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The Quarterly Newsletter of the **Spring**  
Wheaton Park District Leisure Center **2015**



## The Time of Your Life



*Leisure Center Manager  
Linda Dolan*

### Latest from Linda

Happy Spring! Now is the perfect time to join a summer league, try a new fitness class, enjoy Silvertones and Beyond Glee spring shows, and much more. There are nine day trips to chose from that include great theater at reasonable prices, a Cubs game, plus

“What’s Right in Racine” and “City in a Garden” trips with City Ventures. I hope you see something you like and join us for a program or trip this season.

Thank you Nigel Barnhill (Windsor Park Manor) and Ruth Richter (Wyndemere) for giving all your friends our newsletter. We appreciate your support!

*Linda*

### Contact Us

Our friendly staff are available Monday through Friday from 8:30A to 3P. We are located in Memorial Park (home of the bandshell) at 208 W. Union. We offer convenient phone-in registration with your Visa or MasterCard. Call us at 630.665.1415 to register or for information about the many programs and services we offer for active adults.

#### Leisure Center Manager

Linda Dolan ~ 630.510.5030

#### Leisure Center Travel Coordinator

Laura Bessey ~ 630.510.5032

#### Administrative Support

Patty Walkowicz ~ 630.510.5031

#### Customer Service Staff

Mary Ann Stetler

Mary Lou Winthers

Ann King

Kerry Weatherred

**The Leisure Center is closed Friday, April 3 & Monday, May 25.**

*Spring is here! Join us for an adventure this season. (Photo above: Elsie Kochanek and Belle Radcliffe enjoy a garden view on a recent Chicago neighborhood tour.*



### Wheaton Park District Leisure Center

208 W. Union Avenue Wheaton, IL 60187 630.665.1415

Monday-Friday 8:30 am-3 pm

Register online at [wheatonparkdistrict.com](http://wheatonparkdistrict.com)

## Previously Advertised Day Trips

### Les Mis

#### at The Paramount Theatre in Aurora

Award winning Les Mis plus a casual pre-theatre lunch at the Paramount. (LD)

**Location:** Community Center **Limit:** 40

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	4/22	W	11:15A-5:15P	\$69/\$69	236197-01

### Carousel

#### at the Lyric Opera

Hammerstein's personal favorite of all their musicals, and dubbed "the best musical of the 20th Century" by Time Magazine. Before the show enjoy a delicious lunch nearby at Lloyd's Chicago Restaurant. (LD)



**Location:** Community Center **Limit:** 40

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	4/30	Th	10A-6P	\$138/\$138	218169-01

### Billy Elliot


#### at Drury Lane in Oakbrook


Multiple award winning Billy Elliot, with music by Elton John plus a delicious preshow lunch served in the Drury Lane Restaurant. Drive on your own. Rated PG-13 for language and content. (LD)

**Location:** Oakbrook Terrace **Limit:** 42


Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	5/14	Th	11:30A-4:30P	\$59/\$59	218172-01

### Activity Key

 Minimal walking

 Some walking

 Moderate activity, some stairs

 Heavier walking, stairs, or several times on/off the motor coach

### Sense & Sensibility

#### at Chicago Shakespeare Theater



Jane Austen's deliciously charming romance is full of wit, passion and now, glorious song. Enjoy lunch on your own. (LD)

**Location:** Community Center **Limit:** 30

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	5/27	W	10A-5P	\$79/\$79	218171-01

### Save the Dates

- June 24 The Good Life Café Show at the Leisure Center
- July 9 U.S. Mailboat Tour on Lake Geneva – Plus enjoy a tour and elegant lunch at the historical Baker House
- July 22 Annual Picnic in Memorial Park
- July 29 *All Shook Up*, Theater in the Center, Munster, Indiana
- July 30 Windsor Park Garden Walk
- August 5 Chicago Neighborhoods with City Ventures – The first trip sold out so we added another date
- August 21 Awesome August Party at Belmont Village
- August 26 Bootstomping BBQ/Line Dance Party with the Lisle Park District
- September 24 Flavors of the Farm: Charms of the Country – Explore Muirhead Farmhouse, Aquaviva Winery, Kuipers Family Farm, and Reams Elburn
- October 27 Meet the Andrews Sisters at the Jacob Henry Mansion, Joliet
- December 9 *Beautiful*, the story and music of Carole King plus lunch at Petterinos
- December 17 Holiday Gala at the Abbington

**Don't delay—register today!**

**630.665.1415**

## Day Trips

### What's Wright in Racine with City Ventures



Experience an unprecedented look at one of Frank Lloyd Wright's most unique architectural achievements, the

Research Tower at the S. C. Johnson Administration Building in Racine, Wisconsin. Opened in 1950, the Research Tower has only recently opened for tours. Also included in your landmark tour is Fortaleza Hall, designed by British architect Norman Foster. Lunch at Hobnob Supper Club and enjoy the beautiful views overlooking Lake Michigan. While in Racine, you will visit Wind Point Lighthouse. Before heading home, a stop for Kringles at a nearby bakery is a must. (LD)

**Location:** Community Center **Limit:** 50

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	5/19	Tu	8A-5P	\$89/\$89	218187-01

### Menopause, The Musical Paramount's Copley Theater (Aurora)

Sit back and laugh as four women in a department store with seemingly nothing in common but a black lace bra that's on sale come to find they have more to share than they imagined. They bond as they make fun of their hot flashes, forgetfulness, mood swings, wrinkles, night sweats, and chocolate binges. This hilarious musical parody is set to classic tunes from the 60s, 70s, and 80s, and all of it will have you and the sisterhood cheering, dancing, and yelling for more. Enjoy lunch in the newly renovated ballroom overlooking the Fox River. Lunch includes salad, dessert, beverage, and entrée. (LD)

**Location:** Community Center **Limit:** 50

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	6/10	W	11:30A-4P	\$85/\$85	318115-01



### Chicago Cubs vs. Cincinnati at Wrigley Field

Be one of the first to see the newly renovated Wrigley Field. Take a deluxe motor coach bus and enjoy great terrace covered reserved seats (at the edge of the infield) right along third base line. There will be time to grab a bite to eat at the stadium or one of the nearby restaurants. Let us take you out to the ballgame! (LD)

**Location:** Community Center **Limit:** 50

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	6/12	F	11:30A-8:30P	\$66/\$66	318109-01



## Day Trips

### City In A Garden – Part 4 with City Ventures

Explore Chicago’s most anticipated new park: the Maggie Daley Park. This is not your grandma’s garden: whimsical and fun with its flowing grassy landscape of hills and valleys with play structures scattered throughout. Get a sneak peak of Northerly Island and see the site that is being turned into an urban oasis on the lakefront. Today’s lunch is at Cliff Dwellers, which is a member’s only private club. You’ll enjoy a gourmet buffet served in an artistic and refined setting. The views of Millennium Park and Lake Michigan on their outdoor terrace are spectacular. (LD)

**Location:** Community Center      **Limit:** 50

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	6/16	Tu	9A-4P	\$85/\$85	335146-01



### The Tenors 3, an Italian Celebration

Starved Rock Park is a world apart from anything else in Illinois! You will know it the minute you arrive. You will enjoy a delicious Italian lunch buffet in the historic ambiance of the Great Hall of the Starved Rock Lodge. After lunch, The Tenors 3 will amaze you. This trio of professionally-trained tenors presents diverse music encompassing Opera, Broadway, and standard Italian favorites infused with a touch of comedy. The Tenors 3 bring class, humor, and great music. (LD)

**Location:** Community Center      **Limit:** 50

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	7/13	M	9:30A-5P	\$78/\$78	337104-01



*Baby Erin had a fun visit to the Leisure Center. She is Mary Lou Winthers first great grandchild.*

## The Fun Spot



### Derby Days

#### at the Abbington • Drive on your own

Get ready for a Kentucky Derby party like no other. We'll enjoy a traditional Derby meal including Kentucky hot brown casserole with ginger and garlic whipped potatoes, and a mint julep brownie for dessert! Of course, real mint juleps will be available for purchase at the bar. Place your bets with funny money we provide on an afternoon race, and then enjoy the sounds of Kym Frankovelgia. Kym began her career in night clubs and on cruise ships, and has performed with The Ink Spots, the Four Lads, The Sammy Kaye Orchestra, The Glenn Miller Band, The Jimmy Dorsey Orchestra, The Tommy Dorsey Orchestra, and Maxene Andrews of The Andrew Sisters. Kym sings the greatest music from the 1920s through the 60s. She has perfected her delivery and her shows are just plain fun. (LD)

**Location:** Abbington Banquets

**Limit:** 100

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	4/27	M	12-2P	\$32/\$32	218164-01

### New Member Coffee

**Tuesday, April 14 • 10A**

#### at the Leisure Center

Join Linda Dolan, Leisure Center Manager, and Laura Bessey, Travel Coordinator, for an informal session to learn about the programs and trips the Leisure Center offers. Meet other new members and enjoy coffee and treats. Call 630.665.1415 to reserve your spot.



### Movie Matinees

**At Wheaton Public Library • 1P**

**(225 N. Cross Street, Wheaton)**

Tickets are free and are available at the Leisure Center and the Library.

- April 21 Hundred Foot Journey
- May 19 The Theory of Everything
- June 16 The Imitation Game

### Ongoing Programs and Games

#### at the Leisure Center

Play when you can. Newcomers welcome!

- Bolivia Thursday, 12:30-2:45 pm
- Bridge, Social Monday, 9 am-Noon
- Canasta Monday, 12:30-2:45 pm
- Dominoes Tuesday, 1-3 pm
- Duplicate Bridge Tuesday, 9 am-Noon
- Duplicate Bridge First and third Friday each month, 9 am-Noon
- Investment Club 2nd Monday, 1-3 pm
- Mah-jong Thursday, Noon-2:45 pm
- Pinochle Friday, 9 am-Noon
- Quilting/Charity Sewing Friday, 1-3pm

### Bridge – Beginning

Best beginning bridge class ever! Bridge has been played in one form or another for hundreds of years and still has the ability to stimulate the brain and entertain. Learn to bid, play, defend, and appreciate the game. No experience necessary. Instructors Ron and Phyllis Fogel are passionate about bridge and teach you the basics to get you started playing their favorite game. (LD)

**Location:** Leisure Center

**Limit:** 24

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	4/2-5/7	Th	9:30-11:30A	\$48/\$48	235108-01

### Driving Programs

**Rules of the Road** – Take a free class with an instructor from the Secretary of State to help you prepare for your written test. Upcoming dates: June 10 or October 14. Class is held at the Leisure Center, 208 W. Union in Wheaton from 1-2:30P.

### Defensive Driving – Note: New Location and Dates

Take an 8 hour class run through AARP. 2015 dates include May 6-7, September 9-10, and December 9-10. Time: 8A-Noon. New location: Wheaton Park District Community Center, 1777 S. Blanchard Road, Wheaton (home of Rice Pool). Please note that classes are held on Wednesday and Thursday, and you must attend both days to receive your certificate. Cost: \$15 with AARP card; \$20 without an AARP card. Bring a check to class made out to AARP.



## Beyond Glee Presents Heartland Exploring the Heart and Soul of American Music

Sunday, April 26 at 3 pm



## Silvertones Chorus Presents TRIBUTE TO STAGE AND SCREEN

Don't miss this special tribute to Broadway's finest musicals. Enjoy selections from *Fiddler On The Roof*, *The King and I*, *Oliver*, *South Pacific*, *Oklahoma*, and *Music Man*.

Sunday, May 3 at 3 pm

### Ticket Information

Tickets: Adults \$10 in advance or \$12 at the door; children \$7 10 & under or seniors 60+ in advance or \$10 at the door. Tickets can be purchased online at [wheatonparkdistrict.com/tickets](http://wheatonparkdistrict.com/tickets) or in person at the Wheaton Park District Community Center or the Leisure Center (208 W. Union).

Concert location: Community Center, 1777 S. Blanchard Road ,Wheaton

Call 630.665.1415 to charge by phone.

Hospitality Sponsor:



[wheatonparkdistrict.com](http://wheatonparkdistrict.com)

## Get Fit

### Fifty-Something Plus Men's & Women's Sport Leagues/Programs

Sport League Spring Coffee Dates – attend a coffee to meet members and learn about the league. We love newcomers in our leagues!

Wheaton Walkers	Monday & Thursday, 8:30A
Men's Bowling League	M, W & F, 8:45A, Wheaton Bowl
Women's Bowling League	Tu & Th, 8:45A, Wheaton Bowl
Volleyball, Indoor	Tuesday & Thursday, 9A, Community Center
Petanque	Tuesday & Thursday, 9A, Leisure Center
Pedal Pushers	Thursday, 8A-Noon
Golf	Wednesday, Arrowhead
Table Tennis	Tuesdays, 9A-Noon, Fridays, 6-9P, Community Center

### Spring Coffees

Golf	Wednesday, April 15 – Ladies at 10A, Men at 1P, Community Center
Wheaton Walkers	Monday April 20, 9:30A, Leisure Center
Pedal Pushers Bike Club	Thursday, April 30, 9:30A, Community Center

All of these programs are sponsored by the Leisure Center. They are all “drop in” programs designed to work with your busy schedule. Call Linda Dolan at 630.665.1415 for details.



**Don't delay—register today!**

*Try it for* **FREE!**

Try any of these fitness classes before you register. Simply introduce yourself to the instructor, sign a waiver, and enjoy your class.

### Sit and Be Fit

Try this effective, fun, and safe workout that incorporates functional exercises. The routine is easy to follow, the moves are choreographed to feel-good music, and it's all done while sitting in a chair. This great workout emphasizes cardiovascular, endurance, strength, and stretching techniques. It will energize you and make you stronger. Instructor Phyllis Zimbelman is a certified instructor and has taught senior fitness and a variety of classes for Central DuPage Hospital and Wyndemere for the last 18 years. (LD)

**Location:** Community Center; Leisure Center\* **Limit:** 20

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	4/15-5/20	W	10-10:45A	\$30/\$30	236161-01
18 & over	6/3-7/22	W	10-10:45A	\$40/\$40	336161-01*

### Fit for Life

If fast-paced exercise classes overwhelm you, try this choreographed low-impact workout to lively music in a nonintimidating environment. This hour of fun aerobic exercise and strength training uses weights and bands to help strengthen muscles, improve endurance, and increase flexibility. It's the perfect class for people 50 and over. This class emphasizes safety and functional fitness. (LD)

**Location:** Community Center

Age	Day	Time	Fee
18 & over	M,W	8:30-9:30A	Passes – \$2.80 per Class

## Get Fit

### Qi Gong/Tai Chi Exercise

Experience the many benefits of Qi Gong breathing exercises and Tai Chi in this fun and helpful exercise class. Each week you will learn special Qi Gong breathing techniques and a sampling of Tai Chi moves. The class is designed to help you increase flexibility and improve balance and circulation. If you want to improve your breathing and range of motion in a class setting (typically eight students), this is the perfect class for you. Instructor Deann Cervera has practiced and taught Qi Gong and Tai Chi for twenty years and has a faithful following. (LD)

**Location:** Community Center **Limit:** 20

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	4/9-4/30	Th	10:45-11:30A	\$22/\$22	235141-01
18 & over	5/7-5/28	Th	10:45-11:30A	\$22/\$22	235141-02
18 & over	6/4-6/25	Th	10:45-11:30A	\$22/\$22	335141-01

### Tai Chi & Qi Gong

Curious about Tai Chi? This beautiful combination of exercises incorporates deep breathing with flowing movement to promote relaxation, better health, and an increased range of movement. Instructor Deann Cervera has practiced and taught Tai Chi for nearly 20 years. (LD)

**Location:** Community Center **Limit:** 20

Age	Dates	Day	Time	R/NR Fee	Class #
<b>Beginning</b>					
18 & over	4/7-4/28	Tu	10:45-11:30A	\$22/\$22	218101-01
18 & over	5/5-5/26	Tu	10:45-11:30A	\$22/\$22	218101-03
18 & over	6/2-6/23	Tu	10:45-11:30A	\$22/\$22	318101-01
<b>Advanced</b>					
18 & over	4/7-4/28	Tu	9:30-10:30A	\$22/\$22	218101-02
18 & over	5/5-5/26	Tu	9:30-10:30A	\$22/\$22	218101-04
18 & over	6/2-6/23	Tu	9:30-10:30A	\$22/\$22	318101-02

### Chair Yoga

Learn a series of yoga poses that benefit your mind, body, and spirit while sitting in a chair. Optional poses while standing are included in the class. Benefits include better balance, posture, increased range of motion, reduced blood pressure, and more. Instructor Lesley Brown has been teaching yoga, pilates, and group fitness for 17 years, specializing in senior classes for the



last 5 years. She takes a practical approach to yoga and considers it a wonderful life management tool. It has helped her manage challenging diseases such as cancer and diabetes. She will help you manage your challenges by modifying movement for hip, knee and shoulder issues, or limitations due to surgeries, injuries, etc. While very serious about the benefits of yoga and exercise, Lesley's classes are fun and filled with gentle humor and practical tips on how to bring the benefits of yoga and movement into your everyday life. (LD)

**Location:** Community Center **Limit:** 25

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	4/9-4/30	Th	9:30-10:15A	\$20/\$20	235159-01
18 & over	5/7-5/28	Th	9:30-10:15A	\$20/\$20	235159-02
<b>Leisure Center – New Time!</b>					
18 & over	6/4-6/25	Th	9:15-10A	\$20/\$20	335159-01

**Don't delay—register today!**



## Extended Travel

### The Joy of Travel Without the Hassle!

The Leisure Center offers adults 21 and over the opportunity to enjoy vacation travel without the tedious, necessary work that successful trips require. We handle those time-consuming tasks like researching locations, accommodations and restaurants, making reservations, planning transportation, handling baggage transfers, taxes, and tips. Just pack your suitcase and leave the planning to us. For complete details, availability, and registration information, call the Leisure Center at 630.665.1415.

### Tuscany and the Italian Riviera

#### Collette Gateway

**September 14-21, 2015**

**\$3,749 per person based on double occupancy**

Experience the beauty and history of Italy's Tuscany and the Italian Riviera. Spend three nights at a Tuscan Estate and three nights in the picturesque Riviera. Other highlights include Florence, Siena, Lucca, Pisa, a boat ride to the glamorous Portofino, and rail travel along the Mediterranean coastline. Discover a land rich in history, culture, and cuisine.



### Vacation Travel

When you choose a Collette trip not offered in our brochure, please be sure to let them know you are a Wheaton Park District Leisure Center Member when you register. Wheaton Park District members earn a \$50 discount on any Collette trip chosen.

When you travel on an unadvertised Mayflower trip, let us or a Mayflower Representative know that you belong to the Wheaton Park District. Often, we can help you get a discount on one of these trips also.

### Canyon Country

#### Collette Gateway Featuring Arizona and Utah

**October 8-16, 2015**

**\$2,829 per person based on double occupancy**

**9 Days • 12 Meals – Includes Airfare**

Explore southwestern vistas and the unique topography of Zion, Bryce, and Grand Canyon National Parks.



Also experience

Kaibab National Forest, two nights at Lake Powell Resort, Monument Valley, and spectacular Las Vegas.

### New in 2016!

#### Southern Charm

#### Collette Gateway Featuring Jekyll Island, Savannah, and Charleston

**April 16-22, 2016**

**\$2,399 per person based on double occupancy**

**7 Days • 9 Meals – Includes Airfare**

Take an enchanting trolley tour of St. Augustine, the oldest city in the United States. Enjoy a two-night stay at the Jekyll Island Club, once described as "the richest, the most exclusive, and the most inaccessible club in the world." Visit gracious Boone Hall, one of America's oldest working plantations that still grows crops as it has for the last 320 years. Arrive in beautiful antebellum Charleston where magnificent formal gardens grace much of the Historic District.

**Preview: Thursday, July 23, 11A, Leisure Center**

**For details or a flyer, please call the Leisure Center at 630.665.1415.**

## Registration Information



**Phone 630.665.1415**  
With your Visa or MasterCard.



**Online**  
Available at  
[wheatonparkdistrict.com](http://wheatonparkdistrict.com)



**Mail or Drop Off...**  
• Leisure Center, 208 W. Union  
• Community Center,  
1777 S. Blanchard  
• Administration Office,  
102 E. Wesley Street



**Fax 630.665.7912**  
Include your Visa or  
MasterCard info.

### Important Stuff

#### NEW! Nonresident Membership Fee

Your nonresident Membership Fee is good from January 1 through December 31, 2015. This small \$15 yearly fee buys you big benefits. It enables you to participate in all of our Leisure Center sponsored programs for the same price our residents pay, and you get our quarterly newsletter mailed to you. We appreciate your support of our programs and welcome you!

#### Register Early

We often have to turn in final counts for trips 30 days prior to the trip. Register early to avoid being disappointed.

### Join Our Green List

We are going green and are working hard to be environmentally friendly. If you would like to receive an email notice quarterly when the Time Of Your Life newsletter goes on the Wheaton Park District website, please call us at 630.665.1415. This option would be in place of receiving the printed newsletter in the mail, saving both paper and postage.



*Try Something New This Year!*



# *Fall Getaway to Door County*

with City Ventures

3 Day/2 Night Overnight Tour

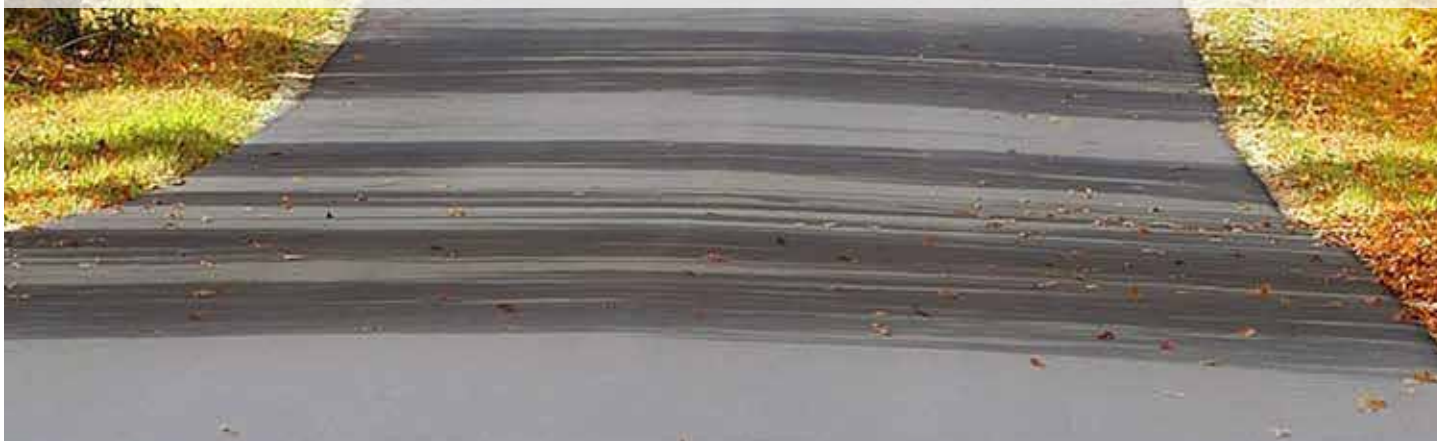
October 6-October 8, 2015

\$719 • Limit 50

Door County in the fall is truly magical. Every path through the woods, every stretch of shoreline, and every little town offers a unique experience. The trip price includes lunch at Blue Harbor Lakeside Resort and Al Johnson's, a performance at the Northern Sky Theater, an authentic fish boil, two nights at the deluxe all-suite Newport Resort in Egg Harbor, guided tour of Historic Bjorklunden Chapel, a stop at Seaquist Orchards, shopping in Sister Bay, and much, much more. (LD)

## **PREVIEW**

Be sure to join us for a preview of this exciting trip at the Leisure Center on April 29 at 1:30P. Pam from City Ventures will be here to share more details about this beautiful fall getaway!





**Wheaton Park District**  
**Leisure Center**  
208 W. Union  
Wheaton, IL 60187

**PRSR-STD**  
**U.S. Postage**  
**PAID**  
**Carol Stream, IL**  
**Permit No. 6002**

**Current Resident or Household**

# Mayflower Preview Party

**April 8 | 1:30 PM | Leisure Center**

Join us for an afternoon of special promotions, door prizes, giveaways, and sample food from the regions we are previewing. This free party is limited to the first 50 to RSVP! Call 630.665.1415 to reserve your spot.

## **Chicago Cubs vs Atlanta Braves**

**5 Day Motorcoach Holiday & 7 Meals | July 16, 2015 | Starting at \$1,159 per person, twin**

Watch the Cubs take on the Braves from your reserved seat at Turner Field in Atlanta. Explore the homes of two of America's great beverages: The World of Coca-Cola and the Jack Daniel's distillery.

## **Washington Waterways and National Parks**

**9 Day Air Holiday & 13 Meals | August 20, 2015 | Starting at \$3,019 per person, twin**

Featuring Mount Rainer and Olympic Mountains National Parks – Explore the Pacific Northwest from Seattle's vibrant waterfront to the English charm of British Columbia's capital. Along the way, see an impossibly green rain forest; the deep, dark waters of Puget Sound, mesmerizing glass art, and much more!

## **America's Great Lakes and St. Lawrence River Cruising**

**11 Day Motorcoach/Cruise/Rail Holiday & 29 Meals | August 28, 2015 | Starting at \$4,799 per person, twin**

Board the luxurious MS Saint Laurent and VIA Rail from Montreal to Windsor. Cruise from Chicago to Montreal for nine nights and see all five Great Lakes.

## **Feel the Warmth of the Florida Keys**

**22 Meals | January 30, 2016 | Starting at \$2,998 per person, twin | 14 Day Motorcoach**

Leave the cold behind and join us in the warm embrace of the Florida Keys.