NEW AND IMPROVED
CONSTITUTION PARK

The new and improved Constitution Park is now open! We are so excited to offer a brand new walking path as part of this project, located adjacent to the Lincoln Center. This new path weaves its way around the playground, green space, and brand new pavilion. This path also features a Storywalk®, which is a rotating exhibit as part of a partnership with the Downers Grove Public Library and Equality Downers Grove. Make sure to check out Constitution Park this summer!

IN THIS NEWSLETTER...

- Walking For Wellness .................................. Page 3
- The Big Dill Pickleball Tournament ..... Page 4
- Lunch and Learn ....................................... Page 6
- Amish Country Tour .............................. Page 7
- PAWsitive Therapy Troupe ..................... Page 9
NEW!

SWEET TASTING: CORKS, CACAO & CHARCUTERIE

Join us for an exclusive evening with chocolate connoisseur Karen Gula from Lilett Candies & Ice Cream Shop and an equally gorgeous creation for charcuterie lovers from Gone Grazy! Dive into the rich history of chocolate, where every bite tells a story of centuries-old traditions. From smooth and silky chocolates to the crunchy bliss of toffee & pecan clusters - understand the artistry behind these heavenly pairings. This is your chance to taste the finer things in life! Wet your whistle as you wish with Tea or try selected Vinos provided by Hinsdale Wine Shop! FEE INCLUDES: Guided & informative tastings of chocolates, wine, charcuterie treats, a take home treat & tasting notes. Variety of teas, cozy conversation & a little sugar jolt to liven your evening! This event takes place at The Community House, 415 W 8th St, Hinsdale, IL 60521.

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>R/NR</th>
</tr>
</thead>
<tbody>
<tr>
<td>4700L27-01</td>
<td>9/19</td>
<td>TH</td>
<td>5:30–7:00pm</td>
<td>$22/$28</td>
</tr>
</tbody>
</table>

REAL STREET DEFENSE: SELF-DEFENSE CLASS

Do you want to know what to do when confronted by someone on the street? Or how to stop someone from taking something precious from you? Learn the principles behind proven techniques to defend yourself and your loved ones. Learn about defending against weapons and multiple offenders. Learn to fight on your feet or on the ground. Real self-defense for the real world, pure & simple.

Location: Lincoln Center
R/NR: $60/$90

<table>
<thead>
<tr>
<th>Class #</th>
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</thead>
<tbody>
<tr>
<td>4270L47-01</td>
<td>9/5–9/26</td>
<td>TH</td>
<td>7:00–8:00pm</td>
</tr>
</tbody>
</table>
NEW!

SILVER MAPLES: ACTIVE ADULTS IN NATURE

Come join us at Lyman Woods for an evening to strengthen your body and sharpen your mind! Each session of this peaceful program for active adults (55 years and older) will incorporate different nature-themed topics to inspire outdoor exploration and appreciation for nature and the benefits it provides. Wild Yoga will be led by our certified yoga instructor and take you through mindful poses and integrate natural materials found in the forest. Forest bathing, led by our certified therapy guide, will focus on breathing exercises and quiet reflections as you observe the wild world using all your senses and de-stress at the same time.

WALKING FOR WELLNESS

Join the Walking for Wellness program with a certified fitness instructor, and improve your overall health and well-being one step at a time! In this 6-week session, you’ll improve walking form, distance, speed, and technique, all while enjoying the great outdoors and connecting with others in the community. You will have the opportunity to learn about other topics such as:

- Proper footwear
- Exercises for better walking
- Safety/awareness
- Meditation walking
- Warm-up and cooldown stretches
- Strength/balance training and why they are important for walking
- Mental and physical health benefits of walking

The Walking for Wellness program will utilize various parks in the Downers Grove community. Locations of walk may vary based on weather conditions. Check out the Fall Guide for a schedule and more info!

FREE TRIAL CLASSES!

Join us for two complimentary offerings of Walking for Wellness to experience what this class has to offer!

CLASS 1: Monday, 8/12 from 9-10am at the Recreation Center
CLASS 2: Thursday, 8/15 from 9-10am at the Recreation Center

Class #   Date   Day   Time   Fee   Topic
4500P22-01 9/14   SA  4:30–6:00pm  $16   Wild Yoga
4500P22-02 9/21   SA  4:30–6:00pm  $16   Forest Bathing

Class #   Date   Day   Time   FM/R/NR
4301J12-01 9/9–10/14   M  9:00–10:00am  $5/$10/$15
4301J12-02 9/12–10/17   TH  9:00–10:00am  $5/$10/$15
DOG DAZE
FREE! Join us for our third annual Dog Daze event! Pack up your pooch and plan for a day of fun-filled activities for you and for them. For the pups, we will have an agility course competition, peanut butter licking contest, splash zone and more! For the people, enjoy food trucks, pet vendors, live acoustic music and adult beverages. Beverage tips will be donated to a local animal shelter. Sponsored by Community Bank of Downers Grove and Advocate Health Care.

**Location:** Fishel Park  
**Fee:** Free!  
**Date:** 9/14  
**Day:** SA  
**Time:** 12:00-3:00pm

GRANDPARENTS & ME BINGO
NEW! Grandparents and their grandkid(s) will have a wonderful time playing bingo together for a chance to win prizes. Prizes will be awarded for each round of bingo. Snacks and refreshments will be available. Everyone attending must have a ticket. Buy tickets online at dgparks.org.

**Location:** Lincoln Center  
**Fee:** $10 per person  
**Ages:** 4+  
**Date:** 9/7  
**Day:** SA  
**Time:** 9:30-11:00am

THE BIG DILL PICKLEBALL TOURNAMENT
NEW! Join us at McCollum Park for an exhilarating day of fast-paced action at our first annual Pickleball Tournament, The Big Dill! Whether you’re a seasoned pro or new to the game, this special event promises to have thrilling matches, friendly competition, and an unforgettable experience for all. For more information, please see the Fall Guide.

Sunday, September 8

Active Adults Newsletter
LET’S GO OUTSIDE

NATURE WALKING TOUR

Take a guided stroll through a beautiful natural area to see rare plants and abundant wildlife. Each tour will highlight plants in bloom, special animals one might find, and fascinating local history from pioneer times and beyond. This is a free program, but please sign up in advance.

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>4500P20-01</td>
<td>9/14</td>
<td>SA</td>
<td>9:30-11:00am</td>
<td>Belmont Prairie</td>
<td>Orchids &amp; Tropicals</td>
</tr>
<tr>
<td>4500P20-02</td>
<td>10/12</td>
<td>SA</td>
<td>1:00-2:00pm</td>
<td>Lyman Woods</td>
<td>Venom, Poisons &amp; Witches’ Brews</td>
</tr>
</tbody>
</table>

WALKING BOOK CLUB

Similar to a regular book club, except we will take the book club meeting outside for a walking discussion! Copies of the book will be available at the Downers Grove Library (DGPL library card or a card from another SWAN library required) one month before each discussion at the second floor Adult Teen & Services Desk. Pre-registration is required through the Downers Grove Public Library. This one-day program will include discussion of the entire book. This program will meet at the Patriots Park/Barth Pond pavilion at 501 55th Pl., Downers Grove.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Book</th>
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<tbody>
<tr>
<td>9/12</td>
<td>TH</td>
<td>9:30-11:00am</td>
<td>Yellowface by R.F. Kuang</td>
</tr>
</tbody>
</table>
BINGO

Let’s get together for an afternoon of Bingo fun! A small prize and a raffle ticket will be given to the winner of each round which will be entered into a drawing for a grand prize! Pre-registration is required. Fall Bingo is sponsored by Midwestern Eye Institute.

Location: Lincoln Center  
R/NR: $6/$9

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<tr>
<th>Class #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>3700L20-03</td>
<td>8/21</td>
<td>W</td>
<td>12:30–2:00pm</td>
</tr>
<tr>
<td>4700L12-01</td>
<td>9/18</td>
<td>W</td>
<td>12:30–2:00pm</td>
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</tbody>
</table>

LUNCH AND LEARN

Join us for a free lunch and presentation! For a list of topics for each date, please visit dg-parks.org. Preregistration is required. The Fall Lunch and Learns are sponsored by Lacey Creek Supportive Living and Advocate Health.

Location: Lincoln Center  
Fee: Free!

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
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<th>Time</th>
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<tbody>
<tr>
<td>3700L05-03</td>
<td>8/12</td>
<td>M</td>
<td>12:00–2:00pm</td>
</tr>
<tr>
<td>4700L00-01</td>
<td>9/9</td>
<td>M</td>
<td>12:00–2:00pm</td>
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</table>

THANK YOU TO OUR SPONSORS!

POPCORN MATINEE

Join us for a free, relaxing afternoon showing of a feature film and some free popcorn. Pre-registration is required.

September: Rocky (1976)

Location: Lincoln Center  
Fee: Free!

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>3700L19-03</td>
<td>8/1</td>
<td>TH</td>
<td>1:00–3:30pm</td>
</tr>
<tr>
<td>4700L35-01</td>
<td>9/5</td>
<td>TH</td>
<td>1:00–3:30pm</td>
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</tbody>
</table>
TRIPS

AMISH COUNTRY TOUR

Enjoy a delightful getaway as we travel to norther Indiana’s scenic Amish Country. Upon our arrival near Middlebury, IN, a local guide joins us to take us on a fascinating tour to experience the Amish lifestyle. These Amish backroads meander between its beautiful lakes dotted with farms, markets and small shops as the sounds of horses pulling buggies fill the air. See the quaint family-owned homespun businesses such as Amish woodworkers, a bakery, quilters, popcorn makers and other Amish country stores. Several stops will be made to see these local treasures. A highlight of your day will be at lunch, when we visit an Amish family home where you are treated to fine hospitality and a fabulous and delicious home-cooked Amish Thresher meal! Fee includes motorcoach transportation, lunch, and all tips. No refunds after 8/18. Pick Up and Drop Off Location: Sunset Knoll Recreation Center 820 Finley Rd, Lombard, IL 60148.

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>R/NR</th>
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<tbody>
<tr>
<td>4710L00-01</td>
<td>9/4</td>
<td>W</td>
<td>7:00am-7:45pm</td>
<td>$145/$155</td>
</tr>
</tbody>
</table>

INTERNATIONAL MUSEUM OF SURGICAL SCIENCE

Join us for an afternoon of fun as we travel in style with our Community House friends to The International Museum of Surgical Science! IMSS was originally conceived as the ICS Hall of Fame, and as a repository for its growing collection of historically significant surgical instrumentation, artworks and manuscripts. Journey through time as we explore the development of anesthesia, germ theory, and anatomical knowledge. Experience a demonstration showing the process of a leg amputation from the mid-1800s, with no anesthesia and no sterilization. Upon returning at noon, a catered lunch will be served in a reserved dining room at The Community House. Do not wait to register as this is a shared trip so limited spots are available! Must register by August 28th to attend. Trip fee includes Coach bus transportation to and from The Community House, Entry, Tour and Catered Lunch at The Community House. Pick Up and Drop Off Location: The Community House, 415 W 8th St, Hinsdale, IL 60521.

<table>
<thead>
<tr>
<th>Class #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>R/NR</th>
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<tbody>
<tr>
<td>4710L01-01</td>
<td>9/12</td>
<td>TH</td>
<td>9:00am-1:00pm</td>
<td>$62/$72</td>
</tr>
</tbody>
</table>
Embark on a cultural journey with our coach bus tour to the captivating Swedish American Museum, where history comes alive through art and artifacts. Immerse yourself in the rich heritage and vibrant exhibits. Later, indulge in a delightful lunch at the charming Swedish restaurant, Svea savoring authentic flavors that complement your day of exploration. The Swedish American Museum has been active for over 40 years in the heart of Andersonville, a traditionally Swedish area on the north side of Chicago. The 24,000 square-foot cultural museum features two gallery spaces & special art exhibits! Andersonville is known as the “Little Sweden” of Chicago, is one of the most concentrated areas of Swedish heritage in the United States, with Swedish roots dating back to the 19th century. Tourists visit the area continually to partake in traditional Swedish holidays such as Midsommar and Julmiddag. Join us for a seamless blend of history, art, and gastronomy on this memorable excursion! Trip fee includes Coach bus transportation to and from The Community house. Entry, Tour and select Lunch at options at Svea Restaurant. Pick Up and Drop Off Location: The Community House, 415 W 8th St, Hinsdale, IL 60521.

Class # | Date | Day | Time | R/NR
--- | --- | --- | --- | ---
3710L01-01 | 8/28 | W | 9:15am-1:45pm | $75/$85

Willkommen to Frankenmuth—Michigan’s Little Bavaria. This charming village is known for its well-tended flowers, lush greenery, Bavarian architecture and its annual Oktoberfest. Celebrate German culture with German food, German dancing, live bands playing German music and of course, plenty of beer! Other highlights include a guided tour of Frankenmuth, pretzel rolling demonstration, riverboat cruise, Bronner’s Christmas Wonderland—the world’s largest Christmas store and more. Join us for all the fun! Gemütlichkeit!

This trip is offered in partnership with American Classic Tours. For more information please call 847-548-3333 or see the Fall guide.
PAWSITIVE THERAPY TROUPE MEET & GREET

Join us for an afternoon of furry fun and relaxation. The PAWSitive Therapy Troupe is an Animal-Assisted Activities and Therapy program designed to share registered therapy dogs with patients and students in a variety of health care and educational settings, and will be here with some registered therapy dogs to teach us more about what they do. After their short presentation, enjoy interacting with the animals and their handlers and create your own dog-inspired craft keepsake. This is a free event but pre-registration is required.

Location: Lincoln Center
Fee: Free!

Class # Date Day Time
4700L26-01 11/1 F 12:30-2:30pm

SENIOR HOLIDAY CELEBRATION

Join us for our annual holiday social! Celebrate the season with good company, delicious food, and live entertainment.

Location: Lincoln Center
R/NR: $10/$15

Class # Date Day Time
4700L01-01 12/10 TU 12:00-2:00pm

A TRIBUTE TO ELVIS AT THE JACOB HENRY MANSION

 Joined by our friends at The Community House, we will experience Logan Ramey’s Tribute to Elvis – a show like no other. Presented with high energy, audience interaction, and a respect for Elvis, audiences absolutely love him. Logan has gained the respect of fans & colleagues alike, even Elvis Presley’s step-brother! If you are looking for an authentic & respectful Tribute to Elvis, look no further. This trip will include transportation to and from the Lincoln Center, a self-guided tour of the mansion, a delicious luncheon, and a tribute to Elvis! We also will pick up friends from The Community House in Hinsdale on the way there and drop them off on the way back.

Drop Off & Pick Up Location: Lincoln Center

Class # Date Day Time R/NR
4710L05-01 11/21 TH 9:00am–4:15pm $75/$105
Check out our free fall card groups! No experience necessary. Register by calling 630-960-7500 or stopping by the Lincoln Center or Recreation Center Monday–Friday from 9am–4pm. No card groups Nov. 28–29, Dec. 4–6 and Dec. 24–25.

**Location:** Lincoln Center  
**Fee:** Free!

<table>
<thead>
<tr>
<th>Group</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Puzzle Time</td>
<td>9/9–12/30</td>
<td>M</td>
<td>10am–1pm</td>
</tr>
<tr>
<td>Dominoes</td>
<td>9/9–12/30</td>
<td>M</td>
<td>12–3:30pm</td>
</tr>
<tr>
<td>Chess</td>
<td>9/4–12/18</td>
<td>W</td>
<td>1–4pm</td>
</tr>
<tr>
<td>Thursday Poker</td>
<td>9/5–12/26</td>
<td>TH</td>
<td>10am–2pm</td>
</tr>
<tr>
<td>Duplicate Bridge</td>
<td>9/6–12/27</td>
<td>F</td>
<td>9am–12pm</td>
</tr>
<tr>
<td>Friday Poker</td>
<td>9/6–12/27</td>
<td>F</td>
<td>10am–2pm</td>
</tr>
<tr>
<td>Canasta</td>
<td>9/6–12/27</td>
<td>F</td>
<td>1–3:30pm</td>
</tr>
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**LINCOLN CENTER**  
935 Maple Ave.  
Downers Grove, IL 60515  
630-960-7500

**RECREATION CENTER**  
4500 Belmont Rd.  
Downers Grove, IL 60515  
630-960-7500

**LYMAN WOODS**  
901 31st St.  
Downers Grove, IL 60516  
630-963-9388

**DOWNERS GROVE MUSEUM**  
831 Maple Ave.  
Downers Grove, IL 60515  
630-963-1309

To register for a program, call 630-960-7500 or visit the Lincoln or Recreation Center Monday–Friday from 9am–4pm. You can also register online at DG Parks.org.