

Downers Grove Park District

Active Adults Newsletter

April-May
2024

Upcoming Events

Popcorn Matinee – 4/4

Lunch and a Movie –
4/11

Choosing a Medicare
Supplement Plan – 4/12

Rules of the Road –
4/16

Bingo – 4/17

Popcorn Matinee – 5/2

Country in the Park –
5/4

Bingo – 5/15

The Legend of Starved
Rock – 5/21

Lunch and Learn

Join us for a free educational presentation and lunch at the Lincoln Center! Topics will be announced closer to each date. Please make sure to preregister for each program. Thank you to Advocate Health and Lacey Creek Supportive Living for sponsoring these events!

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
2700L00-01	4/8	M	12:00-2:00pm
2700L00-02	5/13	M	12:00-2:00pm

 Advocate Health Care®

Now part of  ADVOCATEHEALTH


Lacey Creek
— Supportive Living —

Trips

The Legend of Starved Rock

Travel through the Illinois River Valley to visit Starved Rock State Park. Visit the Illinois Waterway Visitor Center to see the Starved Rock Lock & Dam and exhibits on the construction and operation of the Illinois Waterway. At Starved Rock State Park, we board the Starved Rock Trolley for a narrated, guided tour of the park. Learn the legend of Starved Rock and the Native American Indians who fought and died atop it. Enjoy lunch at historic Starved Rock Lodge. The historic Lodge, built in the 1930s, features log walls and a two-sided stone fireplace and overlooks the state park. There will also be free time to visit the gift shop and Starved Rock Park Visitor's Center, home to a 400-gallon aquarium housing fish indigenous to the Illinois River.

Pick Up and Drop Off Location: Sunset Knoll Recreation Center 820 Finley Rd, Lombard, IL 60148
Fee: R/NR \$110/\$140

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
2710L02-01	5/21	TU	8:30am-3:45pm

Lunch and a Movie

Join us for lunch at Buffalo Wild Wings and an afternoon watching a movie at Cinemark at Seven Bridges in Woodridge. Don't like Buffalo Wild Wings? We'll be right by Jam N' Jelly and would be happy to drop off/pick up there as well. Fee includes transportation from and to the Lincoln Center and a movie ticket. Lunch cost is on your own.

Fee: R/NR \$10/\$15

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
2710L01-01	4/11	TH	11:00am-4:00pm

Medicare Series



Choosing a Medicare Supplement Plan

This education program will review the gaps in coverage in Medicare A & B, as well as the benefits of Medicare Supplement plans (also called Medigap plans). We will identify the “gaps” in coverage representing what the patient must pay after Medicare pays. Additionally, we will talk about how you can save money by understanding the difference in benefits between plans A to N in choosing the right Medicare Supplement plan for you. This is a great opportunity to ask questions that you may have regarding Medicare.

Location: Lincoln Center
Fee: Free!

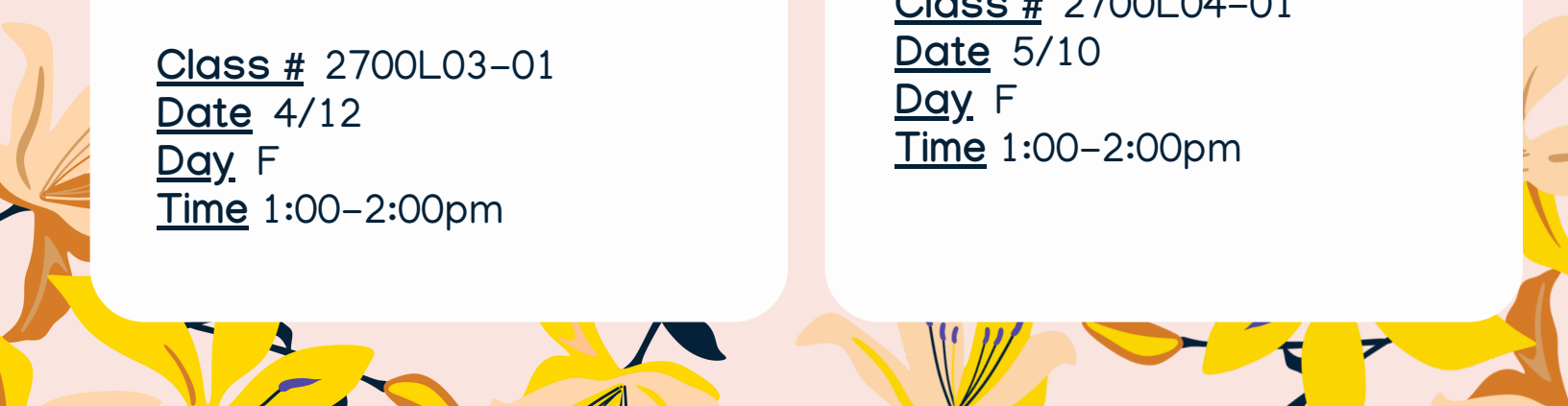
Class # 2700L03-01
Date 4/12
Day F
Time 1:00-2:00pm

Go On Medicare or Stay On My Group Health Plan?

Are you intimidated by health insurance? Would you like to understand the basics, to make it easier to understand your choices? Turning 65 or thinking of retiring? Health insurance education provides knowledge and peace of mind in choosing the right health plan. Learn how to compare your Group Health Plan with Medicare by understanding how these plans differ and explore cost savings opportunities.

Location: Lincoln Center
Fee: Free!

Class # 2700L04-01
Date 5/10
Day F
Time 1:00-2:00pm



New (or Improved) Skills

Adult CPR & AED Training

This course covers both adult and pediatric CPR and AED along with rescue techniques for conscious and unconscious choking victims. The course also covers the use of the AED. American Red Cross certification is valid for two years.
Fee: R/NR \$77/\$107

Class # 2700L05-01

Date 4/25

Day TH

Time 6:00-9:00pm

Rules of the Road

The Rules of the Road Review Course gives drivers – especially senior citizens and persons with disabilities – the knowledge and confidence needed to renew or obtain a driver's license. The review course combines an explanation of the driving exam with a practice written exam.

Fee: FREE!

Class # 2700L02-01

Date 4/16

Day TU

Time 1:30-3:30pm



Pickleball at Adventure Falls

Join the pickleball craze! Pickleball, a game that combines elements of tennis, badminton and ping pong, is sweeping the country. New at McCollum Park are 8 dedicated pickleball courts, open daily from 7:30am-10pm. Visitors may bring chairs into the courts for waiting and viewing as well as portable pickleball nets for use on the center courts. Visit dgparks.org for more information or see the seasonal guide.

Just for Fun

Bingo

Let's get together for an afternoon of Bingo fun! Winners of each round will receive a small prize and a raffle ticket which will be entered into a drawing for the grand prize. Refreshments and coffee will be provided. Pre-registration is required.

Fee: R/NR \$6/\$9

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
2700L09-01	4/17	W	12:30-2:00pm
2700L09-02	5/15	W	12:30-2:00pm

Popcorn Matinee

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

Fee: FREE!

April Movie: What About Bob?

May Movie: Florence Foster Jenkins

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
2700L35-01	4/4	TH	1:00-3:00pm
2700L35-02	5/2	TH	1:00-3:00pm

Card Groups

All returning and new players are welcome to attend the game/card group of their choice or multiple groups each week. Please refer to the full group schedule in the Winter/Spring 2024 Recreation Guide or online. No previous experience necessary. All games/activities are self-led, but supplies are provided.

<u>Group</u>	<u>Day</u>	<u>Time</u>
Puzzle Time	M	10:00am-1:00pm
Dominoes	M	12:00-3:00pm
Various Games	TU	11:00am-4:00pm
Chess	W	1:00-4:00pm
Thursday Poker	TH	10:00am-2:00pm
Bunco	TH	1:00-4:00pm
Friday Poker	F	10:00am-2:00pm
Duplicate Bridge	F	9:00am-12:00pm
Canasta	F	1:00-3:30pm

At the Museum

Mother's Day Par-Tea

Join us at the museum to celebrate Mother's Day for an afternoon of togetherness as you sip tea and enjoy a sweet treat and more! Mothers and Daughters of all ages welcome! Price is per daughter for her and one accompanied "mother."

Fee: R/NR \$30/\$45

Class # 2700G03-01

Date 5/11

Day SA

Time 1:00-2:30pm



Sears Home Bus Tour - NEW!

In the early 20th century, numerous Downers Grove residents purchased homes straight out of mail-order catalogs! Join the Museum Staff on a leisurely 75 min narrated bus tour of Sears and other catalog homes that are still standing in Downers Grove. All participants must be registered as bus space is limited.

Fee: \$22/\$33

Class # 2700G06-01

Date 4/13

Day SA

Time 1:00-2:15pm



Country in the Park

Spend a spring day at Country in the Park— part of the annual Downers Grove Founders Day celebration sponsored by The Grove Foundation. Families will visit with farm animals, play 1850's pioneer-era games and more! No preregistration required. This is a free event!

Date Day Time

5/4 SA 12:00-3:00pm

Our Awesome Community Partners



Downers Grove Township

The Downers Grove Township Center provides programs and services designed to enhance the quality of life for our senior citizens 55 years of age and over. Check out <https://www.dgtownship.com/senior-services/> or call 630-719-6670 for more information about everything the Township offers!



COME ENJOY LUNCH WHILE SOCIALIZING WITH OTHERS IN OUR COMMUNITY

Community Dining

DuPage Senior Citizens Council will serve hot, nutritional meals to senior citizens 60+ on Tuesdays and Wednesdays from 11:00 am-12:00 pm.

Downers Grove Township Center
4341 Saratoga Avenue
Downers Grove, IL 60515

Meals are a suggested donation of \$5

REGISTER BY 10AM THE WEDNESDAY PRIOR AT 224-580-1330



THE COMMUNITY HOUSE

Whether you enjoy fitness, theater, music or simply getting together with friends, the Active Adults program at The Community House (415 W. Eighth Street, Hinsdale, IL, 60521) has something for everyone.

For more information and a current listing of day trips and special events or to become a member, call Jillian Spizzirri at 630-323-7500 Ext. 253. Below is just one of the many amazing programs and trips The Community House offers!

Senior Resource Fair

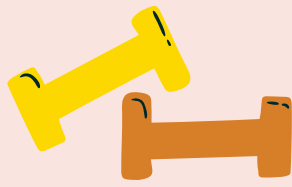
Join us for an open house Senior Focused Resource Fair with a Breakfast Bar and refreshments. Walk-ins are welcome for the Resource Fair! Several local resources of all kinds will be available for information or assistance to seniors and those helping seniors! Information, such as home care, retirement, banking, health & fitness, as well as leaders in enrichment, social activities, and clubs seniors can attend. **No registration required.**

Code	Day	Date	Time
ENR-SNR-1011-6	Tu	4/16	9:00 AM-12:00 PM
Location:The Community House		
Fee:Free		

Thank you to our amazing sponsors!



SilverSneakers



SilverSneakers fitness class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support. This program is free to SilverSneakers members, and punch passes are available to purchase at the Downers Grove Recreation Center.

Days: Tuesdays & Thursdays

Time: 10:00am

Location: Lincoln Center

LINCOLN CENTER

935 Maple Ave.
Downers Grove

DOWNERS GROVE MUSEUM

831 Maple Ave.
Downers Grove

DOWNERS GROVE RECREATION CENTER & 4500 FITNESS

4500 Belmont Rd.
Downers Grove

LYMAN WOODS NATURE CENTER & PRESERVE

901 31st St.
Downers Grove



**Downers
Grove**
Park District

your chance to play

Registration staff is available to assist you by phone Monday - Friday, 9:00 am - 4:00 pm at 630-960-7500

or visit dgparks.org