



Seasons

A bimonthly newsletter for FAB Adults

A Trio of Trips and Tours!

Civil War Series 1862 - The Battle of Shiloh and Chickamauga

March 29-April 5 2012 Code: 124502-02

7 days, 9 meals, 3 states and 5 hotels

\$1,299 per person, double occupancy

This trip will take you back in history as you will relive the Civil War Battle of Shiloh as it celebrates its 150th anniversary. Along the route you will enjoy a dinner cruise on the Memphis Queen, visit the Corinth Civil War interpretive Center, enjoy the Buttonwillow Church Dinner Theater, experience the Chickamauga National Military Park and the "Battle Above the Clouds," plus a visit to the Falcon Rest Mansion, the Battle of Franklin and Fort Defence. This trip is full of memories and amazing historical information. Complete details at Irwin.



Horseshoe Casino Fall Trip

Thursday, Oct. 20 10 - 4 p.m.

Code: 324610-20

Departs Irwin Center

Fee: \$36 R / \$41 NR Age: 21+

Travel by motor coach to the Horseshoe Casino in Hammond Indiana. You will receive \$10 in slot play and a free buffet lunch. Grab your friends and take a chance on this lucky day. Min. 25/Max 49.



Lunch Safari

11:15 a.m. Thursdays (dates below)

Departs Irwin Center

Fee: \$9 R / \$14 NR

Min. 5/Max 8

Do you enjoy dining out and trying new restaurants? Join the Lunch Safari and explore a different restaurant each month. you will order from the menu so you can choose your favorite things to eat. Please note fee is for transportation only and does not include the cost of your lunch. Please bring cash to pay for your lunch.

•**Sept. 8 Public Landing Restaurant in Lockport** - Featuring 11 lunch specials for \$14.95 from Pork Schnitzels to Gnocchi and many in between.

•**Oct. 13 America's Historic Roundhouse in Aurora** - Featuring lunch specials around \$10. Items ranging from hot sandwiches to wood-grilled pizza, pasta, and jambalaya.

•**Nov. 10 Old Town Restaurant in Lemont** - Featuring authentic European Cuisine. Lunch specials range from \$8.95 - \$14.95.



A Note from the Irwin Center

It amazes me how fast time passes as we are now heading into the fall season. This is my favorite time of the year. I enjoy how the colors paint the landscape, the crisp air

forces you to wear a favorite sweater and the bugs have diminished. We have had an exciting summer here at the park district and are looking forward to the offerings this fall.

The Fall Fashion Show and luncheon is Mon., August 29 starting at noon. This is a new program and we are looking for your support. Please join us for lunch as you watch your fellow community members model some of the latests fashions. We encourage you to invite your sisters, children or grandchildren to this event.

To prepare for the Veterans Day Celebration we are looking for pictures of residents in their military uniforms to be scanned and used in a presentation to help us honor those that have served our country. Please bring your photos into the Irwin Center by Nov. 1 with the soldier's name, rank, war in which they served and the photo's location. The picture/s will be scanned into a computer and returned to you that day.

You will begin to see a flurry of activities at the Irwin Center as preschool begins in early September. Our little ones arrive at 9 a.m. and leave at noon. Also starting late this month will be our after school program for Kindergarteners, first and second graders. (Please be patient while parking at the facility during the school year.)

The park district has planned several free events this fall that may interest you and your family. MusicFest is set for Sat., Aug. 27 in Irwin Park and presents several musical entertainers from our community. The event will offer food options and artisan vendors. The Fall Fishing Derby will be Sat., Oct. 8 at Dolphin Lake from 8 - 11:30 a.m. All participants have an opportunity to win raffle prizes. Grammas' Attic Crafts and More is here at Irwin on Sat., Oct. 8 from 9 a.m. - 2 p.m. The facility will host 45 vendors. We hope to see you soon. Enjoy this issue of Seasons!

Sincerely,
-LeeAnn Fisk, Zsa Juby & the Irwin Staff
lafisk@hfparks.com | 708-957-7275

UPCOMING PROGRAMS

Adult Bowling
Tuesdays Sept. 6 - Nov. 22
9:15 a.m.
Code: 322650-01

New for the 2011-2012 Season - you will need to register before Aug. 30 to be placed on a team. Registration is taken at the Irwin Center, Goldberg Administration Building, by phone or online at hfparks.com.

Join the fun on Tuesday mornings at the Brunswick Zone, 3034 W. 183rd St. in Homewood. This is a non-competitive league in a relaxed atmosphere. Play three games at \$1.50 per game. Shoe rental available for \$1.50 per week. Max. 48.

Wii Bowling League
Tuesdays Sept. 13-29
9:30 - 11:30 a.m.
Code: 322650-03

Join your friends in a friendly two-person team bowling league on the big screen with the Wii game system. You will have your game totals and average calculated each week. It's easy and fun. No need to have bowled in an alley to participate in this league. The final week will be a banquet with awards for your bowling accomplishments. Fee: \$5 R / \$7.50 NR (\$1 for 2 games)

Savvy Seniors Free!
Presented by Providence Life Services
Tuesday, Sept. 6 10 a.m.

Get informed on your options for later years. Learn about different housing opportunities and the strategies to pay for them. This seminar will help you make informative decisions for your own life.

Line Dancing

Are you looking for a fun way to exercise and an opportunity to meet new people? Join Anne on Mondays, Tuesdays and Fridays at 10 a.m. at the Irwin Center to begin the fun. You can learn at your own pace. There is a fee of \$2 per day for the class. Mark your Calendars for Monday, September 28. Anne will host a FREE demonstration at 1:00 p.m.

Game Day Free!
Fridays, 1 - 4 p.m.
Sept. 9 & 23, Oct. 14 & 28,
Nov. 18

Remember playing Yahtzee, UNO, Sorry, Scrabble Kings in the Corner, Checkers, or Dominos? We are now opening up room for you to come PLAY games. Grab a cup of coffee from our kitchen and enjoy the fun. The room is sure to be full of laughs.

Learn Facebooking here at Irwin
Instructor: Beatrice Friend
Mondays, 9 - 10:30 a.m.
Sept. 12-26
Code: 314629-03
Nov. 7-21
Code 314629-06

If you have a laptop computer bring it to this class as you will begin to learn how to connect with friends and family on facebook. Take a step toward increasing your confidence! This class is for FAB (Fifty-five And Better) adults who are interested in becoming more comfortable with facebook and internet communications. Fee: \$30 R / \$45 NR. Limit: 10

PARTIES & EVENTS!

FAB Anniversary Celebration

Wednesday, Sept. 21

Noon - 2 p.m.

Irwin Community Center

Sponsored by Dr. Bill McNeirny

Celebrate 28 years of fun for FAB seniors at the H-F Park District. Get ready to celebrate to the full throttle performance of Alex Baiby, a voice you will not forget. Fee includes lunch, entertainment and more! Register and pay by 5 p.m. on Monday, Sept. 19. Limit 120. Age 55+.

Fee: \$8 R / \$12 NR.

Code: 320609-09



HEALTH & WELLNESS

Foot Spa **Free!**

Tuesday, Sept. 13 & Nov. 15

1-3 p.m.

Irwin Community Center

Pamper your feet here at Irwin with the professional staff of Home Bound Healthcare. Warm Epson foot baths, massage, lotion and polish (if requested) are awaiting your feet. Please call to reserve your spot. Limit 12 per day. Age 55+.

Brain Builders Club **Free!**

Tuesday, Sept. 27

2-3 p.m.

Irwin Community Center

Code: 314633-09

This program will focus on brain games to stimulate three different areas of brain power. Come have fun while building mental muscle. Pre-registration is required to guarantee a seat. Max 30.

See Hear! See Hear! **Free!**

Monday, Aug. 29

10 a.m.-3 p.m.

Irwin Community Center

Stay healthy! Homewood-Flossmoor Lions Club along with the Lions of Illinois Foundation and the Illinois Retina Associates are offering a Diabetic Eye Screening. Stop by for your test.

Energized for Life

Session 1: Sept. 12 - Oct. 21

Session 2: Oct. 31 - Dec. 9

M,W,F 10:45-11:45 a.m.

Get going and add energy to your life. This fitness class includes stretching, toning, balance, light aerobics, breathing techniques, and marching to pump up the cardiovascular system. Each session ends with a cool down. Mark your calendar for Oct. 19 at 1 p.m. for a free demo.



Oktoberfest

Thursday, Oct. 13

6:30 p.m.

Irwin Community Center

It's time to celebrate German-style with the H-F Park District and Great Lakes 50. This evening of fun will feature a delicious German dinner of bratwurst, sauerkraut, German fried potatoes, red cabbage and German chocolate cake. Dance the night away with festive polkas

and more. Fee includes dinner, entertainment and more!

Register and pay by 5 p.m. on Tuesday, Oct. 11. Help us fill the shelves as food items will be collected for Respond Now food shelter. Limit 120.

Age 55+.

Fee: \$12 R / \$17 NR

Code: 320622-01

FAB Halloween Party

Monday, Oct. 31

Noon - 2 p.m.

Irwin Community Center

Sponsored by Arden Courts Alzheimer's Assisted Living of Hazel Crest

Time to get into the Halloween spirit as ghosts and goblins galore are guaranteed to have a hauntingly good time! Entertainment will feature Mihai Vlad, a very personable violin master whose program will include a wide variety of pieces including classical, popular, show tunes, and much more. Beware! There's no trick to it? Fee includes lunch, entertainment and more! Register and pay by 5 p.m. on Thursday, Oct. 27. Limit 120. Age 55+.

Fee: \$8 R / \$12 NR

Code: 320609-10



September

Thursday Sept. 1

9:30AM.....Keeping Current
12:30PM....Pinochle
1:30PM.....Warm Up America

Friday Sept 2

10:00AM ... Line Dancing
1:00PM.....Movie- *You Again*

Monday Sept 5

Closed Labor Day

Tuesday Sept 6

9:30AM..... Wii Bowling League
10:00AM.....Line Dancing
2:00PM..... Poker

Wednesday Sept 7

9:30AM-Noon.....Wii Bowling
11:00-Noon.....Free Blood Pressure Screening HBH
Noon..... Birthday Lunch
Roast Pork Loin, Oven Roasted Potatoes, Corn, Applesauce, Birthday Cake
1:00 PM..... Bingo

Thursday Sept 8

9:30AM.....Keeping Current
12:30PM....Pinochle
1:30PM.....Warm Up America

Friday Sept 9

10:00AM ... Line Dancing
1:00-4:00PM..... Drop in Game Day



Monday Sept 12

10:00AM...Line Dancing
Noon Let's Do Lunch
Stuffed Tomato w/Chicken Salad, Cottage Cheese, Fruit, Peach Cobbler
12:30.....Pinochle
1:00PM...Guest Speaker Ingalls Sr. Life(*Hypnosis Presentation*)

Tuesday Sept 13

9:30AM..... Wii Bowling League
10:00AM Savvy Senior Presentation by Providence Life Services
10:00AM...Line Dancing
1:00-3:00PM...Free Foot Spa by HBH

Wednesday Sept 14

9:00-11:30AM..... Wii Bowling
11:30AM....Prize Bingo & Brunch
Egg Souffle w/Cheese, Sausage Patty/Bacon, Hash Brown Potatoes, Croissant
1:00PM..... Bingo

Thursday Sept 15

9:30AM.....Keeping Current
12:30PM....Pinochle
1:30PM.....Warm Up America

Friday Sept 16

10:00AM ... Line Dancing

Monday Sept 19

10:00AM.....Line Dancing
Noon....Let's Do Lunch
Swedish Meatballs, Buttered Noodles, Mixed Vegetable, Tapioca Pudding
1:00PM.....Bingo
2:15-3:45PM.....Clever Craft Class

Tuesday Sept 20

9:30AM.....Wii Bowling League
10:00AM...Line Dancing
2:00PM.....Poker

Wednesday Sept 21

Noon.... FAB Anniversary Party
Roast Turkey, Mashed Potatoes w/Gravy, Green Beans, Cranberry Sauce, Pumpkin Pie
HAPPY BIRTHDAY Senior Center!

Thursday Sept 22

9:30AM..... Keeping Current
12:30PM....Pinochle
1:30PM.....Warm Up America

Friday Sept 23

10:00AM ... Line Dancing
1:00-4:00PM Drop in Game Day

Monday Sept 26

10:00AM...Line Dancing
Noon Let's Do Lunch
Baked Chicken Breast w/Gravy, Parsley Buttered Potatoes, Mixed Vegetable, Ice Cream Sundae
12:30 PM.....Pinochle
1:00 PM....Bingo

Tuesday Sept 27

9:30AM..... Wii Bowling League
10:00AM..... Line Dancing
2:00-3:00PMBrain Builders Club
Presented by Arden Courts

Wednesday Sept 28

9:30AM-Noon.....Wii Bowling
Noon..... Let's Do Lunch
Meat Loaf, Mashed Potatoes, w/Gravy, Green Beans, Apple Crisp
1:00 PM..... Line Dance with Anne Demo.

Thursday Sept 29

9:30AM.....Keeping Current
12:30PM....Pinochle
1:30PM.....Warm Up America

Friday Sept 30

10:00AM ... Line Dancing





October

Monday October 3

10:00AM...Line Dancing
 Noon Let's Do Lunch
 Pot Roast, Baby
 Potatoes, Carrots, Green
 Beans, Tossed Salad &
 Cake
 12:30PM.....Pinochle
 1:00PM..... LCR\$135
 2:15PM.... Drop in Senior
 Scrapbooking-FAB

Tuesday October 4

9:30AMWii Bowling
 League
 10:00AM.....Line
 Dancing
 2:00PM..... Poker

Wednesday Oct 5

9:30AM-Noon.... Wii
 Bowling
 Noon..... Birthday Lunch
 Mostaccioli w/Meatballs
 Italian Green Beans,
 Antipasto Salad, Birthday
 Cake
 1:00 PM..... Bingo

Thursday October 6

9:30AM.....Keeping
 Current
 12:30PM....Pinochle

Friday October 7

10:00AM.....Line Dancing
 1:00PM.....Movie – *The
 Lincoln Lawyer*

Saturday Oct 8

9:00 AM – 2:00 PM
 Grammas' Attic Crafts
 and More

Monday October 10

10:00AM...Line Dancing
 10:00-Noon.. FREE Chair
 Massage HBH
 Noon Let's Do Lunch
 Salisbury Steak
 w/Mushrooms, Oven
 Roasted Potatoes, Corn,
 Dutch Apple Pie.
 1:00PM..... Bingo

Tuesday October 11

9:30AM..... Wii Bowling
 League
 10:00AM..... Line Dancing

Wednesday Oct. 12

9:00-11:30AM..... Wii
 Bowling
 10:00-Noon Free Blood
 Pressure Screening HBH
 11:30AM....Prize Bingo &
 Brunch!!!!
 Scrambled Eggs, Sausage
 Links & Pancakes w/Syrup
 1:00PM..... Bingo

Thursday Oct. 13

9:30AM.....Keeping
 Current
 12:30PM....Pinochle
 6:30PM..... OKTOBERFEST
 Bratwurst, German Fried
 Potatoes, Red Cabbage,
 Saurkraut, German
 Chocolate Cake.

Friday October 14

10:00AM Line Dancing
 1:00-4:00PM.....Drop In
 Game Day

Monday October 17

10:00AM..... Line Dancing
 Noon....Let's Do Lunch
 Baked Fish Fillet, Baked
 Potato w/Sour Cream,
 Tossed Salad, Ice Cream
 Sundae
 1:00PM.....BINGO
 2:15-3:45PM..... Clever
 Craft Class (Gift Tags
 Galore!)

Tuesday October 18

9:00-Noon..Flu Shots-HBH
 9:30AM..... Wii Bowling
 League
 10:00AM..... Line Dancing
 2:00PM.....Poker

Wednesday Oct. 19

9:30AM-Noon.....Wii
 Bowling
 Noon.....Let's Do Lunch
 Stuffed Cabbage Roll,
 Hash Brown Potatoes,
 Peas & Cake.
 1:00PM.... Energize for
 Life demonstration
 1:30 PM ... Ardent Courts
 Brain Games

Thursday October 20

9:30AM.....Keeping
 Current
 12:30PM....Pinochle

Friday October 21

10:00AM ... Line Dancing

Monday October 24

10:00AM...Line Dancing
 Noon Let's Do Lunch
 Chicken Parmigiana,
 Mostaccoli, Green Beans &
 Ice Cream.
 1:00 PM.....Bingo

Tuesday October 25

9:30AM..... Wii Bowling
 League
 10:00AM..... Line Dancing

Wednesday Oct 26

9:30AM-Noon.... Wii
 Bowling
 Noon.....Let's Do Lunch
 Corned Beef & Cabbage,
 Baby Potatoes, Carrots,
 Bread Pudding.
 1:00PM..... LCR\$135

Thursday Oct. 27

9:30AM.....Keeping Current
 12:30PM....Pinochle

Friday October 28

10:00AMLine Dancing
 1:00-4:00 PM..... Drop In
 Game Day

Monday October 31

10:00AM...Line Dancing
 Noon FAB Halloween
 Party Booooo!
 Fried chicken, Mashed
 potato w/ gravy, Green
 beans and Chocolate
 brownie w/ ice cream
 12:30.....Pinochle





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Movie Reviews

*****Highly Recommended**

****Recommended**

***Not Recommended**



* The Adjustment Bureau
 ** Unknown
 *** The King's Speech
 *** The Dilemma
 ** The Green Hornet

The Lincoln Lawyer
 Friday, Oct. 7 • 1 p.m.

More than a decade after making a star turn in *A Time To Kill*, Matthew McConaughey stars in another legal-thriller adaptation. This time, Michael Connelly's novel *The Lincoln Lawyer* serves as the inspiration, providing a plot about a defense attorney who realizes his client has a connection to one of his old cases. (R/119 min.)



You Again
 Friday, Sept. 2 • 1 p.m.

Marni, a high-powered PR Pro, discovers that her brother is about to marry the woman who made her high school life a nightmare. The plot thickens as another rivalry between Marni's mom and the bride-to-be's aunt is revealed. Marni and her mom do their best to leave the past where it is, but as the big day approaches, the duo realizes that old grudges die hard. Jamie Lee Curtis, Sigourney Weaver and Kristin Chenoweth star. (PG/105 min.)



SKIFFEERF