


ARLINGTON HEIGHTS PARK DISTRICT



2021 **SUMMER**
SENIOR
GUIDE

*Arlington
Heights*
Park District

1801 W. CENTRAL RD. | 847.797.5341 | AHPD.ORG



SAFETY MEASURES

Tuesday, May 4
**Senior Program
Summer Registration**

Register online at ahpd.org or
at the Park District office in
the Senior Center at
1801 W. Central Road.

- Only healthy people should visit our parks and facilities. Anyone who is sick or has been exposed to someone who is sick should stay home.
- Face coverings are required in the Senior Center.
- Physical distancing should be observed.
- Frequently wash your hands, especially before starting an AHPD program.
- The Senior Center is open for registered participants only.

Call 847.797.5341 for class details or to register.

Reservations and Delays

We have enhanced our already stringent cleaning protocols considering the COVID pandemic. We apologize if you experience any delays or inconvenience as a result of these procedures.

Patience

To facilitate adherence to social distancing guidelines, facilities and programs are operating at a reduced capacity. Please be patient and understanding with these necessary operational changes.

All class/programs printed information is subject to change.



ABOUT

Park District Programs at the Senior Center

1801 W. Central Road
Arlington Heights, IL 60005
847-797-5341

The Arlington Heights Park District offers a wide variety of affordable leisure and recreational activities including fitness & wellness programming, art and quilting classes, card games and more. Whether you are full-retired, semi-retired, or still working, the Park District Active Adult Program at the Senior Center has something for everyone.

Arlington Classic Tour Club

Staff is monitoring best practices for tours as well as destinations and restaurants accepting group tours. For up-to-date information on the Tour Club, please contact 847-797-5341.



Wood Shop

The Arlington Heights Park District is planning for the Wood Shop to open for registered programs this Summer. Check in for up-to-date information, class times or make a reservation call at 847-797-5341.

Inclement Weather

Please call the Senior Center Inclement Weather Hotline at 847-797-5348 for class or drop-in information.

Fitness Memberships

Do you want to start a healthy lifestyle? Work out with your community neighbors for both a physical and social workout. Call 847-797-5341 for information on Arlington Athletic Club and Fun & Fit memberships.

Special Note:

Keep up to date with Senior Center guidelines online or by calling the Park District Office/Gift Shop at 847.797.5341 .



SPECIAL EVENTS

Essential Oil Workshop

Essential oils can lift your mood and make you feel good with just a whiff of their fragrance. For some people they may even help alleviate the symptoms of various medical conditions. Learn how to use essential oils properly and which oils would be best suited for you. (LP)

Code	Day(s)	Time	Date(s)	Fee
47613	T	1:00p-2:00p	7/20	\$8

IPRA Six County Senior Games July 6-28, 2021

There are 15 different events including swimming, golf, pickleball, tennis, track and field, bocce, billiards, table tennis, horseshoes, bags, wii bowling, jump rope, as well as team softball and volleyball. Entry fee is \$16 for one day; \$22 for two or more days. All participants receive a t-shirt and medals are given to winners in each age group for both men and women. Entry forms will be available after May 15. For updated information, check out the IPRA Six County Senior Games Facebook page.

WELLNESS CLASSES

Chair Yoga

Yoga is a wonderful way to relax, restore flexibility, improve breathing and increase energy. This class is for the student who does not feel comfortable getting on the floor to exercise on a mat. Learn all the techniques with a few modifications so that you can relax comfortably, seated in a chair. *No class on 7/5.* (LP)

Code	Day(s)	Time	Date(s)	Fee
47160	M	10:00a-11:00a	6/7-8/16	\$97
47315	W	10:00a-11:00a	6/9-8/11	\$97

Yoga

Yoga is a wonderful way to relax, restore flexibility, improve breathing and increase energy. The instructor takes you through warming exercises, deep breathing, yoga postures and relaxation techniques in a gentle and non-strenuous manner. *No class on July 5.* (LP)

Code	Day(s)	Time	Date(s)	Fee
47159	M	11:15a-12:45p	6/7-8/16	\$131
47614	W	11:30a-1:00p	6/9-8/11	\$131

Yogalaties

Experience the new workout that everyone is raving about. By incorporating the principles of both Pilates and Yoga, you will create harmony, strength, flexibility and balance for your mind and body. Other benefits include loosening stiff joints, correcting poor posture, improving blood flow, strengthening your core and creating longer, leaner muscles. This is a contracted class; non-refundable. (LP)

Code	Day(s)	Time	Date(s)	Fee
47163	F	12:10p-1:10p	6/11-8/13	\$99

Stretch & Balance

This class will include simple and dynamic stretches to improve flexibility and joint mobility. Increase ease of functioning in your daily routine with gentle and no impact balance exercises. This is a contracted class; non-refundable. (LP)

Code	Day(s)	Time	Date(s)	Fee
47164	W	2:00p-3:00p	6/9-8/11	\$99

Tai Chi Advanced

Tai Chi is an ancient Chinese exercise performed in a slow, relaxed, continuous motion. It improves balance, posture, breathing and relaxes the mind while strengthening the muscles, tendons and joints. Tai Chi is a non-impact exercise. (LP)

Code	Day(s)	Time	Date(s)	Fee
47199	T	11:30a-12:15p	6/8-8/10	\$89

Tai Chi Moves

Tai Chi is an ancient Chinese exercise performed in a slow, relaxed, continuous motion. Learn Qi Gong breathing, stretching and 24 forms of Tai Chi. This class is for the beginner or intermediate level student. (LP)

Code	Day(s)	Time	Date(s)	Fee
47200	T	10:30a-11:15a	6/8-8/10	\$89

CARDS

Bridge Beginning

This class focuses on the Standard American Bridge form, language, the mechanics of bidding and playing structured hands. No prior Bridge experience is necessary. (LP)

Code	Day(s)	Time	Date(s)	Fee
47167	M	9:00a-11:00a	6/7-8/16	\$130

Bridge Intermediate

This class continues with skills you learned in the beginning class. It emphasizes additional bidding and the introduction of simple conventions. (LP)

Code	Day(s)	Time	Date(s)	Fee
47168	T	10:00a-12:00p	6/8-8/10	\$130

Bridge Advanced

Bridge Advanced incorporates advanced bidding techniques with special emphasis on play of hand and defensive play. Students must have an understanding of Standard American Bridge bidding techniques of Stayman, Gerber and Blackwood conversions. (LP)

Code	Day(s)	Time	Date(s)	Fee
47171	T	1:00p-3:00p	6/8-8/10	\$130

Best Bridge Ever!

Learn to view bidding, play of hand and defense techniques for those who already know the basics of Standard American Bridge. The format is up to an eight hand, pre-dealt game. (LP)

Code	Day(s)	Time	Date(s)	Fee
47179	W	5:45p-7:45p	6/9-8/11	\$130
47184	Th	1:00p-3:00p	6/10-8/12	\$130

Bridge Potpourri

Join our open division forum designed to find solutions to Bridge challenges specifically designed for students with advanced skill in Standard American Bridge and bidding techniques. Areas of concerns regarding bidding defense, play of hand, protocol, etc. will be discussed. *No class on 7/5.* (LP)

Code	Day(s)	Time	Date(s)	Fee
47166	M	4:00p-6:00p	6/7-8/16	\$130



DANCE

BeMoved Dance

BeMoved is a dance fitness experience designed for adults of all movement abilities. Classes begin with easy-to-follow therapeutic movements that integrate the upper and lower body. This is a contracted class; non-refundable. (LP)

Code	Day(s)	Time	Date(s)	Fee
47158	T	12:45p-1:45p	6/8-8/3	\$99
47161	Th	12:00p-1:00p	6/10-8/5	\$99

Zumba Gold

The Zumba Gold Fitness Program is second to none. It is an innovative, fun and exciting program. This class offers a lower intensity workout than traditional Zumba, but also uses a fusion of Latin and international dance music that combines high energy music with unique moves and combinations. Zumba Gold focuses on elements of cardiovascular, muscular conditioning, flexibility and balance. This is a contracted class; non-refundable. (LP)

Code	Day(s)	Time	Date(s)	Fee
47162	F	11:00a-12:00p	6/11-8/13	\$99

WOOD SHOP

Wood Working Beginning Class

Would you like to start making wooden projects but don't know all the ins and outs of Wood Shop equipment? In this class, you will learn how to use each piece of equipment properly while building your skills. The project is a versatile wooden tote which can be used as a tool carrier, gardening tote or a magazine holder. Supplies included. (LP)

Code	Day(s)	Time	Date(s)	Fee
47079	Th	12:15p-3:15p	7/15-8/5	\$100

ARTS & CRAFTS

Pieced Machine Quilting

Learn to machine sew a quilt that looks like you have been quilting for years! A variety of projects can be created in this class: a lap quilt, a wall-hanging or get started on a full-size quilt. If you have a sewing machine, please bring it to class as machines are limited. *No class on 7/5.* (LP)

Code	Day(s)	Time	Date(s)	Fee
47120	M	6:15p-8:15p	6/7-8/16	\$89

Quilting Basics & Beyond

Learn to quilt or build on your skills, via two small projects/techniques per session, with each one focusing on a particular technique like Dresden/wedge quilting, curved piecing, foundation paper piecing, English paper piecing, strip piecing and more. Many also join us while working on their own projects, and we share what we know in a relaxed atmosphere. (LP)

Code	Day(s)	Time	Date(s)	Fee
47131	W	10:00a-12:00p	6/9-8/11	\$103

The Art of Acrylics

Learn to work with and create some beautiful works of art with acrylic paints. This medium is particularly good to work with if you are sensitive to oil paint fumes but still like the look and feel of oils because acrylic paint cleans up with soap and water. The sky is the limit with this versatile medium, so come have fun and explore with us. No experience is needed. Supplies are included. (LP)

Code	Day(s)	Time	Date(s)	Fee
47078	Th	9:30a-12:00p	6/10-8/12	\$139

Crochet

This class is for the beginner as well as the novice. Learn the basic crochet stitches and how to read a pattern. You will be working on a simple project right away. Need to brush up on the basic stitches, you are welcome in class too! Basic supplies like needles and yarn are included to use in class. *No class on July 5.* (LP)

Code	Day(s)	Time	Date(s)	Fee
47080	M	11:00a-1:00p	6/7-8/16	\$79

Works of Art

Delve into creating a beautiful landscape, floral or still life or explore the fine art of portraiture. Instruction is provided to help you create stunning works of art. Please bring a clear, good-sized picture to class that you would like to use to create your masterpiece. No experience needed. Supplies are included. *No class on 7/5.* (LP)

Code	Day(s)	Time	Date(s)	Fee
47077	M	1:10p-3:10p	6/7-8/16	\$139

Experiment with Charcoals & Pastels

Create your own special artwork under the direction of a highly experienced artist who specializes with charcoals and pastels. No prior experience needed; all levels welcome. Supplies included. (LP)

Code	Day(s)	Time	Date(s)	Fee
47076	T	9:30a-12:00p	6/8-8/10	\$139

50 Shades of Colored Pencils

Create your own special artwork under the direction of a highly experienced charcoal and pastel artist. No prior experience needed; all levels welcome. Supplies are included. (LP)

Code	Day(s)	Time	Date(s)	Fee
47075	F	9:30a-11:00a	6/11-8/13	\$129

