



# senior trips for 55+

## Big Band Radio Show - Jacob Henry Mansion

You won't want to miss this great trip back in time! Start with a self-guided tour of The Jacob Henry Mansion which is a Historical City, State and National Landmark, boasting over 40 rooms with a delightful blend of past and present. Then TAKE A STEP BACK IN TIME as The Victorian Ballroom hosts a Big Band Radio Show! Relive the glorious 1930's Swing Era with a "live radio broadcast show" by The Alan Gresik Swing Shift Orchestra, complete with vocalists and radio actors! You will also get to tour THE OLD CENTRAL CHURCH that is located on The Jacob Henry Mansion Estate. Lunch, Show, tours and Transportation included.

Departure Location: Recreation Station  
Min/Max: 15/45  
Age: 55+ years

ID #	DATE	DAY	TIME	Program Fee
351323-A	4/11	Tu	10:00a - 4:00p	\$52

## Dine-N-Dash

Join the BTPD for an evening full of food and adventure. Once a month we will venture off to a different restaurant. Meal and gratuity are not included in the fee. Our first visit will take us to Uptown Grill in Chebanse, our second visit will take us to Ray's Ranch House in Essex, our third visit will take us to The Light house in Cedar Lake, IN, and our fourth visit will be at Benchwarmers in Fairbury. Please register at least one week in advance, so reservations may be made.

Departure Location: Recreation Station  
Min/Max: 7/14  
Age: 55+ years

ID #	DATE	DAY	LOCATION	TIME	Prog. Fee/ Active Pass Disc.
351007-A	1/11	W	Uptown Grill	4:30p	\$12/\$3 Discount
351007-B	2/8	W	Ray's Ranch House	4:30p	\$12/\$3 Discount
351007-C	3/8	W	The Lighthouse	4:30p	\$12/\$3 Discount
351007-D	4/12	W	Bench Warmers	4:30p	\$12/\$3 Discount

**Residents of Bourbonnais Township Park District are those who live in the Village of Bradley and Bourbonnais and all of rural Bourbonnais.**



## Hoppin at Henry's

HAPPY DAYS ARE HERE AGAIN! Come celebrate the 50's in style at The Jacob Henry Mansion, a Historical City, State, and National Landmark. Your afternoon includes: Poodle Skirts & Bobbie Socks, Meatloaf & Black Cows for dessert, Historical Talk & Self-guided Tour of The Jacob Henry Mansion. Built in 1873, this lovely and fully decorated mansion is well known for its beauty and old Victorian charm.

Departure: Recreation Station  
Min/Max: 14/22  
Age: 55+ years

ID #	DATE	DAY	TIME	Program Fee
353125-A	2/21	Tu	9:30a	\$56

## Lunch Safari

The BTPD will pick you up and take you out to lunch with friends. Lets support our local businesses and enjoy visiting with friends and good food! The first trip will be to Benchwarmer's in Fairbury where you will enjoy a variety of food but Wednesday's you won't want to miss this Rib Special. The second trip will take you the Country Mansion in Dwight where you can eat in a beautiful mansion with a variety of delicious food. There will be extra time for shopping, transportation included.

Departure: Recreation Station  
Min/Max: 14/22  
Age: 55+ years

ID #	DATE	DAY	TIME	Program Fee
351326-A	1/25	W	11:00a	\$10
351326-B	3/29	W	11:00a	\$10



# 55+ programs

## Annual St. Patrick's Celebration

Enjoy an old fashioned Irish Dinner, spirits, and a night of fun with your friends. The Village of Bradley, Village of Bourbonnais, and the Bourbonnais Township Park District make this program possible and are pleased to once again offer it to Bourbonnais Township Residents. To register and pick up your ticket, stop by the Recreation Station, 770 E Franklin Street in Bradley. Register Early! This event fills up fast. **Sorry, no carry out or doggy bags. Note: For Bourbonnais Township Residents Only!**

Location: Quality Inn & Suites  
 Min/Max: 300 Max  
 Age: 55+ years

ID #	DATE	DAY	TIME	Program Fee
351501-A	3/14	Tu	Doors open at 4:30p	\$5.00 per person

## Valentine's Day Social and Luncheon

Enjoy a fun afternoon of food, friends, cupids, treats and Valentines trivia. Stay and play games or socialize with friends. Elvis might even make a surprise visit. Prizes, give-aways and free Health Screening will be available!

Location: Bickford House  
 Min/Max: 10/40  
 Age: 55+ years

ID #	DATE	DAY	TIME	Prog. Fee/Res. Fee/ Active Pass Disc.
351058-A	2/13	M	11:00a - 12:30p	\$10/\$8/\$3 discount

## Alzheimer's Education

Come let a representative from the Alzheimer's Association answer your questions and educate you and your family members on Dementia and Alzheimer's. Whether you have questions or have questions for a loved one the Alzheimer's Association is here to help and inform you on this subject! This class is free but please pre register so we have the space available.

Location: Recreation Station  
 Min/Max: 10/40  
 Age: 55+ years

ID #	DATE	DAY	TIME	Prog. Fee/Res. Fee/ Active Pass Disc.
251921-A	3/3	F	11:00a - 12:30p	Free

## Financial Literacy Education for Seniors- Savvy Saving Seniors®

Let Options CIL financial decisions for seniors along with senior scams, credit and debt management, understanding your credit report and FICO Scores. In addition, you will go over budgets and participate in an activity preparing a budget from an expense page. Values and generational poverty, teaching grandchildren about responsible financial decisions and how to increase your income & reduce expenses will all be parts of discussion.

Location: Recreation Station  
 Min/Max: 15/100  
 Age: 55+ years

ID #	DATE	DAY	TIME	Program Fee
351920-A	1/6	F	10:00a - 1:00p	FREE
351920-B	3/17	F	10:00a - 1:00p	FREE

## Quilting and Crocheting

Whether you are advanced or a beginner this is a great time to get together and Quilt and Crochet with friends around and advanced training for Senior Citizens. The first half of class is instructional and the second half is time for practice. It's not too late to learn new skills or brush up on the skills that you already have.

Location: Bickford House  
 Min/Max: 15/100  
 Age: 55+ years

ID #	DATE	DAY	TIME	Prog. Fee/Res. Fee/ Active Pass Disc.
351531-A	3/30	Th	10:30a - 12:00p	\$6/\$4/\$2

## 55+ Book Club

Calling all book worms, come make friends and get lost in a great book. This book club is specifically for seniors and will meet on the 3rd Tuesday of the month. The first meeting will be an introductory meeting to get you acquainted with your group, introduce and choose the books you'll be reading and discussing. What a great way to get out of the house and relax while meeting with friends and making new ones. This is a free program but pre-registration is required.

Location: Bourbonnais Public Library  
 250 W John Casey Rd.  
 Min/Max: 3/12  
 Age: 55+ years

ID #	DATE	DAY	TIME	Program Fee
351009-A	1/17, 2/21, 3/21, 4/18	Tu	10:00 - 11:00a	FREE



### BINGO/CARD PARTIES (AP Discount)

Are you someone who enjoys playing bingo or cards? Come meet with your friends and enjoy conversation and coffee. A different kind of game will be played each afternoon on Monday. (Bingo and Pinochle) Tuesdays and Thursdays (Euchre) Wednesdays (Canasta), and Fridays ("Free Play Fridays"). Please feel free to bring in to share. All playing levels are welcome and we are willing to teach new people that are willing to learn.

Day	Time	Activity	Prg. Fee/Resident Fee	Active Pass Members	Location
Monday	12:00-2:00p	Bingo / Called at 12:00p	\$2.00/\$1.00 - .50 per card	Visit Free - .50 per card	*Municipal Center
Monday	12:00-3:15p	Pinochle	\$2.00	Free	*Municipal Center
Tuesday	12:00-2:45p	Euchre / 1 <sup>st</sup> game 12:30p	\$2.00/\$1.00	Free 1 dime & 1 quarter	*Municipal Center
Wednesday	12:00-3:00p	Canasta / Games start 12:00	\$2.00/\$1.00	Free	*Municipal Center
Thursday	12:00-2:45p	Euchre / 1 <sup>st</sup> game starts 12:30	\$2.00/\$1.00	Free 1 dime & 1 quarter	*Municipal Center
Friday	1:00-3:00p	Free Play Fun	Free	Free	**Riverside Assisted Living

\*600 Main Street North West Bourbonnais, IL 60914

\*\*Riverside Assisted Living is located at 85 Burns Road, Bourbonnais IL 60914

*Card locations are subject to change on occasion, or cancellation may occur. Please check the Bourbonnais Township Park District Website [www.BTPD.org](http://www.BTPD.org) for updates or call (815)933-9905 to add your # to the Bourbonnais Township Park District Senior Phone List if you do not check the internet.*

## 55+ ACTIVE PASS

### Register today for the 50+ Active Pass.

This pass is the key to getting active and staying active at the Bourbonnais Township Park District. Your Active Pass gives you great program discounts, free programs and fun seasonal activities.

#### BENEFITS INCLUDE:

- Free Bingo and Card Parties Mon. - Thurs.
- Seasonal Brochure Discounts on selected Senior Programs and Senior Trips

#### YEARLY MEMBERSHIP FEE:

- Individual Resident/\$55 - Non - Resident/\$65
- Couple (same household) Resident - \$80 Non-Resident - \$90
- This pass will save you money!

\$2.00 discount on admission to the Exploration Station® a children's museum for Active Pass holder

*(Please show card for discount)*

\*\* Represents the extra discount offered for Active Pass Members

### St. Patrick's Euchre Lunch Celebration

Friends, Lunch and Euchre mixed with a St. Patricks day Celebration!! Wear your green just in case the Leprechaun shows up!! You won't want to miss this fun filled afternoon!! Lunch, Prizes and Euchre Game included in price. Feel free to join for lunch even if you can't stay for Euchre.

Location: Village of Bourbonnais Municipal Center

Min/Max: 10/30

Age: 55+ years

ID #	DATE	DAY	TIME	Prog. Fee/Res. Fee/ Active Pass Disc.
251534-A	3/16	Th	11:00a	\$9/\$7/\$3



Presence<sup>SM</sup>

St. Mary's Hospital

**FREE BLOOD PRESSURE CHECKS**  
1st & 3rd Wednesdays of the month  
at Recreation Station, 770 E. Franklin,  
Bradley, IL, 9:00a to 11:00a



# 55+ *fit* SENIOR HEALTH & FITNESS CLASSES



**The Bourbonnais Township Park District is in network with Healthways to accept SilverSneakers® members for classes at no cost to the SilverSneaker® eligible members!**

If you have your health insurance card in front of you, call 1-888-423-4632 (TTY: 711) to find out if your health plan offers SilverSneakers and see if you qualify for this FREE membership.

### Not eligible for Silver Sneakers? No problem!

The Bourbonnais Township Park District is offering a variety of classes Monday - Friday. We offer a membership that can work for you by keeping you fit and healthy. Classes are guided by qualified, experienced instructors that want to help keep you active or become active. They will work with whatever fitness level you are at, so beginners or fitness veterans the Bourbonnais Township Park District has something for YOU!

ID #	CLASSES	PROGRAM FEE
551005-A	ANNUAL REGISTRATION	\$35.00
551005-B	1 month - unlimited classes	\$20.00
551005-C	3 months - unlimited classes	\$58.00
551005-D	6 months - unlimited classes	\$112.00
551005-E	1 Year - unlimited classes	\$220.00 / \$35 Reg. Fee Waived

\*\*registration fee paid unless you are a silver sneakers member, pay for the year in full, 6 months in full or purchase the active pass for discounts on programs throughout the year on programs and trips, and pay \$0 for daily cards and Bingo.

### SilverSneakers® FLEX™ Chair Aerobics

Move to the music and exercise in a chair with resistance and light weights. Exercises are designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights and elastic tubing with handles are provided. (ongoing)  
**M, W, F 9:15 - 10:00a**

### SilverSneakers® FLEX™ Classic Senior Aerobics

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. Chairs are available if needed for seated or standing support. (ongoing)  
**M, W, F 10:00 - 11:00a**

### SilverSneakers® FLEX™ Senior Stretch

Stretch and meditate in a chair in this class similar to gentle Pilates. Stretch and keep up your range of motion so you can continue your everyday motion and mobility, decrease your chance of injury, and improve your balance. (ongoing) **Tuesdays 9:00 - 9:45a**

*If you are not sure if you are SilverSneakers® eligible, please call the number on your insurance card or come to one of the SilverSneakers® classes. Let the BTPD check your eligibility to see if you qualify for this FREE membership.*

**Do you have your health insurance card in front of you? If so, then call 1-888-423-4632 (TTY: 711) to find out if your health plan offers SilverSneakers®.**



### Aqua Fit Class

Jump right into our aqua fit classes and build cardiovascular fitness and strength. Just like swimming, our aqua aerobics classes are easy on your joints, yet challenging enough to help you reach new levels of fitness. Because of their low-impact format, water aerobics classes are suitable for every age and fitness level. Participants may bring and use their own water shoes if desired. Showers and locker rooms available.

**This class will meet on Thursdays, from 10:00 - 10:45a at Riverside Independent Living, 100 Westwood Oaks Ct. Kankakee, IL. Min/Max 1/10.\*\***

**\$20.00 a month - all 55+ Fit classes included/FREE for Silver Sneaker members.**



### Wellness Afternoons

Join us every Thursday for open swim in the heated pool and spa; or work-out in the fitness center with our innovative senior-specific equipment and machines. Showers and locker rooms available.

**Wellness Afternoons are on Thursdays from 10:00a - 12:00p at Riverside Independent Living, 100 Westwood Oaks Ct., Kankakee, IL.\*\***

**\$20.00 a month, All 55+ Fit classes included/FREE for Silver Sneaker members.**

### Tai Chi

This class will consist of therapeutic Tai Chi, Chair Exercises, full body stretching, a basic 9 form Tai Chi set and Qi Gong. All with focus on balance and mobility with time for contemplation. This class is guaranteed to leave you feeling energized without even breaking a sweat. This class will run every Wednesday in January and February. Start the 2017 off right and join this Tai Chi class for free. This class will be taught by trained staff from Catholic Charities Diocese of Joliet. Funding for this class is provided through a grant from Agency on Aging of Northeastern Illinois. This class is free but pre-registration is required. #341817-A

**This Free class begins on Wednesday, January 4 from 11:00a - 12:00p at the Recreation Station. Must be 18 years and older. Please pre-register.**

### SilverSneakers® FLEX™ Gentle Yoga for Healthy Bones

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**This ongoing class meets Fridays 11:00a - 12:00p at the Recreation Station. 1 month unlimited classes / \$20.00**

### Silver Sneakers Flex® Senior Strength

Get Stronger or keep the strength you have with the 30 minute strengthening clas. We will use weights, resistance bands and different exercises that you can do at home also. This class is done in stations with circuit training. Each person works at their own pace so all fitness levels are welcome!

**This class will begin Tuesday, 1/23 and end 2/20, from 11:00 - 11:30a.**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 - 10:00a	Chair Aerobics	Senior Stretch 9:00 - 9:45a	Chair Aerobics		Chair Aerobics
10:00 - 11:00a	Senior Aerobics		Senior Aerobics	** Aqua Fit 10:00 - 10:45a	Senior Aerobics
11:00a - 12:00p	Senior Stretch 11:00 - 11:30a 1/23 - 2/20		Tai Chi 1/4 - 2/22 Please pre-register for this class	**Wellness 10:00a - 12:00p	Gentle Yoga