

# 20 ADULT EXERCISE/GREAT ESCAPES

## 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: June 3 - July 8** 151120-01  
**Session II: July 22 - Aug 26** 151120-02  
**Day:** Monday  
**Time:** 5:15 p.m. - 6:15 p.m.  
**Ages:** 50 years & up  
**Instructor:** Pam Lawrence  
**Location:** Krueger Park Activity Room A & B  
**Min/Max:** 10/24  
**Fee:** \$54 Resident, \$59 Non-Resident

## Four Winds Casino Resort

Join us for an exciting day at Four Winds Casino Resort in New Buffalo, Michigan! Enjoy over 3,000 of the latest slots (1¢ to \$100) and a large selection of table games at this beautiful Midwest casino. **Note: Fee includes 52-54 Passenger Bus, \$15 instant credit/free slot play and a \$10 food coupon. Everyone must bring a state ID to the casino.**

**Price Drop!**

**Day & Dates:** **Friday, June 7** 104104-01  
**Friday, August 16** 104104-02  
**Time:** Depart 8:30 a.m.; Return 4:15 p.m.  
**Ages:** 21 years & up  
**Location:** Bus departs from Krueger Park  
**Min/Max:** 40/50  
**Fee:** \$31 Resident, \$36 Non-Resident

## Lake Michigan Lunch Cruise 144102-01

Set sail for scenic views of this relaxing, picturesque cruise! Enjoy a delicious, lunch buffet with lively music to accompany the view of Chicago's Skyline. The trip will depart from Navy Pier and set sail on this 60-minute tour. After the tour, take some time to visit Navy Pier and enjoy some of the new places and things it has to offer. **NOTE: Trip includes admission for boat cruise & buffet as well as transportation to and from Navy Pier.**

**Date:** July 24  
**Day:** Wednesday  
**Time:** Depart 10:00 a.m.; Return 5:00 p.m.  
**Ages:** 21 years & older  
**Location:** Departs Krueger Park Rec. Center  
9100 S. 88th Avenue  
**Min/Max:** 20/24  
**Fee:** \$129 Resident, \$134 Non-Resident

## Easy Does It 153107-01

Easy Does It is an easy to follow total body workout that consists of medium to low-intensity interval training. It incorporates strength training with a cardio blend designed to improve your overall health, energy, balance, strength, and endurance. Easy Does It is for anybody and any body. You set your own pace – all are welcome to join. **NOTE: No class July 5, July 12, August 23. Instructor will teach class via zoom, participants will meet at Cynthia Neal Center for class.**

**Dates:** June 14 - August 30  
**Day:** Friday  
**Time:** 10:00 a.m. - 10:45 a.m.  
**Ages:** 50 years & up  
**Location:** Cynthia Neal Center  
**Min/Max:** 12/20  
**Fee:** \$64 Resident, \$69 Non-Resident

## Summer Luncheon 156135-01

Join us for this rare summer luncheon where we will enjoy the warm weather and gather together for a summer Luau. This luncheon will be held at the Cynthia Neal center where we will get to enjoy some food and entertainment.

**Day & Date:** Tuesday, July 16  
**Time:** 12:00 pm – 2:00 pm  
**Ages:** 50 years & up  
**Location:** Cynthia Neal Center  
**Min/Max:** 60/80  
**Fee:** \$10 Resident, \$13 Non-Resident

## Starved Rock Lock & Lunch Tour 104110-01

Experience something new and fun when you're a passenger aboard the Sainte Genevieve Riverboat as it passes through the Starved Rock Lock on the Illinois Waterway. Enjoy a beautiful tour boat tour on a summer day. Lunch in the Main Dining room of historic Starved Rock Lodge and transportation are included. **NOTE: Fee includes transportation on a 32 passenger bus and lunch at Starved Rock.**

**Day & Date:** Thursday, August 29  
**Time:** Depart 9:00 a.m.; Return 6:00 p.m.  
**Ages:** 21 years & up  
**Location:** Transportation departs from  
Krueger Park Rec. Center  
**Min/Max:** 24/31  
**Fee:** \$109 Resident, \$114 Non-Resident