

# SENIOR LUNCHEONS

## Winter is here, Nothing to Fear Luncheon **356380-01**

As we bundle up for the winter weather enjoy a soup and sandwich to keep you warm for the upcoming chill. We will come together to start the year off right with our first luncheon of the year with some entertainment that will get our blood flowing. **Note:** Fee includes lunch, dessert and entertainment.

**Date:** January 18  
**Day:** Tuesday  
**Time:** Noon – 2:00 p.m.  
**Ages:** 50 years & up  
**Location:** Krueger Park Rec. Center  
**Min/Max:** 100/125  
**Fee:** \$9 Resident; \$12 Non-Resident

## St. Patty's Luncheon **456423-01**

Join us for our St. Patty's Day Luncheon where on this day we are all a little Irish. We will be eating the traditional corn beef and cabbage meal along with sour-dough bread and horseradish. **Note:** Fee includes lunch, dessert and entertainment.

**Date:** March 15  
**Day:** Tuesday  
**Time:** Noon – 2:00 p.m.  
**Ages:** 50 years & up  
**Location:** Krueger Park Rec. Center  
**Min/Max:** 100/125  
**Fee:** \$9 Resident; \$12 Non-Resident

## Brunch Luncheon **456442-01**

As Spring is now in season join us for our Brunch Luncheon where we will enjoy some of our favorite breakfast/lunch foods. This meal will definitely get everyone in the mood to enjoy spending time outdoors this spring. **Note:** Fee includes brunch, dessert and entertainment.

**Date:** April 19  
**Day:** Tuesday  
**Time:** Noon – 2:00 p.m.  
**Ages:** 50 years & up  
**Location:** Krueger Park Rec. Center  
**Min/Max:** 100/125  
**Fee:** \$9 Resident; \$12 Non-Resident

## Hollywood Luncheon **356319-01**

The red carpet will be rolled out for this celebrity luncheon where we can all come dressed as some of our favorite Hollywood actors. We will give out Oscars Awards for the best dressed male and female of the day. Our meal will be as star studded as our guests. **Note:** Fee includes lunch, dessert and entertainment.

**Date:** February 15  
**Day:** Tuesday  
**Time:** Noon – 2:00 p.m.  
**Ages:** 50 years & up  
**Location:** Krueger Park Rec. Center  
**Min/Max:** 100/125  
**Fee:** \$9 Resident; \$12 Non-Resident

**NOTE: Fee for each luncheon includes dessert, lunch, and refreshments. No refunds/credits on Luncheons including medical reasons.**



## Mexican Fiesta Luncheon **456435-01**

Cinco de Mayo may have passed but that doesn't mean the fiesta can't continue. Join us for this festive luncheon where we will be serving tacos, rice and beans. We will also have fun playing Mexican Bingo for prizes. **Note:** Fee includes lunch, dessert and entertainment.

**Date:** May 17  
**Day:** Tuesday  
**Time:** Noon – 2:00 p.m.  
**Ages:** 50 years & up  
**Location:** Krueger Park Rec. Center  
**Min/Max:** 100/125  
**Fee:** \$9 Resident; \$12 Non-Resident

**UPCOMING SPECIAL EVENTS:**  
**-Sensational Soup and Chili Day: Feb. 24**  
**-Spring Garage Sale: April 30**  
**-Annual Fishing Derby: May 6**

# MATURE 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

## 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

## 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

## 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

# MATURE 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