

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. **NOTE: It is always advisable, especially if pregnant, to consult a physician before undertaking any physical activity. Bring your mat and water bottle.**

Dates: January 6 - February 24 343320-02
 March 17 - May 5 443420-01

Day: Monday

Time: 6:30 p.m. - 7:30 p.m.

Ages: 16 years & up

Instructor: Pam Lawrence

Location: Krueger Park Activity Room A & B

Min/Max: 8/14

Fee: \$72 Resident, \$77 Non-Resident

Indoor Pickleball Open Gym 441440-01

Join this really fun and popular game! It's a little like badminton, a little like tennis and a little like table tennis. The rules are short and simple and the racquets and balls are light weight. Played on a badminton sized court (two on a side) with a low net, the first team to score 11 points wins. Please bring your own paddles and balls, if you have them. **No Class March 10**

Dates: January 6 - April 28

Ages: 21 & Older

Day: Monday

Location: Krueger Park Gym

Time: 7:30 p.m. - 9:00 p.m.

Min/Max: 8/20

Fee: \$5 Resident, \$7 Non-Resident

Wednesday Night Hoops

741775-02

Play basketball with your friends or just come out to shoot around. No spectators. Anyone not following the rules will be asked to leave with no refund or being suspended from the program. Every player must show a picture ID with name address, and age listed. **NOTE: Pay at the door each night.**

Dates: March 12 - April 30

Day: Wednesday

Time: 7:30 p.m. - 9:00 p.m.

Ages: 21 years & up

Location: Krueger Park Gym

Min/Max: 8/20

Fee: \$6 Resident, \$8 Non-Resident (each day)
 Cash Only!

Instructional Pickleball

Have you ever thought of trying to play Pickleball but not sure how to play? Well now is the time to learn the popular trend called Pickleball. It's a little like badminton, a little like tennis and a little like table tennis. The rules are short and simple and the racquets and balls are light weight. Played on a badminton sized court (two on a side) with a low net, the first team to score 11 points wins. We will instruct you on the rules and how to play the game. **No Class March 10**

Dates: January 13 - February 10 341340-02
 February 24 - March 31 441440-02

Day: Monday

Time: 6:30 p.m. - 7:30 p.m.

Ages: 16 years & up

Location: Krueger Park Gym

Min/Max: 8/16

Fee: \$47 Resident, \$52 Non-Resident



Bingo Night

Enjoy a refreshing beverage with snacks and dinner while you engage in a variety of bingo games (18-25). Prizes will be awarded for each game winner. Sit down and 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 11 355375-02
 Tuesday, April 1 455475-01
Time: 5:30 p.m. - 8:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Rooms A & B
Min/Max: 30/50
Fee: \$21 Resident, \$23 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. **NOTE: You will be treated to pizza, popcorn, refreshments, and a chance to win some fabulous prizes.**

Day & Date: Friday, January 17 346321-01
 Friday, April 4 446421-01
Time: 7:00 p.m. - 9:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Room C
Min/Max: 10/24
Fee: \$16 Resident, \$18 Non-Resident

Farkle

446436-01

Enjoy an evening of Dice! Farkle is a dice game in which the goal is to get the highest score on the highest round of play. You will be treated to dinner and refreshments and a chance to win some fabulous gift certificates. **NOTE: If you do not know how to play, come early and we will teach you before we get started. Dinner and refreshments will be served.**

Day & Date: Friday, March 28
Time: 7:00 p.m. - 9:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Room C
Min/Max: 10/24
Fee: \$16 Resident, \$18 Non-Resident

Grand Bingo

455475-02

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 and 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 17
Time: 1:00 p.m.- 4:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Rooms A & B
Min/Max: 30/50
Fee: \$24 Resident, \$26 Non-Resident

Phase 10

The goal of the game is to complete all ten phases, one round at a time. At the end of a round players will add up their score based on the number and type of cards left in their hand. The goal is to have the lowest score at the end of the game. Watch out, if you don't complete your phase in a round, you must repeat the phase in the next round! Gather some friends and play. Try different strategies to achieve the lowest score you can, but most of all have fun! You will be treated to dinner and refreshments and a chance to win some prizes.

Day & Date: Friday, February 21 346320-01
Time: 7:00 p.m. - 9:00 p.m.
 Thursday, April 17 446420-01
Time: 11:30 a.m. - 2:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Room C
Min/Max: 10/24
Fee: \$16 Resident, \$18 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 28 346374-01
Time: 11:00 a.m. - 2:00 p.m.
Day/Date: Friday, May 9 446474-01
Time: 7:00 p.m. - 9:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Room C
Min/Max: 8/24
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 16** **356305-01**
Thursday, March 6 **456405-01**
Thursday, May 15 **456405-02**

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

Ages: **21 years & up**

Location: **Krueger Park Activity Room C**

Min/Max: **15/22**

Fee: **\$17 Resident, \$19 Non-Resident**

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, January 30** **346306-01**
Thursday, April 3 **446406-01**

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

Ages: **21 years & up**

Location: **Krueger Park Activity Room C**

Min/Max: **12/16**

Fee: **\$17 Resident, \$19 Non-Resident**

Open Gym - Basketball (Unscheduled) 741775-01

Any open gym for basketball (not designated) will require a small fee to play. Call 708-599-7337 for availability. 18 years & older. **Fee: \$5 Resident/\$7 Non-Resident CASH ONLY**

Acting for Adults 446402-01

This class is intended for both beginning and more advanced actors. Focus will be on developing the actor's instrument, as well as work on scripted material, including scene work and audition pieces. Actors will be encouraged to give each other feedback, so that they are fully participating at all times.

Dates: **March 5 - April 23**

Day: **Wednesday**

Time: **6:30 p.m. - 8:30 p.m.**

Ages: **18 years & up**

Location: **Krueger Park Activity Room C**

Min/Max: **8/16**

Fee: **\$88 Resident \$93 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.

Day & Date: **Friday, February 14** **356302-01**
Tuesday, March 25 **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: **\$12 Resident, \$14 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.

Day & Date: **Friday, January 10** **356345-01**
Friday, April 11 **456445-01**
Friday, May 2 **456445-02**

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

Ages: **50 years & up**

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

Min/Max: **20/35**

Fee: **\$12 Resident, \$14 Non-Resident**

Dominoes

This is an easy game with simple rules, but the fun is limitless. Lunch will be served around noon.

Day & Date: **Friday, February 7** **356316-01**
Friday, March 14 **456416-01**
Friday, April 25 **456416-02**

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

Ages: **25 years & up**

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

Min/Max: **20/35**

Fee: **\$12 Resident, \$14 Non-Resident**

MATURE ADULT EXERCISE

19

Easy Does It

Easy Does It incorporates circuit and strength training with a cardio blend designed to improve your overall health, balance, strength, and endurance. Classes are geared towards seniors and you set your own pace. Try it. . . like it. . love it. **NOTE: Dumbbells and steps will be provided. No Class January 21, February 18, April 15.**

Dates: January 14 - March 6
March 20- May 8

353307-02
453407-01

Ages: 50 years & up
Location: Cynthia Neal Center

Day Tuesday & Thursday

Min/Max: 10/20

Time: 10:00 a.m. - 10:45 a.m.

Fee: \$98 Resident, \$103 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: January 6 - February 24
March 17 - May 5

351320-02
451420-01

Instructor: Pam Lawrence
Location: Krueger Park
Activity Room A & B

Day: Monday

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

Min/Max: 10/24

Ages: 50 years & up

Fee: \$72 Resident,
\$77 Non-Resident

