

JUNE - JULY

2024

# ACTIVE ADULTS NEWSLETTER



*Downers Grove Park District*

## Lovely Lake Geneva & Ice Cream Social Cruise

Travel to the beautiful resort town once known as the “Newport of the West,” Lake Geneva, Wisconsin! Start with a delicious lunch at Gino’s East Restaurant with its wonderful view of Geneva Lake. Afterwards you’ll be dropped off at the historic Riviera Dock where you’ll have some free time before our boat cruise.

Explore the town’s shops or enjoy a lakeside stroll in the quaint resort village. Then we’ll board Lake Geneva Cruise Lines’ enclosed Grand Belle for a relaxing cruise on the eastern edge of Geneva Bay. During the narrated cruise, learn about the many elegant and historic estates that dot the scenic shoreline.

As a special treat, our cruise will also feature an ice cream social! You will be served a delicious Breyers ice cream sundae prepared just the way you like it as you enjoy the cruise! Pick Up and Drop Off Location: Sunset Knoll Recreation Center 820 Finley Rd, Lombard, IL 60148.

**R/NR: \$145/\$155**

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
3710L04-01	7/23	TU	8:50am-5:45pm

### In this newsletter...

TRIVIA EXTRAVAGANZA

ADULT HULA

PICKLEBALL

OPTIMAL NUTRITION CLASSES

LUNCH & LEARN

GUYS & DOLLS

ACTIVE ADULT SUMMER SOCIAL

# 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. Thank you to Lexington Square for sponsoring Bingo!

R/NR: \$6/\$9

Location: Lincoln Center

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
3700L20-01	6/19	W	12:30-2:00pm
3700L20-01	7/17	W	12:30-2:00pm
3700L20-01	8/21	W	12:30-2:00pm



## Trivia Extravaganza!



Join us for an engaging afternoon of fun with our Trivia Extravaganza! Challenge your knowledge on a variety of topics, enjoy some friendly competition, and maybe even win some prizes! Light snacks and coffee will be served. Pre-registration is required.

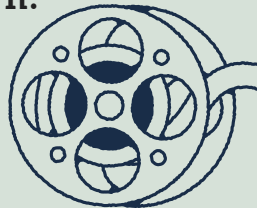
R/NR: \$10/\$15

Location: Lincoln Center

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
3700L36-01	7/19	F	1:30-3:30pm

## Popcorn Matinee

Want to beat the Summer heat? Join us for a free, relaxing afternoon showing of a feature film and some free popcorn.



June Movie: Air (2023)

July Movie: Bridge of Spies (2015)

August Movie: 13 Going on 30 (2004)

Fee: Free!

Location: Lincoln Center

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
3700L19-01	6/6	TH	1:00-3:30pm
3700L19-02	7/11	TH	1:00-3:30pm
3700L19-03	8/1	TH	1:00-3:30pm

# LET'S GET ACTIVE!

## Adult Hula



Get transported away to the tropical island of Hawaii! Join us for this one-day introduction class to learn about Hawaii's famous dance style and the culture from Shasta Puanani Hud, who was born and raised in Hawaii.

R/NR: \$15/\$23      Location: Lincoln Center

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
3162A33-01	6/27	TH	6:00-6:45pm

## Adult Bags League

Think you're the king or queen of the backyard game? Teams of two will square off in this round robin league. Each team will compete in one or two three-game matches per night. The league will last six weeks followed by a single elimination tournament. Fee is per team and includes one drink per player each night.

R/NR: \$125/\$155      Location: Belmont Golf Club

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
3395C01-01	6/20-8/1	TH	6:30-9:00pm

## Walk This Way!

The Recreation Center indoor track is open to the community and fitness members. The track is included in a fitness membership. Non-fitness members may purchase a track pass allowing access to the indoor track only. Track passes expire 1-year from date of purchase. Proof of residency is required. Track passes are non-refundable or transferable.

Resident: \$5 | Non-resident: \$75  
Senior (62+) Non-resident: \$50



## COMING SOON!

Renovations to Constitution Park (outside Lincoln Center) are underway and will include a new walking path, just in time for summer! Stay tuned for more updates.

# PICKLEBALL

## Adult Pickleball Clinics

See what pickleball is all about! Participants will be given a brief overview of the game and learn some beginner techniques. In these beginner clinics, players will learn the rules of the game, scoring, and play format along with the basic forehand, backhand, volley, serve, and basic strategies of the game. In the advanced clinic, players learn strategy and tactics, including split steps, serve and returns, dinks and 3rd shot drop, how to slice and put top spin on the ball. Clinics include 60 minutes of instruction and 30 minutes of supervised free play.

R/NR: \$100/\$130

Location: McCollum Park

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Level</u>
3396C02-01	6/8-6/29	SA	9:00-10:30am	Beginner
3396C02-02	6/8-6/29	SA	10:30am-12:00pm	Intermediate/Advanced
3396C02-03	7/6-7/27	SA	9:00-10:30am	Beginner
3396C02-04	7/6-7/27	SA	10:30am-12:00pm	Intermediate/Advanced



## Pickleball at Adventure Falls



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](http://dgparks.org) for more information or see the seasonal guide.

Looking for  
pickleball lessons?  
See our summer  
guide for more  
info!

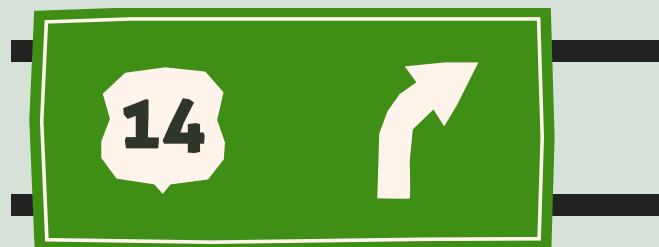
# EDUCATIONAL PROGRAMS

## 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. Please preregister for this class.

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

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
3700L10-01	7/24	W	1:30-3:30pm



## Optimal Nutrition for Active Adults

The average person makes over 200 food-related decisions per day, each of which is an opportunity to improve health. Join food and nutrition expert, Kerry Hackworth, MS, RD, LDN for a 4-course series! You can register for all 4 sessions, or single sessions. Fitness Member discounts do not apply to the Optimal Nutrition program.

Week 1- Basic Nutrition Principles: Calories, Macronutrients and Micronutrients

Week 2- Debunking Common Foods Myths

Week 3- Nutrition Trends 101: Gut Health, Mindful Eating, and More

Week 4- Incorporating Functional Foods into Your Meal Plan

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>R/NR</u>	<u>Week(s)</u>
3301J14-01	6/3-6/24	M	7:00-8:00pm	\$180/\$210	1-4
3301J14-02	6/3	M	7:00-8:00pm	\$49/\$74	1
3301J14-03	6/10	M	7:00-8:00pm	\$49/\$74	2
3301J14-04	6/17	M	7:00-8:00pm	\$49/\$74	3
3301J14-05	6/24	M	7:00-8:00pm	\$49/\$74	4



# EDUCATIONAL PROGRAMS

## Lunch & Learn

Hosted monthly at the Lincoln Center, Lunch & Learns provide participants ages 55+ an opportunity to make friends, mingle and learn about topics to improve their health and wellness. These events are free but preregistration is required. For an up-to-date list of topics and speakers, please visit [dgparks.org](http://dgparks.org).

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
3700L05-01	6/10	M	12:00-2:00pm
3700L05-02	7/8	M	12:00-2:00pm



**American Red Cross**

## CPR CLASSES

R/NR: \$77/107

Location: Lincoln Center



## Adult CPR/AED

This course covers CPR for the adult victim (over twelve years of age) along with rescue techniques for conscious and unconscious choking victims. The course also covers the use of the AED. Certification from the American Red Cross is valid for two years.

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
3700L11-01	6/3	M	6:00-9:00pm

## Infant & Child

This course focuses on rescue techniques for full arrest victims from newborn to twelve years of age. The course also covers conscious and unconscious choking along with rescue breathing. The use of an AED is discussed. American Red Cross certification is valid for two years.

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
3700L12-01	7/8	M	6:00-9:00pm

# TRIPS

## Brunch and a Movie

Join us for brunch at Jam n' Jelly Cafe and an afternoon watching a movie at Cinemark at Seven Bridges in Woodridge. Fee includes transportation and movie ticket. Lunch cost is on your own.

R/NR: \$10/\$15

Pick Up and Drop Off Location: Lincoln Center



<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
3710L08-01	6/25	TU	11:00am-4:00pm

## Guys & Dolls at Drury Lane



Step into the dazzling lights of 1950s New York City with Guys and Dolls! This enduring tale of romance, risk, and unforgettable rhythm, follows the improbable love story of high-rolling gambler Sky Masterson and mission doll Sarah Brown, along with the comedic relationship of the ever-patient Miss Adelaide and craps game organizer Nathan Detroit. Guys and Dolls takes you into the golden age of Broadway with wit, charm, and plenty of heart with vibrant characters and unforgettable songs like “Luck Be a Lady” and “Sit Down, You’re Rockin’ the Boat.” Fee includes transportation and admission to show.

This is a shared trip with the Downers Grove Township. If you are unable to get tickets through the park district, please call the Township at 630-719-6670. **The Township will begin selling tickets in May.**

Fee: \$70/\$80

Pick Up and Drop Off Location: Lincoln Center

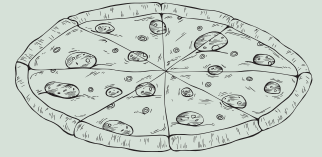
<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
3710L03-01	6/6	TH	12:45-5:00pm



Downers Grove Township

# TRIPS

## Whiskey Wanderlust, Tour & Pizza!



Let us be your designated driver & join us for a Tour of Whiskey Acres! This will be a captivating journey through the artistry of whiskey-making! Immerse yourself in the rich aromas, learn about the meticulous process, and savor the distinct flavors that define each unique blend.

FEE INCLUDES: Coach Bus to and from The Community House, catered Dough Brothers Pizza & Salad , tasting of 3 Whiskey Acres products and a souvenir shot glass.

R/NR: \$82/\$94

Pick Up and Drop Off Location: The Community House, 415 W 8th St, Hinsdale, IL 60521

Class #	Date	Day	Time
3710L02-01	7/25	TH	5:00-9:00pm



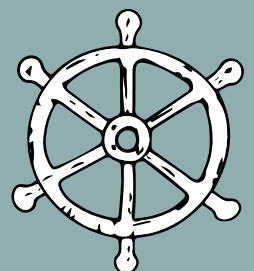
THE COMMUNITY HOUSE

## Mississippi River Cruise

July 10-12, 2024

Delight in the beauty of the Mississippi River Valley on a full-day, 100-mile cruise aboard the Celebration Belle! Begin by exploring the charms of historic Galena, then make your way to Dubuque, Iowa to learn about America's major river that has contributed to our nation's colorful history, legend and lore. Then it's time to experience the magic of the Mississippi! Finally, arrive at the Wyndham Moline on John Deere Commons in Moline, Illinois, and get ready to discover the rich history of the Bishop Hill Colony. Explore the heritage shops featuring Swedish foods, handmade gifts, country crafts, quilts and more before heading home.

This trip is offered in partnership with American Classic Tours. For more information see the summer guide, or call 847-548-3333.





# LOOKING AHEAD...

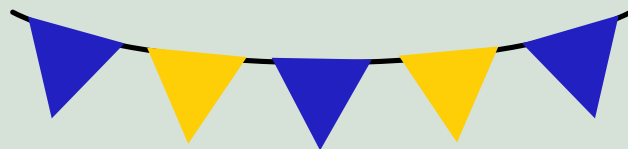
## Active Adult Summer Social

Join us for an afternoon of entertainment, food, and fun at our circus-themed Summer Social! This event will take place at the Downers Grove Township Center, 4341 Saratoga Ave. Downers Grove. There is no fee for this event, but pre-registration is required.



<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
3700L01-01	8/29	TH	12:00-2:00pm

## Swedish American Museum & Lunch at Svea Restaurant



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. 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.

R/NR: \$75/\$85



THE COMMUNITY HOUSE

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
3710L01-01	8/28	W	9:15am-1:45pm

# SUMMER CONCERT SERIES

The Summer Concert Series is back at Fishel Park! These free concerts are hosted every Tuesday at 7pm between May 21 and August 13.

For more information and to see a full list of the bands scheduled for each week, please see the summer guide.




Downers  
Grove  
Park District

your chance to play




**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

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](http://dgparks.org)