

# Hey Seniors 55 and Over

Do you have a talent you would like to share with others? **We are looking for you!!!!!!**

Our Senior Center is looking for group leaders to share a talent with others. If this is something you would be interested in, please call the Senior Coordinator at 847-746-5500.

## LINE DANCE SOCIAL

Our line dance instructor has gotten outstanding reviews from all area line dancers. She's an excellent instructor, who keeps the 55 and older person in mind. You can learn! You don't have to be a dancer. Please bring a dish to pass.

Code	Date	Day	Time	Fee
5-2660-1	2nd Friday of Month	Dinner Dancing	6 pm 7pm	None

Location: Shiloh Center (lower level)

## CRIBBAGE

Don't be afraid to come and play, we will teach you. If you are a beginner and want to learn how to play Cribbage, we have the most patient players in Zion to teach you how. However if you are an average to advanced player, get ready to play some of the most competitive cribbage you will ever see. Drop in and join us.

Code	Date	Day	Time	Fee
5-2606-1	Continuing	Thursday	11:30-4:00 pm	None

Location: Shiloh Center (East Room – lower level)

## TONE-UP

You name the equipment and we will likely have it at the Hermon Park Fitness Center. Come to the Center, and start your day out right. Let's get in shape for life. Hermon Park has more hours of operation, you are welcome to attend for the \$2.00 daily fee.

Code	Date	Day	Time	Fee
5-2510-2	Continuing	Mon. - Fri.	7:30-10am	None

Location: Hermon Park Center

## MUNCH N' BRUNCH

Be the first to know about new trips and programs! Bring your suggestions. Come to our morning brunch for a delicious breakfast and fellowship. Please, bring a dish to pass.

Code	Date	Day	Time	Fee
5-2527-1	1st Friday of Each Month		10:00 am	None

Location: Shiloh Center

## TUESDAY NIGHT DINNER DANCE

Every Tuesday night at the Shiloh Center come and enjoy a nutritious and tasty dinner followed by Line Dancing. This social and calorie burning activity will be led by local line dance instructors Dan and Jan Pye. These instructors are experienced and very good with entry level or beginning dancers.

Day	Time	Fee
Tuesday	Dinner 6:00 PM Dancing 7:00 PM	Catholic Charities \$4.00

Location: Shiloh Center

## PINOCHLE or DOMINOES

If you don't know how to play, we'll teach you. We will match up players for the game of their choice. Just join us for some fun and social time with friends old and new.

Code	Date	Day	Time	Fee
5-2605-1	Continuing	Wed.	11:30-3:00pm	None

Location: Shiloh Center (East Room)

## BEACH BALL VOLLEYBALL

This is a game for people age 55 and over. It is not played on the sand but on the volleyball court with a modified beach ball. We love this game. Beginners to advanced players needed.

Code	Date	Day	Time	Fee
5-2545-1	Continuing	Mon, Tue & Thr	9am-12pm	None

Location: Leisure Center Gym

## LIGHT AEROBICS

Get ready to shape up this summer with our Light Aerobics program. We do exercises anyone can do, at a pace everyone can keep up with. Whether you know it or not, now is the time. Our fitness Center is one of the best in Zion.

Code	Date	Day	Time	Fee
5-2510-1	Continuing	Tue & Thur	8-8:45am*	\$1 per class

\*Time change will begin 6/18/10

Location: Leisure Center activity room for summer only start 6/09/09

## SILVER SNEAKERS 100 MILE CLUB

Walking: putting one foot in front of the other. Doing this alone is just no fun. Join us and you'll have plenty of support when one or the other of your feet gets heavy. Breakfast (through Catholic Charities for a donation of \$3.00) Breakfast is catered by N&T's Restaurant.

Code	Date	Day	Time	Fee
5-2575-1	Continuing	Mon.	8:00-9:30am	None

## Trips

### **Cinderella - at the Fireside Theater**

Date: Thursday June 3rd

Time: Leave the Leisure Center at 8:30 AM

Fee: \$90.00 (Unless we enroll 18 or more participants then Our price comes down to \$75.00)

Code #2-2500-1

Rodgers & Hammerstein's musical adaptation of one of the most enduring love stories. This is a show designed to delight the child in all of us. You'll be captivated by it's romance, beauty, and great music.

### **Ring of Fire**

Date: August 26, 2010

Time: Leave the Leisure Center at 8:30 AM

Fee: \$90.00 (Unless we enroll 18 or more participants- our price then lowers to \$75.00)

Code #2-2500-2

The Man in Black! This artist needs no other introduction. Johnny Cash is an ICON! Ring of Fire has it all – over 40 of his great hits.