

YOUNG AT HEART

January, February,
March, April

Westmont Park District Senior Newsletter

(630) 969-8080

www.wpd4fun.org

words from alice & linda

Do you believe it; 2012 is almost here! Thank you for a great 2011. We traveled to many places and had all kinds of adventures. As we approach the coldest and most unlikable months of the year, don't think about the wind or snow because we are going to beat the winter blues with fun and more fun! You know we plan the best trips and try to have a variety of activities for everyone.

We finally have our new computer registration system up and running. For the most part this will not affect you. It may take longer for the office staff to process your registrations, and it may take longer for you to receive your receipts. We thank you in advance for your patience. Please note that the code numbers are different. You must include the letter at the end of the numbers on your registration forms. Also, remember, you must sign the bottom waiver form. As always, feel free to stop by and share your comments. May you enjoy a great holiday season and find the new year filled with good health and happiness. Remember, don't hibernate; celebrate winter at the Senior Center.

~Alice

As you go through life's day to day adventures, never knowing exactly what it has in store for you, there's a little something called "friendship" tucked away but somehow always there. Friends can be lifelong, passing through or brand new. They can share a quiet conversation, exciting new news, hours for lunch, a hot cup of coffee or an understanding like no other.

When you come to the Westmont Park District and sign up for a creative class, a wonderful day trip or any of the many activities we offer, you're bound to meet someone new! Maybe someone with similar interests as you. Trying something out of your comfort zone can give you a fresh new outlook. There are so many truly remarkable people here. Friendly, fun and full of life!

Wishing all of you a happy and healthy 2012. A year filled with good fortune and new friends!

~Love and Hugs, Linda



*Take a look
inside for...*

**Spring Fashion
Show, pg. 26**

**Cheesecake
Factory Tour,
pg. 25**

**Macy's Flower
Show, pg. 28**

**Groucho Marx,
pg. 29**



OUR CENTER

LOCATION

The Senior Center is located at 55 E. Richmond St. (the old Westmont Library). You can enter either on Richmond St. or Linden St. There are 6 stairs to the lower level and 10 stairs to the upper level. There is an elevator when you enter on Linden St.

ACTIVITIES

Lower Level: dining area, TV lounge, stereo, blood pressure machine, tables for cards and games.

Upper Level: all senior services (legal service, Rules of the Road), chorus and all classes.

TIMES

Our Center is open from 8:30 am - 4:30 pm, Monday - Friday.

PHONE NUMBERS

Senior Line (630) 969-8080 ext. 104 for Alice
ext. 121 for Linda

Senior Activities information, appointments for services and general information. If no one is there to answer the phone, you'll be switched to voicemail. We will get back to you as soon as possible, but you must leave your phone number!

Nutrition Line (630) 620-0804 ext. 318

To make reservations for lunch.



LIBRARY

Come take a look through our library. Take, read, return any books at your leisure. No fees, no cards! We have a third bookcase now, plus we are using shelves in the lounge area. At this time, we are not accepting books because of space limitations.

CLOSINGS

Our Senior Center is closed on Jan. 2, 16, Feb. 20, April 6, May 28

GENERAL INFO.

PROGRAM FEES

We are sponsored by the Westmont Park District; therefore, Westmont residents are contributing part of their tax dollars to the Park District. This is the reason residents have priority in program registration. Everyone, regardless of residence, is welcome at our programs; however, there is an **extra charge** for non-residents.

REFUNDS

We will make every attempt to refund money whenever possible. Trips that require pre-payment will be non-refundable unless a replacement for your space can be found, either by you or by us. The actual refund will not be processed until after the date of the trip. If the Park District cancels the trip, you will always be refunded.

WAIVER POLICY

When you register for any Park District event, class or trip, you are asked to sign a waiver. Basically, what you are doing when you sign the waiver is releasing all claims for injuries which might possibly be sustained while participating in a Park District program. What it means for you is that unless you sign the waiver, attendance at the program will be denied.

NEWSLETTER

Our newsletter, "**Young at Heart**", is published 3 times a year. Forms are available at the registration desk or at the Senior Center. Residents are asked to pay a \$6/year fee. The non-resident rate is \$9/year. All subscriptions run from January - December. Please remember that the fee is to help with mailing costs. *You are welcome to pick up the newsletter at The Community Center, 75 E. Richmond St., free of charge.*

Did you renew

TRIP INFO.

REGISTRATION

Registration for trips will remain at the Community Center, 75 E. Richmond St. The registration office phone number is (630) 963-5252.

Registration office hours:

Monday & Friday: 8:30 am-4:30 pm

Tuesday-Thursday: 8:30 am-7:00 pm

Saturday: 9:00 am-1:00 pm

TRIPS

Trips will leave from the Community Center, 75 E. Richmond St.

PARKING

Parking for DAY TRIPS only: the east side of the Community Center.

Parking for OVERNIGHT TRIPS only: between Senior Center & Community Center. Pink tag must be placed in the window of your vehicle.

During school hours, traveling south on Linden St. is prohibited. Please do not go around the barricade to park in front of the Senior Center. Go around the building or you may be ticketed.

TRIP SCHEDULE

We try to make return times as best we can. Please plan accordingly as these times are approximate.



**Don't forget to STOP when you see this officer!
He will let you know what trips and events
require you to register early to prevent
cancellation.**

SENIOR HEALTH INSURANCE PROGRAM (S.H.I.P.)

The Illinois Department of Insurance has trained volunteers to provide assistance to aid you in filing Medicare claims and answer your questions regarding health insurance. For further assistance you may call 800-548-9034. or log onto DOI.SHIP@illinois.gov
For additional assistance with health and Medicare questions, please see page 12.

CIRCUIT BREAKER

For assistance with Circuit Breaker, please contact the Downers Grove Township office, Senior Services, (630) 719-6685 or visit the Downers Grove Township Office, 4340 Prince Street, Downers Grove. **Also, please see page 12. We will offer assistance during tax season.**

LUNCHEON PROGRAM

The Du Page Senior Citizens Council hosts our lunch program, Monday - Friday, at 11:30 am. **You must make a reservation for meals by calling (630) 620-0804 x318 before 11:00 am at least 24 hours in advance.**

LEGAL SERVICE

An attorney from Prairie State Legal Service is at The Senior Center every other month; you must be 60 years or over and a DuPage County resident to be eligible. Wills or cases seen previously by an attorney are not accepted. You must make your own appointment by calling (630) 690-2130. **Dates are Tuesdays, January 24, March 27, and May 22 from 1:30 - 3:30 pm.**

RULES OF THE ROAD

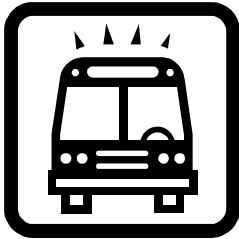
A representative from the Secretary of State's office will teach this refresher course!

**Next dates: Monday, January 23 from 10:00 am. - 12N
Monday, May 21 from 10:00 am. - 12N**

AARP DRIVER SAFETY

We will offer this program in January. Information is located on the next page. Please call 1-888-227-7669 or log onto www.aarp.org/drive for additional information regarding other class dates and locations in our area.

DIAL-A- RIDE



Residents of Downers Grove Township who are 65 years or older, or are disabled, may travel anywhere within the township (north to 39th St., west to Woodward Ave., south to the Sag Canal, east to County Line Rd.), to Good Samaritan Hospital and to the Suburban Hospital, **Monday - Friday, 8:00 am - 4:00 pm.**

Riders must have an RTA Special User Card. An application for an RTA Special User Card is available at the Downers Grove Township Office, 4340 Prince St. in Downers Grove. A photo will be taken at the Township office for a fee of \$3.

Rides may be reserved up to 2 days in advance or 7 days in advance for medical appointments. Fare is \$5.00 for each ONE WAY trip. You must have exact change as the driver will not make change. Passengers must register in advance from Downers Grove Township. Call (630) 719-6685.

To reserve a ride, call 1(800) 713-7445 between 7:30 am and 4:00 pm. If you are riding to and from the Park District Senior Center, the fare is \$5.00 each way.

AARP DRIVER SAFETY PROGRAM

The AARP Driver Safety Program is committed to helping Americans 50 and older sustain mobility as they age. Trained volunteers instruct the AARP Driver Safety Program. The course enables drivers to refresh their driving skills and understand how to adjust to age-related challenges. The course is presented in an eight-hour classroom format, over two days. **You must attend both days.**

During the course, participants learn about current rules of the road and how to operate their vehicles more safely in today's increasingly challenging driving environment. Topics include: Maintaining proper following distance, Methods of changing lanes and turning at intersections, Effects of medications on driving, Minimizing the effect of dangerous blind spots, Properly using safety belts, air bags, and anti-lock brakes.

All course materials, including participant workbooks, are provided. Participants who complete the course receive a certificate that may entitle them to a reduction in their auto insurance premiums. You must **pre-register** by calling 630-969-8080 x104. We must have at least 8 people to run the class. Make checks payable to AARP.

Dates: Monday & Tuesday, January 30 & 31

Time: 9:00am - 1:00pm

Fee: \$12 for AARP Members/ \$14 for Non-AARP Members

Location: Senior Center, Linden Room

COURTESY CALL PROGRAM *DON'T MISS ANOTHER TRIP!*



It has come to our attention that over the years we have had several of our patrons who have missed out on going to a day trip that they have registered for. It may be due to a conflict with another appointment, miscalculation of time, just plain forgetting or any number of other reasons. This can be a costly mistake and one that is very disappointing to you and to us!

Our policy is if you are not on the bus at the scheduled time, a call is made to you, but we are unable to wait longer than 5 minutes past the scheduled departure time. Unfortunately, in most cases people missed the wonderful trip they looked forward to going on. Refunds cannot be given for a missed trip.

Now, in 2012, you don't ever have to let that happen to you!

Join the Courtesy Call Program and get a reminder call from our staff a few days prior **to every trip you register for!** Every effort will be made to talk to you personally, or a message will be left on your machine to remind you of the date and time of your upcoming trip. (Gambling trips are excluded from this program.)

A **\$24 fee** has you covered for all of 2012. Take advantage of this new service so you won't miss another trip. (Gambling trips excluded.)

Remember, most of our trips average \$60-\$70. For \$24 (just \$2 a month) you won't have to risk losing the full cost of a trip— even if you sign up for only one or two trips per year!

Rest assured that you'll be on that next trip without disappointment!

SIGN UP NOW!

Date: January—December 2012

Fee: \$24 per year

Code: 305549-A

REGISTRATION

DATES TO REMEMBER:

December 15 - 19

Resident registration will be processed

Beginning December 20

Non-resident registration will be processed

December 15 - 23

No phone registration accepted!

December 27

Phone registration will be accepted with a
major credit card

REGISTRATION PROCEDURES:

Fill out the **registration form** that you can find at the end of each newsletter.

- ◆ Name, address, phone number and emergency contact information
- ◆ Code number & name of trip/program
- ◆ You do not need to fill out the age column unless you are registering for a gambling trip. For gambling trips, please list your card number or your birth date.
- ◆ **Sign the bottom waiver portion.**

You may either mail in or drop off your registration form as soon as you receive it.

The office will date your form on the day it arrives. You may register 1 guest, either resident or non-resident. Registration must be mailed in or dropped off at The Community Center.

Senior Activity Registration
Westmont Park District Community Center
75 E. Richmond St., Westmont, IL 60559

Do not mail directly to Alice or Linda; this only delays the process.

WATERCOLOR & MIXED MEDIA

Watercolor, acrylic, oils – individualized painting instruction, in your choice of media, emphasizes composition, color value and technique. If you have never painted before, this class will introduce you to the basics. Take a break from your busy schedule and inspire your creativity while making new friends. This class is for students of all skill levels. Mary Edwards, Instructor. Please bring your own supplies.

Session I

Dates: Thursdays, Jan. 12 - Mar. 1
(8 wks.)
Time: 10:00 am-12:00 Noon
Place: Linden Room
Fee: R/NR \$80
Min/Max: 10/25
Code: 305521-A

Session II

Dates: Thursdays, Mar. 15 - May 3
(8 wks.)
Time: 10:00 am-12:00 Noon
Place: Linden Room
Fee: R/NR \$80
Min/Max: 10/25
Code: 305521-B

Session III

Dates: Thursdays, May 10 - June 28
(8 wks.)
Time: 10:00 am-12:00 Noon
Place: Linden Room
Fee: R/NR \$80
Min/Max: 10/25
Code: 305521-C



CHECK US OUT ONLINE AT WWW.WPD4FUN.ORG

BREEZY BRIDGE

Here is a fun and easy way to learn and play bridge. Meet sociable players looking for an afternoon of friendly card playing! If you've never played before, we will introduce you to the basics. All ability levels welcome. We are all about having a good time!

A voluntary \$2 per person would be appreciated to defray the cost of dessert, coffee, and bridge supplies.

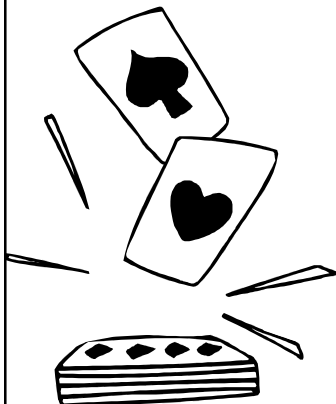
Date: Tuesdays, January 3 – May 29
Time: 1:00-3:30pm Sociable playing
Location: Senior Lounge, downstairs



LEARN TO PLAY PINOCHLE!

Never played pinochle before? This is your chance to learn the basics of the game. Bidding, melding and tricks will no longer be a mystery. You will become a skilled pinochler in no time. Janet and Marty our in-house experts will introduce you to this fun and popular card game. Instruction is **FREE**. Please call 630-969-8080 x104 to sign up, or just drop in!

Dates: Tuesdays, February 15, 22 & 29
Time: 11:00 am—12:00N
Location: Senior Lounge, downstairs



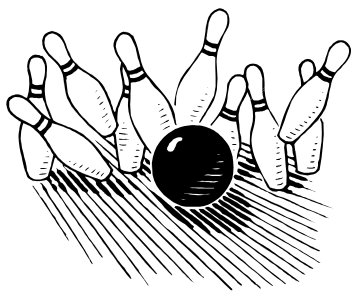
PINOCHLE

Join us on **Wednesdays at 12:00 noon** for a lunch-time thrill of trick-taking and quick dealings. All levels of players are welcome, from the experienced Pinochler to the beginner who wonders where the number cards have gone. Come on out and enjoy one of the oldest past times! Meet in the Senior Lounge, lower level. **FREE!**

BOWLING LEAGUE

Are you looking to meet new friends while having fun? Now is your chance to do just that by joining our recreational Bowling League. We have over 70 bowlers of all ability levels who would like you to join! No experience necessary!

The 2011 - 2012 Bowling season is in session, however, we welcome late joiners. There are several vacancies in our mixed, handicapped league.



We bowl every Thursday afternoon from 1:00-3:00pm at Suburbanite Bowl on Ogden Ave. in Westmont.

The season ends with a banquet on May 17th at Bohemian Crystal.

For more information call 630-969-8080.

JOIN OUR EMAIL LIST

Please call Alice or Linda at (630) 969-8080 to add your name to our email list; you can receive park district news & updates!

GOLF LEAGUE

First think SPRING, then think GOLF!

Let's kick-off our 2012 golf season on **Friday, March 16th at 10 a.m.** in the Linden Room at the Senior Center. Come meet and greet our golf league friends and board members. We'll supply the coffee and breakfast snacks; you bring a friend or potential golfer. There will be a short introduction with information provided about the league and time for you to get your questions answered.

The 2012 Senior Golf League will begin April 30 and end September 25. The league membership fee is \$40. Tee times are Monday and Tuesday mornings. Letters will be sent to former participants in February. Get ready to swing into spring!



IT'S INCOME TAX TIME!

Assistance will once again be provided by counselors of VITA/TCE (Volunteer Income Tax Aid-Tax Counseling for the Elderly) program. There is no charge for this AARP sponsored service. It is available by **APPOINTMENT ONLY** at the Senior Center on **Mondays & Wednesdays, Feb. 6 - April 11** from 9:00am - 12:00pm. Homebound client appointments are also available. Be sure to bring with you:

- 2011 forms
- 2010 tax returns (both state and federal)
- 1099 forms - interest, dividend and broker statements
- Social Security or Railroad Retirement benefits
- 1099-R form for pensions & IRA
- Know purchase date & what you paid for any stocks, bonds or mutual funds sold
- Info. documenting your deductions: medical, real estate taxes, interest paid
- Your record of estimated tax payments, federal and state
- Current real estate tax statement showing parcel number
- Cancelled check or checkbook showing account routing number so that refund can be direct deposited, or taxes paid electronically.



Call 630-969-8080 x104 for an appointment

CIRCUIT BREAKER & MEDICARE ASSISTANCE

NEW Welcome Saverio Martiradonna (just call him Saverio) of Eagle Ridge Financial Services. He will be volunteering to assist you with completing your circuit breaker forms. He can also assist you with Medicare supplements and drug coverage, nursing home and Medicaid planning, senior citizens assessment freeze homestead property tax exemption, and even retirement planning. This service is free, however **you must make an appointment** by calling Alice at 630-969-8080 ext. 104. Appointments are scheduled for 1/2 hour. Saverio will be in the Richmond Room on Fridays from 9:30 - 11:30am. (Please bring income tax info for circuit breaker.)

Dates are: January 13, February 10, March 2 & 23, April 13



JOYFUL VOICES

Come and join the Joyful Voices Chorus! The group has a lot of fun preparing programs and shows to be performed at local senior retirement establishments. We currently have over 50 members and are always looking for musicians and additional voices, especially men!



The group director is Joe Chobot, and we have the gift of several members who can play the piano and/or keyboards. If you love to sing or can play an instrument, why not stop in on **Tuesdays at 1:00 pm** and see what we are really about! This show season we are working on Mary Poppins. Come out and be a part of something special!

*Just make sure to check our schedule in case we are out doing a show! (630-969-8080)
This program is sponsored by First Midwest Bank.*

TALES AND TASTES

For the mind and body; a review club of books and dining.



Join our discussion group as we satisfy our curiosity about a current best seller. Led by one of the members, the details from the book will give you a brief insight of the author, the storyline and as to whether you might enjoy reading it in its entirety for yourself. Share your love of reading and connect with others who have the same passion. Immediately following, Dave Reigle (our own Restaurant Guru) will review his latest dining discoveries. Hear about locations, prices, new openings, closings, food served, desserts, drinks and how many stars (forks) are given. Then, twice a year, the group will choose one of the restaurants to visit and enjoy. This combination brings together your enthusiasm for reading, fun, and food. Snacks and coffee will be provided at each session. Register with Linda (first time only) at (630) 969-8080 Ext 121. We begin promptly at 12 noon.

January	31	The Particular Sadness of Lemon Cake	Aimee Bender
February	15	Chasing Fire	Nora Roberts
March	13	Foreign Affairs	Allison Lurie
April	18	No Higher Honor	Condoleeza Rice

SPRING PALETTE ART SHOW

Pinks, yellows, greens...the colors of spring will come alive at our 7th annual art show. Enjoy a palette of beautiful works of art by local artists on display in every room of the Gregg House Museum. Flowers, birds and landscapes in all kinds of media from watercolors to pastels will capture the spirit of the spring season. Laura Dieter-Alvear, local watercolorist, will host this annual event. Artists will be present to discuss their work, and art will be for sale. If you wish to exhibit your art work, please call 630-969-8080x104. Stop in and welcome spring with us!



Sunday, March 18
11:00am- 4:00pm
Gregg House Museum
115 S. Linden St, Next to the Senior Center
FREE Admission



FILE OF LIFE

The File of Life is a **FREE** program, designed to help your Fire Department Paramedics obtain your necessary medical history and emergency contact information in an emergency... it could help save your life.

Your Kit Contains: Refrigerator magnet file, door sticker, and wallet/purse file.

The refrigerator magnet File of Life holder: The card, which is kept in a red plastic pocket labeled **FILE OF LIFE**, lists the patient's name, emergency medical contacts, other vital information, medications, dosages, allergies, recent surgeries, religion, doctor's name and a health care proxy. The entire pocket is held with a magnet to the outside of the refrigerator.

The door sticker: A simple sticker that you place on your front door, or your primary entry door, alerting EMS personnel that File of Life information should be on the Refrigerator in your home.

The pocket/purse/wallet file: In addition to the **FILE OF LIFE** for the refrigerator, you also get a compact version for you to carry in your wallet or purse. A card containing the same medical information is enclosed in the RED plastic case that you keep with you. This personal wallet size version is a very valuable source of information to emergency medical personnel responding to your possible critical, life-threatening situations.

Having instant access to medical facts and information can make the difference when every second counts. Your updated medical information will help paramedics and the hospital make sure that you get the best care possible. So, fill out a "File of Life" form today!

**We have these available at the Senior Center.
A \$1 donation for the kit is appreciated.**



PEDICURES & FOOT CARE



Come let yourself be pampered! Expert foot care and pedicure techniques will be provided to you by nail specialist Mary Ford. Mary has been practicing her craft for over 18 years and will be available every first & third Thursday of the month between 8:30am & 3:00 pm. Appointments are scheduled on the half hour and services will be provided by appointment only. The fee is \$17/half hour appointment (appointments are approx. 1/2 hour, depending on your needs).

Services will be available on the following **Thursdays**:

January 5, 19 February 2, 16 March 1, 15 April 5, 19

Please call Alice at (630) 969-8080 ext. 104 to make an appointment.

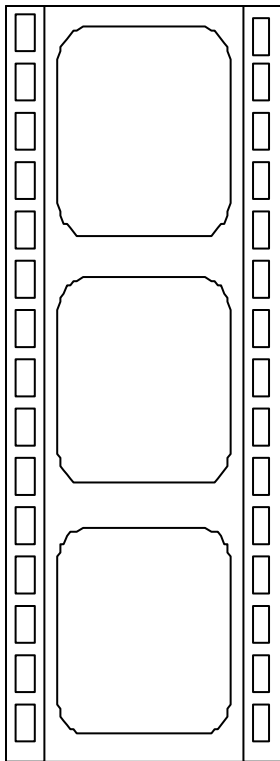
NEW POLICY—PLEASE READ

We have exciting news. Mary is now officially an employee of the park district for the pedicure program. This means that from now on you must **sign in and pay upstairs** at the desk. Please note that **Mary will not be accepting payments downstairs**. For your convenience, we can now accept checks payable to the Westmont Park District, cash, or credit card payments. Mary will still schedule your next appointment. We thank you in advance for abiding with this new policy.

HAVE YOU USED OUR FREE LIBRARY YET?

Come take a look through our library. Take, read, return any books at your leisure. No fees, no cards! We have a third bookcase now, plus we are using shelves in the lounge area. At this time, we are not accepting books because of space limitations.

REGULAR ACTIVITIES



MONDAY @ THE MOVIES

Jan. 9	The Help	Emma Stone	PG13
Jan. 23	Mr. Poppers Penguins	Jim Cary	G
Jan. 30	The Three Amigos	Chevy Chase	PG13
Feb. 6 *	You Can't Take It with You	Lionel Barrymore	G
Feb. 13	Larry Crowne	Tom Hanks	PG13
Feb. 27	Dolphin Tale	Ashley Judd	G
Mar. 12 *	Anastasia	Ingrid Bergman	G
Mar. 19	Snow Flower & the Secret Fan	Hugh Jackman	PG13
Mar. 26	Pirates of the Caribbean—Stranger Tides	Johnny Depp	PG13
April 2*	Easter Parade	Judy Garland	G
April 9	Water for Elephants	Reese Witherspoon	R
April 16	Jayne Eyre	Mia Wasikowska	PG13
April 30	Midnight in Paris	Owen Wilson	PG13



Showtime is 12:15 pm at The Senior Center. Drop in and watch a great movie, enjoy a refreshing drink and some delicious snacks. All movies are FREE!

BIRTHDAY BINGO

Join us for our monthly Bingo and bring a friend! They are usually held on one Thursday of each month, **starting at 12:30 pm**. Those people who are celebrating their birthdays in that month will have their horoscopes read and will receive a \$3 gift certificate from the Westmont Park District that is good toward any paying program (good for 1 year). There will be 1 hour of Bingo! Please bring useable 'white elephants' from your home to contribute to our prize table.

BINGO DATES: THURSDAY, JANUARY 26
THURSDAY, FEBRUARY 23
THURSDAY, MARCH 29
THURSDAY, APRIL 26



HEALTHY & ACTIVE SENIORS

BEGINNING LINE DANCING

If you can walk, you can learn these easy dances. No experience necessary. Let us introduce you to the very basic steps. You will even learn the Electric Slide! Now is the time to meet new friends, keep in shape and have a great time dancing to the music!

Winter Session I

Dates: Tuesdays, Jan. 10 - Feb. 14
(6 weeks)
Time: 9:15 am-10:15 pm
Min/Max: 6/15
Code: 305511-A

Winter Session II

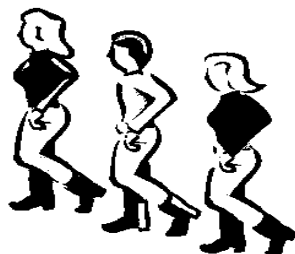
Dates: Tuesdays, Feb. 28 - April 3
(6 weeks)
Time: 9:15 am-10:15 pm
Min/Max: 6/15
Code: 305511-B

Spring Session III

Dates: Tuesdays, April 17 - May 22
(6 weeks)
Time: 9:15 am-10:15 pm
Min/Max: 6/15
Code: 305511-C

Location: WCC, Dance Studio

Fee: \$20



CONTINUING LINE DANCING

Now that you know some simple line dance steps, it's time to pick up the pace. You'll be dancing the Boot Scootin' Boogie, the Waltz Across Texas, the Electric Slide and more. Class meets 1 or 2 days per week, you decide! It's great fun and great exercise!

Winter Session I

Dates: Tuesdays, Jan. 10 - Feb. 14
(6 weeks)
Time: 10:15 am-12:15 pm
Min/Max: 6/20
Code: 305512-A

Winter Session II

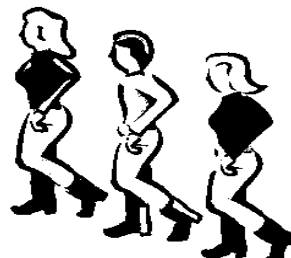
Dates: Tuesdays, Feb. 28 - April 3
(6 weeks)
Time: 10:15 am-12:15 pm
Min/Max: 6/20
Code: 305512-B

Spring Session III

Dates: Tuesdays, April 17 - May 22
(6 weeks)
Time: 10:15 am-12:15 pm
Min/Max: 6/20
Code: 305512-C

Location: WCC, Dance Studio

Fee: \$40



SEN-

NEW

ZUMBA GOLD

It's the hottest trend and we've got it. Zesty Latin music and a fun atmosphere makes this dance-fitness class extremely popular. You can improve your muscle endurance, strength, flexibility, balance, and agility while dancing to vibrant music! Zumba Gold is especially designed for active older adults as well as the de-conditioned participant. It is a great way to stay in shape without going to the gym! Don't miss this new friendly and fun class!

Session I

Date: Mon. Jan. 23 - Feb. 27
(6 weeks) No Class 2/20
Time: 9:30am-10:30am
Fee: R /NR \$36
Min/Max: 8/20
Code: 305523-A
Location: WCC Rooms 3 & 4

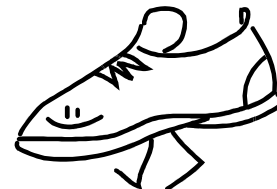
Session II

Date: Mon. March 5 - April 9
(6 weeks)
Time: 9:30am-10:30am
Fee: R /NR \$36
Min/Max: 8/20
Code: 305523-B
Location: WCC Rooms 3 & 4

Session III

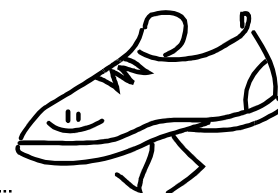
Date: Mon. April 16 - May 21
(6 weeks)
Time: 9:30am-10:30am
Fee: R /NR \$36
Min/Max: 8/20
Code: 305523-C
Location: WCC Rooms 3 & 4

WALK & TALK CLUB



It's easy, it's enjoyable and it's great exercise! Make new friends while walking indoors this fall. No busy streets, curbs, bumpy sidewalks, or stoplights; our gymnasium is a great place to walk. You'll be building endurance, getting in shape and reducing stress. All you need is a good pair of shoes and comfortable clothing. Join us in the Community Center gym each weekday morning and get energized! A CD player will be available if you'd like to bring music to help you get moving. No need to register.

Dates: January 3 - June 1
Days: Monday through Friday
Time: 8:00 - 9:00am
Fee: **Free!**
Location: WCC Gym



We do not stop exercising because we grow old – we grow old because we stop exercising.

SENIORS

NEW

SIT & BE FIT

This new class can help maintain good health and slow down the effects of aging by promoting flexibility and strength. Increase your energy level and stamina, improve your joint health and mobility, have a more positive mood and attitude when you join this amazing chair fitness class. No getting down on the floor to work out! Each student works with a chair for a safe and successful fitness experience. There will be 45 minutes of stretching, modified yoga poses, and breathing exercises. Sit, exercise, relax and achieve mental and physical fitness today! Instructor: Sandy Auriemma

Session I

Date: Friday Feb. 3 - March 9
(6 weeks)
Time: 11:00am-11:45am
Fee: R /NR \$36
Min/Max: 6/20
Code: 305520-A
Location: Linden Rm.



Session II

Date: Friday March 23 - May 4
(6 weeks) No class 4/6
Time: 11:00am-11:45am
Fee: R /NR \$36
Min/Max: 6/20
Code: 305520-B
Location: Linden Rm.



SIT & BE FIT FREE INTRODUCTORY CLASS

FREE

THURSDAY, JANUARY 26
1:00-1:45 PM
LINDEN ROOM

Call to sign up or just drop in.



PASSPORT TO FITNESS

Any Senior age 62 or older can visit the Westmont Park District Fitness Club using our Passport to Fitness. This card can be purchased at The Community Center and will enable you to use all of the equipment at The Fitness Club **Mondays - Fridays, 1:00 - 4:00 pm.**

This 12-visit card is
\$26/residents and \$38/non-residents.

It's an economical way to reach your fitness goals; you'll look better, feel better and have more energy!

The Fitness Club is located at 424 Plaza Drive, Westmont.
630-789-2673.



TAI CHI



Improve your health today! This weekly one hour class will give you an introduction to the art of Tai Chi. Many doctors are recommending Tai Chi as a great way to improve your circulation, memory, balance, flexibility and increase your strength. Recent studies have also noted that Tai Chi slows osteoporosis and aids in discomfort from arthritis. This ancient method of gentle flowing physical exercise reduces stress, promotes longevity and peace of mind. Our instructor, Pat Young, teaches you to use your muscles under pressure without tension and teaches proper breathing techniques. Take the first step with us today and you'll be on your way to feeling healthier! Please note: this is not a Passport to Fitness class.

Session I

Date: Wed. Jan. 11- Feb. 15
(6 weeks)
Time: 11:00 am - 12:00 N
Fee: R /NR \$42
Min/Max: 8/20
Code: 305519-A
Location: WCC Dance Studio

Session II

Date: Wed. Feb 22– Mar. 28
(6 weeks)
Time: 11:00 am- 12:00 N
Fee: R /NR \$42
Min/Max: 8/20
Code: 305519-B
Location: WCC Dance Studio

Session III

Date: Wed. April 4 - May 9
(6 weeks)
Time: 11:00 am- 12:00 N
Fee: R /NR \$42
Min/Max: 8/20
Code: 305519-C
Location: WCC Dance Studio



FOR YOUR INFORMATION

Important Information Regarding Physical Activity on our Trips

At the end of the description of the trip, you will find either 'light, moderate or heavy' physical activity plus some information on whether or not stairs are involved. What we are trying to convey to you is the amount of walking on the particular trip, including stairs so you can more accurately judge for yourself if this is the appropriate outing for you.

All of our trips are older, adult-oriented...we do not offer any triathlons! However, everyone has varying degrees of operational physical skills. For example, a theatre trip would be 'light' physical activity whereas a baseball game would be 'heavy.' **If you ever need more information regarding physical activity on a trip, please call Alice at (630) 969-8080 ext. 104.**

On the same subject of physical activity, please ALWAYS let us know beforehand if you will be needing 1-on-1 attention, and we will provide for more than 1 escort. If you do not let us know before, we may not be able to provide you with the appropriate attention, since not all of our trips are escorted by two persons.

Important Parking Information



If you have handicapped license plates or the handicapped card in your car, and you are going to park in one of our lots for a trip 4 hours or more, please use a space as close as possible to the building but kindly leave the handicapped spots open. We ask this out of consideration for others who may need the spot just for a short time. We appreciate it!

When attending a day trip, please use the parking lot either on the east side or west side of The Community Center. This is the building from which the bus departs at 75 E. Richmond St.

MAJESTIC STAR CASINO

This is a two-casino combination. Situated side by side, Majestic I & II, are located in Gary, Indiana. Things have changed a little since the last time we visited, which was several years ago. There will be plenty of fun as you play on any of their latest hot slots, or try your luck on their many table games. In addition, you will get **\$10 in downloadable credit and a great buffet lunch.** Join us on this first gaming trip of 2012! Please give birth date at time of registration. Bring a photo I.D. with you.

Date: Wednesday , January 18
Time: 9:00 am – 5:00 pm
Fee: R \$36 NR \$39
Min/Max: 25/54
Code: 305550-A
Rating: Light physical activity



KENDALL COLLEGE & HULL HOUSE

Take a break from winter today and enjoy a short tour and lunch in the city! We'll begin at the newly renovated Hull-House Museum. The Jane Addams Hull-House serves as a dynamic memorial to social reformer Jane Addams, the first American woman to receive the Nobel Peace Prize. Our guided tour includes the original settlement house and the resident's hall, a beautiful Arts & Crafts style building that has welcomed some of the world's most important thinkers and artists, a short film and time to view exhibits. From here, we will travel to the Dining Room at Kendall College to experience contemporary and exquisite dining. Culinary Arts students will prepare and serve us lunch. The restaurant has been recognized and highly rated by *Zagat Survey 2010/11* as well as received accolades by respected Chicago food critics of the *Sun Times* and *Check Please!* Today's menu is: Bread/butter service, a first course of salad of Mesclun lettuces, parmesan shavings and balsamic vinaigrette, a main course of a combination plate of grilled beef tenderloin with bordelaise sauce and roasted salmon with a preserved lemon beurre blanc, which includes a vegetable and starch of the day, and a dessert of the chef's choosing. **Please register by January 17.**

Date: Wednesday , January 25
Time: 9:30 am - 2:30 pm
Fee: R \$60 NR \$63
Min/Max: 20/22
Code: 305550-B
Rating: Moderate physical activity



SHEDD AQUARIUM & THE JELLIES EXHIBIT

It may be too cold for snorkeling or the beaches, but we can experience the ocean from indoors at the world renowned Shedd Aquarium. Be transported to the beautiful and mysterious world of sea jellies. In Shedd's new special exhibit, *Jellies*, discover the intriguing ways these pulsing, translucent animals survive in the world's oceans. Learn how a jelly can devour enough food to double its weight each day, or how sea nettles hunt by trailing their long stinging tentacles to paralyze prey upon contact. And they do it all without blood, bones, or brains. Your ticket today allows you full access to all exhibits plus the 4-D aquatic show! Lunch is on your own at one of their cafes. **Please register by Feb.2.**

Date: Wednesday, February 8
Time: 9:00 - 3:30 pm
Fee: R \$64 NR \$67
Min/Max: 20/22
Code: 305550-C
Rating: Moderate physical activity



LEGEND OF LOVE, TRIBUTE TO TONY BENNET

We're going to one of our favorite places, Henry Jacob Mansion for a great Valentines Day show. The "Legends of Love" – a tribute to Tony Bennett, is a lively tribute to the man Frank Sinatra considered "the best singer in the world." Wearing a match to Tony Bennett's signature "ear to ear smile", full-head of curly graying hair, with those twinkling eyes, and adding a sharp tux, smooth smoky vocals and cool casual stage performance, Tim Beasley transforms into the very likeness of Tony! This show will include hits such as "I Left my Heart in San Francisco," "Blue Moon," "The Best is Yet to Come" and more. Before the show you will be treated to a fabulous lunch that includes salad, entre, dessert and beverage.



Date: Tuesday, February 14
Time: 10:30 am – 4:00 pm
Fee: R \$74 NR \$77
Min/Max: 20/24
Code: 305550-D
Rating: Light physical activity

AMERISTAR CASINO

We'll be aiming to win big bucks at this casino favorite! It's a short ride to East Chicago, Indiana where they have a variety of slots and table games - enough for everyone's fancy. Here, you'll warm up with a **full buffet lunch**. What a great way to keep the blustery days of winter away! You must bring Photo I.D. with you to get the package. Please give birth date at time of registration.

Date: Wednesday, February 22
Time: 8:30 am – 5:30 pm
Fee: R \$36 NR \$39
Min/Max: 30/54
Code: 305550-E
Rating: Light physical activity



ELI'S CHEESECAKE FACTORY TOUR

Forget about calories today—no one will know! Since Feb. 29th only comes around every four years, we're going to leap over to this world famous cheesecake maker for a behind the scenes tour, and then we will each decorate a 7" Eli's cheesecake to take home! Our tour will take us through the actual baking area (mmm-samples!), decorating department, and enlighten us about the history of Eli's cheesecakes. So now that we have started our day with dessert, we need to have the main course. We will travel to Oak Brook for lunch at The Cheesecake Factory. Please select **meatloaf with mashed potatoes, fish and chips, or fettuccini Alfredo**. Meal includes a beverage, but no dessert! You have a whole cheesecake for later! Please register early. Limited space.

Date: Wednesday, February 29 - Leap Day!
Time: 9:00 am - 2:30 pm
Fee: R \$71 NR \$74
Min/Max: 17/19
Code: 305550-F
Rating: Moderate physical activity




FASHION EXTRAVAGANZA

It's time for a spring Fashion Show! See the newest spring fashions with our very own models. If you see something you like, you'll be able to purchase it after the show! That's because Taylor Marie's is coming to our Senior Center with their mobile retail store featuring name brands with a full range of sizes from 2 to 3X. They carry all the great lines- Alfred Dunner, Ruby Road, Erin London, Tribal, Southern Lady, Woolrich, Foxcroft, Tulle, and many more along with an impressive display of costume jewelry and scarves. They arrive with 20 racks of great clothing in petite, missy and women sizes. The clothing is beautiful and, better yet, all wash and wear. We will have snacks and appetizers during the fashion show. There will be a **raffle** with great prizes. After the show, you'll be able to shop. Every time you purchase something our Senior Center will receive a percentage to support our programs! Check and credit cards accepted. We need 8 models to help us out! Models will receive a 10% discount on apparel. Please call Linda at 630-969-8080 x121 if you are interested in being a model. Bring a friend and help us welcome in Spring! Please help us meet our minimum by **registering no later than February 24.**



Date: Friday, March 9
Time: 11:30 am - 1:00 pm (or until you're done shopping)
Fee: R/NR \$12
Min/Max: 35/65
Code: 305550-G
Rating: Light physical activity

 **Don't FORGET!**

DID YOU FILL IN THE CODE # INCLUDING THE LETTER AT THE END?

DID YOU SIGN THE BOTTOM OF THE REGISTRATION FORM?

DID YOU PROVIDE US WITH AN EMERGENCY PHONE NUMBER OTHER THAN YOUR CELL PHONE

SHAMROCK SHENANIGANS

Relax and enjoy the beautiful scenic drive as we make our way to Starved Rock Lodge for a little bit o'blarney! The Gilhooley's will entertain you with their Irish wit, singing and dancing. Our St. Patrick's Day celebration will include a buffet featuring traditional Irish food including your favorites: corned beef and cabbage, fried chicken, potatoes and carrots, tossed green salad, fruit salad, Soda Bread, Irish coffee and an Irish dessert. This show is sure to bring the Irish out in everyone!
Wear green!

Date: Wednesday, March 14
Time: 9:30 am - 5:00 pm
Fee: R \$73 NR \$76
Min/Max: 30/33
Code: 305550-H
Rating: Light physical activity

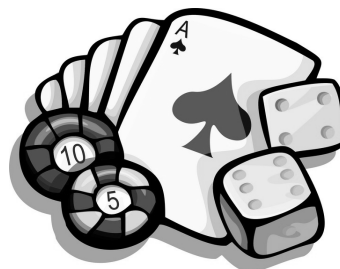


CHECK US OUT ONLINE AT

FOUR WINDS CASINO

May the luck be with you as we travel to New Buffalo, Michigan to enjoy a great day of gaming. With 3,000 of the latest slots and 110 table games, this casino surely has one just waiting for you! Join in on this non-stop action and you will get **\$15 in downloadable credit and \$10 towards the food of your choice.** Join us!

Date: Tuesday, March 20
Time: 9:00 am – 5:30 pm
Fee: R \$38 NR \$41
Min/Max: 25/54
Code: 305550-J
Rating: Light physical activity



MACY'S FLOWER SHOW

Spend the day rewarding your senses at Macy's Flower Show spectacular. Produced annually at the flagship store on State Street, this fabulous show features over 2 million flowers and exotic topiaries from around the world arranged by renowned horticulturalists to create urban sanctuaries. You will have a tour of the flower show led by a master gardener from the University of Illinois Extension program and some time on your own to enjoy this historic store. A delicious lunch will follow at Pompeii in Little Italy and then a stop at City Escape Gardens. This center has been instrumental in helping shape the gardens of Chicago and has great ideas for gardening, from containers to larger spaces. You will come away ready for spring and filled with wonderful ideas.

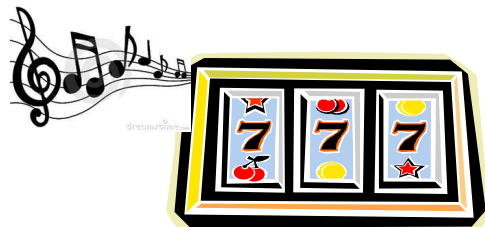
Date: Tuesday, March 27
Time: 9:00 am - 4:00 pm
Fee: R \$77 NR \$80
Min/Max: 30/52
Code: 305550-K
Rating: Moderate physical activity



RHYTHM CITY CASINO

Today we'll be traveling to Iowa where the theme is music and the décor reflects that throughout its three floors. No need to worry, there are elevators and a friendly staff to guide you through their 900 slots and 111 video poker machines. You'll receive **\$5 in downloadable credit and a wonderful buffet lunch**. If you win, it will be music to your ears!

Date: Wednesday, April 4
Time: 8:00 am - 7:30 pm
Fee: R \$38 NR \$41
Min/Max: 30/54
Code: 305550-L
Rating: Light physical activity



PLACE DE LA MUSIQUE - SANFILIPPO ESTATE

The Sanfilippo "Place de la Musique" is known worldwide for its magnificent collections of beautifully restored antique music machines, phonographs, arcade and gambling machines, chandeliers, art glass, the world's largest restored theatre pipe organ, the most spectacular European salon carousel in existence, street and tower clocks, steam engines and other functional mechanical antiques, displayed within a breathtaking French Second Empire setting. Our group traveled here for a mystery trip in 2007 and absolutely loved it! There is so much to see and not enough time even with this 3 hour guided tour. You will also enjoy a short concert in the music hall. This is a "MUST SEE" estate. After our tour, we will have a delightful lunch at the Mill Rose Inn, known for its antique setting. Your meal includes fresh made rolls, house salad, ice cream for dessert, and a beverage. Please select **pot roast or herb marinated chicken**. You must **register by March 30**.

Date: Wednesday, April 11
Time: 8:30 am - 3:30 pm
Fee: R \$86 NR \$89
Min/Max: 35/54 (we must have 35 to travel)
Code: 305550-M
Rating: Moderate physical activity



AN AFTERNOON WITH GROUCHO

A good time to laugh is any time you can. Today will be full of laughter when you relive all of Groucho Marx's best one-liners, skits and songs in what the *New York Times* call "the greatest living interpreter of Groucho's material." This American comedian and film star is famed as a master of wit. His rapid-fire delivery of innuendo-laden patter earned him many admirers. He made 13 feature films with his siblings the Marx Brothers. He also had a successful solo career, most notably as the host of the radio and television game show *You Bet Your Life*.^[2] His distinctive appearance, carried over from his days in vaudeville, included quirks such as an exaggerated stooped posture, glasses, cigars, and a thick greasepaint mustache and eyebrows. We will have a fabulous lunch at Grand Station before the show at the Metropolis.



Date: Thursday, April 19
Time: 10:30 am - 4:00 pm
Fee: R \$82 NR \$85
Min/Max: 20/21
Code: 305550-N
Rating: Light Physical Activity

BLUE MAN GROUP

Experience the wildly popular theatrical show that blends exciting music, outrageous comedy, and multimedia theatrics. Seen around the country, Blue Man Group is designed to create a unique form of entertainment for people of all ages. This critically acclaimed show is visually stunning, wildly inventive and hysterically funny. For those of you who have seen the show, this is a new version! If you have never seen the show, you will be amazed! Lunch will be at Leona's before the show. We will call you with meal choices closer to show time. **You must register by Jan. 25.**

Date: Wednesday, May 16
Time: 11:00 am – 5:30 pm
Fee: R \$95 NR \$98
Min/Max: 30/34
Code: 305550-O
Rating: Light physical activity



JOIN OUR EMAIL LIST

Please call Alice or Linda at (630) 969-8080 to add your name to our email list; you can receive park district news & updates!

MAKING GOD LAUGH AT THEATRE AT THE CENTER

The title, *Making God Laugh*, refers to a line by Woody Allen: "If you want to make God laugh, tell him your plans." In this new comedy by Sean Grennan, you can go home again, but are you sure it's a good idea? Empty nesters, welcome home their children over family holidays spanning three decades. As the parents and grown children adapt to their new relationships, their dreams, unresolved issues, old family traditions and dubious recipes are trotted out on Thanksgiving, New Year's and Christmas holidays. You will find that home is not only where the heart is, but also where the laughs are. For today's lunch, please **select chicken primavera or skewered shrimp primavera**. The meal comes with spinach salad, seasonal vegetables, carrot cake and a beverage.

Date: Wednesday, May 30
Time: 10:45 am – 5:30 pm
Fee: R \$88 NR \$91
Min/Max: 25/34

COMMEMORATIVE BRICK PROGRAM

Your experiences of Westmont have been unique. As residents or former residents, we all come from different walks of life. We are a diverse family bound by our love and respect for our hometown. Westmont has enriched our lives and the lives of those around us. As we move through life, Westmont will always remain a part of each of us. We'd like to offer a way for those who treasure their time in Westmont to leave a legacy, not just a symbol of your time spent in Westmont. Whether you choose to add your own name or to honor the memory of a loved one, or pay tribute to a close friend or relative, our commemorative brick program will grow, one brick at a time. And when it is complete, it will remember these special people forever.

4" x 8" Paver, Imprinted: \$50

5 - 4" x 8" Pavers, Imprinted: \$200

Decorative Park Bench: \$500

To receive additional information regarding this unique program, please call us at (630) 969-8080.

Dear Friends,

We want to thank you for your participation and attendance at all of our classes, programs, events and trips! We understand that things may be a bit more difficult at this time because of the economy, but we want you to know that we will continue to make every effort to keep our trips as affordable as possible.

Please understand that the cost of each trip is carefully calculated to cover all costs: admission, meal, gratuity, transportation (time and distance), gasoline surcharges, tolls, parking and service fees. In addition, we will continue to try and offer different trips at different price levels to accommodate all budgets.

Should you ever have a question regarding any of our events, trips or fees, please let one of us know. Again, thanks for your involvement with the Westmont Park District!

Alice & Linda

F.Y.I.