershing Ave

Fee: \$ 65 **Min/Max:** 2/14 **Code:** 2830-5 **Time:** 11am-5pm

Programs at a Glance:

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Explore Tuscany!

Are you looking for an escape this fall? Ever wanted to travel abroad, but weren't sure where to start on the details? Well...we've done the work for you, all you need to do is pack your bags! Enjoy your flight from Chicago to Italy in first-class, 13 meals, and so much beautiful sight-seeing, you'll never want to leave! Arrive in the spa city of Montecatini Terme, where you'll spend seven nights. You'll enjoy six full days tour-

ing the following cities: Florence, Pisa, Lucca, Pienza, Cinque Terre, Siena, San Gimignano, and Assisi. Please contact Jeannie for a detailed itinerary.

Date: 9/20-9/28

Location: Pick up from your home

Fee: \$3,043 double; \$3,268 single;
\$765 deposit

Min/Max: 2/30

Code: 2930-5

Seniority

"Beautiful young people are accidents of nature, but beautiful old people are works of art."

Eleanor Roosevelt

Monthly Luncheons

Active Senior Adult Tuesday Luncheons - Great Low Price!

Monthly Tuesday luncheons offer seniors delicious food and an entertaining program along with social opportunities and a good time. All luncheons start at noon at the Holes & Knolls Miniature Golf Course Clubhouse in Maryknoll Park unless otherwise indicated. Don't forget to pick up your free raffle ticket at the door. Reservations are required one week prior to each lunch date. With the exception of the July 14 Picnic, luncheons cost \$7 per person, take place from 12 pm - 2 pm, and are held in the Maryknoll Park Clubhouse, 845 Pershing Avenue at Route 53, Glen Ellyn.

Day: Tuesday

Time: 12 pm-2 pm

Location: Maryknoll Park Clubhouse

Fee: \$7

Min/Max: 15/30

May 12 Luncheon

Code: 2850-0

June 9 Luncheon

Code: 2850-1

July 14 Picnic

Cost: \$5 per person

Location: Lake Ellyn Boathouse, 645 Lenox Road, Glen Ellyn.

Code: 2850-2



GEPD Trail Trekkers Fit Club

Looking for someone to exercise with in a low-impact way? Like taking leisurely strolls through the parks?

This is the club for you!

We'll provide information on "keeping it healthy" and take you with us as we explore our parks, the Prairie Path and our very own Glen Ellyn neighborhoods. All participants will receive a pedometer (sponsored by AARP). Each walk will be approxi-

mately 45 mins - one hour. Call Jeannie or more details REGISTER TODAY!

Day: Tuesday/Thursday

Date: 5/26-8/27

Time: 9 am-10 am

Location: Local Parks

R/NR Fee: \$5/\$7.50

Min/Max: 5/20

Code: 2846-2



Summer Cruisin'

Come with us and make some waves this summer! Join the Glen Ellyn Park District for a day at Navy Pier and a cruise on the Chicago River. Don't miss a fun summer afternoon on our beautiful downtown lakefront! Tour includes all admission, transportation and lunch at Bubba Gump Shrimp Co.

Day: Thursday

Date: 6/11

Time: 9:30 am-3 pm

Pick Up/Drop Off: Maryknoll Park

Fee: \$65

Min/Max: 10/20

Code: 2830-0

"God Bless America" at White Fence Farm

Watch history unfold before your very eyes in this multimedia musical tribute to our country starring Robert, Lori and Elliot Mestas, of Mestas Musicals! This show will delight audiences of all ages and make you proud to be an American! Trip fee includes transportation, show and lunch. Note: If you do not care for White Fence Farm fried

chicken, a shrimp lunch can be requested.

Day: Wednesday

Date: 6/24

Time: 10:45 am-3:30 pm

Pick Up/Drop Off: Maryknoll Park

Fee: \$47

Min/Max: 10/15

Code: 2830-1

The Wonder Bread Years

Return to the simple times with a comical salute to the Baby Boomer Generation. You're in for a real treat (better than a Dilly bar!) as The Wonder Bread Years reminisces about the childhood of an American kid in the 1960s and 70s. This infectiously charming, fast-paced, show restores a much-needed sense of wonder and will leave you savoring memories from the past, including green army men, Etch-A Sketch, Sugar Pops and "The Howdy Doody Show." "Milk-snorting funny! Three thumbs up!" – Jerry Seinfeld. Don't miss this fun look back at your childhood! Fee includes ticket to the show and brunch.

Day: Sunday

Time: 12 pm-4:30 pm

Date: 7/26

Min/Max: 5/14

Meet us There: Pheasant Run

Fee: \$55 **Code:** 2830-2

Pick Up/Drop Off: Maryknoll Park

Fee: \$65 **Code:** 2830-3



Fair Oaks Farm Tour and Lunch

We're venturing out to the farm this summer. Join us for a day on the farm, Fair Oaks Farm in Fair Oaks, IN. "The Fair Oaks Adventure Center is not your ordinary information center. Located on an operating dairy farm, it offers exhibits that explain how the dairy industry protects the environment, cares for the cows, and ensures the highest quality milk possible. You can tour the dairy farm and see the

milking process first hand. The Birthing Barn is a unique facility designed to showcase the miraculous creation of life." Our tour will take you on a journey through this real working dairy farm. We'll visit Diva Hall, Grass to Glass (how you get your milk), a bus tour of the farm, interactive exhibits, the "cowculus class," Cheese Plant, and the Birthing Center. Trip includes all admissions, transportation and a buffet lunch.

Day: Friday

Date: 8/28

Time: 8:30 am-4:30 pm

Pick Up/Drop Off: Maryknoll Park

Fee: \$55

Min/Max: 10/25

Code: 2830-4

Four Winds Casino

We're giving it another try in warmer weather! Join us for Four Winds Casino, the premier casino in the Midwest. Experience the excitement at Four Winds Casino. The odds are in your favor when you play the hottest casino games in New Buffalo. Check out everything Four Winds Casino has to offer! Our game play includes lunch, \$5 back and transportation.

***Please note that we will be traveling in a van or minibus for this trip.**

Day: Friday

Date: August 14

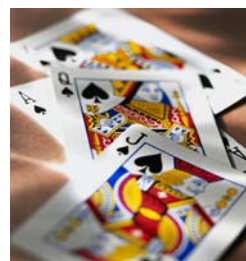
Time: 9 am-6 pm

Pick Up/Drop Off: Maryknoll Park

Fee: \$35

Min/Max: 10/14

Code: 2830-5



"Growing old is mandatory; growing up is optional."

~Chili Davis

Fitness Classes

Hatha Yoga (Gentle/Restorative): This class is for the beginners and those who are seeking gentle, restorative techniques - for those people who are true neophytes and are looking for easy breathing and relaxing movements.

No/Low Aerobics: A stimulating program offering 30 minutes of no-impact aerobics plus floor work for major muscle groups. This no-to-low impact style class is taught by the instructor in a way most comfortable to the participants. Stay fit, burn fat and calories, and add muscle tone all at the same time and with "no" stress to your joints. The last week of the session is guest week, so please feel free to bring a friend to class.

Fitness Schedule: **Session I:** May 4-June 27 (No classes are held on 5/25)
Session II: June 29-August 22 (No class July 4)

Session I Code	Session I R/NR Fee	Session II Code	Session II R/NR Fee	Class	Time	Day	Location
3704-0	\$77/\$116	3706-0	\$87/\$131	Hatha Yoga	7 pm-8 pm	M	SARC
3704-2	\$56/\$84	3706-2	\$64/\$96	No/Low Aerobics	9 am-10 am	M	MSRC
3704-3	\$54/\$96	3706-3	\$64/\$96	No/Low Aerobics	9 am-10 am	W	MSRC
3704-4	\$54/\$96	3706-4	\$64/\$96	No/Low Aerobics	9 am-10 am	F	MSRC
3704-5	\$56/\$84	3706-5	\$64/\$96	No/Low Aerobics	6:30 pm-7:30 pm	M	MSRC

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