

Rolling Meadows Park District &  
**Golden Years Council Program Guide**

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Your guide to programs, classes, special events & trips

**Spring/Summer '18**

**May . June . July . August**

**A little gray hair  
is a small price  
to pay for all this  
accumulated  
wisdom.**

**Author unknown**



Rolling Meadows Senior Center, 3705 Pheasant Drive  
Rolling Meadows, IL 60008  
847-818-3205



Senior Celebration Day

**Save the Date!**

**Monday, April 23, 2018**

**10 a.m. to 2 p.m.**

This **FREE EVENT** will be held at the  
Forest View Educational Center  
2121 S. Goebbert Road, Arlington Heights, IL

Free Health Screenings • Informative Exhibitors  
New Entertainment • Interactive Demonstrations and Activities  
Free Prize Drawings

Admission ticket is required for entry. Tickets will be available in February at your local senior centers, Elk Grove and Wheeling Township offices, park districts within District 214 boundaries, District 214 Community Education or on the day of the event at the door.

# Chicago Cubs Go Cubs Go!!!

Don't miss experiencing a home game against the Philadelphia Phillies in what we hope will be another exciting, winning season for our Chicago Cubs. We will provide transportation and the tickets. Be a part of the Cubs cheering squad. We have ordered an even better seat location this year than last. (Terrace Reserved Infield, Level 200)



**Thursday, June 7, 10:00 am-6:30 pm**  
**Code #19-9703, Fee M/NM: \$67/\$77**  
**Sign up for GYC Members March 12**

# Rolling Meadows Park District & **Golden Years Council Program Guide**

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Your guide to programs, classes, special events & trips

## **Spring/Summer '18**

**May . June . July . August**

### **REGISTRATION DATES**

Members: Now!

Non-Members: March 26

### **2018 MEMBERSHIP DUES**

Resident/Non-Resident: \$27/\$32

Members 90+ years young: \$10

### **2018 POT OF GOLD**

Tickets on Sale

\$20 each

\$50 for 3 tickets

\$100 for 7 tickets

### **Movie Dates, 1 pm**

Wed., Mar. 28

Wed., Apr. 25

Wed., May 30

Wed., Aug. 30

No movies in June, July

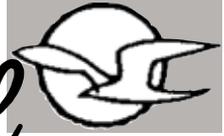
*Free to Members!*

*Popcorn & Pop, \$1*

*Loc.: Auditorium*

Rolling Meadows Senior Center, 3705 Pheasant Drive  
Rolling Meadows, IL 60008

# GOLDEN YEARS Council



"WE DON'T STOP PLAYING WHEN WE GROW OLD, WE GROW OLD WHEN WE STOP PLAYING."

## ENJOY THE COUNTLESS BENEFITS INCLUDED IN YOUR MEMBERSHIP!

Rolling Meadows Golden Years Council has been providing service, support and fun activities to all active adults in the Northwest Suburban area for over 30 years. The Rolling Meadows Park District is dedicated to the idea that leisure activity is an important component of life. A large variety of programs and outings are designed for but not limited to adults 50 years and better. Participants do not have to reside in Rolling Meadows and adults of all ages can participate.

Come over and visit us for a free tour or check us out online at [rmparks.org](http://rmparks.org) to find out what's coming up. Call 847-818-3205 or stop in to the Senior Center to register for the offerings that interest you. Hope to see you soon!

### ADDRESS & PHONE

3705 Pheasant Dr.  
Rolling Meadows, IL. 60008  
847-818-3205

### REGISTRATION DATES

GYC Members: 3/13  
Non-Members: 3/20

### 2018 MEMBERSHIP DUES

Resident/Non-Resident: \$27/\$32  
Seniors 90 years young or older: \$10  
1/2 price memberships start on 7/2  
for new members only

### OFFICE HOURS

Mon.-Thu.: 9 am-4 pm  
Fri.: 10 am-2 pm

## SENIOR CENTER DROP IN ACTIVITIES

**ACTIVITY HOURS: Mon.- Fri.: 9 am-4 pm**

#### MONDAY:

Fit & Fun: 9 am  
Fishing Club: 10 am  
(2nd Monday)  
Poker: 12:30 pm  
Yahtzee: 1:30 pm  
(2nd & 4th Monday)  
Ladies Pinochle: 10 am  
(2nd & 4th Monday)  
5 Crowns: 1:30 pm  
(1st & 3rd Monday)  
**TUESDAY:**  
Chair Yoga: 8:30 am  
Canasta: 9 am

Quilting: 9 am  
Railroad Club: 9:30 am  
(2nd & 4th Tuesday)  
Needle Crafts: noon  
Ping Pong: 1 pm  
Baggo: 1:30 pm  
**WEDNESDAY:**  
Fit & Fun: 9 am  
Farkle: 10 am  
Pinochle: 12:30 pm  
Blood Pressure: 12:30 pm  
(Last Wednesday of the  
month)

Bunco Bash: 1:30 pm  
(1st & 3rd Wednesday)  
**THURSDAY:**  
Mexican Train Dominos:  
10 am  
Bridge: 12:30 pm  
Scrabble: 1 pm  
(1st Thursday)  
Canasta: 2:30 pm  
**FRIDAY:**  
Fit & Fun: 9 am  
Hand & Pony: noon  
Bingo: 1 pm  
(2nd & 4th Friday)

## **QUILTERS**

Our club was established in 1992 and is a great way to make new friends and share your love of quilting. Our quilt club meets every Tuesday at the Rolling Meadows Senior Center from 9 am to noon. All you need is a needle and scissors, we have the thread and fabric!

## **NEEDLE CRAFTS**

Fiber artists of all skill levels are invited for a cup of tea and friendly conversation. Our group meets at the Rolling Meadows Senior Center on Tuesdays from noon-2 pm.

## **WOODSHOP**

We are a local club that meets Monday through Friday, 9 am to noon. The club is dedicated to increasing the enjoyment of woodworking. Woodworkers of all skill levels are welcome. Guests are invited to stop by one of our general meetings and see what we are all about.

## **BAGGO**

Bag-Go consists of tossing beanbags onto a bag-go board. Previous experience is required. This is not a league. We have a winner of the day each time. Join us for a few laughs and a little exercise on Tuesdays in the Senior Center Lounge.

## **BINGO**

Come out and enjoy a wonderful social group and play one of America's favorite past-times; Bingo. A great place to meet new people or to share an afternoon with your friends.

## **BUNCO BASH**

Do you love to play Bunco and need a social outing? Join our group for this enjoyable game and meet new friends.

## **PICKLEBALL**

Pickleball is perfect for all ages and offers a fun way to get in some quality exercise. September-May, the indoor Pickleball courts in our Community Center Gym are available Mondays, Wednesdays and Fridays 8-9:30 am and on Thursdays, noon to 3 pm. Nets, rackets and balls are available to use during those hours. For the summer months, June-August, take your game outside to Florey and Countryside Parks. Lockboxes with nets only will be unlocked at those two locations, Mondays through Fridays from 8:30 am-3 pm weather permitting. (Please note that during outdoor play, participants will need to bring their own rackets and balls.)

\*A nominal non-member fee is charged  
for all activities at the Senior Center.

# SENIOR CLASSES

## AARP DRIVER SAFETY PROGRAM 2018 SCHEDULE

Enroll in an AARP Driver Safety class today.

- Develop strategies to drive more safely
- Learn how to adjust for changes in vision and hearing
- Update your knowledge of the Rules of the Road

Classes are taught by trained, State of Illinois approved instructors.

Register at the Senior Center Office or call 847-818-3205.

Loc.: Community Center Conference Room

Day	Dates	Time	Fee AARP Member/Non-Member
Mon. & Tue.	4/16-4/17	9:30 am-1:30 pm	\$15/\$20
Mon. & Tue.	7/16-7/17	9:30 am-1:30 pm	\$15/\$20

## RULES OF THE ROAD REVIEW

Sponsored by the Office of the Secretary of State, this course is a great way to brush up on your basic road skills before taking the state written or driving test.

For more information call, 847-818-3205.

Pre-registration is required for these classes. Loc.: Senior Center

Day	Date	Time	Fee
Fri.	6/1	10 am-noon	Free

## featured Luncheons

### Happy Birthday Dean Martin

June 7 | Code: 19-9730

Ron and Sandie invite you to celebrate Dean Martin's 101st birthday featuring the songs that made Dino famous, songs by his rat pack buddies Frank & Sammy, songs by his favorite girl singers such as Doris Day, Julie London, Rosemary Clooney, Nancy Sinatra and Peggy Lee, and stories about Dean like his boxing past, how Ocean's 11 was made, and why Dean & Jerry walked away from their success. Lunch features a caesar salad, chicken vesuvio with vine-ripe tomato and fresh herbs, vesuvio potatoes, sugar snap peas with carrots and birthday cake. vine-ripe tomato and fresh herbs, vesuvio potatoes, sugar snap peas with carrots and birthday cake for dessert.

Tickets are not sold at the door. Cash bar. The Cotillion is located at 360 S. Creekside in Palatine near Route 53 and Northwest Hwy. Doors open at 11 am and lunch will be served at noon. This is a contracted event and non-refundable. Please notify the Park District of any food restrictions when you register, not the day of the event. Menu substitutions are not allowed. **\$32**

### Hot Summer Relief w/ Cool Jazz

July 24 | Code: 19-9731

Take a break from that summer heat and cool down with Charles Pansino as he treats you to a very special afternoon of Jazz and the Blues. Charles is an amazing vocalist and pianist that will make you feel alive and passionate about life and music. He will bring memories to the forefront as you recognize your old favorites as well as learn new songs as he serenades you. Lunch includes a house salad with choice of dressings, grilled chicken with a fresh basil sauce, duchess potatoes, chef's vegetables and rainbow sherbet for dessert.



S.O.S. stands for Seniors Out Socializing and our GYC seniors are dining out together monthly at some wonderful local restaurants. If you're over 50, a member of the Senior Center and would like to be part of this active group, call the Rolling Meadows Park District Senior Center Office, 847-818-3205 and ask to be added to the call list. Bon Appetit!

# FITNESS PROGRAMS

## FIT N' FUN

Get fit and have fun! This is a drop-in activity. Loc.: Community Center Auditorium

Day	Time	Fee
Every Mon./Wed./Fri.	9-9:30 am	Free to Members/\$1 for Non-Members

## Chair Yoga

Chair yoga allows you to enjoy the benefits of yoga like increased flexibility, balance, strength, overall health, and relaxation, without having to sit on the floor. These exercises are gentle and can be done by almost anyone. Optional standing poses using the chair for balance and stability will be offered.

Location: Community Center Auditorium

### Tuesday

Code	Dates	Time	Fee R/NR
18-5501	4/3-5/1	8:30-9:30am	\$32/\$48
19-5601	5/8-6/5	8:30-9:30am	\$32/\$48
19-5701	6/12-7/10	8:30-9:30am	\$32/\$48
19-5801	7/17-8/14	8:30-9:30am	\$32/\$48

### Thursday

Code	Dates	Time	Fee R/NR
18-5513	4/12-5/10	8:30-9:30am	\$32/\$48
19-5605	5/17-6/14	8:30-9:30am	\$32/\$48
19-5708	6/21-7/19	8:30-9:30am	\$32/\$48
19-5808	7/26-8/23	8:30-9:30am	\$32/\$48

## Tai Chi

### Friday

Taoist Tai Chi® Arts incorporates stretching and turning within a sequence of movements to improve the health of your body, mind and spirit. This course will enhance internal strength and energy, balance, vitality and stamina. This class can be done standing, sitting or in a wheelchair. Beginners should arrive a half hour early for an introductory instruction before the regular class starts.

Location: Community Center Dance Room

Code	Dates	Time	Fee R/NR
19-9408	3/16-4/27	9:30-10:30am	\$30/\$40
19-9500	5/4-6/15	9-10am	\$30/\$40
19-9715	6/22-8/3	9-10am	\$30/\$40
19-9800	8/10-9/21	9:30-10:30am	\$30/\$40

## 2018 GYC Fundraisers & Events

Come support your local Senior Center and have a great time doing it!  
If you have any questions on these events, please call us at 847-818-3205.

**Brunch & Blooms**, April 25, 10 am  
**Pancake Breakfast**, May 12, 8-11 am  
**Royal Weddings Tea**, May 23, 1 pm  
**9 & Dine**, June 27, 12:30 pm

**Sweet Sounds of Summer**, July 25, 4 pm  
**Senior Health Fair**, August 22, 10 am-2pm  
**City Luncheon**, September 11, 12:30 pm  
**European Crystal**, October 19, 11:30 pm

# SENIOR TRIPS

## “Once” at the Paramount

Once is based on the Oscar-winning movie and is an eight-time Tony Award-winning musical, including Best Musical, Best Actor and Best Book. Lunch is included at the Meyer Ballroom and it’s served buffet style.

Code #	Date	Time	Fee M/NM
19-9700	5/2	10:40am-5pm	\$75/\$85

## “Chicago!” at Big Noise Theatre

You’ll have a “killer” time at this sharp-edged satire featuring a jazzy score and razzle dazzle dancing. This Tony and Oscar winner is one of Broadway’s longest running and most popular shows! CHICAGO has everything that makes Broadway great: a universal tale of fame, fortune and all that jazz; one show-stopping song after another. No wonder CHICAGO has been honored with 6 Tony Awards, 2 Olivier Awards, a Grammy® and thousands of standing ovations. Lunch will be at Giacomo’s Ristorante Italiano at your own expense.

Code #	Date	Time	Fee M/NM
19-9701	5/9	11am-4:30pm	\$40/\$50

## Lombard Lilac Festival

We will visit Lilacia Park at the absolute height of the lilac season. We will enjoy a handicap accessible, 45 minute relaxed walking tour with areas to sit and walk along the way. While visiting Lilacia Park, we will stop by the historic Coach House. Handcrafted Lilac Time items will be on display and available for purchase from local artists. Afterwards, we will head to the historic Babcock’s Grove House for a delicious meal at your own expense.

Code #	Date	Time	Fee M/NM
19-9702	5/10	10:15am-3:15pm	\$25/\$35

## Go Cubs Go!

Experience a home game at Wrigley Field against the Philadelphia Phillies! We will provide transportation and the tickets. Be a part of the Cubs cheering squad.

Code #	Date	Time	Fee M/NM
19-9703	6/7	10am-6:30pm	\$67/\$77

## “Judy Garland” Come Rain or Shine

Award-winning Angela Ingersoll (End of the Rainbow) superbly captures the emotional and vocal power of Judy Garland with her great big voice and naturally winning humor live in concert. Lunch will be at your own expense at Two Brothers Roundhouse, the historic train station. The Roadhouse was constructed in 1856 and is the oldest limestone roundhouse in the United States; it’s even listed on the National Register of Historic Places.

Code	Date	Time	Fee M/NM
19-9704	6/10	11:45am-6pm	\$60/\$70

## “South Pacific” at Drury Lane

This Rodgers & Hammerstein landmark musical proves that even the backdrop of a tropical paradise cannot shelter its residents from the prejudices of World War II. South Pacific is the winner of the 1950 Pulitzer Prize for Drama and ten Tony Awards including Best Musical. Lunch will be served in the Drury Lane restaurant and will include a classic caesar salad, choice of lake trout or bistro steak, roasted shallot mashed potatoes and the chef’s selection of dessert.

Code	Date	Time	Fee M/NM
19-9705	6/14	10:45am-4:15pm	\$90/\$100

# SENIOR ● TRIPS.

## **Mitchell Museum of American Indian**

The Mitchell Museum of the American Indian is one of the only museums in the nation that focuses exclusively on the history, culture and arts of the American Indian and First Nation peoples of the United States and Canada. Our visit will include a 45 minute docent lead tour, a 30 minute craft and another 15 minute tour of the current temporary exhibit. Afterwards, we will have lunch at your own expense at Old Neighborhood Grill, a delicious, affordable Greek restaurant.

Code	Date	Time	Fee M/NM
19-9706	7/10	9am-3pm	\$25/\$35

## **Lake Geneva Luncheon Boat Tour**

Enjoy a 2.25 hour narrated historical tour of the entire lake and a sit-down plated meal. Lunch will include tenderloin beef tips in a burgundy mushroom sauce served on buttered egg noodles, fresh fruit platter, chef-selected side, vegetable, fresh rolls, apple pie, coffee or tea. The boat features upper and lower climate enclosed decks, bathrooms on both floors and a cash bar. We will have time to visit the nearby shops after the tour.

Code	Date	Time	Fee M/NM
19-9707	7/17	9:45am-5pm	\$80/\$90

## **“Cat on a Hot Tin Roof” at Drury Lane**

Cat on a Hot Tin Roof is a Pulitzer Prize winning play set in the plantation home of Big Daddy Pollitt, a wealthy cotton tycoon. The play examines the relationships among members of Big Daddy’s family, primarily between his son Brick and Maggie the “Cat” Brick’s wife, when skeletons surface. Lunch will be served in the Drury Lane restaurant and will include a Chef’s choice soup, choice of herb roasted chicken breast, roast turkey or bistro steak, roasted shallot mashed potatoes and the chef’s selection of dessert.

Code	Date	Time	Fee M/NM
19-9708	7/26	10:30am-5:15pm	\$80/\$90

## **Silk Avenue Scarf Making**

We will be rolling up our sleeves and decorating hand painted silk scarves in the studio of artist Jennifer Lagerwall. Silk Avenue utilizes the ancient Turkish art form “Ebru” (water marbling) to create beautiful one-of-a-kind silk scarves that takes the pattern directly from the water. The entire process is quite fascinating! We will each make our own scarf to keep. Lunch is included and will be served on site.

Note: One set of stairs will need to be navigated to get to the studio.

Code	Date	Time	Fee M/NM
19-9709	7/31	8:45am-3pm	\$60/\$70

## **White Sox vs Kansas City Royals**

Join us for an afternoon of food, fun, bingo & White Sox baseball. We will enjoy a 2 hour pregame patio party of a delicious all-you-can-eat menu featuring BBQ ribs, hamburgers, hot dogs, Cajun chicken, fried chicken, side salads and unlimited beer, wine and soft drinks. Come cheer the White Sox on as they match up against the KC Royals.

Code	Date	Time	Fee M/NM
19-9710	8/2	9:30am-6pm	\$78/\$88

# SENIOR TRIPS

## Enjoy a Taste of Kenosha and Racine

We will travel through, learn the history about and see the current progress of two lakefront Wisconsin towns: Kenosha and Racine. We will see the impact many companies and notable people from this area made on US history. Throughout the tour we will be picking up tasty treats from the ethnic groups who settled in the area including Italian, Danish, Polish, Czech and Mexican. We'll stop at the Reefpoint Brewhouse in the Racine marina for lunch. Lunch includes your choice of blackened pork chop avocado salad, grilled thai chili strawberry salmon salad, bacon wrapped stuffed meatloaf and louisiana chicken breast. Fee includes tour guide, lunch, "tasty treats" and gratuities.

Code	Date	Time	Fee M/NM
19-9711	8/14	8am-5pm	\$70/\$80

## Old Graue Mill and Museum

Graue Mill is the only operating waterwheel gristmill in the Chicago area. The Museum illustrates the way of life of area residents between 1850 and 1890 and the impact mills had on our culture. We will take a two hour, docent lead tour of the three floors and basement of the building (no elevators). We will also have time to go through the gift shop and even buy some of the cornmeal ground on the mill. Afterwards we will walk across the bridge to have lunch at the York Tavern, at your own expense, built in 1843.

Code	Date	Time	Fee M/NM
19-9712	8/21	9:15am-4pm	\$25/\$35

Hersey High School Presents:

Senior Citizen Day

At Atlantis Banquets

1273 N. Rand Road, Arlington Heights

Friday, April 27, 9:00 am to 1:00 pm

This year's theme is **Game Show - Senior Edition!**



We have secured two tables of ten (20 seats total). Because this free event is so popular, we will be drawing names to see who wins those tickets. If interested, fill out a ticket, (one per person) in the Senior Center Office and we will pick the 20 names on Friday April 13.



April Fundraiser  
**Brunch and Blooms**  
Wednesday April 25, 2018 10:00 AM

Please join us for a *Blooming* brunch as Peggy Garvin demonstrates her creative abilities in making three lovely floral arrangements that will be raffled off to the lucky winners.



Brunch Menu from Dee's Catering:

- Omelets
- Sausages
- Country style potatoes
- Fruit
- Juice
- Coffee
- Tea



*Immediately following  
brunch will be the floral  
demonstration*



**Code 18-BLOOMS**  
**\$10 Members - \$14 Non members**  
**Please register by April 18**

*Please sign up at the Rolling Meadows Senior Center  
3705 Pheasant Drive,  
Rolling Meadows, IL  
Phone: 847-818-3205  
Or at our website: <http://rmparks.org/>*

# GYC Pancake Breakfast



Saturday, May 12

8 am to 11 am

Code #: 19-pancake

**Adults; \$6 Children ages 4-12; \$4**

Children under 4 are free

**Park Central, 3000 Central Road, Rolling Meadows**

Park and enter through the banquet entrance  
in the rear of the building.

**Our chefs: The Rolling Meadows Fire Fighters**

Registration and payment at the  
Rolling Meadows Park District Senior Center,  
located in the Community Center.

All are welcome; young and not so young,  
residents and nonresidents.

Save money and register in advance  
or pay a \$1 extra at the door.

**Adults; \$7 Children ages 4-12; \$5 Children under 4 are free**

For more information, call the Rolling Meadows Park District  
Senior Center at 847-818-3205

Enjoy a wonderful breakfast while supporting Senior Activities  
and saying thanks to our firefighters for their service.