

Seniors

NATURE HIKES

Do you like Nature? Do you like walking? Come join us for a tour of the Lake County Forest Preserve walking paths. If you walk five of the six weeks there is a special reward.

Location: Leisure Center Sports Arena

Date	Day	Time	Fee
On-going	Fri.	TBA	\$5.00

AARP DRIVING CLASS

Come to the Zion Public Library and get brushed up on your driving skills with the AARP Driving Classes. You could possibly get a discount on your auto insurance. The fee for this class is \$12.00 for AARP members and \$14.00 for non-members.

Location: Zion Public Library

Date	Day	Time	Fee
Sept. 13 & 14	Tues.	10:00AM - 12:00 PM	\$12 AARP Members \$14 Non-members

HEALTHY COOKING CLASSES

Want to learn to be a better cook? Want to learn to be a healthier cook? Then this is the class for you. Come in and learn how to cook healthier and tastier food. This is a hands on class where you will actually be preparing the food as you learn.

Location: Shiloh Center Lower Level

Date	Day	Time	Fee
9/2-30	Fri.	12:00PM - 2:00 PM	\$10.00 per week

FIT AND STRONG FALL PROGRAM

This is an eight week program for participants 60 and older, with lower back and/or extremity joint pain. Participants must be able to attend Monday, Wednesday, and Friday from 10:30am to noon for the entire eight week session.

Location: Leisure Center Sports Arena

Date	Day	Time	Fee
9/19-11/11	M-W-F	10:30AM - 12:00 PM	None

MATTER OF BALANCE

If you are having troubles with balance or walking, or you think that it is just a matter of time before you do, join us for a discussion and exercises to help combat these issues. The Matter of Balance is a 6 week program proven to improve balance and mobility.

Location: Shiloh Center West Room

Date	Day	Time	Fee
10/3-11/21	Mon.	12:00PM - 2:00 PM	None

BEACH VOLLEYBALL

This is a great game. It's not played in the sand but on a volleyball court, with a beach ball. We love this game. Beginners to advanced players needed.

Location: Leisure Center Gym

Code	Date	Day	Time	Fee
5-2545-1	On-going	M,T, & TH	9am-12 Noon	\$2.00

SENIOR FIT

There is always room for more when you do aerobics with our group. We have an out going group who know their stuff. Join us this fall and bring a friend.

Location: Hermon Park Center

Code	Date	Day	Time	Fee
5-2510-1	On-going	Tues.	10:15-11:00am	\$1 per class

TONE-UP - MORNING & AFTERNOON

You name the equipment, and we have it. Tread mills, stairmasters, exercise bikes, and much more. We also have people to help you get started.

Location: Hermon Park Center

Days	Time	Fee
Mon., Wed. Fri.	1:00-3:00 PM	None
Tues., Thurs.	7:30-10:00 AM	None

*Hermon Park Fitness Center has other hours of operation. You are welcome to attend for the \$2 daily fee for residents.

MONDAY MORNING WALKERS CLUB

Mondays at the Leisure Center Sports Arena come and join our group as we set and achieve personal as well as group milestones. We walk and then we have a nutritious breakfast at a local area restaurant. Field trip locations are being planned.

Location: Meet at Leisure Center Sports Arena

Code	Date	Day	Time	Fee
5-2575-1	On-going	Mon	8:00 -10:00 AM	None

SENIOR CITIZEN CLUB

Meets: Wednesday Mornings

Time: 10:00 AM

Location: Shiloh Center

Annual Dues: \$5.00

Benefits include savings on day trips, social activities, game play and entertainment. The first Wednesday of the month is food. Come and join us for lunch!!

DAY TRIPS AND EXTENDED TOURS

The third Wednesday of each month brings a new month's trip list. Exciting destinations are offered. We also offer several extended trips throughout the year. Come to the Senior Advisory meeting on the first Tuesday of the month at 10:00AM to help plan some of these trips. Maybe we'll go on one of your trips.

DAILY DROP IN CENTER

Location: Shiloh Center 2600 Emmaus

Time: 10:00AM - 3:00PM

Days: Monday - Thursday

Looking to get together with friends and have something to do. Come to the East room and play a game of cards, dominos, Wii bowling, or just watch some T.V. There is always someone here and something to do during hours of operations. So come over and join the fun.