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Wheaton Park District Mary Lubko Center

630.665.1415 Monday-Friday • 8:30A-3P

wheatonparkdistrict.com

Latest from Linda

Welcome to the fall edition of Time of Your Life. There are a lot of new things to do this season. You can learn how to downsize, get a good night's sleep, and navigate the RTA. This seasons theatre options are outstanding – Beautiful, Wicked, Fireside Christmas, and Elf, truly something for everyone.

We all wish you joy and happiness during the upcoming holiday season. We are so happy you choose to spend time with us! There are a lot of ways to celebrate this year. The holiday concerts are spectacular and the parties delightful. Best wishes for a happy, healthy, and safe season.

Linda

Photo: Sue Moline enjoyed the view on our Indiana Dunes trip this summer, and she's looking forward to taking a few trips this fall with her new friends at the Mary Lubko Center.

Contact Us

Our friendly staff are available Monday through Friday, 8:30A-3P. We are located in Memorial Park (home of the bandshell) at 208 W. Union Ave. 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.

Day Trips - Previously Advertised

Call for availability!

Chicago River Walk

with City Ventures

The Chicago Riverwalk has created a space to celebrate the evolution of one of the city's iconic natural features. The concrete pathway extends to river-level, where you can get as close as you feel comfortable. Blair Kamin of



the Chicago Tribune called the project a "bold stroke worthy of Daniel Burnham." The new riverwalk is an audacious step away from the one-time river of refuse and a step toward better, smarter and more peoplefriendly public spaces in and around the Loop. Board a Chicago Water Taxi at Michigan Avenue and witness the water for yourself as you explore the North Branch of the Chicago River. Travel to Clark Park and view the Jeanne Gang-designed boathouse, situated on the former site of Riverview Park. Enjoy lunch at Kingsbury Cafe and choose your entrée selection of: 1) grilled turkey, brie and pear sandwich or 2) bacon avocado chicken sandwich, or 3) grilled vegetable rice wrap. Please make your menu choice when you register. Please note: this tour requires walking and stair-climbing. (LD)

Location: Community Center				Limit: 52	
Age	Dates	Day	Time	R/NR Fee	Class#
18 & over	9/12	Tu	9A-5P	\$93/\$93	435198-01

Don't delay-register today! 630.665.1415

Vintage Railcar Dining Adventure

East Troy, WI



All aboard! Join us for this unique excursion and enjoy elegant dining by rail aboard the vintage East Troy Electric Railroad.

Experience history with this railroad line built in 1907. This landmark railroad will take us on a two-hour ride through the beautiful Kettle Moraine State Forest with a stop at Indian Head Park. Lunch will be served in the onboard dining car, including appetizer, salad, roasted red potatoes, pan rolls, spice cake, and your choice of entrée: 1) chicken with roasted garlic cream sauce or 2) pork roulade. *Please make your menu selection when you register*. A surprise stop on the way home makes for a great summer excursion! (LD)

Location: (Community C	Limit: 98			
Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	9/19	Tu	9A-5:30P	\$95/\$95	437148-01

Rock of Ages 🕎

at Drury Lane Theatre

Rock back to a time of big egos, big guitar solos, and even bigger hair with *Rock of Ages*. Nominated



for five Tony Awards, *Rock of Ages* features a mix of 28 classic 80s hits by Bon Jovi, Journey, Styx, and more, including "Don't Stop Believin'," "We Built this City," and "The Final Countdown." Follow aspiring rock star Drew and his sweetheart Sherri as they fight to save Hollywood's Sunset Strip. Don't miss a musical so awesome, you'll want to rock out again! A delicious preshow lunch will be served in the Drury Lane Restaurant and includes salad, dessert, and your choice of entrée: 1) lake trout with citrus caper sauce, 2) herb-roasted chicken breast, or 3) vegetable kabob. *Please make your menu choice when you register*. Lunch starts at 11:30A. The show is at 1:30P. Ask the hostess to be seated with the Wheaton Park District. Drive on your own. (LD)

Location: Oakbrook Terrace				Limit: 50	
Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	9/27	W	11:30A-4P	\$69/\$69	437149-01

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Day Trips - New!

Million Dollar Quartet





at Paramount Theatre

There was no plan for Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins to record together on December 4, 1956, but as fate would have it, they



did and left behind a historic and mind-blowing album. Million Dollar Quartet tells that story, with all the raw energy and

monumental talent you've come to expect from these music giants. Nominated for three Tony Awards, it features some of the biggest and best songs of all time including "Peace in the Valley," "Blue Suede Shoes," "Folsom Prison Blues," "I Walk the Line," "Hound Dog," and "Great Balls of Fire." This show ran in Chicago from 2008 to 2016 and spanned more than 2,500 performances. It is the third longest-running show in Chicago theatre history. Enjoy a pre-show lunch at Coopers Hawk which includes salad, dessert, and vour choice of entrée: 1) Dana's parmesan crusted chicken or 2) soy ginger Atlantic salmon. Please make your menu choice when you register. (LD)

Location: Depart Community Center

R/NR Fee Class # **Dates** Day Time Age 10:30A-4:30P \$97/\$97 18 & over 10/25 418141-01

White Eagle Polka Fest



White Eagles, Niles, IL

If you love great Polish food and music, then this trip is for you! Come to the Polish Polka Festival at the popular White Eagle Banquets in Niles for a wonderful afternoon of great food and live music by Chicago's most famous polka band, The Ampolaires. White Eagle has been known for generations for their authentic Polish homemade food. Enjoy a delicious lunch that includes mushroom soup, salad, roast chicken, beef brisket, polish sausage, sauerkraut, mashed potatoes, veggies, cakes and kolaches. Spend the afternoon celebrating the Polish culture's love of dance and food. (LD)

Location: Depart Community Center				Limi	t: 14
Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	11/2	Th	10:30A-4P	\$69/\$69	437152-01

42nd Street **

at Drury Lane

Tap through this year's holiday season with the Tony Award winner for Best Musical, 42nd Street! This beloved Broadway classic with its show stopping



tap numbers and hits such as "We're In the Money" and "Lullaby of Broadway," will have you dancing in the aisles. A delicious preshow lunch is served in the Drury Lane Restaurant which includes salad, dessert, and your choice of entrée: 1) roast turkey, 2) bistro steak, or 3) vegetarian plate. Please make your menu choice when you register. Lunch starts at 11:30A. The show starts at 1:30P. Ask the hostess to seat you in the Wheaton Park District section. Drive on your own. (LD)

Location: Oakbrook Terrace		Limit			
Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	11/9	Th	11:30A-4P	\$69/\$69	436102-01

Elf 🔻

at Paramount Theatre

Elf the Musical is the hilarious tale



of Buddy, a young orphan child who mistakenly crawls into Santa's bag of gifts and is transported back to the North Pole. Unaware that he is actually human, Buddy's enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father, discover his true identity, and help New York remember the true meaning of Christmas. This modern day Christmas classic will make everyone embrace their inner elf. Based on the hilarious 2003 movie, Elf is one of those shows that has both kids and adults lighting up with laughter and rediscovering what it means to be a family. Choose from two options: \$49 cost includes ticket to performance and shuttle in a small van from the Community Center. Drive on your own and ticket only is \$39. (LD)

Location: Community Center			Limit: 20			
Age	Dates	Day	Time	R/NR Fee	Class #	
Drive on Ov	vn					
18 & over	11/29	W	1-4:30P	\$39/\$39	435177-01	
Bus Transportation						
18 & over	11/29	W	12:30-4:30P	\$49/\$49	435177-02	

Day Trips - New!

Fireside Christmas



Fort Atkinson, WI

Over one million people have experienced the magic

of a Fireside Christmas. Filled with humor, spectacle and beloved songs like the movie, *Miracle on 34th Street*, is sure to re-kindle the true Christmas spirit in



all of us. You'll love the gorgeous costumes, sets, songs, and dancing. Enjoy a delicious lunch that has earned Fireside Theater the coveted ranking of #1 Family Restaurant in America. After browsing through their spectacular gift shops or relaxing in the lounge, sit back and enjoy a live professional show in Fireside's intimate theatre-in-the-round. You'll have an unforgettable adventure filled with wonder, imagination, and inspiration! (LD)

Location: Depart Community Center

Limit: 56

 Age
 Dates
 Day
 Time
 R/NR Fee
 Class #

 18 & over
 12/1
 F
 7:45A-6:15P
 \$119/\$119
 437124-01

ACTIVITY KEY

Minimal walking



Some walking

Includes transportation from the Community Center.

TTT M

7777

Moderate activity and steps

Heavier walking, stairs, or several times on/off the motor coach (not suitable for those with mobility issues)

Don't delay-register today! 630.665.1415

Wicked ((

at Oriental Theatre

"Wicked has been hailed by The New York Times as "the defining musical of the decade." Time Magazine



cheers, "if every musical had the brain, the heart, and the courage of *Wicked*, Broadway really would be a magical place. *Wicked*, the untold true story of the Witches of Oz, transfixes audiences with its wildly inventive story. It'll send your spirits soaring to heights you'll never forget. Enjoy a preshow lunch at the popular Petterino's Restaurant. Lunch includes salad, dessert and your choice of entrée: 1) chicken limone with sautéed spinach, 2) almond crusted whitefish with roasted cauliflower or 3) homemade baked rigatoni. *Please make your menu choice when you register*. (LD)

Location: Depart Community Center

Limit: 54

 Age
 Dates
 Day
 Time
 R/NR Fee
 Class #

 18 & over
 12/7
 Th
 10:30A-6P
 \$199/\$199
 437153-01

Beautiful: Carole King Musical 📆 🚟

at Cadillac theatre



Before she was Carole King, superstar—she was Carol Klein, teenage songwriter. Her music would become the soundtrack to a generation. Tracing the

career of Carole King, and endorsed by the beloved Grammy winner herself, Beautiful tells the inspiring true story of Kings remarkable rise to stardom, to becoming one of the most successful solo acts in popular music history. Enjoy a preshow lunch at the popular Petterino's Restaurant. Lunch includes salad, dessert and your choice of entrée: 1) chicken parmesan with pasta, 2) braised short ribs of beef with mashed potatoes, braised vegetable or 3) broiled market fish, sautéed spinach. *Please make your menu choice when you register*. (LD)

Location: Depart Community Center Limit: 50

 Age
 Dates
 Day
 Time
 R/NR Fee
 Class #

 18 & over
 12/13
 W
 10:30A-6P
 \$169/\$169
 418190-01

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Party! Party! Party!

Coffee House

at the Mary Lubko Center

If you love great music come to our first coffee house show, featuring the group Tuesday at 10," a talented musical group of four guys and a gal. They play an eclectic mix of music including traditional, standard, jazz, country, bluegrass, gospel, and more. You may recognize two of the band members from the Silvertones Chorus, Ron Schoeberlein and Penny Alexander. Assorted coffees and desserts are served; provided by Westbridge of Wheaton. (LD)

Location: Mary Lubko Center **Limit:** 40

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	9/13	W	1-2P	\$5/\$5	435115-01

Brunch at Travanse

at Travanse Living, Wheaton

Start your day with a bountiful breakfast buffet at Travanse Living at Wheaton, which opened in June.



The very talented Heather Braoudakis performs her "50 Nifty United States Tribute" after brunch. Have you been to all 50 of our nifty United States? Now you can say you have! Rediscover the states you've visited and travel the rest along with educational trivia and history about the states and our great

country. Enjoy the music of Mitch Miller, Stephen Foster, Johnny Cash, Rodgers & Hammerstein, Louis Armstrong, Glenn Campbell, Elvis, Perry Como, Al Jolson, Patti Page, Glenn Miller, John Denver, and more. Travanse is conveniently located at 219 East Parkway Drive in Wheaton one block east of Main Street. (LD)

Location: Travanse Living **Limit:** 50

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	9/15	F	10A-12P	\$8/\$8	435117-01

Dueling Pianos

at Diplomat West, Elmhurst

Why travel all the way downtown to see Howl at the Moon's dueling pianists battle it out when you can see them in Elmhurst? Watch two talented pianists go head- to-head playing



some well-known favorites as well as your requests. You'll be amazed at these talented performers, and the energy of the show will have you dancing in your seat (if not on the dance floor). Enjoy a delicious lunch that includes soup, salad, rolls, chicken with potato and vegetable, plus dessert, and coffee or tea. Drive on your own or take a shuttle van from the Community Center for an extra \$14. The van departs at 11A and returns at 3P. The doors open at 11:30A. The party ends at 2:30P. The Diplomat West is located at 681 W. North Avenue, Elmhurst, IL. (LD)

Location: Diplomat Banquet Hall				Limit: 25			
Age	Dates	Day	Time	R/NR Fee	Class#		
Drive on You	r Own						
18 & over	10/16	M	11:30A-2:30P	\$41/\$41	437154-01		
Van Transportation							
18 & over	10/16	M	11A-3P	\$55/\$55	437154-02		

Registration Information

Phone 630.665.1415

With your Visa or MasterCard.

Online

Available at wheatonparkdistrict.com

Mail or Drop Off...

- · Mary Lubko Center, 208 W. Union Ave.
- · Community Center, 1777 S. Blanchard St.
- · Administration Office, 102 E. Wesley St.

Fax 630.665.7912

Include your Visa or MasterCard info.

Party! Party! Party!

Oktoberfest

at Bobak's Signature Events, Woodridge

Let's have a barrel of fun and celebrate Oktoberfest in style. A delicious lunch at Bobak's includes cream of chicken soup, bratwurst with sauerkraut, parsley potatoes, pierogis, cucumber salad, and apple strudel. After lunch sit back and enjoy the show. Today's entertainment features the talented Frank K Trio. Oktoberfest parties are Frank and Fran's specialty. They play all the traditional German songs and even wear authentic attire. Sign up early so you won't miss out on this fun filled day! Entertainment is sponsored in part by Lexington Square, Lombard, and Ardent Care. Favors and centerpieces provided by Brookdale of Glen Ellyn. Drive on your own for \$32 or take a shuttle van from the Community Center for \$43. (LD)

Location: B	obak's Signa	Limit: 40				
Age	Dates	Day	Time	R/NR Fee	Class #	
Drive on You	ur Own					
18 & over	10/17	Tu	12-2P	\$32/\$32	436149-01	
Van Transpo	ortation					
18 & over	10/17	Tu	11:30A-2:30P	\$43/\$43	436149-02	

Thanksgiving Gathering

at Windsor Park Manor

Count your blessings and enjoy a delicious lunch and fabulous entertainment at the annual Thanksgiving party at Windsor Park Manor. Today's menu includes a mixed green salad, roasted turkey with gravy, stuffing and mashed potatoes, green bean casserole, and pumpkin pie. After lunch enjoy Charles Pansino performing his Great American Songbook including beautiful music from the big band, jazz, and Rock'n' Roll eras. A reception with punch, appetizers, and music in the music room begins at 11:15A; lunch is served at noon. Drive on your own or take a complimentary shuttle from the Mary Lubko Center at 11A. Windsor Park Manor is conveniently located at 110 Windsor Park Dr., Carol Stream. (LD)

Location: Windsor Park Manor			Limit: 80		
Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	11/15	W	11A-2P	\$15/\$15	418148-01

Holiday Gala

at the Abbington

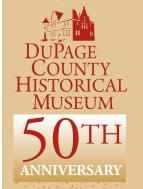
'Tis the season to be jolly, so don't miss this years' holiday party. An outstanding menu includes your



choice of 1) petite filet mignon with zinfandel sauce, 2) salmon filet with chardonnay wine and lemon sauce, 3) chicken piccata, or 4) grilled vegetables with balsamic vinegar, olive oil, and basmati rice. Dessert is the crowd favorite – peppermint cheese cake with chocolate drizzle. Please make your menu selection when you register. After lunch enjoy a festive holiday show starring Sandi Havnes and Del Bergeson, guaranteed to get you in the Christmas spirit. Today's entertainment is sponsored by Travanse Living of Wheaton, Monarch Landing, and the Springs of Monarch Landing. Party favors are provided by Wyndemere and Centerpieces by Villa St. Benedict. Door prizes are sponsored by Brookdale Glen Ellyn, Wyndemere, Windsor Park Manor, and Lexington Lombard. Register by December 7. (LD)

Location: Abbington Banquets			Limit: 125		
Age <i>Beef</i>	Dates	Day	Time	R/NR Fee	Class #
18 & over C/F/V	12/14	Th	11:30A-2:30P	\$33/\$33	418151-01
18 & over	12/14	Th	11:30A-2:30P	\$29/\$29	418151-02

Celebrate the Museum's Golden Birthday!



Saturday, October 21 12-4P

FREE EVENT

Presentation & Cake Cutting | 1P

Band Performance | 2P

Games | Train Display
Light Refreshments

RSVP at dupagemuseum.org

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Live and Learn Classes at the Mary Lubko Center

Downsizing One Bite at a Time

at the Mary Lubko Center

Have you thought about downsizing your current home or moving to a new one, but the thought of sorting through 30, 40, or 50+ years of 'stuff' overwhelms you? Learn practical ideas on how to get organized, helpful downsizing tips, resources you can use now, and how to get help when needed. You'll hear real-life stories and lessons learned from Pat Cerny Keplinger, a Certified Senior Move Manager, and President of Downsizing by Design. There will be time to ask questions. Attend one or all three sessions! (LD)

Location: Mary Lubko Center **Limit:** 25

 Age
 Dates
 Day
 Time
 R/NR Fee
 Class #

 18 & over
 10/19
 Th
 1-2:30P
 \$15/\$15
 418179-01

What Do I Do With All of this Extra Stuff? at the Mary Lubko Center



You've sorted and downsized, but now you're wondering what you should do with all your 'stuff.' Are you wondering how much money (if any) you can get from selling your

belongings? How confident are you in liquidating items or furniture you no longer need? Pat Cerny Keplinger is back to tell client stories and give advice on how to 'project manage' the process of selling, donating, or disposing of household goods. She'll discuss the type of furniture and other items that are 'hot' and those that are no longer popular with the younger generations. Pat is joined by experts in consignment, donations, and on-line auctions. (LD)

Location: Mary Lubko Center Limit: 25

 Age
 Dates
 Day
 Time
 R/NR Fee
 Class #

 18 & over
 11/9
 Th
 1-2:30P
 \$15/\$15
 435124-01

Don't delay-register today! 630.665.1415

De-Cluttering Your Home and Life

at the Mary Lubko Center

Does the idea of living a simpler, less cluttered life appeal to you? There are many benefits to owning fewer items: less debt, less stress, and more space, time, money, and energy for what really matters. Pat Cerny Keplinger of Downsizing by Design shares practical ideas and tips on how to de-clutter and more important, how to maintain a clutter-free environment. She'll discuss the minimalist movement; and it doesn't mean you need to live in a 'tiny home' like you may have seen on HGTV! (LD)

Location: Mary Lubko Center **Limit:** 25

 Age
 Dates
 Day
 Time
 R/NR Fee
 Class #

 18 & over
 11/30
 Th
 1-2:30P
 \$15/\$15
 437155-01

The classes below are free of charge. Simply call us at 630.665.1415 to reserve your spot.

No More Sleepless Nights

Thursday, October 26 | 1:30-2:30P

Tired? Cranky? Not getting a good night's sleep? Sleep is the key to staying healthy, feeling energized, and looking good. Today's expert, Dr. Eric P. Williams, B.A., D.C. will share tried and true tips to help you get a good night's sleep night after night. Coffee and dessert are served.

RTA Public Transportation Seminar

Thursday, November 16 | 1-2:30P

The Regional Transportation Authority (RTA) provides public transportation throughout six county regions through CTA, Pace, and Metra. Learn about the benefits of using public transportation and accessibility features on the buses and trains. Hear the latest on Ventra and RTA Fare programs, such as Ride Free, Reduce Fare, and RTA's Travel Training program. Get the scoop on transportation options in our area, such as ADA Paratransit and Dial-a-Ride. There is time for questions and the option to sign up for an RTA card if you meet the criteria at the end of the presentation.

Specials

Memory Café

Wednesday | September 20, October 18 & November 15 | 1:30-2:30P

Join us for our new Memory Café, geared for individuals dealing with early issues of memory disorders and their loved ones, partners, and caregivers. It's a time to get together in a social and engaging environment with others sharing similar challenges. Our goal is to encourage friendships and provide support, education, and fun. This program meets the third Wednesday of each month through November 15.

Beading Bonanza NEW!

at the Mary Lubko Center

Wednesday, September 27 | 1-2:30P

Discover how fun and easy it is to make beaded jewelry in this 90-minute make it and take it class. Lucy Tann from Ardent Care Health Group guides you step by step to create a masterpiece that you can wear or give away to someone special. You can choose to make a necklace or bracelet. All materials are supplied. This class is limited to the first 20 people to sign up. Call 630.665.1415 to reserve your spot. A \$5 fee is collected at class.

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 date: October 11. Class is held at the Mary Lubko Center, 208 W. Union Ave., Wheaton, 1-2:30P. 2018 dates: February 7, June 13, and October 10.

Defensive Drive – Take an eight-hour class (classroom, not driving) presented by AARP. Upcoming Dates: September 6-7 and December 6-7. Class is held 9A-1P at the Wheaton Park District Community Center, 1777 S. Blanchard St., Wheaton (home of Rice Pool). Please note classes are held on Wednesday and Thursday, and you must attend both days to receive your certificate. Cost: \$15 with AARP card or \$20 without card. Bring a check to class made out to AARP. 2018 dates: February 7-8, May 2-3, September 5-6, and December 5-6.

Ongoing Programs and Games

at the Mary Lubko Center

Play when you can. Newcomers welcome!

- Practice Bridge, Tuesday, 12:30-2:45P
- Bolivia, Thursday, 12:30-2:45P
- Bridge, Social Monday, 9A-Noon
- Canasta, Monday, 12:30-2:45P
- Dominoes, Tuesday, 12:30-2:30P
- Duplicate Bridge, Tuesday, 9A-Noon
- Duplicate Bridge, first and third Friday each month, 9A-Noon
- Investment Club, second Monday, 1-3P
- Mah-jong, Thursday, Noon-2:45P
- Quilting/Charity Sewing, Friday, 1-3P

Movie Matinees

At the Wheaton Public Library • 1P (225 N. Cross St., Wheaton)

Tickets are free and available at the Mary Lubko Center and the Library.

• September 19 Hidden Figures

• October 17 La La Land

• November 21 Lion

• December 19 Beauty and The Beast

Mary Lubko Center Manager

Linda Dolan ~ 630.510.5030

Mary Lubko Center Travel Coordinator

Laura Bessey ~ 630.510.5032

Administrative Coordinator

Christine Carroll ~ 630.510.5031

Customer Service Staff

Mary Lou Winthers

Ann King

Kerry Weatherred

The Mary Lubko Center is closed on Monday, September 4, Monday, October 9, Thursday, November 23, Friday, November 24, and December 18– January 1. Page 9 The Time of Your Life

Music & Dance

Silvertones Chorus 2017/2018

The Silvertones Chorus invites you to join this popular, talented chorus that's 50 members strong and growing. No auditions; all you need is a passion for singing and performing. Reading music is not a requirement and beginners are welcome. Rehearsals run September through May, Wednesday mornings from 9 to 11:30A at the Mary Lubko Center. (LD)

Location: Mary Lubko Center **Limit:** 100

 Age
 Dates*
 Day
 Time
 R/NR Fee+
 Class #

 18 & over
 9/6-5/23
 W
 9-11:30A
 \$39/\$39
 718157-01

 *No class 12/20, 12/27. +Fee increases \$10 on 10/1.
 10/1.
 10/1.

Beyond Glee

If you love to sing, join Beyond Glee, a talented adult performance-based chorus dedicated to spreading joy and happiness through song. Practices are on Thursday evenings, 7-9:30P, at the Mary Lubko Center. Stress-free, short auditions are held at the Mary Lubko Center in August. Call Linda Dolan, Mary Lubko Center Manager at 630.510.5030, to arrange your audition or for more information. (LD)

Location: Mary Lubko Center Limit: 35

 Age
 Dates*
 Day
 Time
 R/NR Fee
 Class #

 18 & over
 9/7-5/24
 Th
 7-9:30P
 \$129/\$129
 735196-01

 *No class 12/21, 12/28.
 *No class 12/21, 12/28.
 *No class 12/21, 12/28.
 *No class 12/21, 12/28.
 *No class 12/21, 12/28.



Snappy Tappers - Beginners

Learn to tap dance from a pro and get a terrific workout in this fun class. Through coordinated warmups and dance combinations you'll learn the basics as you gain flexibility, strength, and skills. (LD)

Location: Community Center Limit: 1

 Age
 Dates
 Day
 Time
 R/NR Fee
 Class #

 18 & over
 9/14-11/16
 Th
 5-5:45P
 \$50/\$50
 418144-01

Snappy Tappers - Intermediate

Improve your tapping abilities through coordinated warm-ups and dance combinations. Tap provides a great workout and enhanced flexibility and strength as you master basic steps, gain muscle strength, and have a blast! (LD)

Location: Community Center Limit: 20

 Age
 Dates
 Day
 Time
 R/NR Fee
 Class #

 18 & over
 9/16-11/18
 Sa
 10:15-11A
 \$50/\$50
 418145-01

Snappy Tappers - Advanced

Take your tapping abilities to a higher level with coordinated warm-ups and new dance combinations. Challenge yourself, improve your footwork skills, and get expert instruction. (LD)

Location: Community Center Limit: 20

 Age
 Dates
 Day
 Time
 R/NR Fee
 Class #

 18 & over
 9/16-11/18
 Sa
 9:15-10A
 \$50/\$50
 418146-01



Don't delay-register today! 630.665.1415

Get Fit

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

All of these programs are sponsored by the Mary Lubko Center. They are all "drop-in" programs designed to work with your busy schedule. Call Linda Dolan at 630.665.1415 for details. We love newcomers in our leagues!

Wheaton Walkers	M & Th, 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	Tu & Th, 9A, Community
	Center
Petanque, Outdoor	Tu & Th, 9A, Mary Lubko
	Center

Pedal Pushers Bike Club Th, 8A-Noon

Fit for Life

This choreographed, low-impact workout is set to lively music and delivers a fun, effective aerobic workout designed for people 50 and better. Purchase a punch pass at the front desk. (LD)

Location: Community Center

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

Sit and Be Fit

Get a great workout, increase endurance, and gain strength, all while sitting in a chair. This fun workout is choreographed to feel-good music and taught by Phyllis Zimbelman. (LD)

Location: Community Center **Limit:** 20

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	9/6-9/27	W	10-10:45A	\$20/\$20	436161-01
18 & over	10/4-10/25	W	10-10:45A	\$20/\$20	436161-02
18 & over	11/8-12/13	W	10-10:45A	\$30/\$30	436161-03

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.

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 motion. (LD)

Location: Community Center			Limit: 20		
Age	Dates	Day	Time	R/NR Fee Cl	ass#
Beginning					
18 & over	9/5-9/26	Tu	10:45-11:30A	\$22/\$22	418101-01
18 & over	10/3-10/24	Tu	10:45-11:30A	\$22/\$22	418101-03
18 & over	10/31-11/14	Tu	10:45-11:30A	\$16.50/\$16.50	418101-05
18 & over	11/28-12/12	Tu	10:45-11:30A	\$16.50/\$16.50	418101-07
Advanced					
18 & over	9/5-9/26	Tu	9:30-10:30A	\$22/\$22	418101-02
18 & over	10/3-10/24	Tu	9:30-10:30A	\$22/\$22	418101-04
18 & over	10/31-11/14	Tu	9:30-10:30A	\$16.50/\$16.50	418101-06
18 & over	11/28-12/12	Tu	9:30-10:30A	\$16.50/\$16.50	418101-08

Qi Gong/Tai Chi Exercise

Experience the many benefits of Qi Gong breathing exercises and learn a sampling of Tai Chi moves in this fun and effective class designed to help you increase flexibility and improve balance and circulation. (LD)

Location: Community Center Limit: 20 **Dates** Day Time **R/NR Fee** Class # Age 18 & over 9/7-9/28 10:45-11:30A \$22/\$22 435141-01 Th 18 & over 10/5-10/26 Th 10:45-11:30A \$22/\$22 435141-02 18 & over 11/2-11/16 Th 10:45-11:30A \$16.50/\$16.50 435141-03 18 & over 11/30-12/14 Th 10:45-11:30A \$16.50/\$16.50 435141-04

Senior Yoga

Mary Lubko Center | Fridays, 9/8-12/1* 9-9:45P | \$5 per class (Pay at the door)

*No class 11/24

Have fun and feel your best with gentle restorative yoga and balance postures while seated. Yoga benefits the mind, body, and spirit including better balance and posture, strengthening and stretching



the muscles, greater range of motion, improved sleep, reduced blood pressure, relief in back, joint, and arthritis pain, better circulation, better mental concentration and clarity, and helps encourage a healthy, active lifestyle.

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Extended Travel

Chicago Cubs Arizona Spring Training

With Mayflower Tours featuring Three Cactus League Games March 7-March 18, 2018 \$2349 per person, double occupancy Highlights:

- See three spring training baseball games featuring the Chicago Cubs in your reserved seats
- Visit Historic Old Town Scottsdale and stop in Las Cruces, New Mexico
- Visit White Sands National Monument
- Visit Grand Canyon National Park, Sedona, Arizona

Historic Natchez |

NEW!

With Mayflower Travel March 16-23, 2018

\$1,629 per person, double occupancy

This eight-day holiday features three nights in Natchez, Mississippi during their annual pilgrimage time. We will visit beautiful antebellum homes, take in live musical performances, and indulge in delicious cuisine on this life-enriching experience.





Mayflower Preview Party: Join us for a preview of these exciting trips on Friday, September 29, 11A, at the Mary Lubko Center. RSVP to 630.665.1415.

San Antonio Fiesta NEW!

Featuring 4 nights in San Antonio with Premier Travel April 20-24, 2018

\$1899 per person, double occupancy

The San Antonio River Walk is an oasis of cypress-lined paved paths, arched stone bridges, and lush landscapes. It gently winds through the city center providing millions of visitors each year with easy access to the city's cultural hot spots, historic sites, and other attractions. Be





a part of the fiesta and enjoy the history and culture that San Antonio has to offer!

Highlights:

- San Antonio fiesta San Antonio city tour
- The Alamo
- San Jose Mission
- Hill Country
- Riverwalk dinner
- Roundtrip airfare
- Distriction of the control of the co
- Riverwalk cruise
- LBI ranch
- Fredericksburg
- Four nights at a first class hotel

Premier Preview Party: Join us for a preview of this exciting trip on Friday, September 22, 10:30A, at the Mary Lubko Center. RSVP to 630.665.1415.

Fall Getaway to Door County

with City Ventures and Laura Bessey
3 Day/2 Night Tour | October 3-5, 2017
\$739 per person, double occupancy;
\$894 per person, single occupancy

Call for Availability



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

Current Resident or Household

Tis The Season Christmas Concerts

Wheaton Park District Community Center | 1777 S. Blanchard St., Wheaton

Silvertones Chorus presents We Need A Little Christmas

with special guests the Step In Time Dance Troop Saturday, December 2 13P

The Silvertones put together a truly special concert to help you celebrate this season. You'll hear many holiday favorites we all know and love.

Beyond Clee presents Beyond Christmas 6

Saturday, December 9 ITwo shows – 2P or 5P Beyond Glee is back this year to help you celebrate the holidays. Don't miss this delightful and entertaining holiday special, filled with beautiful songs of the season.

Ticket Information

Presale tickets: \$10 adults; \$7 children 10 & under or seniors 60+. At the door: \$10 all ages. Tickets can be purchased online starting October 1 at wheatonparkdistrict.com/tickets or in person at the Wheaton Park District Community Center or the Mary Lubko Center (208 W. Union). Call 630.665.1415 to charge by phone.