

NEW! PWR!4LIFE PARKINSON'S WELLNESS RECOVERY

Age: 18 years & up

PWR Moves is a research-based, integrated exercise and wellness program that counteract the inactivity, motor deterioration, and symptoms of Parkinson's Disease. PWR Moves was developed by Dr. Becky Farley, a leading researcher and instructor in exercise for Parkinson's Disease. The program includes building blocks of fundamental motions, performed with high effort and attention to technique, designed to target symptoms of Parkinson's Disease. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
770023A	Tu	Jan. 15-Feb. 19	10-10:45am	\$48/\$60

Location: Recreation Center Multi-Purpose Room A
Min / Max: 8 / 12
Register By: Jan. 8



FREE! GO GRAYSLAKE WALKING CLUB

Age: Active Adults, 50 years & up

Come get your steps in at our FREE Walking Club for Active Adults! The Recreation Center Gym is open for walking during designated times a few days a week from November through March. 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 by promoting the simple act of walking. The health benefits of walking 30 minutes a day are significant, from strengthening bones and muscles to helping manage heart disease.

Join us at the **GO** Grayslake Walking Club to walk your way to better health! For more information on **GO** Grayslake, visit: www.glpd.com/go-grayslake.

DID YOU KNOW...

The Recreation Center Gym has several open gym times and activities throughout the week! For the monthly open gym calendar, visit www.glpd.com/open-gyms.

NEW! BALANCE & STRENGTH FOR ACTIVE ADULTS

Age: 55 years & up

All levels welcome! This class will focus on exercises to help improve balance, build strength, and improve flexibility. Majority of the class is standing, but chairs are available. Please bring a water bottle to each class. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
770038A	Th	Jan. 17-Feb. 21	10-10:45am	\$48/\$60

Location: Recreation Center Multi-Purpose Room A
Min / Max: 8 / 12
Register By: Jan. 10

NEW! WATER FIT FOR ACTIVE ADULTS

Age: 50 years & up

Water Fit is a class designed for the active adult who would like a low impact workout in a heated endless pool. Class is designed to target muscular endurance by using functional movement patterns in the water. Participants will gain muscle and increase joint mobility, and leave feeling refreshed rather than fatigued. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee:
770039A	Tu, F	Jan. 8-Feb. 15	12:30-1:30pm	\$125

Location: Grayslake Rehabilitation
 997 N Corporate Circle
Min / Max: 3 / 5
Register By: Jan. 1



Walk your way to better health!



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. 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. **There is a \$2 fee per person collected at the door at each meeting.** The meeting on Dec. 19, 2018 will be held at the State Bank of the Lakes Community Room (50 Commerce Drive, Grayslake). ***New Location Alert!*** Starting in January 2019, meetings will be held at the Recreation Center (240 Commerce Drive, Grayslake).

Dates: Dec. 19, Jan. 23, Feb. 27 & Mar. 27

"BEAUTY AND THE BEAST" AT DRURY LANE

Age: Mature Adults, 55+ years

Based on the beloved Academy Award-Winning Disney film, this nine-time Tony nominated musical continues to win the hearts of people all over the globe. Please indicate your entrée selection upon registration: seared chicken with sundried tomato sauce, roast turkey and stuffing, or 8 finger cavatelli with creamy marinara, mozzarella, and parmesan. All entrees are served with freshly baked bread, mixed green salad, chef's choice of accompaniments, and chocolate mousse. Trip includes transportation by Park District bus, lunch, and show. **Minimal walking.** (SR)

Code:	Day:	Date:	Time:	Fee:
750029A	W	Jan. 16	9:45am-5:15pm	\$79 per person

Location: Recreation Center Lobby
Min / Max: 6 / 13
Register By: Dec. 12

MILWAUKEE'S MITCHELL PARK DOMES

Age: Active Adults, 50+ years

Experience a desert oasis, a tropical jungle, and floral gardens...all in one afternoon! The Mitchell Park Horticultural Conservatory, better known as The Domes, is one of the most unique destinations in Milwaukee. Discover cacti, succulents, shrubs and desert palms in the Desert Dome, walk among 1,200 species of rainforest plants in the Tropical Dome, and explore the Floral Dome transformed into the annual Miniature Milwaukee Train Floral Show. Next, travel back in time to enjoy lunch at the storied 1950s-themed Miss Katie's Diner. Trip includes transportation by Park District bus, entrance ticket, and lunch. **Moderate to extensive walking.** (SR)

Code:	Day:	Date:	Time:	Fee:
750031A	Tu	Feb. 26	9am-3pm	\$36 per person

Location: Recreation Center Lobby
Min / Max: 6 / 13
Register By: Feb. 12

LET'S DO LUNCH

Age: Active Adults, 50+ years

Hey, let's do lunch! Each month try out a different restaurant with us. Some months the fare may be ethnic food and others may be American favorites. The cost is \$5 per trip to cover van transportation and you cover the meal on your own. Restaurants are subject to change if they are unable to accommodate our group. (SR)

Pick-Up Location: Recreation Center Lobby

Min / Max: 6 / 13

Register By: Two weeks prior

D.C. COBB'S BURGERS & BREW - MCHENRY, IL

Cuisine: Burgers and lunch entrees; range \$9-\$20

Code:	Day:	Date:	Time:	Fee:
750004A	Th	Feb. 21	11:45am-2pm	\$5

MAD DAN'S - HOME OF THE WISCONSIN FISH FRY TWIN LAKES, WI

Cuisine: Fish fry, limited entrees; prices range from \$10-\$24

Code:	Day:	Date:	Time:	Fee:
750004B	F	Mar. 15	12:15-3pm	\$5

MORE THAN A MISSION

Age: Active Adults, 50+ years

Experience 'Volun-tourism' - a truly inspirational way to have fun and give back at the same time! Start your amazing day at Feed My Starving Children and help support FMSC's mission of eliminating starvation in children throughout the world by hand packing meals specially formulated for malnourished children. Please note: Participants should wear no jewelry and be able to stand for 1.5 hours - although there are some sitting jobs sitting and breaks are encouraged if needed. At the end, learn how many meals were packed, and when and where they are headed. Then, just down the road is Lambs Farm where they've been assisting the developmentally disabled for over 50 years. Enjoy lunch at their Magnolia Cafe and Bakery (which features foods and bakery items prepared on the premises) while staff members explain their mission of empowering others. Explore the shops where many residents work - Dogwood Pet Shop and Boutique, The Cedar Chest Thrift Shop, and the Sugar Maple Country Store featuring Lambs' famous butter cookies, jams, confections and gift items. Trip includes transportation by Park District bus and lunch. **Minimal walking but extensive standing.** (SR)

Code:	Day:	Date:	Time:	Fee:
750030A	W	Feb. 13	8:30am-3pm	\$28 per person

Location: Recreation Center Lobby
Min / Max: 6 / 13
Register By: Jan. 29

ACTIVE ADULTS

“MY FAIR LADY” AT FIRESIDE THEATER

Age: Mature Adults, 55+ years

Its popular film adaptation took home eight Oscars including Best Picture. My Fair Lady has entertained over a billion people worldwide with its enchanting Cinderella story about Eliza Doolittle, a bedraggled, cockney flower girl who is transformed into an elegant lady by the brilliant and irascible Professor Higgins who teaches her the proper way to speak. It is a beautiful show filled with gorgeous costumes, breathtaking dancing, rib-tickling comedy, and an unforgettable score featuring such hits as “Wouldn’t It Be Lovely,” “I’m Getting Married in the Morning,” and “I Could Have Danced All Night.” Lunch will be cream of watercress soup, beef short ribs or baked cod, cheesy hash brown potatoes, shaved Brussel sprouts with Jones Cherrywood smoked bacon. Trip includes transportation by Park District bus, lunch, and theater ticket. **Minimal walking.** (SR)

Code:	Day:	Date:	Time:	Fee:
750032A	W	Mar. 6	8:45am-6pm	\$89 per person

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

THE SANFILIPPO ESTATE “PLACE DE LA MUSIQUE”

Age: Active Adults, 50+ years

The Sanfilippo Estate is known worldwide for its magnificent collections of beautifully restored antique music machines, phonographs, arcade/gambling machines, chandeliers, art glass, the world’s largest restored theatre pipe organ, the most spectacular European salon carousel, street and tower clocks, steam engines and other functional mechanical antiques, displayed within a breathtaking French Second Empire Setting. The primary motive behind the collections is to preserve and share the experience of these marvelous inventions of the Western World. After touring this beautiful Barrington Hills Estate, we will head over to the Onion Pub for lunch. Lunch will consist of Beer Cheese soup, your choice of entrée: pub burger-8oz beef patty with tomato, onion lettuce and pickle served with potato chips, chicken breast sandwich with honey mustard and potato chips, or baby spinach salad - balsamic vinaigrette with strawberries, toasted almonds, dried cranberries and feta cheese. Chocolate cake will be served for dessert. Trip includes transportation by Park District bus and lunch. **Extensive walking and standing.** (SR)

Code:	Day:	Date:	Time:	Fee:
750033A	Th	Mar. 21	9:15am-3pm	\$64 per person

Location: Recreation Center Lobby
Min / Max: 6 / 13
Register By: Mar. 7



What's on your Bucket List?

What’s on your Bucket List? Let us help you check those life experiences off your list! Anything and everything you want to do is fair game – whether it’s big, small, unique, or random. Future trip destinations and activities will be selected from the submissions.

Contact Shelly with your Bucket List ideas at (847) 223-7529 or sregnier@glpd.com.

PETALS & POTPIES AT MACY’S

Age: Active Adults, 50+ years

Learn how Macy’s has grown from its humble beginnings over 150 years ago to be America’s largest department store with over 600 locations. Originally Marshall Fields, Macy’s on State Street is an experience like no other. Tour highlights include the beautiful Tiffany vaulted ceiling and breathtaking floral arrangements placed throughout the store, the historically renowned graceful Burnham fountain, and the iconic Walnut Room restaurant. After a 1-hour tour, we will dine in the Walnut Room on their famous chicken potpie, salad, choice of non-alcoholic beverage, and dessert. This trip includes motor coach and lunch. **Extensive walking and standing.** (SR)

Code:	Day:	Date:	Time:	Fee:
750034A	Th	Apr. 4	8am-5pm	\$87 per person

Location: Recreation Center Lobby
Min / Max: 6 / 13
Register By: Mar. 1

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 they work regardless of your age, size, strength, speed, or physical abilities. Let Brave Way Self Defense help make you safer. This is a contractual program. (SR)

Code:	Day:	Date:	Time:	Fee:
750061A	Th	Apr. 11	9:30-11:30am	\$26 per person

Location: Recreation Center
Min / Max: 6 / 20
Register By: Apr. 4