

Welcome to the Active Adults & Seniors Section

Unless specified, all programs are held on the upper level of the Alfred Rubin Riverwalk Community Center (ARRCC), 305 W. Jackson Ave. Day trips depart from the Warming House parking lot on the Riverwalk. To access the ARRCC, enter on the upper level from Mill or Eagle Streets. Building hours are Monday through Friday from 8:30 a.m. to 10:00 p.m., Saturday and Sunday as scheduled. Registration hours are Monday through Friday, 8:30 a.m. to 4:00 p.m.

The Game Room, which contains a ping pong table, billiard table, a television, four computers, paperback/hard cover book exchange, large table for drop-in board game play, bean bag toss game and coffee service, is available to active adults and seniors ages 55 and over. The hours for the game room are Monday through Friday, 8:30 a.m. to 4:00 p.m.

A 20% discount is offered for individuals age 60 and over for most programs not listed in the Active Adults & Seniors section of every Program Guide (excluding trips or externally ticketed events). Because this discount is not available online, it must be requested in person or noted on your registration form.

There is a wide variety of programs for active adults and seniors in other sections of every Program Guide:

Athletics: Adult

- Tennis
- Softball-Men's 50+ Senior League
- Trapshooting

Arts: Adult

- Piano
- Oil Painting
- Pottery

Arts: Dance

- Ballroom Dance
- Line Dance
- Salsa Dance

Fitness & Wellness: Adult

- Pilates 50-Plus
- Yoga 50-Plus
- Zumba

General Interest: Adult

- Bridge
- Computer Classes
- Garden Plots

And much more!

Important Phone Numbers

ARRCC Main Phone.....	630-848-3615
Volunteer Desk	630-848-3613
Ride DuPage/Pace Reservations.....	800-713-7445
Ride DuPage/Pace Complaints & Comments	847-364-7223
Ecumenical Adult Care.....	630-357-8166

Call 630-848-3615 for additional information or visit us at www.napervilleparks.org



REGISTER ONLINE AT WWW.NAPERVILLEPARKS.ORG OR CALL 630-848-5000

The following activities take place at the Alfred Rubin Riverwalk Community Center, at 305 W. Jackson Avenue. For information, call 630-848-3613 unless otherwise noted.

Bean Bag Toss Games

Bean Bag Toss is available Monday through Friday from 8:30 a.m. to 4:00 p.m. Reservations are not required.

Book Club

You're invited to a lively discussion of books. Participants choose a list of books and discuss one each month. Come prepared with your suggestions. If you like to read and share your thoughts on chosen books, this group is for you.

Dates: Thur. June 21, July 19, Aug. 16
Time: 10:30 a.m.
Fee: Free

Book Exchange

Are you looking for a good book to read? Have you read a good book lately? We are always happy to receive your donations of books at the Alfred Rubin Riverwalk Community Center.

Bunco Club

Bunco is an old parlor dice game. If you would like to play on the first Wednesday of the month from 1:00-3:00 p.m., please call 630-848-3615 for more information.

Canasta Club

Our Canasta Club plays from 11:30 a.m. to 3:00 p.m. every Monday in Room 202. If you're interested in joining us or want more information, call Barbara Johnson at 630-355-2261.

Dominoes Club

Are you interested in forming a Dominoes Club? If so please call 630-848-3615 to have your name put on an interest list.

Drop-in Painting Group

The drop-in group is for those who **do not** need instruction. Join us on Tuesday mornings from 9:00 to 11:30 a.m. to draw, paint and socialize.

Drop-in Woodcarving

If you like to work with your hands and you like working with wood, you will enjoy this group. Bring your own materials and tools. Volunteer leader is Shelly Weiser, 630-753-0017. The fun is in the creation. This program meets every Tuesday from 9:00 a.m. until noon.

Duplicate Bridge

If you like Duplicate Bridge, you'll be glad to know that there are two groups now playing. If you would like to play at 8:30 a.m. on Tuesday, contact Larry Lucas at 630-420-7513.

Mah Jong Club

Mahjong, a Chinese game with tiles, is played on Fridays from noon to 3:30 p.m. Ruth Weber provides instruction and leadership for this fun game. Please bring your Mahjong set, if you have one, and join this exciting club! Call 630-848-3615 with any questions.

Pinochle

If you enjoy playing pinochle and would like to meet some new people, you can become a part of the group by showing up on Tuesdays from 12:30 p.m.-3:00 p.m. If you want more information call 630-848-3615.

Pool (Billiards)

Pool is available Monday through Friday from 8:30 a.m. to 4:00 p.m. Reservations are not required; just bring a friend.

Social Bridge

Social Bridge is held every Thursday from 12:00 until 3:00 p.m. Come and join this exciting club.

Table Tennis

Calling all table tennis fans! A table is available Monday through Friday from 8:30 a.m. to 4:00 p.m. in the lounge. Find a partner and join us for some fun and exercise.

Walking Club

Each Monday at 9:00 a.m., the walking group will gather at the Alfred Rubin Riverwalk Community Center to take a refreshing walk in our surrounding parks and neighborhoods. Ginger Jarris will escort the group.



Ecumenical Adult Care of Naperville

Ecumenical Adult Care, located in the Alfred Rubin Riverwalk Community Center, offers a full day of activities for older adults in need of companionship or who are at risk when left home alone.

A professional eldercare staff, including nurses, activity coordinators and assistants, provides purposeful daytime activities and outings for participants.

After completing an evaluation, older adults may attend this program on a scheduled basis. A fee is charged.

A physical examination is required prior to attendance. Hours are 7:45 a.m. to 5:00 p.m. Monday through Friday.

Volunteers are always welcome! For more information, contact Laura Milligan at 630-357-8166.

Free Legal Aid

Prairie State Legal Service Inc. provides free representation in civil legal matters for anyone who is "60 and better." You may request assistance in the following areas:

1. Housing, eviction, landlord-tenant problems, subsidized, low-income housing, unsafe or unsanitary conditions, FHA or VA foreclosures and nursing home rights.
2. Public benefits/income maintenance: unemployment compensation, social security, social security insurance, public aid, Aid for Dependent Children, Aid for the Aged, Blind and Disabled, food stamps and general assistance.
3. Health care: Medicare, Medicaid, Hill-Burton and hospital collection defense.
4. Domestic abuse and related family-law issues.
5. Consumer law/miscellaneous, repossession, exemption rights and utility shut-offs.

Services for wills and real estate problems are NOT provided by Prairie State through this program. Call 630-690-2130 for your appointment.

SHIP (Senior Health Insurance Program)

Free "One On One" Counseling for Seniors

Counselors can provide a broad range of information on health insurance coverage for seniors including:

- Medicare A & B (hospital/doctor)
- Medicare C (Medicare Advantage Plans/HMO – PPO – PFFS)
- Medicare D (Prescription Drug Plans)
- Medicare Supplemental Policies (Medigap)
- Illinois Cares RX Plans
- Long Term Care Insurance
- Medicaid Programs

Counselors are trained and sponsored by State of Illinois Department of Insurance. Call the Alfred Rubin Riverwalk Community Center at 630-848-3613 to arrange an appointment with a SHIP counselor. (lmo)

Time: 9:00 a.m.-12:00 p.m.
Fee: Free

RTA Reduced-Fare Card

Naperville Township seniors can obtain a Regional Transportation Authority (RTA) Card by contacting Jenny Dawley, 630-357-8058, at the Naperville Township offices for an appointment. She is in the office Monday through Friday each week. The Township offices are located at 139 Water Street, Naperville.

The RTA Card also is available, for Lisle Township residents, at the Lisle Township Office, 4721 Indiana, Lisle 630-968-2087.

The RTA Card provides a discount to persons 65 years of age and older on the CTA buses and rapid transit, PACE buses and Metra trains in the six county area served by the RTA.

For Ride DuPage information, please visit our website at www.napervilleparks.org.

Rules of the Road

The Secretary of State, in cooperation with the Naperville Park District, offers "Rules of the Road" classes for anyone who is "55 and better" in the Naperville area.

These free classes are designed to help you pass your Illinois driver's license renewal examination. The classes update you on the current rules of the road and prepare you for the general written and road sign examinations. To register call 630-848-3613. (lmo)

Dates: Thur., July 26
Time: 1:30 p.m.-3:30 p.m.

55 Alive/Defensive Driving

Co-sponsored by the AARP and Naperville Park District, this program is a comprehensive driver-retraining course geared to the specific needs of older motorists.

You will learn the effects of aging and medications on driving, basic driving rules, license renewal procedures, local traffic hazards and more.

Designed to improve your driving abilities through additional training, attention and practice, this two-day course helps you drive more safely and keep your driver's license longer.

Most insurance companies offer a discount for people who attend this class. Discounts may vary, so check your auto insurance policy.

The fee is \$14 (\$12 if member of AARP with card). Make checks payable to AARP. Please register in advance at the Alfred Rubin Riverwalk Community Center, 305 W. Jackson Avenue, or by calling 630-848-3613. (lmo)

Dates: Wed. & Thu., July 11 & 12
Time: 12:30-4:30 p.m.

COD Classes

The Alfred Rubin Riverwalk Community Center is a satellite for College of DuPage classes that emphasize learning as an enjoyable experience. You may receive grades for each course or opt for pass/fail grading.

Anyone over age 65 may participate for a minimum fee per credit hour. People under age 65 may register for the same classes at the regular college fee. **People interested in the COD classes must register at least two weeks before a class begins. If a class has not reached its minimum enrollment by this time, it will be canceled. (lmo)**

Drawing and Painting

Individual instruction in your choice of media with an emphasis on watercolor. Learn color, value, technique and composition.

Location: ARRCC Craft Room 205
 Date: Tue., May 29-July 17
 Time: 12:30-2:30 p.m.
 Instructor: Pam Keller
 Fee: \$114/age 65 and better
 \$154/under age 65

HOW TO REGISTER FOR COD CLASSES

To register for any of the COD classes please call the College of DuPage at 630-942-2208.

Income Tax Class

Volunteers are needed to prepare tax returns for taxpayers under the AARP Tax Counseling for the Elderly Program. Training will be provided by IRS-trained instructors. You will learn to prepare personal income tax returns with emphasis on Senior Citizens issues. Classes will be held during the second and third weeks of January each year and offer free tax return preparation assistance from February to mid-April on Mondays and Wednesdays from 9 a.m.-3 p.m. After training, you will provide just four hours a week of tax assistance under the AARP Tax Counseling for the Elderly Program. For information, call Phoebe Bickhaus at 630-357-7355.

WEEKLY MOVIES

Mondays
Noon

Wednesdays
9:30 a.m.

Alfred Rubin Riverwalk Community Center
305 W. Jackson Avenue

Catch a movie with your friends! There is no charge and reservations are not needed.

June 4 & 6	<i>The Descendants</i> – R
June 11 & 13	<i>Hugo</i> – PG
June 18 & 20	<i>My Week with Marilyn</i> – R
June 25 & 27	<i>War Horse</i> – PG-13
July 2	<i>New Year's Eve</i> – PG-13
July 4	Closed – July 4th Holiday
July 9 & 11	<i>We Bought a Zoo</i> – PG
July 16 & 18	<i>The Iron Lady</i> – PG-13
July 23 & 25	<i>Contagion</i> – PG-13
July 30 & Aug. 1	<i>Sherlock Holmes: A Game of Shadows</i> – PG-13
Aug. 6 & 8	<i>Mission: Impossible – Ghost Protocol</i> – PG-13
Aug. 13 & 15	<i>Extremely Loud & Incredibly Close</i> – PG-13
Aug. 20 & 22	<i>Man on a Ledge</i> – PG-13
Aug. 27	<i>One for the Money</i> – PG-13
Aug. 29	Closed

The Naperville Park District does not endorse the content and opinions expressed in the above movies.

Bingo

Bring your friends and let the fun begin! This event includes snacks, dessert, friendship and, if you're lucky, prizes! In order to obtain an accurate count for food, we encourage you to take advantage of early bird pricing. (lmo)

Location: ARRCC - Community Hall
Limit: Min. 25/Max. 75

CODE	AGE	DAY	TIME
Jun. 22			

Early Bird Price until June 15

\$5(R)/\$6(N)

102443	40 and up	Fri	1:00 pm-3:00 pm
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Regular Price Begins June 16

\$7(R)/\$8(N)

102444	40 and up	Fri	1:00 pm-3:00 pm
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Jul. 25

Early Bird Price until July 18

\$5(R)/\$6(N)

102445	40 and up	Wed	1:00 pm-3:00 pm
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Regular Price Begins July 19

\$7(R)/\$8(N)

102446	40 and up	Wed	1:00 pm-3:00 pm
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Aug. 22

Early Bird Price until Aug. 15

\$5(R)/\$6(N)

102447	40 and up	Wed	1:00 pm-3:00 pm
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Regular Price Begins Aug. 16

\$7(R)/\$8(N)

102448	40 and up	Wed	1:00 pm-3:00 pm
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Breathe Right!

NEW

Learn about allergies, asthma, exercise-induced asthma and food allergies. Information on environmental controls, precautions and preventative measures for sneezing, wheezing and more will be discussed. (lmo)

Location: ARRCC - Craft Room 205
Date: Jun. 13
Limit: Min. 8/Max. 20
Fee: Free Course

CODE	AGE	DAY	TIME
104130	40 and up	Wed	10:00 am-11:15 am

Classic Jeopardy

Play Classic Senior Jeopardy! Fun categories include: Fit as a Fiddle, An Apple a Day, Remember When, By the Numbers and What Would You Do. This interactive game is a fun way to learn about a variety of topics of interest to seniors. Snacks will be provided and prizes awarded. (lmo)

Location: ARRCC - Craft Room 205
Date: Jun. 20
Limit: Min. 6/Max. 25
Fee: Free Course

CODE	AGE	DAY	TIME
104161	55 and up	Wed	10:00 am-11:00 am

Grandparent/Grandchild Bingo & Pizza



Calling all grandparents - round up the grandkids and head to an afternoon of Bingo fun! This event includes 12 games of Bingo, a snack provided at the start, a slice of pizza and a drink at the halfway point, prizes geared to both adults and children and, so no child goes home empty-handed, a consolation prize for all the children when the event is over. In order to obtain an accurate count for food, beverages and prizes, we encourage you to take advantage of early bird pricing. Registration closes July 12. No walk-in registrations for this event. (lmo)

Location: ARRCC - Community Hall
Date: Jul. 13
Limit: Min. 25/Max. 46

CODE	AGE	DAY	TIME
<i>Early Bird Price until July 9</i>			

\$10(R)/\$12(N)

103947	6 and up	Fri	11:00 am-1:00 pm
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Regular Price Begins July 9

\$15(R)/\$17(N)

103948	6 and up	Fri	11:00 am-1:00 pm
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Destination:



Naperville
Park District



Centennial Beach



Millennium Carillon in Moser Tower



Naperville Riverwalk



Springbrook Golf Course



Naperbrook Golf Course

www.napervilleparks.org

Identity Theft

Thousands of individuals fall victim each year to identity theft. It's important to safeguard your information. Learn the steps you can take if your identity is compromised in this seminar. (lmo)

Location: ARRCC - Craft Room 205

Date: Jul. 11

Limit: Min. 5/Max. 25

Fee: Free Course

CODE	AGE	DAY	TIME
104459	45 and up	Wed	10:00 am-11:00 am

More programs just for YOU!

There are a wide variety of programs for active adults and seniors in other sections of every Program Guide:

Athletics: Adult	Fitness & Wellness: Adult
Arts: Adult	General Interest: Adult
Arts: Dance	

Tai Chi: For Health Benefits

Designed for students looking for health benefits and more energy without the martial art this meditative way of exercising is a great way to reduce stress in the mind and body. No class on July 4. (lmo)

Location: ARRCC - Community Hall

Limit: Min. 5/Max. 18

CODE	AGE	DAY	TIME
Jun. 6-Jul. 18 • \$39(R)/\$42(N)			
104460	45 and up	Wed	9:10 am-10:10 am
Jul. 25-Aug. 22 • \$32(R)/\$35(N)			
104461	45 and up	Wed	9:10 am-10:10 am

The Art Institute Series-2

"Meet your Neighbors: Images from the Collection of the Art Institute of Chicago" is the second in a series of insightful seminars introducing the many collections and faces of Chicago's diverse neighborhoods. Art Insight presenters discuss famous works of art in light of the diversity of the collections as a reflection of the history of Chicago and the Art Institute. View and recall old friends such as Japanese woodblock prints, Greek vases, Native American figures, Mexican paintings and Impressionist favorites. Art Insights is generously funded by the Hulda B. and Maurice L. Rothchild Foundation. (lmo)

Location: ARRCC - Community Hall

Date: Aug. 3

Limit: Min. 5/Max. 60

Fee: Free Course

CODE	AGE	DAY	TIME
104134	40 and up	Fri	10:00 am-11:15 am



NEW! Recreation for the Active Adult!

*Designed for healthy, active lifestyles.
More access, more programs!*

- Created specifically for the active adult 50+
- Access to programs from 9 member park districts
- Exclusive in-district fees for residents of any member district
- Convenient online registration

Summer Session featuring:

- Yoga Nidra
- 14" Pick Up Softball
- Basic Sewing
- Cookie Decorating 101
- Pickleball
- Book Club
- And many more

For a complete listing of programs, call Becky at 630-681-0962 ext 161 or visit www.dupageboomers.com.

DuPage Boomers is a partnership between the Bloomingdale, Carol Stream, Glen Ellyn, Naperville, Roselle, Warrenville, West Chicago, Wheaton and Winfield Park Districts.

In the interest of providing our trip participants with an improved level of service, the Naperville Park District has decided to contract out all transportation needs for day trip programs. Participants registering for day trips will notice a slight increase in price in order to assist in covering the additional transportation costs associated with this change. We hope that contracting our transportation will add to the overall experience of our trips program and we look forward to your participation. The bus will arrive 15 minutes prior to departure for each day trip.

Registration Is In Progress For The Following Day Trips

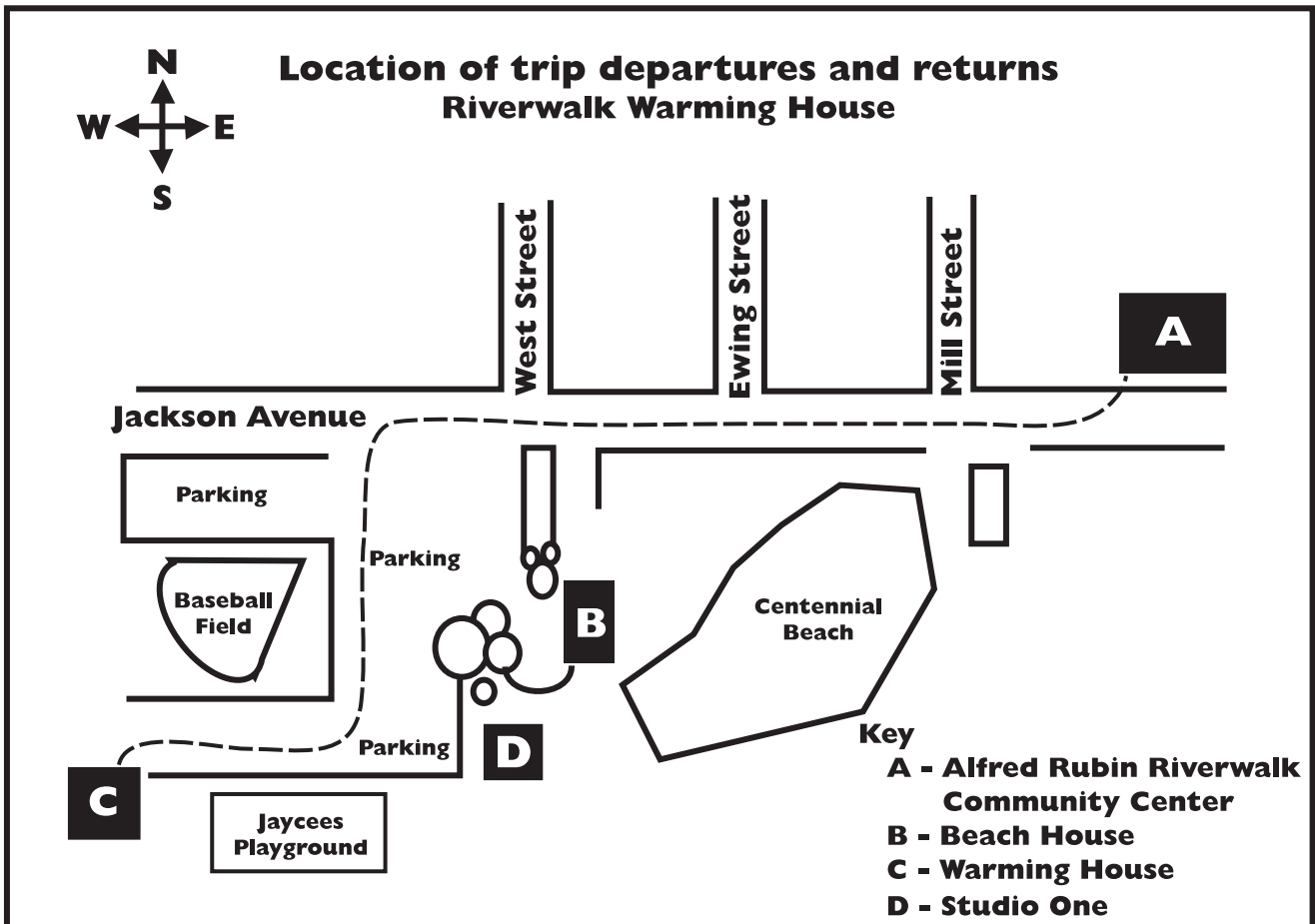
Please use a separate registration form for these trips.

Jersey Boys.....	May 9
Hairspray.....	May 17
Jersey Boys.....	May 19
Anderson Japanese Gardens.....	May 22
Unforgettable: The Nat King Cole Story.....	May 25
Making God Laugh.....	May 31
Amish Shiphewana.....	June 5
Russian Tea Time & The Art Institute.....	June 13
Spirit of Chicago Lunch Cruise.....	June 15
Potawatomi Bingo and Casino.....	June 19

Cancellation Policy

There are no refunds for day trips unless we can replace you with someone from the waitlist. Transferring to another day trip is only allowed if we can replace you with someone from the waitlist. A \$5.00 administrative fee will apply to refunds and transfers made from a waitlist replacement except for medical refunds. Day trip cancellations for medical reasons will not receive a refund unless we can replace you with someone from the waitlist.

All trips leave from the Warming House unless otherwise specified.



REGISTER ONLINE AT WWW.NAPERVILLEPARKS.ORG OR CALL 630-848-5000