

TRIVIA

Free with membership!

Ages 50+

Test your knowledge and have fun at Trivia. Easy and hard questions, amusing and interesting questions, competitive yet fun – we have it all! Bring your mind and your buzzing finger.

HAYS RECREATION CENTER

Date	Day	Time	Deadline
6/17	F	2:30-3:30p	6/10
7/15	F	2:30-3:30p	7/8
8/19	F	2:30-3:30p	8/12

DOUGLASS ANNEX

Date	Day	Time	Deadline
6/27	M	1:30-2:30p	6/20
7/25	M	1:30-2:30p	7/18
8/29	M	1:30-2:30p	8/22

Location: Hays Recreation Center
Fee (M/NM): Free/\$3 per session
Min/Max: 4/25

Questions: darius.white@champaignparks.com or 217-819-3961

Sign up in the binder at the Hays Recreation Center or at the Douglass Annex



LUNCH AND BINGO

Ages 50+

We'll enjoy a yummy lunch, then break out the bingo cards. Please bring a prize to keep the game going.

Date	Day	Time	Theme
7/5	Tu	12p	Independence Day
9/6	Tu	12p	Labor Day

Location: Hays Recreation Center
Fee: One prize and \$4 or a dish to share
Questions: christina.harvey@champaignparks.com or 217-239-1152



Stay Fit at 50+!

In addition to Chair Exercises listed below, the Champaign Park District offers these programs as an opportunity for you to stay fit:

- **Sholem Aquatic Center Senior Pool Pass** (see page 6)
- **Sholem Aquatic Center Lap Swim** (see page 10)
- **Morning Water Aerobics** (see page 10)
- **Leonhard Recreation Center Senior Membership:** access to walking track and weight room (see page 54)
- **Group Fitness Classes** (see pages 56-57)
- **Senior Softball** (individuals contact matthew.silver@champaignparks.com or 217-819-3995)

Fitness

CARDIO WORKOUTS

Ages 50+

Health is the new wealth, and we want all our 50 Plus! participants to be rich beyond their needs; so do not miss out on the cardio workouts. There will be a mix between video and instructed classes. Don't want to sweat? Don't worry, go at your own pace, and still enjoy a great workout!

Date	Day	Time
5/17-9/8	Tu/Th	2-2:50p

Location: Douglass Annex
Fee (M/NM): Free/\$3
Questions: darius.white@champaignparks.com or 217-819-3961



WALK-A-THON



Ages 50+

Join us for some outdoor walking; whether you want to walk 1 mile or 3 miles, speed walk, or walk at a relaxing pace, it is totally up to you. Meet us at the Annex to walk the new trails at Douglass Park. Afterwards, enjoy some refreshments with friends to reward yourself.

Date	Day	Time
6/24, 7/29, 8/26	F	10-11a

Location: Douglass Annex
Fee (M/NM): Free/\$3
Questions: darius.white@champaignparks.com or 217-819-3961



CHAIR EXERCISES

Free with membership!

Ages 50+

These exercise sessions focus on providing you with a great workout while in the support of a chair. Focus on stretch and strength, core fitness, or yoga. No matter your preference, you are sure to burn calories!

Date	Day	Time	Fee (M/NM)	Location	Min/Max
Year round*	M/W/F	9-10a	Free/\$3 per session	Douglass Annex	1/15
Year round	Tu/Th	9-9:45a	Free/\$3 per session	Hays Recreation Center	1/15

No Class: 5/30, 7/4, 9/5*
Questions: darius.white@champaignparks.com or 217-819-3961

Sign up in the Senior Binder at the Hays Recreation Center. No sign up needed for classes at Douglass Annex.

