

MATURE ADULT

Dominoes

This is an easy game with simple rules, but the fun is limitless. Lunch will be served around noon. **NOTE: Fee includes coffee, soda, lunch, & prizes.**

Day & Date: **Friday, September 1** 256216-01
Friday, October 6 256216-02
Friday, November 3 256216-03
Time: 11:30 a.m. - 2:30 p.m.
Ages: 25 years & up
Location: Krueger Park Activity Rooms A&B
Min/Max: 20/35
Fee: \$8 Resident; \$9 Non-Resident

Progressive Rummy

Progressive Rummy is a very easy game to learn. Each hand has a different wild card. Register for this enjoyable day at Krueger Park. **NOTE: Fee includes coffee, soda, lunch, & prizes.**

Day & Date: **Friday, September 8** 256245-01
Friday, October 20 256245-02
Monday, November 13 256245-03
Time: 11:30 a.m. - 2:30 p.m.
Ages: 50 years & up
Location: Krueger Park Activity Rooms A&B
Min/Max: 20/35
Fee: \$8 Resident; \$9 Non-Resident

Fired Up for Football 256290-01

Wear your favorite team apparel and get ready for some tailgating.

Day & Date: **Tuesday, September 19**
Time: 12:00 Noon - 2:15 p.m.
Ages: 50 years & up
Location: Krueger Park Gym
Min/Max: 100/125
Fee: \$7 Resident; \$8 Non-Resident



Benvenuto Alla Festa 256291-01

Mangia! Mangia! Welcome to the party. Join us for an Italian feast of fettucini, mostaccioli, sausage, bread, dessert and entertainment.

Day & Date: **Tuesday, October 17**
Time: 12:00 Noon - 2:15 p.m.
Ages: 50 years & up
Location: Krueger Park Gym
Min/Max: 100/125
Fee: \$7 Resident; \$8 Non-Resident



NOTE: Fee for each luncheon includes lunch, dessert, & refreshments. No refunds/credits on luncheons.

Tons of Turkey 256292-01

Celebrate a traditional Thanksgiving feast of turkey, dressing, mash potatoes and desserts, co-sponsored by First Midwest Bank. Afterwards, enjoy bingo and prizes.

Day & Date: **Tuesday, November 21**
Time: 12:00 Noon - 2:15 p.m.
Ages: 50 years & up
Location: Krueger Park Gym
Min/Max: 100/125
Fee: \$7 Resident; \$8 Non-Resident



Holiday Hoopla 356323-01

Feel the spirit of the season as you feast upon a catered holiday lunch. Afterwards, enjoy dessert, and some great unique entertainment.

Day & Date: **Tuesday, December 19**
Time: 12:00 Noon - 2:15 p.m.
Ages: 50 years & up
Location: Krueger Park Gym
Min/Max: 100/125
Fee: \$7 Resident; \$8 Non-Resident



Easy Does It

This exercise class opens with a warm-up (8-10 minutes), which includes range of motion exercise and stretching to increase flexibility. This is followed by a 20-minute low impact "aerobic" segment to improve cardiovascular fitness. Class ends with toning, firming, and more stretching. Classes are geared for seniors and everyone is encouraged to go at his/her own pace. **NOTE: Punch card expires on December 14. Hand weights will be available. No class September 19, October 17, November 21, & November 23.**

Dates: **September 12 - October 26** 253207-01
October 31 - December 14 253207-02
Day: Tuesday & Thursday
Time: 9:00 - 10:00 a.m.
Fee: **\$40 Resident; \$45 Non-Resident or \$40 Punch Card* 253207-PC (10 Visits)**

Ages: 50 years & up
Instructor: Sue Hicks
Location: Krueger Park Gym
Min/Max: 13/34

*No Refunds or Credits on Punch Cards

Zumba Gold

Dance your way to a fitter and healthier you! Zumba Gold is a slower-paced, low-impact version of a classic Zumba class that's just as fun! Optimal for the active mature adult and exercise beginner, Zumba Gold combines a variety of Latin and international rhythms with an easy-to-follow workout. No dance experience is necessary. **NOTE: No class November 24.**

Dates: Sept. 22 - Oct. 27 253208-01
Nov. 3 - Dec. 15 253208-02

Day: Friday

Time: 9:15 - 10:15 a.m.

Ages: 50 years & up

Instructor: Anabel Volsansky

Location: Krueger Park Activity Room A & B

Min/Max: 7/15

Fee: \$33 Resident; \$38 Non-Resident



Pinochle 256202-01

Do you like playing cards? How about Pinochle? The Recreation Director will teach you how to play the entertaining game of Pinochle. Once you learn, you will be hooked forever. **NOTE: Fee includes pizza, refreshments, and prizes for each table winner.**

Day & Date: Friday, September 22

Time: 11:30 a.m. - 2:00 p.m.

Ages: 21 years & up

Location: Krueger Park Activity Room C

Min/Max: 6/12

Fee: \$8 Resident; \$9 Non-Resident

Gentle Flow Yoga

Chair Yoga is a unique yoga style that adapts yoga positions and poses through creative use of a chair. The chair replaces the mat and becomes an extension of the body. Bring nothing with you (except water, if desired) and don't forget anyone can practice yoga regardless of age, experience, or level of flexibility – we can all benefit from yoga.

Dates: Sept. 11 - Oct. 16 251220-01
Oct. 30 - Dec. 4 251220-02

Day: Monday

Time: 5:15 - 6:15 p.m.

Ages: 50 years & up

Instructor: Debbie Sernus

Location: Krueger Park Activity Room A & B

Min/Max: 10/24

Fee: \$43 Resident; \$48 Non-Resident