



# 55+ programs

## Senior Picnic & Concert

**Join us for an old-fashioned summer picnic at the Perry Farm Park!**

Participants will enjoy good food, fresh air, sunshine and the company of old friends and new acquaintances. The picnic dinner will be served at 5:30 p.m. followed by a concert in the park at 7:00 p.m. featuring the Silhouettes. Be sure to bring your lawn chair and blanket for the concert. The Park District provides everything for dinner.

**Please register by June 23rd**

Location: Perry Farm Park  
Min/Max: 300  
Date(s): Tuesday, June 27th  
Time(s): Dinner at 5:30p carriage rides will begin at 4:30p  
Age(s): 55+  
Fee: \$8.00 per person  
Prog. Number: 151502-A

## Puzzle Play & Lemonade with a Covered Carriage Ride Through the Farm!

Enjoy the beautiful summer weather under the pavilion at the Perry Farm Park. Keep your mind sharp, relax and visit with friends while working on a variety of puzzles such as jig saw puzzles, word scramblers, and word finds. Relax on a carriage ride that will take you through the beautiful Perry Farm Park. The carriage ride will take you through the prairie and down to the indian caves. We'll provide the lemonade to quench your thirst and the puzzles. You will get to take home a crossword puzzle or wordfind of your choice. Please join us for this fun relaxing afternoon in the park!

Location: Perry Farm Park Pavilion  
Min/Max: 4/30  
Age: 55+

ID #	DATE	DAY	TIME	Prog. Fee/Res. Fee/ Active Pass Disc.
151015-A	7/26	W	3:30 - 4:15p	\$6/\$5/\$2



## Anti-theft & Senior Scam Prevention

Come and get educated on how to budget your money, stretch your income, avoid identity theft, and hear of many senior Scams to be aware of. If you need special accommodations, please let us know during registration. This class is free but please register in advance.

Location: Recreation Station  
Min/Max: 4/25  
Age: 55+  
**Registration Deadline: Tuesday, August 15**

ID #	DATE	DAY	TIME	Program Fee
151922-A	8/17	Th	3:30 - 4:15p	FREE

## Mother's Day Brunch at Bickford

It will be a time of celebrating that special woman in your life.... Mom, Aunt, Grandma or Friend!! Join us for a meal and an activity!! All proceeds will be donated to the Alzheimer's Association Kankakee walk.

Location: Bickford House, 100 Jones Dr., Bourbonnais  
Min/Max: 4/15  
Age: 55+

ID #	DATES	DAY	TIME	Program Fee/ Resident Fee
151326-A	5/13	Sa	10:00a	\$10/\$8

**FOLLOW US ON**





## BINGO/CARD PARTIES (AP Discount)

Join us each Monday afternoon for Bingo! The room will open one hour early to give you an opportunity to eat lunch or socialize with friends. Bingo will begin at 12:00 p.m. Pre-registration is not required. Purchase the Active Pass and waive the \$2.00 daily fee! You will still pay .50 cents per bingo card but the Active Pass will save you money in the long run!! Hope to see you there!

Day	Time	Activity	Program Fee/Resident Fee	Location
Monday	12:00-2:00p	<b>Bingo</b> / Called at 12:00p	\$2.00/\$1.00 - .50 per card	Municipal Center
Monday	12:00-3:15p	<b>Pinochle</b>	\$2.00/\$1.00/FREE	Municipal Center
Tuesday	12:00-2:45p	<b>Euchre</b> / 1 <sup>st</sup> game 12:30p	\$2.00/\$1.00/FREE	Municipal Center
Wednesday	12:00-2:45p	<b>Canasta</b> / Games start 12:00	\$2.00/\$1.00/FREE	Municipal Center

Card locations are subject to change on occasion, or cancellation may occur. Please check the Bourbonnais Township Park District Website [www.BTPD.org](http://www.BTPD.org) for updates or call (815)933-9905 to add your # to the Bourbonnais Township Park District Senior Phone List if you do not check the internet.

# 55+ ACTIVE PASS

Program # 551004

### Register today for the 50+ Active Pass.

This pass is the key to getting active and staying active at the Bourbonnais Township Park District. Your Active Pass gives you great program discounts, free programs and fun seasonal activities.

#### BENEFITS INCLUDE:

- Free Bingo and Card Parties Mon. - Thurs.
- Seasonal Brochure Discounts on selected Senior Programs and Senior Trips

#### YEARLY MEMBERSHIP FEE:

- Individual Resident/\$55 - Non - Resident/\$65
- Couple (same household) Resident - \$80 Non-Resident - \$90
- This pass will save you money!

\$2.00 discount on admission to the Exploration Station® a children's museum for Active Pass holder

\*\* Represents the extra discount offered for Active Pass Members

## Grandparent & Me ... BINGO & PLAY DAY!



Come to Exploration Station with your grandchild for a fun filled afternoon of Bingo and play. You and your grandchild can play Bingo (small prizes will be given to winners). Afterwards, we will come together for a craft and picnic lunch at Pery Farm Park. *Please feel free to come early or stay late to explore in the museum!*

Location: Exploration Station®... a children's museum  
Min/Max:  
All Ages/children must be accompanied by an adult

ID #	DATES	DAY	TIME	Program Fee/Resident Fee
102607-A	7/12	W	11:30a - 12:45p	\$10/\$9/add \$1 at the door reg.



**Presence**

St. Mary's Hospital

### FREE BLOOD PRESSURE CHECKS

1st & 3rd Wednesdays of the month at the Recreation Station, 770 E. Franklin, Bradley, IL,  
**9:00a to 11:00a**



### 55+ Book Club

Calling all book worms, come make friends and get lost in a great book. This book club is specifically for seniors and will meet on the 3rd Tuesday of the month. The first meeting will be an introductory meeting to get you acquainted with your group, introduce and choose the books you'll be reading and discussing. What a great way to get out of the house and relax while meeting with friends and making new ones. This is a free program but pre-registration is required.

Location: Bourbonnais Public Library  
250 W John Casey Rd.  
Min/Max: 3/12  
Age: 55+

ID #	DATES	DAY	TIME	Program Fee/ Resident Fee
151009-A	5/6, 7/18, 6/20, 8/15	Tu	11:00a - 12:00p	FREE

### Safety and Basics of the Internet

Learn the basics of the internet, email and social media. Learn how to connect safely with friends and family and stay in touch with your grandkids or friends and family! This class will be taught by student-volunteers with technical expertise. You will learn the ins and outs of the internet and you can get your questions answered. If you have a tablet or ipad that can connect to the internet feel free to bring it with. Otherwise there will be a computer or Ipad for you to use at the Library.

Location: Bradley Public Library  
Min/Max: 3/10  
Age: 55 +

ID #	DATE	DAY	TIME	Prog. Fee/Res. Fee/ Active Pass Disc
151923-A	7/13	Th	10:00 - 11:45a	\$5/\$7/\$3

### Movie Day and Luncheon

Take a Break from the heat and enjoy an old time movie with friends, lunch and of course popcorn. Lunch will begin promptly at 11:30a and the movie will start at 12:00p. Please register by July 20th. Space is limited.

Location: Bourbonnais Municipal Center  
700 Main St. NW, Bourbonnais  
Min/max: 20/50  
Age: 55+  
**Registration Deadline: Thursday, July 20**

ID #	DATE	DAY	TIME	Prog. Fee/Res. Fee/ Active Pass Disc.
151326-A	7/24	F	11:00a - 2:00p	\$6/\$4/\$2 off



### Matter of Balance

Managing concerns about Falls is an evidence based program designed for older adults interested in learning to view falls and fear of falling as controllable. You will learn to set realistic goals for increasing activity, change your environment to reduce fall risk factors, and promote exercises to increase strength and balance. Classes will be led by volunteer Matter of Balance coaches, trained and certified by Northeastern Illinois Area Agency on Aging, and will include group discussions, problem-solving, skill building, assertiveness training, exercise training, videos and sharing practical solutions. Classes are held twice a week for 4 weeks for 2 hours each.

Location: Recreation Station  
Min/Max: 3/12  
Age: 55+

ID #	DATES	DAY	TIME	Program Fee/ Resident Fee
151918-A	8/8 - 8/31	Tu & Th	10:00 - 11:00a	FREE

### Alzheimer's Talk

**Know the 10 signs of Dementia: Early detection matters!** Come get educated by the Alzheimer's Association on the warning signs of Alzheimer's Disease that are often dismissed as normal age-related memory changes. Separate the myths from reality and address commonly-held misconceptions about Alzheimer's. Hear from people that have the disease, find out how to recognize the warning signs in yourself and others and learn why early detection matters. This is a free course but pre-registration is required.

Location: Recreation Station  
Min/Max: 3/12  
Age: 55+

ID #	DATES	DAY	TIME	Program Fee/ Resident Fee
151921-A	8/11	F	11:00a - 12:30p	FREE



# 55+ *fit* SENIOR HEALTH & FITNESS CLASSES



**The Bourbonnais Township Park District is in network with Healthways to accept SilverSneakers® members for classes at no cost to the SilverSneaker® eligible members!**

If you have your health insurance card in front of you, call 1-888-423-4632 (TTY: 711) to find out if your health plan offers SilverSneakers and see if you qualify for this FREE membership.

### Not eligible for Silver Sneakers? No problem!

The Bourbonnais Township Park District is offering a variety of classes Monday - Friday. We offer a membership that can work for you by keeping you fit and healthy. Classes are guided by qualified, experienced instructors that want to help keep you active or become active. They will work with whatever fitness level you are at, so beginners or fitness veterans the Bourbonnais Township Park District has something for YOU!

ID #	CLASSES	Program Fee/ Silver Sneakers Member
551005-A	ANNUAL REGISTRATION	\$35.00/FREE
551005-B	1 month - unlimited classes	\$20.00/FREE
551005-C	3 months - unlimited classes	\$58.00/FREE
551005-D	6 months - unlimited classes	\$112.00/FREE
551005-E	1 Year - unlimited classes	\$220.00 / \$35 Reg. Fee Waived

\* Pay for the year in full, or 6 months. Purchase the active pass for discounts on programs and trips throughout the year and pay \$0 for daily cards and Bingo. See page 39 for details.

### SilverSneakers® FLEX™ Chair Aerobics

Move to the music and exercise in a chair with resistance and light weights. Exercises are designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights and elastic tubing with handles are provided. (ongoing)  
**M, W, F 9:15 - 10:00a**

### SilverSneakers® FLEX™ Classic Senior Aerobics

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. Chairs are available if needed for seated or standing support. (ongoing)  
**M, W, F 10:00 - 11:00a**

### SilverSneakers® FLEX™ Senior Stretch

Stretch and meditate in a chair in this class similar to gentle Pilates. Stretch and keep up your range of motion so you can continue your everyday motion and mobility, decrease your chance of injury, and improve your balance. (ongoing) **Tuesdays 9:00 - 10:00a**

*If you are not sure if you are SilverSneakers® eligible, please call the number on your insurance card or come to one of the SilverSneakers® classes. Let the BTPD check your eligibility to see if you qualify for this FREE membership.*

**Do you have your health insurance card in front of you? If so, then call 1-888-423-4632 (TTY: 711) to find out if your health plan offers SilverSneakers®.**



### Tai Chi

This class will consist of therapeutic Tai Chi, Chair Exercises, full body stretching, a basic 9 form Tai Chi set and Qi Gong. All with focus on balance and mobility with time for contemplation. This class is guaranteed to leave you feeling energized without even breaking a sweat. This class will be taught by trained staff from Catholic Charities Diocese of Joliet. Funding for this class is provided through a grant from Agency on Aging of Northeastern Illinois. Pre-registration is required.

**#141817-A**

***This class runs on Wednesday, June 7 - August 9 from 11:00a - 12:00p at the Recreation Station. Must be 18 years and older. Please pre-register.***



**Already a member? Refer a friend and enter your name for a drawing on Wed., 8/16/17.**

### 55+ GUEST PASS

**Bring in this coupon and get a FREE WORK OUT!**

**EXPIRES: AUGUST 31, 2017**

**Must present this coupon at front desk for one time use.**

### SilverSneakers® FLEX™ Gentle Yoga for Healthy Bones

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

***This ongoing class meets Fridays 11:00a - 12:00p at the Recreation Station.***

***1 month unlimited classes / \$20.00***

### 55+ Walking and Stretch Club

Get outside and exercise with a qualified instructor that will guide your workout and help motivate you to meet your own personal goals. Come meet your coach and friends to get moving! Join us for fun, fitness and socialization. All walking levels welcome! This Program is Silver Sneakers eligible.

**#151815-A**

***(6/1 - 8/3) Please pre-register by Wed. at 5:00p before each class and meet in front of the Exploration Station.***

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 - 8:15a			7:30 - 8:15a Walking Program (6/1 - 8/3)		
9:15 - 10:00a	Chair Aerobics	Senior Stretch 9:00 - 10:00a	Chair Aerobics		Chair Aerobics
10:00 - 11:00a	Senior Aerobics		Senior Aerobics		Senior Aerobics
11:00a - 12:00p			Senior Tai Chi (6/7 - 8/9)		Gentle Yoga