

2400 Chestnut Ave.

847 | 724.4793

glenviewparks.org

Don't Miss

Family Carnival

Sat., April 17, 10 am-12:30 pm

Games, prizes, music, hotdog lunch & lots of fun!

Now Forming!

Annual Senior Golf League

> Open to Men and Women, 55 and older

> Thurs. Mornings at Glenview National 9

> Beginning Thursday, May 6 through Mid-Sept.

Come to an informational meeting to find out more:

Thurs., March 11, 9:30 am
Glenview Senior Center
2400 Chestnut Ave.

For questions, contact the Senior Center (847) 724-4793.

Special Club Trips

Open to both Senior Center members and nonmembers. Fees vary, but nonmembers pay a higher fee. For more information or to sign up, check with the Senior Desk at (847) 724-4793.

Advance Registration mandatory

Wed., May 12

"Billy Elliott" at Ford Center for Performing Arts

Wed., June 30

"Sugar" at Drury Lane Oakbrook

Coming Up:

Book Dramatist Barbara Rinella
Friday, April 9

Senior Classes & Activities

Active Lifestyles > Healthy Attitudes

Registration for all of the following programs takes place at the Glenview Senior Center Information Desk. Call (847) 724-4793 for more information. All classes are held at the Glenview Senior Center, 2400 Chestnut Ave. unless otherwise noted.

Beginning/Advanced Beginning Bridge —

Learn Bridge from an instructor who makes the game fun. Beginning class is for those with little or no experience. Advanced Beginning class is for the person with some playing experience. Bid & Play hones your playing skills.

WHO: Adults; **MAX/MIN:** 8/4

LEVEL DAY/TIME BEG/END

Beg. M 9-11 am 6/7-8/2*

Adv. Beg. W 9-11 am 6/2-7/21

Bid & Play F 9-11 am 6/4-7/23

*No class 7/5

FEE: \$65/8 wks. (no senior discount)

Digital Cameras I —

Learn how to take quality pictures and transfer them to your computer. You'll adjust, edit, organize and print photos and, time permitting, learn to send pictures via e-mail.

NOTE: If you own a camera, please bring it along with your battery charger, photo editing software and connection cables.

WHO: Adults

DAY/TIME BEG/END

F 1-3 pm 5/14-6/4

FEE: \$120/4 wks. (no senior discount)

Tai Chi Class —

Tai Chi is a gentle art that promotes health and well-being in people of all ages and in all health conditions.

WHO: Adults

LEVEL DAY/TIME BEG/END

Int. W 11 am-12 pm 3/24-5/26

Beg. W 12:15-1:15 pm 3/24-5/26

FEE: \$65/10 wks. (no senior discount)

Mah-Jongg Instruction —

Learn from an instructor who will make the game fun. For those with little or no experience.

WHO: Adults

DAY/TIME BEG/END

W 10-11:30 am 4/7-5/5

FEE: 40/5 wks. (no senior discount)

Non-beginners can contact the Senior Desk for information on a refresher class.

Line Dance Class —

Students of any level can learn the basic fundamentals of country, line and round dancing to great "foot-stomping" music. No partners needed.

WHO: Adults

MAX/MIN: 8/4

DAY/TIME BEG/END

Th 1-2 pm 3/4-5/6

FEE: \$35/10 wks. (no senior discount)

Basic Exercise —

Geared to the older adult, this low impact program includes standing, chair exercises and beginning Yoga moves. Great for lower back pain!

WHO: Adults

DAY/TIME BEG/END

F 9:30-10:30 am 3/26-5/28

FEE: \$35/10 wks. (no senior discount)

Sit & Be Fit —

Join this fun and energetic, easy-to-do, mostly muscle toning program that's done sitting down. Work your entire body with a gentle series of arm swings, leg lifts and finger flexibility exercises. A great way to build toward more rigorous exercise.

Free sample class: March 3, 9 am.

WHO: Adults

DAY/TIME BEG/END

W 9-10 am 3/10-5/12

FEE: \$20/10 wks. (no senior discount)

Intro to Microsoft Windows 7 —

This class introduces you to the new Windows 7 operating system. Whether you are relatively new to computing or making the switch from Windows XP or Vista, this class will help you learn the basics of this new era in computing. Prerequisite: Prior experience using Microsoft Windows.

WHO: Adults

DAY/TIME BEG/END

F 1-3 pm 4/16-5/7

FEE: \$120 (no senior discount)