

**SPRING-SUMMER 2023**

# **SCHILLER PARK**

**RECREATION DEPARTMENT**



**SUMMER CAMP**



**SWIM LESSONS**



**CLOCK TOWER PARK**



# GENERAL INFORMATION



## INDIVIDUALS WITH DISABILITIES

Schiller Park Recreation Dept. services, programs and activities are subject to all applicable laws regarding non-discrimination, including the Americans With Disabilities Act (ADA). If you or a family member or friend has a disability and are interested in participating in or attending any of the programs or activities, the Recreation Dept. will make reasonable accommodations to hire qualified personnel and make reasonable accommodations to facilitate the opportunity. To assist us in making appropriate accommodations, we urge you to contact us in advance of program participation and discuss the necessary accommodation. Your ideas are welcome.

## ACCIDENT INSURANCE

The Village of Schiller Park Recreation Department does not carry medical or accident insurance for program participants. Participants should review their personal insurance before registering for the Village of Schiller Park Recreation Department programs to be certain of adequate coverage.

## DIAL-A-RIDE

Bus transportation from your door to anywhere in Leyden Township or to a bus stop for transfer to a Pace bus. To schedule a ride, call Valley Transit, Inc. at **888-699-6999** the day before you need service.

## PHOTO POLICY

The Schiller Park Recreation Department periodically takes photographs or video during a class, event or at facilities or parks. Please be aware that these photos/video are for use by the Village and may be used in Village publications. Please call the Recreation Department for additional information.

## PROGRAM CANCELLATIONS

The Schiller Park Recreation Department reserves the right to cancel any program, activity or event which does not meet minimum enrollment goals. Participants are strongly urged to register for programs, activities and events as soon as possible to avoid the disappointment of a canceled program. Should a program be canceled by the Schiller Park Recreation Department, a full refund will be issued.

## PARENT REMINDER

With your child's best interest in mind, we ask that parents do not remain in class, or bring other children into class during any of our youth programs. This may interrupt the participant's attention and inhibit the establishment of peer relationships. Thank you for your understanding and cooperation.

## SMOKING

Smoking is not allowed in the Village of Schiller Park Facilities and Playgrounds. Thank you for your cooperation.

## FITNESS MEMBERSHIPS OFFERED TO RETURNING MILITARY VETERANS

Mayor Nick Caiafa and the Village Board have approved a program to be offered through the Recreation Department to provide a complimentary one year fitness pass for military veterans returning to the community from active duty. A similar program is offered through our Special Recreation Association - NEDSRA, and was modified to meet the needs of our residents of Schiller Park. In a show of gratitude for veterans service, the Village is offering this free membership to the fitness center and basketball courts located at the Recreation Center. To qualify, they must be a resident of Schiller Park and be returning from active duty in the military.

# SAY HELLO TO CIVICREC

A RELIABLE,  
LANGUAGE  
INCLUSIVE,  
REGISTRATION  
SYSTEM!

To create your account online, please visit the Village of Schiller Park website at [villageofschillerpark.com](http://villageofschillerpark.com) and go to the Recreation Department for online registration.

For additional help, follow the steps provided in "Help & How To" then choose "Create New Account" under the catalog tab located on the left side menu.

**Resident Verification:** Proof of residency will be required to receive the resident rate for registration in the system. Stop by the Schiller Park Recreation Center to verify your residency with the following documentation: Valid Photo ID or one of the following : Tax bill, Lease, or current monthly Utility Bill.

- All programs have a minimum and maximum enrollment and will be filled on a first come, first serve basis. Waiting lists will be formed when programs are filled and every attempt will be made to accommodate persons on these lists.
- The Recreation Department may alter the schedule, cancel or add programs when enrollment warrants.
- The Recreation Department assumes no liability for personal injuries or for loss of personal property while attending Recreation Department activities. It is recommended that participants review their personal policies for coverage during leisure activities.
- Persons enrolling after the start of a program will be required to pay the total program fee.
- Refunds will not be made once a program has begun, unless the program is cancelled or a physician's excuse is presented. A \$5.00 service fee will be charged on all refunds except where a program is canceled.
- A \$25.00 service fee will be charged for checks returned "Non- Sufficient Funds".
- Only persons residing within the boundaries of the Village of Schiller Park are considered residents. Proof of residency is required.



SCAN TO REGISTER HERE

# START YOUR SUMMER OFF WITH A SPLASH!

TAKE A DIVE INTO THE  
ANNA MONTANA WATER PARK /  
MEMORIAL POOL

OPENING SATURDAY  
JUNE 10, 2023

## DAILY HOURS

**MONDAY - SUNDAY**

*(General Public Swim)*

12:00 p.m. - 6:00 p.m.

**MONDAY - FRIDAY**

*(18+ Adult Swim)*

11:00 a.m. - 12:00 p.m.

**\*RESIDENT SENIOR CITIZENS SWIM FREE**

**REGULAR POOL SEASON**

June 10 - August 20

**MODIFIED HOURS WEEK**

August 14 - 18



# 2023 POOL PASSES

Purchase at the Recreation Center

## DAILY ADMISSION

Resident (3 years & Over)	\$6
Non-Resident (3 years & Over)	\$12

## EARLY DISCOUNT SEASON PASS

\*April 3 - June 11

Resident (3 years & Over)	\$50
Non-Resident (3 years & Over)	\$100

## SEASON PASS

\*Starting June 12

Resident (3 years & Over)	\$55
Non-Resident (3 years & Over)	\$105

# SWIM LESSONS

\*8 lessons per each 2-week session

## DAYS

Mondays - Thursdays

## SESSIONS

1st session  
2nd session  
3rd session  
4th session

## DATES

June 12 - June 22  
June 26 - July 7  
July 10 - July 20  
July 24 - August 3

## AGES 5-13

9:30 - 10:05 a.m.  
10:15 - 10:50 a.m.  
6:15 - 6:50 p.m.

## PARENT AND TOT (UNDER 5)

10:15 - 10:50 a.m.  
6:15 - 6:50 p.m.

## PRICES

\$45 (Resident)  
\$55 (Non-Resident)

# POOL RENTAL

Available Friday - Sunday  
6:30 p.m. - 8:30 p.m.

## 2 HOURS

## 1-50 PEOPLE

## RENTAL PRICES

\$425 (Resident)  
\$525 (Non-Resident)  
*(+ \$10 each additional person)*

## OPEN SWIM PARTY

## 2 HOURS

## 1-10 PEOPLE

## \$50 DEPOSIT

## PUBLIC PARTY PRICES

\$150  
*(+ \$15 each additional person)*

## INCLUDES

Open swim parties include a private grass area with tables for 2 hours. (after two hours you can then stay with the general public)

SCHILLER PARK RECREATION DEPARTMENT

# SUMMER CAMP 2023

FUN HAS JUST BEGUN

**DISCOVERY GROUP**  
**(3-4 YEARS)**

**ADVENTURE GROUP**  
**(K-6TH)**

**TEEN EXPLORER GROUP**  
**(7TH-8TH)**

\*CHILDREN MUST BE POTTY TRAINED

## CAMP SESSIONS

<b>WEEKS 1 &amp; 2</b>	June 12 - 23
<b>WEEKS 3 &amp; 4*</b>	June 26 - July 7
<b>WEEKS 5 &amp; 6</b>	July 10 - 21
<b>WEEK 7</b>	July 24 - 28
<b>WEEK 8</b>	July 31 - August 4
<b>WEEK 9</b>	August 7 - 11
<b>WEEK 10</b>	August 14 - 18

\*THERE WILL BE NO CAMP JULY 4

## CAMP SWIM LESSONS

**9:30 - 10:05 A.M.** **DATES:** June 12 - August 3  
**AGES:** 5-13 **PRICES:** \$45 (R) / \$55 (NR)



## FEES

### ALL DAY CAMP

**7:30 AM - 6:00 PM**

<b>TWO WEEK</b>	<b>ONE WEEK</b>
\$320 Resident	\$160 Resident
\$420 Non-resident	\$210 Non-resident

### FULL DAY CAMP

**9:00 AM - 3:00 PM**

<b>TWO WEEK</b>	<b>ONE WEEK</b>
\$250 Resident	\$125 Resident
\$350 Non-resident	\$175 Non-resident

### HALF DAY CAMP (DISCOVERY ONLY)

**9:00 AM - 12:00 PM**

<b>TWO WEEK</b>	<b>ONE WEEK</b>
\$150 Resident	\$75 Resident
\$250 Non-resident	\$125 Non-resident

# WE'RE HIRING



15 year olds with work permit welcome to apply

- **LIFEGUARD**
- **SUMMER CAMP COUNSELOR**
- **AFTER SCHOOL COUNSELOR**
- **PARK MAINTENANCE**

SCAN THE  
QR CODE  
TO LEARN  
MORE



FOR MORE INFORMATION CALL THE SCHILLER PARK RECREATION DEPARTMENT AT: (847)671-8580



Putting People First



**A PROUD SERVICE  
OF THE VILLAGE OF  
SCHILLER PARK**

**NEDSRA**  
Special Recreation Association

Providing individuals with a disability recreational and social opportunities each year. Contact NEDSRA today for more information!





# GET YOUR WORKOUT ON!

## VISIT THE FITNESS CENTER

Fitness members enjoy the variety of cable machines, free weights, cardio equipment , and the group exercise room.



### HOURS

MONDAY TO FRIDAY

**9 AM TO 9 PM**

SATURDAY

**8 AM TO 5 PM**



*\*New rates effective January 2023*

# FITNESS MEMBERSHIP RATES

	1 YR.	6 MO.
Individual Adult Resident (18 & Over)	\$115	\$90
Individual Adult Non-Resident (18 & Over)	\$175	\$125
Individual Youth Resident (13-17)	\$90	\$75
Individual Youth Non-Resident (13-17)	\$125	\$100
Individual Senior Resident (55 & Over)	\$90	\$75
Individual Senior Non-Resident (55 & Over)	\$115	\$90
Family Resident Pass (2 Parent & 2 Children)	\$195	\$145
Family Non-Resident Pass (2 Parent & 2 Children)	\$260	\$210
Corporate Membership (Schiller Park Business)	\$135	---

*Fitness Members ages 13-15 must always be accompanied by a parent/guardian. For more info call 847-671-8580.*

# GYM RENTAL

*The gymnasium is available for rental during non-program hours.*

## GYMNASIUM RENTAL FEE

**\$65.00** per hour

## RESIDENT OPEN GYM PASS

**\$15.00** January 1 - Dec 31

*Proof of residency is required with pass purchase*

**Fitness Room Daily Fee: \$7**

**Replacement Pass: \$5**

# DROP-IN BASKETBALL

*\*included in fitness membership*

## HIGH SCHOOL/ADULT

Monday-Friday: 11:00 a.m. - 1:00 p.m.

Wednesdays: 6:00 p.m. - 8:00 p.m.

Fridays: 5:00 p.m. - 7:00 p.m.


## GRADES 1ST - 8TH

Monday-Friday: 3:00 p.m. - 5:00 p.m.

**\$3 RESIDENT    \$5 NON-RESIDENT**



# GROUP EXERCISE ROOM



## VISIT TODAY

The Group Exercise Room is designed for individual and small group training with added equipment that will allow members to experience non-conventional workouts. Ideal for open space exercises, circuit training, or meeting your personal fitness goals.

## HOURS

Monday-Friday (Seniors 55+)

9:00 a.m. - 11:00 a.m.

Monday-Friday (Fitness Members)

11:00 a.m. - close

Saturday (Fitness Members)

8:00 a.m. - close

# YOUTH PROGRAMS

## MAGIC CLASS

Children will amaze their family and friends with the tricks they learn from this class that involve cards, ropes, coins and more. Lessons are always age appropriate and never repeated in other sessions. Additionally, each child will receive their very own magic kit to take home.

**Location:** Norridge Recreation Center (Tot Room), 4631 N. Overhill, Norridge

**Date:** Tuesday, April 25 (6:45 p.m.-7:40 p.m.)

**Date:** Tuesday, June 27 (5:00 p.m.-5:55 p.m.)

**Ages:** 5 – 12

**Fees:** \$22 Resident/\$27 Non-Resident

**Instructor:** Gary Kantor



## ADULTS & PEDIATRICS FIRST AID/CPR/AED

Learn the lifesaving techniques of first aid, Cardiopulmonary Resuscitation (CPR), and AED. This class could help you save a loved ones' life.

**Location:** Schiller Park Recreation Center

**Date:** Saturday, May 20

**Date:** Saturday, July 22

**Time:** 9:00 a.m. – 1:30 p.m.

**Age:** 14 – Adult

**Fees:** \$65 Resident/\$75 Non-resident

**Instructor:** American Red Cross Certified Instructor

# SPRING BREAK CAMP

Join the Schiller Park Recreation Department for Spring Break Camp! Kids enjoy a variety of activities including gardening, caring for and watching a butterfly observatory, and scavenger hunts!

## DATES

March 27

March 28

March 29

March 30

March 31

April 3

April 4

## FEES

### PAY PER WEEK

\$210 Resident

\$220 Non-resident

### OR

### PICK AND CHOOSE YOUR DAYS

\$35 Resident

\$45 Non-resident

## TIME

7:30 a.m. – 6:00 p.m.



# KIDZ CLUB

- HOMEWORK HELP
- ARTS & CRAFTS
- GYM PLAY
- OUTDOOR GAMES

**BUS PICKUP**

## SCHOOL DAYS (MON-FRI)

SCHEDULES ALIGN WITH DISTRICT 81 SCHOOL CALENDAR



GRADES  
K-5th

## AFTER SCHOOL-6PM

SCHILLER PARK ACTIVITY CENTER  
9630 IRVING PARK ROAD

**\$250**  
A MONTH

(MONTHLY PAYMENT PLAN AVAILABLE)



SCAN TO REGISTER



# YOUTH SPORTS

## SPORT CLASSES

Have fun and learn something new! Our classes teach participants the basic skills needed to other build their love for a sport or develop a new one. Our classes are taught by trained staff members that will help cater to the needs of each participant solely on their skills.

### VOLLEYBALL

**Location:** Kennedy Park Volleyball Court

**Day:** Tuesdays

**Ages:** 13-17

**Dates:** June 2 - July 21 (*\*no class July 4*)

**Times:** 6:15 p.m.-7:00 p.m.

**Fees:** \$60 Resident / \$65 Non-Resident

**Instructor:** Mr V. Athletics

### SOCCER

**Location:** Kennedy Park / Shelton Field

**Day:** Tuesdays

**Ages 6-8:** (4:30 p.m. - 5:15 p.m.)

**Ages 9-12:** (5:15 p.m. - 6:00 p.m.)

**Dates:** June 13 - July 25 (*\*no class July 4*)

**Fees:** \$60 Resident / \$65 Non-Resident

**Instructor:** Mr V. Athletics

### BASKETBALL

**Location:** Schiller Park Recreation Center

**Day:** Thursdays

**Grades 1-4:** (5:00 p.m. - 5:45 p.m.)

**Grades 5-8:** (6:00 p.m. - 6:45 p.m.)

**Dates:** June 15 - July 27 (*\*no class July 6*)

**Fees:** \$60 Resident / \$65 Non-Resident

**Instructor:** Mr V. Athletics

## LEYDEN LEAGUES

This cooperative recreational league is between the Schiller Park Recreation Department, Park District of Franklin Park, Rosemont Park District, Leyden Township Recreation Department and Norridge Park District. Teams from each town are formed and play in weekly games at rotating locations. Teams practice once a week to learn fundamentals. Equal playing time is enforced for all players. Participants receive T-shirt uniforms. *Volunteer Coaches are needed, contact the Recreation Department at 847-671-8580 for further details.*

### SPORT

Youth Volleyball

Youth Basketball

### SEASON

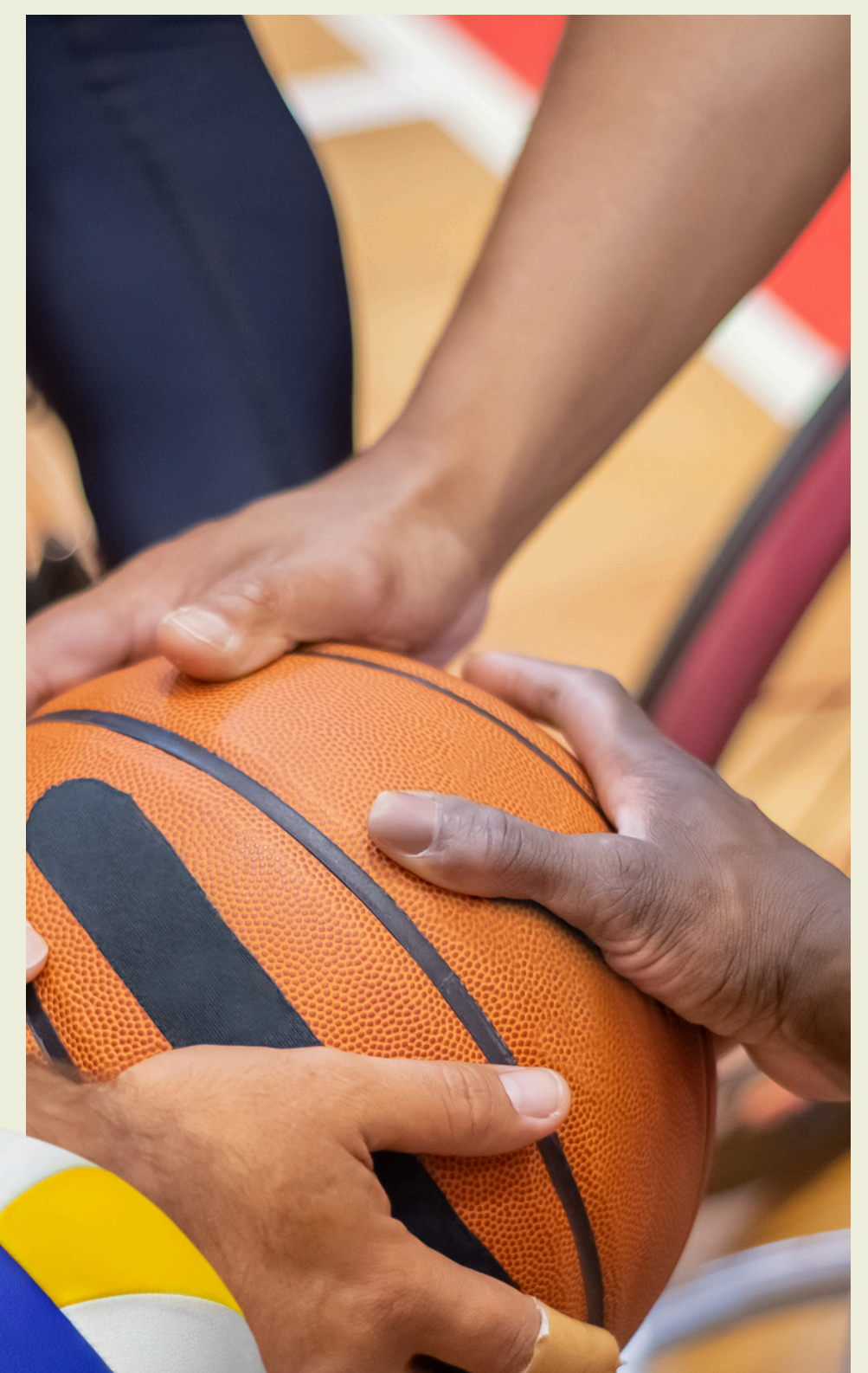
September-December

December-March

### GRADE

5-8

1-8



# YOUTH SPORTS

## BASEBALL/SOFTBALL

Schiller Park will be offering Fall Youth Baseball and Softball for ages 4-14 years of age. Age groups consist of T-Ball (4-6 yrs. old) coed and Baseball and Softball at the following age groups: 8U (7-8 yrs. old), 10U (9-11 yrs. old), 12U (11-12 yrs. old), and 14U (12-13 yrs. old; softball only). Age groups are determined by date of birth. Teams are formed based on registration and compete against surrounding communities. This league is a recreational program that emphasizes skill development, teamwork, and sportsmanship. Volunteer coaches are needed to insure a successful program for all. Registration and additional information are available at the Recreation Center.



**ON BEHALF OF THE SCHILLER PARK YOUTH BASEBALL AND SOFTBALL PROGRAM, THANK YOU TO ALL THE 2022 SPONSORS FOR TAKING THE TIME TO INVEST IN THE HEALTH OF OUR CHILDREN AND COMMUNITY. YOUR SPONSORSHIPS HAVE HELPED TO MAKE OUR PROGRAM A HUGE SUCCESS!**

**\*SPONSORSHIPS ARE CURRENTLY AVAILABLE FOR THE 2023 SEASON**

- |   |                                     |   |
|---|-------------------------------------|---|
| ● 13th Floor Haunted House              | ● First American Bank               | ● Orbit Machining Company               |
| ● A-Karrasel Child Care-Playhouse Inc.  | ● Friends of Robert Martwick        | ● SAM Petroleum LLC                     |
| ● American Turners                      | ● Fun & Games Playschool            | ● Schiller Park Firefighters Local 5230 |
| ● Amerline Enterprises                  | ● GMD Chicago Inc.                  | ● Schiller Park First                   |
| ● Animal Care Hospital of Schiller Park | ● Hot Rod Auto Truck Collision      | ● Sway Bar                              |
| ● Anna Rado Insurance Agent (Human)     | ● Illinois Broaching Company        | ● Top Quality Hardwood Flooring LLC     |
| ● ARRP Trucking & Hauling, Inc.         | ● Kitchen & Bath Direct, Inc.       | ● United Union of Roofers Local 11      |
| ● Atlas Employment Services, Inc.       | ● Manor Tool                        | ● Willow Electrical Supply Company      |
| ● Bacci Pizza                           | ● Mark Mikina Real Estate, Inc.     | ● Woodmen Life                          |
| ● Brad Stephens-State Representative    | ● McDonald's-Amapolas Schiller Park |   |
| ● D&P Construction Company, Inc.        | ● MJ Celco, Inc.                    |   |
| ● E.J. Basler Company                   | ● O'Hare Blue Sky Parking LTD       |   |
| ● Excel Screen Printing Embroidery      |                                     |   |

# YOUTH SPORTS

## GYMNASTICS & DANCE CAMP

This class will be filled with different types of music. Our instructor will be teaching a mix of gymnastics and dance together, letting children improve their strength, balance, and body control while infusing dance moves into their regimen.

**Location:** Schiller Park Recreation Center

**Days:** Tuesday - Thursday

**Date:** June 20 - June 22

**Ages:** 4-13

**Time:** 9:00 a.m. - 1:00 p.m.

**Fees:** \$60 Resident / \$65 Non-Resident

**Instructor:** Whitney Morris



## KH KIM TAEKWONDO

Taekwondo, one of the newest Olympic sports, is a 2000-year-old martial art, offering a variety of benefits for people of all ages and physical abilities. Students have the opportunity to improve concentration, self-esteem, achieve lifelong physical fitness, and learn self-defense skills. Classes are taught under the direction of G. Master Ki Hong Kim (9th Dan World Taekwondo Federation). Belt testing is offered through The KH Kim Taekwondo at an additional fee and is held twice a year. All colored belt students are required to have complete sparring gear.



**Location:** Schiller Park Community Center

**Day:** Wednesdays

**Session 1 dates:** May 10 - June 28

**Session 2 dates:** July 12 - August 30

**Fees:** \$60 Resident / \$65 Non-resident

**Uniform Fee:** \$50 (Paid to instructor)

### GROUP

Little Dragons

Early Taekwondo

Youth Taekwondo

Parent/Child Taekwondo

Adult Taekwondo

### AGE

(4-5 yrs.)

(6-7 yrs.)

(8-13 yrs.)

(7 yrs. & up)

(14 yrs. & up)

### TIME

5:00-5:40 p.m.

5:45-6:35 p.m.

6:40-7:30 p.m.

6:40-7:30 p.m.

6:40-7:30 p.m.

# SCHILLER BARK PARK

Show your pooch a fun time and enjoy Schiller Park's dog park located on Ruby Street (by the Metro Station). The park has benches, dog waste bags, trash cans, and a drinking fountain which includes a lower bowl for your dog. Dogs and their owners will have an opportunity to socialize with others in a secure area where pets can run off the leash, explore, and exercise. Dog owners that get their required dog license (obtained by showing proof of current rabies vaccine and paying a fee) can use the dog park. *The fee is \$7 (resident) or \$10 (non-resident).* Owners will receive their standard collar license tag which will allow access to the dog park. Dog license tags are good through June 30, 2024, and must be obtained annually at Village Hall or the Recreation Center.



# SCHILLER PARK COMMUNITY GARDEN

Show off your green thumb and plant some flowers! The Recreation Department will be hosting a community garden in the Spring. Residents will have their own garden plot. Due to limited space, if we receive more interest than plots are available, names will be drawn by lottery. To register, you must reside in Schiller Park and be 18 or older. Planting will begin in May.



# ADULT PROGRAMS



## STRONG NATION

Strong Nation is a 1-hour bodyweight exercise group class that blends plyometrics, muscle conditioning and intense cardio for the ultimate full body workout, but the key is the music. It's not a dance class, it's a revolutionary high-intensity workout led by music to help you make it to the last rep and maybe even 5 more. Every move has a beat making your workout even more efficient. Bring a mat, towel and water to the class.

**Location:** Schiller Park Community Center

**Instructor:** Lucie Andricic

**Days:** Tuesdays

**Ages:** 18 years & up

**Session 1 dates:** May 9 – June 27

**Times:** 7:00 p.m. – 8:00 p.m.

**Fees:** \$60 Resident/\$65 Non-resident

**Days:** Thursdays

**Ages:** 18 years & up

**Session 1 dates:** May 11 – June 29

**Times:** 7:00 p.m. – 8:00 p.m.

**Fees:** \$60 Resident/\$65 Non-resident

## ZUMBA FITNESS

Zumba fitness combines high energy and motivating music with unique moves and combinations that will allow you to dance away your worries. This is a fun class that offers cardio while sculpting your body.

**Location:** Schiller Park Community Center

**Day:** Mondays

**Ages:** 18 years & up

**Session 1 dates:** March 13 – May 1

**Times:** 6:00 p.m. – 7:00 p.m.

**Fees:** \$60 Resident/\$65 Non-resident

## PICKLEBALL

*\*free with fitness membership*

Pickleball is a simple paddle game played using a perforated, slow-moving ball over a tennis net on a badminton-sized court. The rules are simple and the game is easy for beginners to learn! It is a social sport and a great way to remain active. Get out there, get active, make some new friends, and have fun!

**Location:** Schiller Park Recreation Center

**Day:** Mondays-Fridays

**Times:** 9:00 a.m. – 11:00 a.m.

**No Fitness Membership Fees:** \$3 Resident / \$5 Non-resident



# SENIOR PROGRAMS

## CRAFTING DAYS

Looking for an activity that will get you out of the house and having some fun? Join us at the Recreation Center for themed crafting projects and socializing with fellow residents.

**Location:** Schiller Park Recreation Center

**Day:** Thursdays

**Ages:** Adults 62+

**Dates:** April 20, May 18, June 15, July 27, August 24

**Time:** 10:00 a.m. – 12:00 p.m.

**Fee:** \$5.00

**Instructor:** Mary Maltese, Senior Services Coordinator

Call to reserve your spot 847-678-8765 and payment will be taken at event

## ESSETRICS® AGING BACKWARDS

This class provides a dynamic, deep, full body stretch that will work through all your joints and release tight muscles. Effective for injury recovery and prevention, pain relief, stress release, and promoting healing.

**Location:** Schiller Park Community Center

**Day:** Mondays

**Ages:** 55 & older

**Session 1 dates:** May 15 – July 17 (No class May 29 & July 3)

**Session 2 dates:** July 24 – September 18 (No class September 4)

**Times:** 11:00 a.m. – 12:00 p.m.

**Fees:** \$40 Resident/\$45 Non-resident

**Instructor:** Patricia Trampas

## RULES OF THE ROAD REVIEW COURSE

The Rules of the Road Review Course is designed to give drivers – especially senior citizens and persons with disabilities – the knowledge and confidence needed to renew or obtain a driver's license. The review course combines an explanation of the driving exam with a practice written exam.

**Location:** Schiller Park Community Center

**Day:** Thursdays

**Ages:** 62 & older

**Dates:** September 28

**Times:** 10:00 a.m. – 12:00 p.m.

**Fee:** Free of Charge – Pre-Registration is Required

**Instructor:** Secretary of State Office

## BINGO + GENTLE EXERCISES = BINGOCIZE

Looking for a fun way to be more active? Bingocize is a 10-week program That combines the game of bingo with fall prevention exercises. Come play bingo and meet new people allwhile learning about techniques to reduce falls. Bingocize is excercise for your body, mind, and spirit.

**Location:** Schiller Park Community Center

**Day:** Wednesdays & Fridays

**Ages:** 55 & older

**Dates:** April 5 – June 9

**Times:** 10:00 a.m. – 11:00 a.m.

**Fee:** Free of charge – Registration is Required

**Instructor:** Provided by Age Options

**SCHILLER PARK SENIOR SERVICES**

**MARY MALTESE** Senior Services Coordinator

Direct Line: 847-678-8765 seniorservices@schillerparkil.us

