



# Here's The Scoop January/February 2013

## Lavonne's Update

I am sorry that the Scoop is late this month - I took a much needed couple of weeks off. If you call "off" playing with grandchildren - which was awesome. All Mady asked Santa for was a candy cane. Imagine her surprise that Santa brings much more! The most fun remains opening the presents though.

While I am apologizing ....I am also sorry that I canceled the Christmas Mystery Trip. I fell trap to listening too much to the weather channel. I was so afraid of the high winds and ice. Everyone at work will tell you that I STRUGGLED over the decision. I really wanted to go.

I was crushed when Friday was a beautiful day but I did hear that downtown was extremely windy and there was ice. I hate canceling trips so I promise not to make a habit of it.

Best wishes to all of you for an amazing year ahead. May the sunshine of happiness always shine above you. May the dove of peace rest over you and live in your home. May the dense forest of love surround you all year round. May you have a lovely New Year.

Sponsored by The Burr Ridge Park District and Willowbrook Parks & Recreation



Burr Ridge Community Center

12:00 – 2:00pm

\$15 per luncheon due at time of registration

### Chinese New Year - Year of the Snake!

Friday, January 25

Code SR2-1

Featuring Mulberry Child - Author Jennifer Kwong talks about coming of age during China's Cultural Revolution (1966-1976)

**Menu:** Crab Rangoon, Mushroom Supreme, Beef & Peapods, Shrimp with Lobster Sauce, Rice & Noodles and Dessert.

### Welcome Aboard! Sponsored by Viking Travel

Friday, February 22

Code SR2-2

Featuring Maureen Christine, a celebrated concert vocalist

**Menu:** Hawaiian Salad, Panco Shrimp, Pulled Chicken Sandwich, Potato, Coconut Cake for Dessert.

### Erin Go Bragh!

Friday, March 15

Code SR2-3

Entertainment: Blue Grass Music

**Menu:** Corned Beef and Cabbage by VFW, Dessert

### Spring Has Nearly Sprung!

Friday, April 19

Code SR2-4

Featuring Mr. Taps - a top notch tap dancer!

**Menu:** Chicken Marsala, Pasta, Garlic Bread, Italian Salad, Dessert

### Happy Mothers Day!

Friday, May 10

Code SR2-5

Featuring Leslie Goddard Voices of History - Marshall Field

**Menu:** Chicken Pot Pie, Fields Salad and More! Frango Mint Dessert



# Bingo, Dancing, Trips & More

## BINGO BONANZA

Wednesdays

10:00 – 11:30am  
Pre Registration Required

Burr Ridge Community Center  
\$5.00 per person (\$3.00 per additional card)

Bingo!!!! Come and play! Enjoy a Continental Breakfast, then play a variety of games for plenty of prizes.

**BR WB**

**Min/Max 20/60**

January 16

Code SR33-1

February 6

Code SR33-2

March 20

Code SR33-3

April 10

Code SR33-4

May 15

Code SR33-5

## Ballroom Dancing

Adults Ages 18 & Up

Fridays

7:00-8:30pm

January 25 – March 15

**Instructors** Donna & Ed Borawiak

**Fee** \$120 (\$130) per couple 8 classes

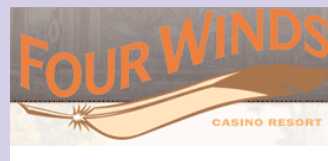
**Code** PA40

Burr Ridge Community Center

Shall we dance? Don't be a wallflower any longer. Get exercise while adding fun to your life. Learn all the classics! In this class, you will learn foxtrot, waltz, tango, cha-cha, swing and rumba. **BR Min/Max** 4/10 couples



The Scoop [www.brparcs.org](http://www.brparcs.org)



## Four Winds Casino

Wednesday  
February 27

Leave 9:30am / Return 5:00pm

Depart/Return Burr Ridge Community Center

**Fee:** \$35

**Code:** SR44-1

Includes transportation to Four Winds in New Buffalo Michigan, \$15 slot play, \$10 food voucher.



A Mexican newspaper reports that bored Royal Air Force pilots stationed on the Falkland Islands have devised what they consider a marvelous new game. Noting that the local penguins are fascinated by airplanes, the pilots search out a beach where the birds are gathered and fly slowly along it at the water's edge. Perhaps ten thousand penguins turn their heads in unison watching the planes go by, and when the pilots turn around and fly back, the birds turn their heads in the opposite direction, like spectators at a slow-motion tennis match. Then, the paper reports, "The pilots fly out to sea and directly to the penguin colony and overfly it. Heads go up, up, up, and ten thousand penguins fall over gently onto their backs."

## RTA Presentation on Public Transportation



March 20

9:00 - 10:00am

Held at the Burr Ridge Community Center Right Before Bingo!

FREE but Please pre-register

**Code** RTA

Topics covered include overview of features offered on CTA, Pace, and Metra trains; Trip planning, reading maps and schedules; RTA Reduced Fare or Circuit Ride Permits and much more!

# Village of Willowbrook Classes



For more information or to register for these classes, contact the Village of Willowbrook at 630-323-8215. Did you know that the Active Adult Program is co-sponsored by the Burr Ridge Park District and the Village of Willowbrook?

REGISTER AT VILLAGE OF WILLOWBROOK FOR CLASSES. CALL (630) 323-8215 FOR MORE SCHEDULE & TOPICS.

## Introductory Computer



**Ages 18+**  
Tuesdays 3:00 – 5:00pm  
Fee \$20 (\$30)

**Session 1: March 5, 12, 19**

**MS Word – Introductory Level:** Learn to type a simple letter; edit text; cut, copy and paste written material; use tabs, bullets and numbered lists; review a document using spell check, and print a document. **BR WB**

**Session 2: April 2, 9, 16**

**MS Word – Level 2:** Learn to create tables; link documents; merge mail; print envelopes; utilize auto text, auto correct and document summary information functions. **BR WB**

**Session 3: May 7, 14, 21**

**Internet:** Learn to use the internet and popular browsers. **BR WB**

## Cell Phone/Tablet Tutorial

April 9 – April 23  
Tuesdays 10:00am – 12:00pm  
Fee \$10 (\$20)

"I got this new "toy" for the Holidays, now what do I do with it?" Learn the basic functions of your newly acquired electronic hardware. This class is open to anyone who has some type of tablet or phone with writing, picture taking and internet functions. **BR WB**

## Computers for Seniors

January 29 – March 26  
Tuesdays 10:00am – 12:00pm  
Fee \$20 (\$30)

Having a difficult time tapping into the digital age? Come join us for computer lessons introducing you to basic functions from turning a computer on and off to using the Internet. Feel free to bring your laptop. **BR WB**

FOR FURTHER INFORMATION ABOUT ACT, PLEASE CALL ADVENTIST PAULSON REHAB NETWORK AT (630) 856-8200 OR VISIT IN PERSON AT 619 PLAINFIELD ROAD.

## ACT

Advanced Circuit Training  
Senior Adults



The ACT program membership provides you with the opportunity to perform total body strengthening, cardiovascular conditioning and more. It allows you to perform total body strengthening utilizing resistance exercise equipment, as well as cardiovascular conditioning with exercise bicycles, treadmills and a stair climber as appropriate.

## Yoga Classes Ages 18 and up

At Willowbrook Village Hall beginning January 10  
Fee \$44 (\$52) per session **Min/Max 7/15**

**Mornings: Mon and/or Thurs**

9:30 – 10:30am

Participants need yoga mats and a belt or towel for stretching. Light hand weights are also recommended.

**Evenings: Thurs**

6:30 – 7:30pm

Please wear comfortable clothing and bring a mat. Aids used for stretching and toning. Avoid eating a heavy meal within 2 hours of class time.

## Weight Loss Challenge Adults 18 & up

**Winter Session: January 9 – March 19**

**Spring Session: April 2 – June 18**

**Mondays 7:00 – 8:00pm**

Gower Middle School

**Fee \$55 (\$65)**

Prizes awarded to the top 3 participants. **BR WB**

## Willowbrook Chess Club

New players of all ages are always welcome. The group meets on each Friday at the Willowbrook Village Hall from 7:00 – 9:30pm. There are no dues. Just come and "Check" it out!

# Trips, Theater

## Horseshoe Casino

Thursday, January 31

9:00am – 5:00pm

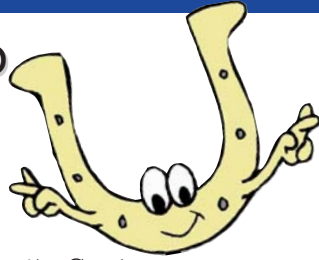
Depart/Return Burr Ridge Community Center

Fee \$32 (\$37) BR,WB

Code HC1

Join us for one of our most popular Casino Trips. Listen to the “cha-ching” of the slot machines and chase the winter blues away!

**Includes motorcoach transportation, free lunch buffet and \$10.00 slot play. One of the best buffet lunches you will find in the midwest. Min/Max 20/45**



## MYSTERY TRIP Sweet Home Chicago

Tuesday, February 12

10:00am – 5:00pm

Depart/Return  
Burr Ridge Community Center

Fee \$80 (\$85) Code TR19

Our Mystery Trips are always intriguing and always fun. We can't tell you anything about the trip because only the trip coordinator knows! But we can say you'll have a great time.

**Includes deluxe motorcoach transportation and other surprises. BR WB Min/Max 30/45**

# SPRING

## 2013 Flower And Garden Show

The Art of Gardening Through Inspiration,  
Education and Motivation.

Wednesday, March 13

9:00am – 4:00pm

Depart/Return Burr Ridge Community Center

Fee \$35 (\$40)

Code TR21

The Art of Gardening through Inspiration, Education and Motivation. Highlighting fine art and all its forms, this show offers a fresh experience for every age and interest. Interactive work shops, cooking demonstrations featuring garden fresh ingredients, shopping in a market place of over 100 vendors and much. **Lunch on your own. BR WB Includes deluxe motorcoach transportation and admission. Min/Max 20/40**



## Julius Caesar by William Shakespeare

Thursday, March 21

Chicago Shakespeare's  
Courtyard Theater

10:00 – 4:00pm

Performance 1:00pm

Depart/Return Burr Ridge Community Center

Fee \$75 (\$80)

Code SR99

As politicians scramble to discredit and disrobe those in power, a familiar phrase comes to mind: *When in Rome...* Acclaimed British Director Jonathan Munby uses the fractured political landscape of present day Washington as a backdrop drawing current events into sharp focus. When men feel they can no longer trust their elected leader and when financial might dictates the rules of the game, where is the line between patriotism and personal ambition? **BR WB Max 15/20**

**Includes deluxe motorcoach transportation, tickets**



# Trips, Classes & More



## Shipshewana

Flea Market/Amish Country Trip

Tuesday, May 14

7:00am – 8:00pm

Depart/Return Burr Ridge Community Center

Fee \$35 (\$40) per person

Code SR9-1

Get your friends together! We're going to Shipshewana. Includes Deluxe Motorcoach transportation, (lunch on your own) and snacks on the bus.

BR WB Min/Max 25/35



## Adult Tap

Adults Ages 18 and Up  
With Miss Barbara Klein

Tuesdays 7:15 – 8:00pm

January 15 – May 28

Burr Ridge Community Center

Fee \$160 (\$170)

Code ADT

Tap dancing is fun! It relieves stress, develops your balance, and may help you lose weight. It improves fitness and your cardio-vascular system, assists in developing bone density, is great for your memory, and gives you a feeling of well-being! Dancers should wear comfortable clothing and tapshoes. **No Class Mar 26, One TBD. BR Min/Max 5/10**

## Afternoon Delight

A monthly afternoon event where we can sample some of the delicious food at the wonderful nearby restaurants of Chicago



February 12

3:00pm – 5:00pm

from Burr Ridge Community Center

**3:30** At Gibsons of Oak Brook

Participants can meet at the Restaurant, or the first ten requests can ride in the park district van to the restaurant.

Fee \$37 per person

Code SR11-1

Gibsons – Located at 2105 South Spring Road, Oak Brook

### FAMILY STYLE MENU

House Salad

London Broil

Spit-Roasted Chicken

Broiled Salmon

Double Baked Potato

Broccoli

Chocolate Brownie & Ice Cream

Coffee, Tea & Hot Tea.

# YOGA

Burr Ridge Community Center

## Saturdays

7:15 – 8:15am

### On-Going Classes

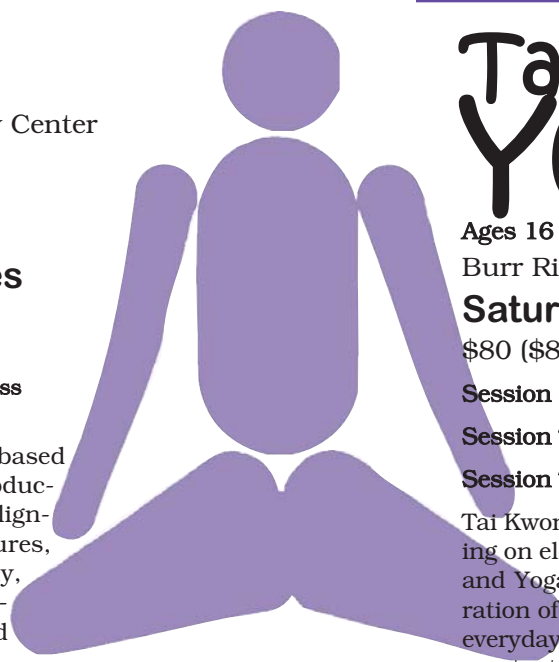
\$10 per class

Code EX12-1

(Must purchase a 5 or 10 class punch card – use anytime)

This Hatha and Iyengar based yoga class is a gentle introduction to yoga exploring alignment, basic postures, strengthening the body, mind and spirit while developing confidence and flexibility. **Bring a mat.**

The Scoop [www.brtparks.org](http://www.brtparks.org)



# Tai Kwan YOGA

Ages 16 and up

Burr Ridge Community Center

Saturdays, 12:00 – 1:00pm

\$80 (\$85) per session

Min 5

Session One Jan 12 – Mar 2 Code EX14-1

Session Two Mar 9 – Apr 27 Code EX14-2

Session Three May 4 – June 29 Code EX14-1

Tai Kwon Yoga is a creation of Chad White Wolf Koch drawing on elements and techniques from Tai Chi, Tae Kwon Do and Yoga. The body practice will be combined with exploration of breathing to bring coordination and harmony into everyday movements with body work teaching health, alignment, strength and flexibility. Bring a mat.

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No class May 11. BR WB

630-920-1969

# Information

## Information About Active Adult Programs

### How do I register for programs or trips?

Use the registration form found in The Scoop or the Park District brochure to register for trips and activities. Note that only residents of Burr Ridge Park District and Village of Willowbrook receive the lowest rate.

The **Active Adult Program** is sponsored by the Burr Ridge Park District, and the Village of Willowbrook. All residents of these agencies over the age of 50 are invited and encouraged to participate in any or all aspects of the program.

**Coordinator:** Lavonne Campbell  
**Office** Burr Ridge Community Center  
15W400 Harvester Dr.  
Burr Ridge, IL 60527  
**Phone** 630-920-1969  
**Office Hours** MO, TU, WE, FR: 8:30am - 4:30pm  
TH: 8:30am - 6:30pm

### Scoop Subscription

Fee - \$9 per year beginning in January. The Scoop, a bi-monthly newsletter, details events, times and locations of Active Adult activities. You can also view The Scoop on-line. Visit [www.brparcs.org](http://www.brparcs.org) and click on [The Scoop](#).

### Daily Activities for Active Adults

To join in one of the following programs, contact Lavonne Campbell at 920-1969 unless otherwise stated. All programs are held at the Burr Ridge Community Center at Harvester Park, 15W400 Harvester Drive.

Beginning September 1, 2012, it will be necessary for the Park District to charge card players a daily fee of \$1 per person to help cover the cost of supplies.

#### Held at the Burr Ridge Community Center:

<b>Pinochle</b>	Mondays, 9:00am - 12:00pm Tuesdays, 1:00 - 4:00pm Thursdays, 1:00 - 4:00pm
<b>Bridge</b>	Thursdays, 12:30 - 4:00pm

#### Duplicate Bridge held at the Willowbrook Village Hall:

Wednesdays, 9:00am - 12:00pm  
Willowbrook Village Hall  
7760 Quincy, Willowbrook  
Contact Peggy Sapienza  
630-850-9543



Garden Club 2012 Spring Project: Tie Dyed Easter Eggs!

## Garden Clubs

**Burr Ridge Park District:** Love gardening but don't know where to start? Garden Club meetings are an informal exchange of ideas, planned outings, fun group activities and much more. Please call us at 630-920-1969 for schedule and information.

**Willowbrook Garden Club:** If you want to be part of the best Green Thumbers in town, please call the Village Hall at 630-323-8215 and leave your name and number. Meeting Dates: January 16, February 20, March 20, April 17, and May 15.

## Free Knitting Classes

Knitting class meets the second and fourth Tuesdays at 7:00pm every month at the Community Center. This drop-in class is for beginners and accomplished knitters alike. Call Barb at the Park District, 630-920-1969, for more information about the schedule.

## Stained Glass Classes

Want to learn how to make beautiful Stained Glass creations? Please call the Park District, 630-920-1969, for details. Classes are held at Nathalia Studio, 7320 S. Madison, Suite 700 in Burr Ridge. Urii & Nataliya Guchenia hold art degrees from the Ukrainian Art Institute.

# CALENDAR OF EVENTS

## JANUARY

Wed (9) Weight Loss Challenge (Willowbrook)  
Thu (10) Yoga Classes (Willowbrook)  
Tue (15) Adult Tap  
Wed (16) Bingo  
Wed (16) Willowbrook Garden Club Mtg  
Fri (25) Let's Do Lunch  
Fri (25) Ballroom Dancing  
Tue (29) Computers for Seniors (Willowbrook)  
Wed (30) Book of Mormon  
Thu (31) Horseshoe Casino

## FEBRUARY

Wed (6) Bingo  
Tue (12) Mystery Trip  
Tue (12) Afternoon Delight (Gibsons)  
Wed (20) Willowbrook Garden Club Mtg.  
Fri (22) Let's Do Lunch  
Wed (27) Four Winds

## MARCH

Tue (5) Intro. Computer (Willowbrook)  
Wed (13) Flower and Garden Show  
Thu (14) Book of Mormon  
Fri (15) Let's Do Lunch  
Wed (20) Bingo  
Wed (20) RTA Presentation  
Wed (20) Willowbrook Garden Club Mtg.  
Thur (21) Julius Caesar

## APRIL

Tue (2) Intro. Computer (Willowbrook)  
Tue (2) Weight Loss Challenge (Willowbrook)  
Tue (9) Cell Phone/Tablet (Willowbrook)  
Wed (10) Bingo  
Fri (19) Let's Do Lunch

## MAY

Tue (7) Intro. Computer (Willowbrook)  
Fri (10) Let's Do Lunch  
Tue (14) Shipshewana  
Wed (15) Bingo



The Scoop is a joint effort by the Burr Ridge Park District and Willowbrook Parks & Recreation Department

The Scoop for Active Adults  
Burr Ridge Park District  
15 W 400 Harvester Drive  
Burr Ridge, IL 60527  
630-920-1969

