

20 ACTIVE ADULTS

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: Jan. 8 - Feb. 12 351320-01
Feb. 26 - April 2 451420-01
April 16 - May 21 451420-02

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

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: Tuesday, January 30 356345-01
Friday, March 16 456445-01
Friday, May 4 456445-02

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

Dinner Crew 444430-01

Do you like food? We will travel to Starved Rock for a visit before we travel to our mystery location for dinner. Only 11 spots are available for this trip, so sign up fast! **NOTE: Fee includes transportation, dinner, refreshments, tax, gratuity, and a short visit to Starved Rock.**

Day/Date: Tuesday, May 29 
Time: Depart 1:30 p.m.; Return 8:00 p.m.
Ages: 21 years & up
Location: Bus departs from Krueger Park
Min/Max: 9/11
Fee: \$59 Resident; \$64 Non-Resident

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, February 23 356316-01
Monday, March 5 456416-01
Monday, April 9 456416-02

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

Pinochle

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'll be hooked forever. **NOTE: Fee includes pizza, refreshments, and prizes for each table winner.**

Day & Date: Friday, February 16 356302-01
Tuesday, March 20 456402-01

Time: 11:30 a.m. - 2:00 p.m.
Ages: 50 years & up
Location: Krueger Park Activity Room C
Min/Max: 8/35
Fee: \$8 Resident; \$9 Non-Resident

**Looking for Bingo and Other Games?
Check out Adult Activities On Page 18!**

Quilting Club

Apply this old hobby with other people who enjoy quilting. This is not a class, it is an opportunity to get together with other people to share your skills and tips on quilting. The group will meet twice a month. We will provide some coffee and dessert. Make sure to bring your own sewing machines and supplies.

Dates: January 10 & 24 356308-01
February 14 & 28 356308-02
March 14 & 28 456408-01

Day: Wednesday 
Time: 11:30 a.m. - 1:00 p.m.
Ages: 50 years & up
Location: Krueger Park Activity Rooms A & B
Min/Max: 5/12
Fee: \$21 Resident; \$26 Non-Resident

ACTIVE ADULTS 21

All senior luncheons are for those 50 years & older, held at the Krueger Park Recreation Center Gym, and the min/max is 100/125.
Fee includes lunch, dessert, and entertainment.



Blackhawks Buffet 356319-01

Join us as we celebrate the #1 hockey team in the country. Wear your hockey gear to this entertaining luncheon. Everyone in Blackhawks attire will receive a raffle ticket for a chance to win some fabulous prizes.

Day/Date: Tuesday, February 20
Time: 12:00 Noon - 2:15 p.m.
Fee: \$7 Resident; \$8 Non-Resident



Losers Weepers, Taxman Keepers Luncheon 456442-01

Did you file this year? Forget about taxes today and enjoy a tax-free luncheon. One person at each table will have a chance to win a beautiful centerpiece. Stop by and register to avoid another taxing day!

Day/Date: Tuesday, April 17
Time: 12:00 Noon - 2:15 p.m.
Fee: \$7 Resident; \$8 Non-Resident



Soupanini Luncheon 356380-01

Winter's comfort food, hot soup and Panini's, will be offered at this January luncheon. Escape winter's gray and dreary day and join us for an enjoyable day at Krueger Park Rec. Center.

Day/Date: Tuesday, January 16
Time: 12:00 Noon - 2:15 p.m.
Fee: \$7 Resident; \$8 Non-Resident



Spring Has Sprung Luncheon 456423-01

Let's enjoy this first day of spring with a lovely spring centerpiece while enjoying a boxed lunch.

Day/Date: Tuesday, March 13
Time: 12:00 Noon - 2:15 p.m.
Fee: \$7 Resident; \$8 Non-Resident



Taco Tuesday Luncheon 456435-01

Turn up the heat at this last party before summer with a Mexican feast of tacos, rice and beans.

Day/Date: Tuesday, May 15
Time: 12:00 Noon - 2:15 p.m.
Fee: \$7 Resident; \$8 Non-Resident



NOTE: Due to ordering food and booking entertainment, there will be NO REFUNDS OR CREDITS on luncheons once you register, unless there is a wait list and we fill your spot.

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 May 31, 2018. Hand weights will be available. No class January 16, March 13, & May 15.**

Dates:	January 4 - February 15	353307-01	Ages:	50 years & up
	February 27 - April 10	453407-01	Instructor:	Sue Hicks
	April 19 - May 31	453407-02	Location:	Krueger Park Gym
Day:	Tuesday & Thursday		Min/Max:	13/34
Time:	9:00 - 10:00 a.m.			
Fee:	\$40 Resident; \$45 Non-Resident or \$40 Punch Card* 453407-PC (10 Visits)			

*No Refunds or Credits on Punch Cards