

# ADULT ACTIVITIES

## Monday Night Basketball

841875-04

Every player must show a picture ID with name, address, and age listed. **NOTE: Pay at the door each night.**

**Dates:** January 10 - April 25  
**Day:** Monday  
**Time:** 7:30 PM - 9:00 PM  
**Ages:** 21 years & up  
**Location:** Krueger Park Gym  
**Min/Max:** 8/30  
**Fee:** \$5 Resident / \$7 Non-Resident

## Recreational Volleyball

This instructional program for boys and girls will stress overhand serving, passing, setting, footwork and fun. Games will be held each week.

**Dates:** January 13 - February 24 321376-02  
 March 10 - April 21 421476-01  
**Day:** Thursday  
**Time:** 4:30 - 5:45 p.m.  
**Ages:** 10 - 16 years  
**Location:** Krueger Park Gym  
**Min/Max:** 7/12  
**Fee:** \$40 Resident; \$45 Non-Resident

## Open Gym - Basketball (Unscheduled)

Any open gym for basketball (not designated) will require a small fee to play. Call 708-599-7337 for availability.  
 18 years & older.

**Fee** \$4 R / \$6 NR 841875-02

## Women's Volleyball League

441438-01

This league has open registration. All teams will begin playing Thursday, January 13. A maximum of 12 players will be allowed on each team. **NOTE: All players must be 18 years of age or older.**

**Dates:** January 13 - March 17  
**Day:** Thursday  
**Time:** 7:00 - 9:00 p.m.  
**Ages:** 18 years & up  
**Location:** Krueger Park Gym  
**Min/Max:** 4/6 teams  
**Fee:** \$170 per team

## Hatha Yoga

Hatha Yoga is about finding a balance between the body, mind, and spirit. Hatha yoga uses body poses, breathing techniques and meditation in hopes of bringing flexibility, and manage stress. It is always advisable, especially if pregnant, to consult a physician before undertaking any physical activity.

**Dates:** January 4 - February 8 343320-02  
 February 22 - March 29 443420-01  
 April 12 - May 17 443420-02  
**Day:** Tuesday  
**Time:** 6:15 - 7:15 p.m.  
**Ages:** 16 years & up  
**Instructor:** Pam Lawrence  
**Location:** Krueger Park Activity Room C  
**Min/Max:** 8/14  
**Fee:** \$47 Resident; \$52 Non-Resident

## Zumba Class

This is a "feel-good" workout like no other that is great for the body and mind. Our master instructor will guide you through a series of unique moves and combinations providing you with a dynamic interval style workout. No dance experience is necessary and all fitness levels are welcome.

**Dates:** January 5 - February 9 343319-02  
 February 23 - March 30 443419-01  
 April 13 - May 18 443419-02  
**Day:** Wednesday  
**Time:** 6:30 - 7:30 p.m.  
**Ages:** 14 years & up  
**Location:** Krueger Park Gym North  
**Min/Max:** 6/24  
**Fee:** \$47 Resident; \$52 Non-Resident



## 12" Summer Softball Tournament

Join us for this one day tournament where teams will be play in a single elimination tournament. Prize Money will be awarded to the wining team who wins the tournament. No Exceptions. All bases for 12" games are set at 65ft. Games may be played at Martin Park Ball field. Umpires and game balls will be provided for each game. All participants must be at least 18yrs & older.

**Date:** June 12 141194-01  
 July 10 141194-02  
 August 14 141194-03  
**Day:** Sunday  
**Time:** 1st Game begins at 11:30 a.m.  
**Fee:** \$100 per team



# ADULT ACTIVITIES

## Bingo Night

Enjoy a refreshing beverage with snacks and dinner while you engage in a variety of bingo games. Prizes will be awarded for each game winner. Sit down & enjoy the company of your friends as we'll do the rest. Every player will get to create their own Bingo card for the grand prize game! **NOTE: Every player will receive multiple cards. Fee includes prizes, snacks, dessert, refreshments (coffee, pop, & water), and dinner.**

**Day & Date:** Tuesday, February 1 355375-02  
 Tuesday, April 5 455475-02  
**Time:** 5:30 - 8:00 p.m.  
**Ages:** 21 years & up  
**Location:** Krueger Park Activity Rooms A & B  
**Min/Max:** 30/50  
**Fee:** \$18 Resident; \$20 Non-Resident

## Bunco Blast

Enjoy an evening of Dice! Sign up to play this old parlor dice game at Krueger Park. You will be treated to **pizza, popcorn, refreshments**, and a chance to win some fabulous **gift certificates** and prizes.

**NOTE: Beginners are welcome.**

**Day & Date:** Friday, February 11 346374-01  
 Friday, May 13 446474-01  
**Time:** 7:00 - 9:00 p.m.  
**Ages:** 21 years & up  
**Location:** Krueger Park Activity Room C  
**Min/Max:** 8/24  
**Fee:** \$13 Resident; \$15 Non-Resident

## Left, Center, Right

LCR, short for "Left, Center, Right", is a simple dice game to play. Participants roll three dice marked with 3 individual dots, Left, Center, and a Right. The point of the game is to roll a dot(s) in order to win the game. You will be treated to **pizza, popcorn, refreshments**, and a chance to win some fabulous prizes.

**Day & Date:** Friday, January 7 346321-01  
 Friday, April 1 446421-01  
**Time:** 7:00 - 9:00 p.m.  
**Ages:** 21 years & Up  
**Location:** Krueger Park Activity Room C  
**Min/Max:** 10/24  
**Fee:** \$13 Resident; \$15 Non-Resident

## Grand Bingo

455475-01

Enjoy this special Bingo event where everyone is **guaranteed a prize**. Come for a chance to win fabulous prizes and a chance to win the "Grand Prize". Sit down & enjoy the company of your friends as we'll do the rest. **NOTE: Every player will receive multiple cards. Fee includes prizes, snacks, dessert, refreshments (coffee, pop, & water), and lunch.**

**Day & Date:** Saturday, May 21  
**Time:** 1:00 - 4:00 p.m.  
**Ages:** 21 years & up  
**Location:** Krueger Park Activity Rooms A & B  
**Min/Max:** 30/50  
**Fee:** \$21 Resident; \$23 Non-Resident



## Spades Night - Card Game

The game of Spades is a partner game that is easy to learn. This is a partner game that involves strategy in working together to win. Making friends with the Ace of Spades as it's the High trump card and is always a winner. Register for this enjoyable day at Krueger Park. **NOTE: Fee includes pizza, pop, and popcorn. Prizes will be awarded to the winners. Beginners are welcome.**

**Day & Date:** Friday, February 25 346330-01  
 Friday, April 29 446430-01  
**Time:** 7:00 - 9:00 p.m.  
**Ages:** 21 years & up  
**Location:** Krueger Park Activity Room C  
**Min/Max:** 8/20  
**Fee:** \$12 Resident; \$14 Non-Resident

# ADULT ACTIVITIES

## Texas Hold'em Poker Tournament

Join us for this popular style of poker where prizes will be awarded after the competition. New players are welcome to play and learn while enjoying a boxed lunch and refreshments.

**Day & Date:** **Thursday, February 17** 346306-01  
**Thursday, April 28** 446406-01  
**Time:** 11:30 a.m. - 2:00 p.m.  
**Ages:** 21 years & up  
**Dealer:** Angel Sanchez  
**Location:** Krueger Park Activity Room C  
**Min/Max:** 12/16  
**Fee:** \$16 Resident; \$18 Non-Resident

## "21" Double Down

Do you love the game of "Blackjack"? We will enjoy lunch, refreshments, and dessert before trying our luck in cards. Many prizes will be awarded after the competition. All levels are welcome!

**Day & Date:** **Thursday, January 20** 356305-01  
**Thursday, March 3** 456405-01  
**Time:** 11:30 a.m. - 2:00 p.m.  
**Ages:** 21 years & up  
**Dealer:** Angel Sanchez  
**Location:** Krueger Park Activity Room C  
**Min/Max:** 15/22  
**Fee:** \$14 Resident; \$16 Non-Resident

## Pinochle

Do you like playing cards? How about Pinochle? The other participants 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 18** 356302-01  
**Tuesday, March 29** 456402-01  
**Time:** 11:30 a.m. - 2:00 p.m.  
**Ages:** 50 years & up  
**Location:** Krueger Park Activity Room C  
**Min/Max:** 8/30  
**Fee:** \$10 Resident; \$12 Non-Resident

## Tenzi

Tenzi is the fast-paced dice rolling game for any number of players. The rules are simple. This game is played as fast as you roll and the fun is immediate. Be the first to roll all 10 of your dice to the same number to win. The person with the most wins at the end will win a prize! All levels are welcomed.

**Day & Date:** **Friday, January 14** 346337-01  
**Friday, March 25** 446437-01  
**Time:** 7:00 PM - 9:00 PM  
**Ages:** 21 years & up  
**Location:** Krueger Park Activity Room C  
**Min/Max:** 8/20  
**Fee:** \$9 Resident / \$11 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 4** 356316-01  
**Friday, March 18** 456416-01  
**Monday, April 11** 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:** \$10 Resident; \$12 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, January 21** 356345-01  
**Friday, March 11** 456445-01  
**Friday, April 22** 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:** \$10 Resident; \$12 Non-Resident

**REFUNDS FOR SPECIAL EVENTS, ONE DAY PROGRAM/EVENTS, AND TRIPS WILL BE ISSUED ONLY IF IT IS CANCELLED BY THE PARK DISTRICT.**

# MATURE ADULT EXERCISE

## 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 towards seniors, and everyone is encouraged to go at his/her own pace. **NOTE: No class January 18, February 15, and April 19.**

**Dates:** Jan. 4 - March 3 453407-01  
March 17 - May 12 453407-02

**Day:** Tuesdays and Thursdays

**Time:** 9:30 - 10:15 a.m.

**Ages:** 50 years & up

**Location:** Krueger Park Gym

**Min/Max:** 9/24

**Fee:** \$75 Resident; \$80 Non-Resident

## Chair 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 a water bottle with you. Anyone can practice yoga regardless of age, experience, or level of flexibility – we can all benefit from yoga.

**Dates:** Session I: Jan. 10 - Feb. 14 351320-01  
Session II: Feb. 28 - April 4 451420-02  
Session III: April 18 - May 23 451420-02

**Day:** Monday

**Time:** 5:15 PM - 6:15 PM

**Ages:** 50 years & up

**Instructor:** Pam Lawrence

**Location:** Krueger Park Activity Room A & B

**Min/Max:** 10/24

**Fee:** \$49 Resident / \$54 Non-Resident