

## Pleasant Dale Park District Adult Programing Guide

# AGELESS ADVENTURES

## WINTER 23/24



### FROM SARAH CARR

Welcome to the second edition of Ageless Adventures, a publication aimed at helping seniors remain active, engaged and connected with their communities. As winter sets in and snow blankets the ground in its crisp white beauty, there are many exciting activities to look forward to this season at the Pleasant Dale Park District.

As the frosty winter sets in, there are many gleaming jewels of excitement to discover. Explore a world of culinary delights and embark on a journey that will awaken your senses. Or venture to the iconic Paramount Theater, where the timeless tale of Billy Elliot comes to life with the music of Elton John. This magical experience will have you singing and swaying to the beat. If you prefer a low-key pace, join us on Wednesdays for weekly BINGO and lunch, where you can enjoy the enchanting moments of camaraderie and form lasting friendships amidst the glistening snow.

*Sarah Carr*  
Recreation Supervisor

### CONNECT & REGISTER



WWW.  
PDPARKS.ORG



WALKER  
RECREATION  
CENTER  
7425 S. WOLF RD  
BURR RIDGE, IL  
60527



(630)  
662-6220





# Forever Young Seniors Membership

Annual Membership for the Forever Young Seniors group provides a reduced rate for day trips as well as a quarterly mailed newsletter outlining upcoming activities at the park district. Memberships can be purchased through the front desk. Forever Young Senior Memberships are valid from September 2023 through August 2024. If you have any questions, please reach out to Sarah Carr, Recreation Supervisor.

**\$20 Annual Fee for Residents**

**\$25 Annual Fee for Non-Residents**

## BINGO & Lunch

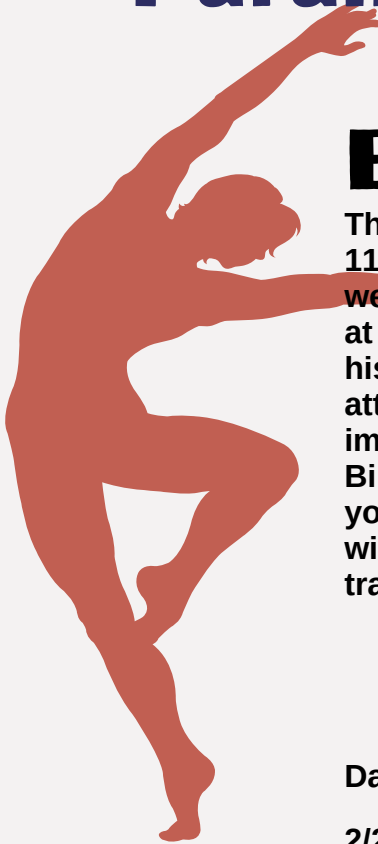
Join us for catered lunch and dessert from a local restaurant and BINGO! Beverages and coffee are also provided. Registration for each lunch is required by the Tuesday before each lunch. Members of Forever Young will receive a weekly phone call to RSVP for Bingo & Lunch!

**Location: Walker Recreation Center**

Date	Time	Fee
12/6	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card
12/13	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card
12/20	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card
1/3	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card
1/10	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card
1/17	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card
1/24	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card
1/31	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card
2/7	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card
2/14	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card
2/28	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card
3/6	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card
3/13	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card
3/20	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card
3/27	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card
4/3	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card
4/10	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card
4/17	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card
4/24	11:30-1:30pm	\$8 Lunch, \$1 per BINGO Card



## Paramount Theater Trips



### Billy Elliot

The music of Elton John brings to life the story of Billy Elliot, an 11-year-old English boy who stumbles upon a ballet class during his weekly boxing lesson. His surprise love for dance must be hidden at all costs, especially from his coal miner father. With the help from his sharp-tongued teacher, Mrs. Wilkinson, Billy gets the chance to attend a prestigious ballet school and must decide what is most important: doing what he loves or doing what other people want. Billy Elliot is a coming-of-age story that inspires us all to do what you love no matter what other people think. **BE TRUE TO YOU.** Lunch will take place at Paramount Theater's Ballroom. Your fee includes transportation, lunch, tax, gratuity, and the show.

Date	Time	Fee
2/21	11:00-5:30pm	\$80 Members/ \$104 Non Members

### Beautiful: Carole King Musical

Before she was the Carole King we know today, she was a young songwriter from Brooklyn trying to make a name for herself. Beautiful – The Carole King Musical tells the inspiring true story of King's remarkable rise to stardom as part of the hit songwriting team with her husband Gerry Goffin and going on to become one of the most successful singer, songwriter and musicians in popular music history. Her credits include songs such as "You've Got a Friend," "[You Make Me Feel Like] A Natural Woman," "It's Too Late," "I Feel the Earth Move," "Will You Love Me Tomorrow," "So Far Away," and many more. Along the way, she made more than beautiful music, she wrote **THE SOUNDTRACK TO A GENERATION.** Lunch will take place at Paramount Theater's Ballroom. Your fee includes transportation, lunch, tax, gratuity, and the show.

Date	Time	Fee
5/1	11:00-5:30pm	\$80 Members/ \$104 Non Members





# Casino Trip to Four Winds

Casino Trip to Four Winds Casino Resort in New Buffalo, Michigan

The beautiful Four Winds Casino Resort has 3,000 slots or try your luck at a variety of table games including blackjack, roulette and more! When you need a break from gaming, visit any of their four award winning restaurants including southwest Michigan's only Hard Rock Café! Fee includes transportation only. Lunch and gaming is on your own. Photo ID is required at the casino. This trip is a co-op trip with the Hodgkins Park District and Pleasant Dale Park District.

Ages: 50+

Departure Time: 9:00 a.m. from Hodgkins Park District

Approximate Return Time: 4:00 p.m.

Date	Time	Fee
12/21	9:00-2:00pm	\$6 Individual
1/18	9:00-2:00pm	\$6 Individual
2/15	9:00-2:00pm	\$6 Individual
3/21	9:00-2:00pm	\$6 Individual
4/18	9:00-2:00pm	\$6 Individual



## Game Time

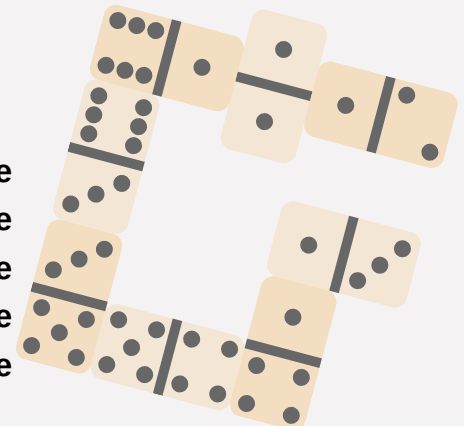
Do you enjoy playing games? Join us! Each week, space will be available for gameplay. We will provide coffee and hot tea. You bring the games and fun! There is no cost for this program. This will be a drop-in program with no park district staff running games. If interested in attending, please get in touch with the Front Desk or Sarah Carr by the Monday before the event.

Location: Walker Recreation Center



Date	Time
12/28	11:30-2:00pm
1/25	11:30-2:00pm
2/29	11:30-2:00pm
3/28	11:30-2:00pm
4/25	11:30-2:00pm

Fee
Free
Free
Free
Free
Free





## Fitness Fun for Adults

This moderate impact class is designed for mature adults wanting to increase mobility, strength and tone. Reach your fitness goal through a series of fun aerobic and lightweight exercises.

Location: Walker Recreation Center

Instructor: Doris Marks

Dates	Time	Fee
1/18 - 2/22	10:00-10:50am	\$62 Resident/\$80 Non-Resident
2/29 - 4/4	10:00-10:50am	\$62 Resident/\$80 Non-Resident

## Senior Fitness Movement

This CHAIR CLASS helps adults on their journey to a more active life. With standing and sitting exercise you will improve balance, strength and endurance.

Location: Walker Recreation Center

Instructor: Doris Marks

Dates	Time	Fee
1/18 - 2/22	11:00-11:50am	\$62 Resident/\$80 Non-Resident
2/29 - 4/4	11:00-11:50am	\$62 Resident/\$80 Non-Resident

## Open Gym Pickleball

The Gym will be open for pickleball pick-up games, practice, and learning of the game. There will be three courts open for pickleball in the Walker Gymnasium. Nets will be set up, and there will be extra balls and paddles available if needed.

The sign-up for each court will be in the gym on the whiteboard for all three courts. It will be first come first serve.

Date	Time	Fee
Mondays & Wednesdays 9/25/23-5/8/24	9:00-11:30am	\$4 Resident/\$5 Non-Resident Punch Card Available \$36 Resident/\$45 Non-Resident

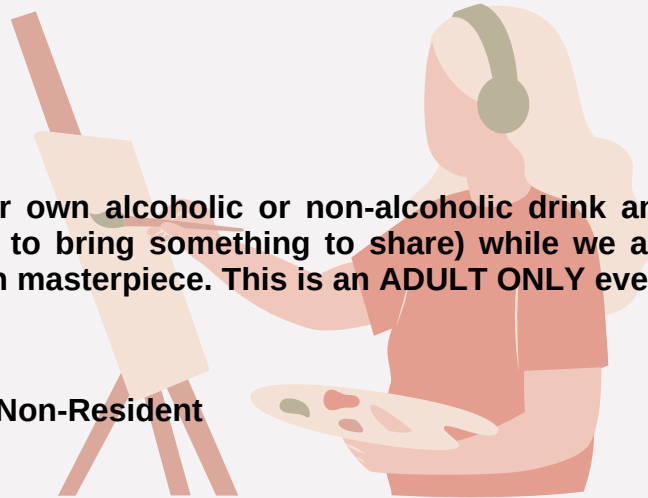




## Adult Paint and Sip

Join your friends for a night to remember! Bring your own alcoholic or non-alcoholic drink and enjoy small bites (some will be provided but feel free to bring something to share) while we are guided by Becky from RAD Canvas in creating your own masterpiece. This is an ADULT ONLY event (21 years and up).

<b>Date</b>	<b>Time</b>	<b>Fee</b>
3/15	6:00-8:30pm	\$50 Resident/\$60 Non-Resident



**Master the Essentials of Air Frying with Delicious Treats!**

Join us for a hands-on experience and learn the basics of air frying while creating a scrumptious treat! Discover tips and tricks for utilizing your air fryer, and leave with effortless, family-friendly air fryer recipes that your loved ones will adore.

**Instructor: Maria Vacchiano**

<b>Date</b>	<b>Time</b>	<b>Fee</b>
1/12	6:30-8:00pm	\$42 Resident/\$55 Non-Resident

## Air Fryer 101

## Take & Bake Pizza

Make your own individual pizza with toppings to take home and enjoy! Be a big hit with your family and friends when you make a homemade dessert that you and your crew can enjoy!

**Instructor: Maria Vacchiano**

<b>Date</b>	<b>Time</b>	<b>Fee</b>
2/23	6:30-8:30pm	\$42 Resident/\$55 Non-Resident







# Flagg Creek Heritage Society

## FC Heritage Museum

The Flagg Creek Museum was established in 1978 and is located at Pleasant Dale Park. It houses an eclectic collection of artifacts and records about our community's history. The museum can be opened upon request. Groups are welcome. For more information, call the Vial House at 708-246-1046 or Alice Latham at 708-927-1092. Please leave a message, and your call will be returned.

Location: Walker Park, 7425 S Wolf Rd, Burr Ridge

Fee: Free

Days

Most Mondays

First Sunday of each month

Times

10:00-1:00pm

2:00-4:00pm

April through October

## The Robert Vial House

The Robert Vial House was built in 1856, replacing the family's original log cabin, which had been built in 1834. The house was moved to its present location at Pleasant Dale Park, just north of the museum. It has been furnished with period antiques to reflect the 19th-century lifestyle of a middle-class farming family. The Vial House can be opened upon request. Groups are welcome. For more information, call the Vial House at 708-246-1046 or Alice Latham at 708-927-1092. Please leave a message and your call will be returned.

Location: Walker Park, 7425 S Wolf Rd, Burr Ridge

Fee: Free

Days

Most Thursdays

First Sunday of each month

Times

10:00-1:00pm

2:00-4:00pm

April through October

## Special Exhibits

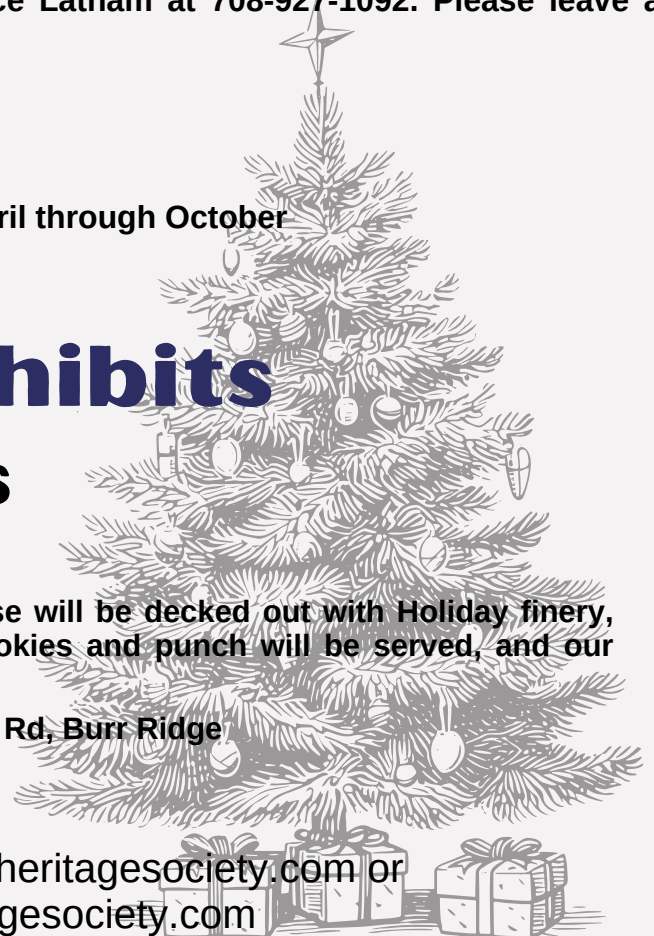
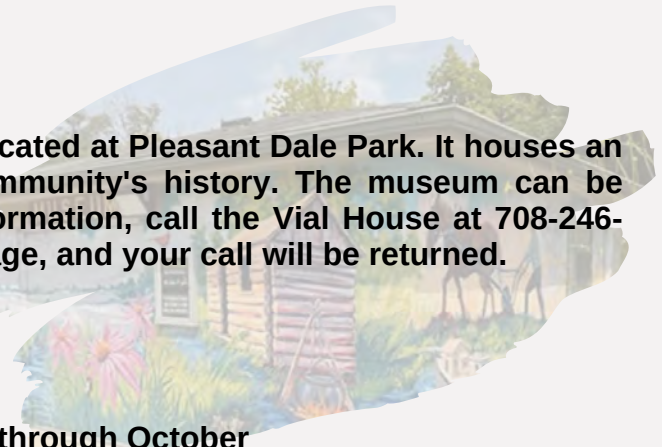
### Victorian Christmas

December 3, 2:00-4:00pm

Join us for our annual open house. The Robert Vial House will be decked out with Holiday finery, and costumed docents will be on hand to greet you. Cookies and punch will be served, and our Christmas tree will make a wonderful backdrop for photos.

Free Program      Location: Robert Vial House, 7425 S Wolf Rd, Burr Ridge

Visit our website at: [www.flaggcreekheritagesociety.com](http://www.flaggcreekheritagesociety.com) or  
email [info@flaggcreekheritagesociety.com](mailto:info@flaggcreekheritagesociety.com)





# CALENDAR OF EVENTS

## DECEMBER

- 3 FCH: Victorian Christmas
- 6 BINGO & Lunch
- 13 BINGO & Lunch
- 20 Lunch & Christmas Show
- 21 4 Winds Casino Trip
- 28 Game Time
- Open Pickleball M/W Weekly

## JANUARY

- 3 BINGO & Lunch
- 10 BINGO & Lunch
- 12 Air Fryer 101
- 17 BINGO & Lunch
- 18 4 Winds Casino Trip
- 18 Fitness Fun for Adults
- 18 Senior Fitness Movement
- 24 BINGO & Lunch
- 25 Game Time
- 31 BINGO & Lunch
- Open Pickleball M/W Weekly

## FEBRUARY

- 7 BINGO & Lunch
- 14 BINGO & Lunch
- 15 4 Winds Casino Trip
- 21 Billy Elliot
- 23 Take & Bake Pizza
- 28 BINGO & Lunch
- 29 Game Time
- 29 Fitness Fun for Adults S2
- 29 Senior Fitness Movement S2
- Open Pickleball M/W Weekly

## MARCH

- 3 BINGO & Lunch
- 6 BINGO & Lunch
- 13 BINGO & Lunch
- 15 Paint & Sip
- 20 BINGO & Lunch
- 21 4 Winds Casino Trip
- 27 BINGO & Lunch
- 28 Game Time
- Open Pickleball M/W Weekly

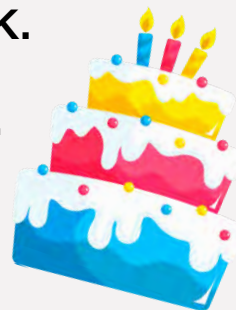
## APRIL

- 3 BINGO & Lunch
- 10 BINGO & Lunch
- 17 BINGO & Lunch
- 18 4 Winds Casino Trip
- 24 BINGO & Lunch
- 25 Game Time
- Open Pickleball M/W Weekly

## HAPPY BIRTHDAY



- 1/18 - Gail S.
- 1/25 - John K.
- 1/27 - Marlene K.
- 2/6 - Laura F.
- 2/28 - John O.
- 3/8 Jackie O.
- 3/10 - Rita W.
- 3/12 Nancy R.



For more information about any programs or for help with registering, please contact us!  
Sarah Carr, Recreation Supervisor [scarr@pdparks.org](mailto:scarr@pdparks.org) | (630)662-6220