

ARLINGTON HEIGHTS PARK DISTRICT

# 2021 WINTER SENIOR GUIDE

1801 W. Central Rd. Arlington Heights, IL 60005  
847-797-5341 | [www.ahpd.org](http://www.ahpd.org)

*Arlington  
Heights*  
Park District



# SAFETY MEASURES

Senior Program  
Winter Registration  
**Tuesday, Dec 1**

Register online at [ahpd.org](http://ahpd.org) or at the Park District office in the Senior Center at 1801 W. Central Rd.

- 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 inside 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 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 fully-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 winter. Check in for up-to-date information and class times online or by calling 847-797-5341.

### Pop Up Virtual Classes

Not comfortable coming into the Senior Center for in-person classes just yet? Check out the senior program webpage at [ahpd.org](http://ahpd.org).

### Inclement Weather

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

#### *Special Note:*

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



## ARTS & CRAFTS

### 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. (LP)

Code	Day(s)	Time	Date(s)	Fee
36129	Th	9:30a-12:00p	1/14-2/25	\$99

### Crochet

Learn how to read patterns and basic stitches. Basic supplies like needles and yarn are included to use in class. Just bring your enthusiasm to get started. This is a contract class; non refundable. (LP)

Code	Day(s)	Time	Date(s)	Fee
34875	M	11:10a-1:10p	1/4-2/22	\$55

### 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. (LP)

Code	Day(s)	Time	Date(s)	Fee
34876	M	6:15p-8:15p	1/4-2/22	\$59

### Pop Up Valentines

Show your family and friends just how much you care by making original Valentine cards. Let them be surprised when they open the card and something pops up! All supplies are included in this fun, loving workshop. (LP)

Code	Day(s)	Time	Date(s)	Fee
36130	F	12:30p-2:00p	1/15-2/5	\$59

### 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
34877	W	10:00a-12:00p	1/6-2/24	\$59
34878	T	6:00p-8:00p	1/12-2/23	\$59

### Works of Art

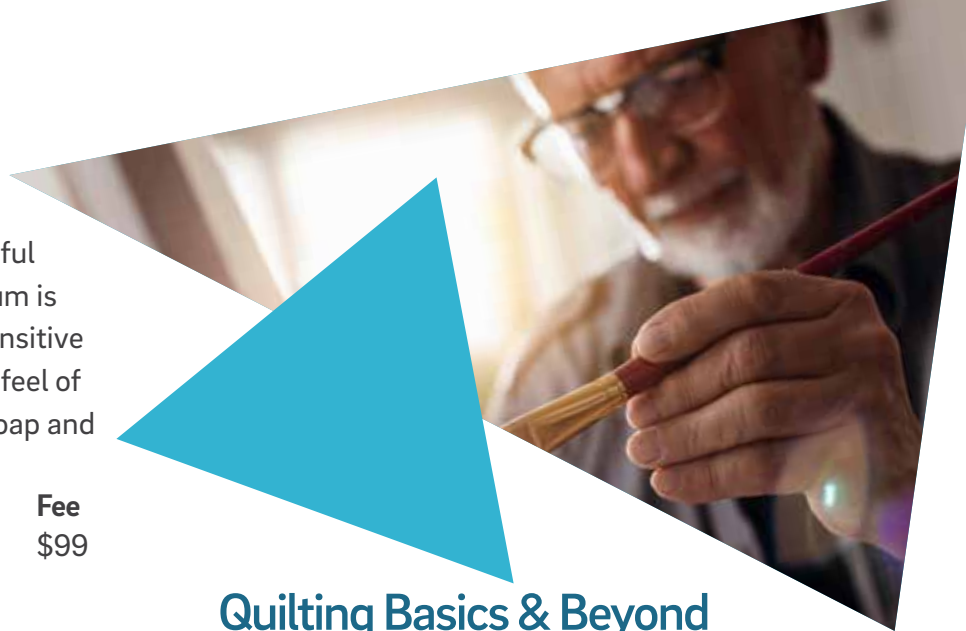
Explore the fine art of portraiture or delve into creating a beautiful landscape, floral or still life. Instructions are provided to help you create stunning works of art. Please bring a clear, good size picture to class that you would like to use to create your masterpiece. (LP)

Code	Day(s)	Time	Date(s)	Fee
35835	M	1:30p-3:30p	1/4-2/22	\$99

### 50 Shades of Colored Pencils

This fun, portable medium gives you the ability to make vivid and rich drawings that can look like paintings. Not only are colored pencils a great art medium, but they can be a wonderful stress buster. No drawing experience necessary. Come and design/color with us! (LP)

Code	Day(s)	Time	Date(s)	Fee
36131	F	9:30a-11:00a	1/15-2/26	\$90





## CARDS/GAMES

### Bridge Beginning

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

Code	Day(s)	Time	Date(s)	Fee
34867	M	8:45a-10:45a	1/4-2/22	\$74

### Bridge Intermediate

This class continues with skills you learned in the beginning class. It emphasizes additional bidding and the introduction of simple conventions. Learn logical thinking and the sound techniques needed to give the best play. (LP)

Code	Day(s)	Time	Date(s)	Fee
34868	T	10:00a-12:00p	1/12-2/23	\$74

### 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 bidding techniques and Stayman, Gerber and Blackwood conversions. (LP)

Code	Day(s)	Time	Date(s)	Fee
34869	T	1:00p-3:00p	1/12-2/23	\$74

### 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. (LP)

Code	Day(s)	Time	Date(s)	Fee
34872	M	4:00p-6:00p	1/4-2/22	\$74

### 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. Each hand is discussed to examine the potential to play the best hand possible. (LP)

Code	Day(s)	Time	Date(s)	Fee
34871	Th	1:00p-3:00p	1/14-2/25	\$74
34870	W	5:45p-7:45p	1/13-2/24	\$74

## DANCE

### Tap Dance Continued Beginning

Designed for dancers who understand basic tap terminology, this class offers both technique and choreography. Wear loose, comfortable clothing. Tap shoes are required. Jazz-tap shoes are recommended. (LP)

Code	Day(s)	Time	Date(s)	Fee
35721	Th	12:00p-1:00p	1/7-2/25	\$75

### Zumba Gold

Zumba Gold is a low impact aerobics class combined with dance set to Latin and international music. The music puts the fun back in fitness with a little Salsa, Merengue, Mambo and more. This class is a fusion of body sculpting movements with easy-to-follow dance steps especially designed for the over 50 body. (LP)

Code	Day(s)	Time	Date(s)	Fee
36132	F	11:00a-12:00p	1/15-2/26	\$64

## WELLNESS CLASSES

### 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
34879	T	12:45p-1:45p	1/12-2/23	\$69
35703	Th	12:00p-1:00p	1/14-2/25	\$69

### 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 Yoga mat. Learn all the techniques with a few modifications so that you can relax comfortably, seated in a chair. (LP)

Code	Day(s)	Time	Date(s)	Fee
35814	W	10:00a-11:00a	1/13-2/24	\$67
35805	M	2:00p-3:00p	1/4-2/22	\$67

### Yoga

Yoga is a wonderful way to relax, restore flexibility, improve breathing, and increase energy. Instructors take you through warming exercises, deep breathing, yoga postures and relaxation techniques in a gentle and non-strenuous manner. (LP)

Code	Day(s)	Time	Date(s)	Fee
35783	M	12:15p-2:00p	1/4-2/22	\$92

### 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. This class is a non-impact exercise. Students must be at an intermediate level before signing up for this advanced class. (LP)

Code	Day(s)	Time	Date(s)	Fee
35765	T	11:15a-12:15p	1/12-2/23	\$64

### Restore Your Movement

Restore your mind, body and spirit through a deep, relaxing class. Restorative Yoga has been found to produce measurable changes throughout your body. Among those changes is a reduction in blood pressure, lowered blood sugar levels, improved digestion and elimination, as well as reductions in muscular tension, generalized fatigue, chronic pain and insomnia. (LP)

Code	Day(s)	Time	Date(s)	Fee
35796	W	11:15a-12:15p	1/13-2/24	\$67

## WOOD SHOP

### Wood Working Beginning Class

Would you like to start making wood projects but don't know all the ins and outs of a **Wood Shop**? In this class, you will learn how to use each piece of equipment properly while building your skills. (LP)

Code	Day(s)	Time	Date(s)	Fee
36133	Th	12:15p-3:15p	2/11-2/25	\$99

## SPECIAL EVENTS

### When Downsizing is Rightsizing

Are you an Empty-Nester? Are you tired of cleaning and paying for the upkeep of a home where most of the rooms are just collecting dust? Is your desire to move but want to know what to do with all your "stuff" and how, at this time of COVID, to do it safely? This complimentary seminar, conducted by an area Real Estate Broker, will give you a road map for taking this next step. Learn how to decide what possessions to keep; the positives/negatives of living in smaller houses/townhomes/condos; staging your home for sale; how to stay safe during the process and more. Due to COVID restrictions on social distancing, you will need to register for this complimentary seminar. **NO WALK-INS WILL BE ALLOWED.** (LP)

Code	Day(s)	Time	Date(s)	Fee
35836	Sa	10:00a-12:00p	2/27-2/27	Free