

NIFTY 50+ MONTHLY SENIOR CLUB

Join the best monthly senior club around! We have so much fun socializing while playing bingo, cards and games. Refreshments, coffee and tea are available at each meeting. Occasionally guest speakers come to entertain the group. What kind of things should we do at our monthly meeting? Come to our social meetings to share your ideas.

Meetings are the 4th Wednesday of every month from 1-3pm at the State Bank of the Lakes Community Room (50 Commerce Drive, Grayslake).

There is a \$2 fee per person collected at the door at each meeting.

Dates: Mar. 28, Apr. 25, May 23 & Jun. 27

LET'S DO LUNCH

Age: Active Adults, 50+ years

Hey, let's do lunch! Each month we'll try out a different restaurant. Some months will be ethnic food and others may be American favorites. **The cost is \$5 per trip to cover bus transportation.** We do not charge for all the fun you will have! Lunch is on your own. Registration deadline is two weeks before the trip date. Restaurants are subject to change if they are unable to accommodate the group. (SR)

Pick-Up Location: Recreation Center Lobby

Code:	Day:	Date:	Time:	Fee:
350004A	Tu	Apr. 17	3:30-6pm	\$5 per person

Destination: Reflections in Lake Villa
Cuisine: Polish American - entrees ranging from \$9-18
Min / Max: 6 / 13
Register By: Apr. 10

REAL ESTATE ASSESSMENT EXEMPTION WORKSHOP

Thursday, April 19 from 10-11am

The Chief County Assessment Office and Township Assessors will be at Grayslake Park District Recreation Center (240 Commerce Drive) to assist residents in completing the 2018 Senior Citizens Assessment Freeze Application for taxes payable in 2019, and to help taxpayers sign up for other appropriate exemptions. Residents will work with a staff member one-on-one to complete necessary forms. Qualifications for the Assessment Freeze are 65 or older, own and live in the property for the past two January 1; income \$65,000 or less. Bring your 2017 tax return, and Social Security Statement (SSA-1099) and proof of beneficiary if the house is held in a Trust. No appointment required. (SR)

BRAVE WAY SELF DEFENSE

Age: Active Adults, 50+ years

In two hours, you'll learn how to anticipate and avoid potentially violent or dangerous situations and how to defend yourself from a physical attack if needed. The techniques are easy to learn and use and they work regardless of your age, size, strength, speed or physical abilities. You're never too old or out of shape to learn how to defend yourself. Let Brave Way help make you safer. This is a contractual program. (SR)

Code:	Day:	Date:	Time:	Fee (R/NR):
350061A	Th	Apr. 19	9:30-11:30am	\$26/\$33
350061B	Tu	May 8	1-3pm	\$26/\$33

Location: Recreation Center Multi-Purpose Room A
Min / Max: 6 / 20
Register By: Apr. 12 & May 1

GO GRAYSLAKE

WALKING CLUB

Age: Active Adults, 50+ years

Come get your steps in at our FREE Walking Club! The Recreation Center Gym is open for walking during designated times most Mondays, Wednesdays & Fridays through Apr. 13. Check out the Open Gym Calendar for dates and times: www.glpd.com/open-gyms

GO GRAYSLAKE is a new community movement designed to increase community health and wellness. The first stage of **GO GRAYSLAKE** is simple - encourage everyone in our community to walk at least 30 minutes a day. The benefits of walking are significant, from strengthening bones and muscles to helping manage heart disease.

Join us at Walking Club to walk your way to better health! For more information on **GO GRAYSLAKE**, flip to page 5.

FREE HEARING SCREENING

Thursday, May 3 from 11am-3pm
 Recreation Center, 240 Commerce Drive

Free hearing screening and otoscope exams. Pre-registration is required. Each participant will receive a complimentary ear inspection checking for wax followed by a 15 minute test of sounds to determine any hearing loss with immediate results. Please call Shelly Regnier at (847) 223-7529 to reserve your time. Screening will be completed at the Recreation Center. This is a contractual program. (SR)

“SOUTH PACIFIC” AT DRURY LANE

Age: Active Adults, 50+ years

More timely than ever, this Rodgers & Hammerstein landmark musical proves that even the backdrop of a tropical paradise cannot shelter its residents from the prejudices of World War II. South Pacific is the winner of the 1950 Pulitzer Prize for Drama and 10 Tony Awards, including Best Musical. Lunch is provided, so please select an entrée: sautéed tilapia with tomato relish or herb roasted chicken breast. All entrees are served with freshly baked bread, classic Caesar salad, roasted shallot mashed potatoes, vegetable and dessert. Trip includes transportation by Park District bus, lunch and show. **Minimal walking.** (SR)

Code:	Day:	Date:	Time:	Fee:
250008A	W	May 16	9:45am-5:15pm	\$74 per person

Location: Recreation Center Lobby
Min / Max: 6 / 13
Register By: Apr. 13



HORICON MARSH IN HORICON, WI

Age: Active Adults, 18+ years

A pontoon boat tour of the Horicon Marsh! Explore the largest freshwater cattail marsh by boat. Using the quietest and cleanest four-stroke Mercury motors, the environmentally-friendly pontoon boats will take you into the natural habitat of birds and animals. It's more than just a boat ride – you will also enjoy the many spring colors. After the 1-hour narrated boat tour, we will enjoy a buffet style lunch at the Horicon American Legion. After lunch, we will travel to the Horicon Marsh Explorium for a self-guided tour. The Explorium provides an in-depth look into all the creatures that call the marsh their home. There is a great variety of birds, different kinds of mammals, fish, frogs, turtles, snakes and countless varieties of insects and plants. Because of this diversity, Horicon Marsh is a wetland ecosystem protected by the DNR and the U.S. Fish and Wildlife Service for its importance to all of its plants and animals. Binoculars suggested. We will make a stop (approximately 30 minutes) at Cabela's in Richfield on the way home. Trip includes transportation, boat tour, nature center and lunch. **Minimal to moderate walking.** (SR)

Code:	Day:	Date:	Time:	Fee:
250009A	Tu	May 29	8am-6pm	\$52 per person

Location: Recreation Center Lobby
Min / Max: 6 / 10
Register By: May 1



WANDERING TREE ESTATE

Age: Active Adults, 50+ years

Discover the beauty of Wandering Tree Estate! Home to renowned artist and designer of model railroads and garden railways, Elaine Silets, the estate is only open by invitation for private tour. Enjoy a delicious High Tea in the garden including petite sandwiches and bite size sweets during a talk by the “Train Lady” whose work has been featured in many places, including Christmas windows at Tiffany & Co. After, explore the multi-acre gardens and grounds on your own, and experience the Shabui Garden Railway; a Japanese water and stroll garden; The Gloree and Tryumphant Garden Railway, and an amazing Model Train Museum. Please note: Many areas of the grounds and gardens are on uneven surfaces. Trip includes transportation by Park District bus, lunch, talk and tour. **Moderate to extensive walking, no walkers are allowed.** (SR)

Code:	Day:	Date:	Time:	Fee:
450011A	Tu	Jun. 26	11am-2:45pm	\$89 per person

Location: Recreation Center Lobby
Min / Max: 6 / 13
Register By: May 16

TRIP REFUND POLICY

Refunds are only given under the following conditions:

1. The Grayslake Park District cancels the trip.
2. The Park District has a waiting list and can sell your ticket.
3. Person asking for a refund finds a replacement to attend the trip.
4. Park District Refund Form is completed and returned to the Park District **before** the trip registration deadline.

REFUNDS ARE NOT GUARANTEED.