

FAB fifty-five and better

Homewood-Flossmoor Park District | 708-957-PARK | hfparks.com

The FAB (Fifty-five And Better) Adult Center is located at the Marie Irwin Community Center, 18120 Highland Ave., Homewood. A varied schedule of activities is provided to help meet your social, fitness and leisure needs. There are no membership fees, and all FAB Adults are invited to participate.

Do you receive *Seasons*, the bimonthly newsletter for FAB Adults? It includes a calendar of events, activities and news items of interest. If you would like to receive a copy, please let the front desk staff at the Irwin Center know.

Senior Discount Guidelines: All programs listed in the FAB Adults section of the Park District brochure are pre-discounted. This discount applies to everyone who is 55 & Better, not just those over 62.

Adults, ages 62 years and better, who are H-F Park District residents, also receive a discount on two other eligible Park District programs per brochure. Once your birth date is entered into the H-F Park District computer system, you are eligible to receive two 50% discounts on non-contractual programs per brochure.

Thanks to our Senior Advisory Committee: Elaine Jones, Juanita Pinkston, Judi Polo-Sinclair, Bob Silverman, Stan Skalski, Doris Waldschmidt, Esther Walenga, Anthony Vronay and Irene Zalewski.

ST. PATRICK'S DAY PARTY

Sponsored by Providence Life Services

Calling all laddies and lassies who want to have a wee bit of fun and celebrate Irish style. Celebrate St. Patrick's Day with Johnny Gray and his lively Irish Tribute. Lunch will feature corned beef and cabbage. *Register and pay by 5 p.m. on Thursday, March 12. Max: 120.*

Location: Irwin Community Center
 Fee: \$8 R / \$12 NR

AGE	DATES	DAY/TIME	CODE
55+	Monday, March 16	Noon-2 p.m.	120609-03

SPRING FLING

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

Jazz things up this spring! Celebrate trees bursting into leaf, singing birds and blooming daffodils with a delicious lunch, friendly companionship and wonderful music by Maevis Jazz. *Register and pay by 5 p.m. on Thursday, April 23. Max: 120.*

Location: Irwin Community Center
 Fee: \$6.50 R / \$9.75 NR

AGE	DATES	DAY/TIME	CODE
55+	Monday, April 27	Noon-2 p.m.	120609-04

WEEKLY FUN @ IRWIN CENTER

FREE KEEPING CURRENT

Drop in for lively, interesting discussions about things that are happening in the world today. What news story captured your interest this week? What is on your mind? All participants and opinions will be respected in this current-events discussion group.

AGE	DATE	DAY/TIME
55+	ongoing	Th, 9:30 a.m.

FREE WEEKDAY BILLIARDS

Drop in for friendly games in a relaxed atmosphere. The pool room is reserved just for adults, 55 & Better, Monday-Friday from 8:30 a.m.-3 p.m. All levels welcome.

AGE	DATE	DAY/TIME
55+	ongoing	M-F, 8:30 a.m.-3 p.m.

AFTERNOON BINGO

If Bingo is your game then Irwin is your place for fun and low-key play. Bingo players are welcome to drop-in for an hour of play that begins promptly at 1 p.m. You do not have to attend lunch to play. See *Seasons*, the newsletter for FAB Adults, for specific dates.

AGE	DATE	DAY/TIME	FEE
55+	As scheduled	M/W, 1 p.m.	\$1/card



FREE Wii PLAY

Get in the game and discover the excitement of Wii play. A variety of games are played including bowling, skee ball, darts, Wii Fit, Dancing with the Stars, golf and more. After learning the basics you'll find the fun irresistible and contagious. It's fun and very easy to learn.

Instructor: Zsa Juby

AGE	DATES	DAY/TIME	FEE
55+	ongoing	Tu, 1-3 p.m.	Free
55+	ongoing	W, 10 a.m.-Noon	Free

PINOCHLE

Stimulate your mind with friendly pinochle play. Join the fun of rotating play where each game's winners move over to the next table. Six to seven games are played each day. Choose Monday or Thursday or both. Mentors are available for those just getting back into the game. *Max: 28.*

AGE	DATE	DAY/TIME	FEE
55+	ongoing	M & Th, 12:30-3 p.m.	\$2.50/day

LINE DANCING

Kick up your heels as you dance your way to fitness and good health. Beginners are welcome. Please stop by the front desk the first time you attend this fun and lively class. *Max: 30.*

Instructor: Ann Pelliccioni

AGE	DATE	DAY/TIME	FEE
55+	ongoing	M, Tu & F, 10-11:30 a.m.	\$2/day

GAME DAYS

Take a break from the ordinary and spend a fun afternoon playing LCR or Bean Bags.

AGE	DATE	TIME
55+	March 2 & 20, April 18 & 20 & May 20	1 p.m.

TAKE A SWING AT OUR
SENIOR MIXED GOLF LEAGUE!
SEE PG. 48 FOR DETAILS

CLEVER CRAFT CREATIONS

Release your creative spirit on Monday afternoons. Crafts vary by week. Help keep the FAB scrapbook up to date on the 1st Monday of the month, make items to sell at Gramma's Attic on the 3rd Monday of the month, or create something special for yourself or to give as a gift on the 2nd and 4th Mondays. Fees vary by project. See *Seasons* for more details. *Max: 12.*

Instructor: Zsa Juby
Location: Irwin Community Center
Day/Time: Mondays, 2:30-4 p.m.

TOPIC	DATES
Scrapbooking	March 2, April 6 & May 4
Gramma's Attic Workshops	April 20 & May 18
Crafts To Keep	March 9 & 23, April 13 & May 11

ADD MORE TO YOUR MONTH!

NEW COMPUTER BASICS

You can conquer the computer! This 3-week class is designed specifically for FAB adults to introduce you to the very basics of computer usage at a comfortable pace. You will walk away with confidence that you can use a mouse and keyboard, send and retrieve email, cruise through the world wide web of information and shop online safely.

Instructor: Beatrice Friend
Location: James Hart Tech Center
Fee: \$30

AGE	DATES	DAY/TIME	CODE
55+	March 7-21	Sat, 8:45-9:45 a.m.	114629-01

FREE TAX FORM PREPARATION ASSISTANCE

Volunteer AARP tax consultants will assist area seniors in preparing state and federal income tax forms. Bring last year's tax confirmation, your 1099 forms, W-2 forms and real estate taxes paid the previous year. Reservations must be made at the Irwin Center or by calling 708-957-PARK. Please don't wait until April if you want to secure a time!

Instructor: AARP Tax Consultants
Location: Irwin Community Center

AGE	DATES	DAY/TIME
55+	Feb. 2-April 15	M, W, Th, 9 a.m.-1 p.m.

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FREE BRAIN BUILDERS' CLUB

Keep your mind sharp and have fun building mental muscle. Meeting the second Tuesday of each month, Brain Builders will feature fun, interactive exercises that can help improve mental fitness. Presented by Arden Courts of Hazel Crest, it will alleviate your fears about what are natural changes to your mental functions by providing useful ideas and information you can easily use. Pre-registration is required to guarantee a seat. *Max: 12.*

Age: 55+
 Instructor: Beverly Fetherling
 Location: Irwin Community Center

SESSION	DATES	TIME	CODE
Brain Games	Tuesday, March 10	2-3 p.m.	114633-03
Brain Mapping	Tuesday, April 14	2-3 p.m.	114633-04
Simple Life	Tuesday, May 12	2-3 p.m.	214633-05
Organizational Techniques			

FREE IRWIN FAB CINEMA

Relax with an afternoon movie on the Irwin Center's big screen. The latest DVD releases are shown. Bring your own beverage and munch on free popcorn. Check *Seasons* – the bimonthly newsletter for FAB Adults – for complete movie listings.

Location: Irwin Community Center

AGE	DATE	TIME
55+	March 6 & 25, April 3 & 15, May 1 & 13	1 p.m.

POKER

Drop in for exciting but friendly poker play on the first and third Tuesday of every month. You will meet new friends and develop better poker skills as you play. Volunteers are available to introduce you to the game on request.

Location: Irwin Community Center
 Fee: \$5

AGE	DATE	TIME
55+	March 3 & 17, April 7 & 21, May 5 & 19	2-4 p.m.

FREE SING-A-LINGS

Share your love of singing your favorite tunes from the old standards to newer show tunes. The Sing-A-Lings have monthly rehearsals and perform 10-15 times each year. Please call ahead if you are interested in participating: 708-957-PARK.

Director: Rich Davidson
 Location: Irwin Center

AGE	REHEARSAL DATES	TIME
55+	March 19, April 16 & May 21	10-11:30 a.m.

FOR YOUR HEALTH & SAFETY

BLOOD-PRESSURE SCREENING

Provided by All Care Home Health on the fourth Monday of each month. No need to sign up in advance just drop by to have your blood pressure checked. A liability waiver must be signed.

Location: Irwin Center

AGE	DATE	TIME
55+	March 23, April 27 & May 18	11 a.m.-12:30 p.m.

FREE FOOT CARE BY DR. BILL*

You'll have happy feet with routine foot care by Dr. Bill McNierney. Monthly appointments are available by calling 708-957-PARK. Medicare covers cost, but it is your responsibility to check your coverage. A liability waiver must be signed.

Location: Irwin Center
 Fee: Check your Medicare plan

AGE	DATE	TIME
55+	March 30 & 31	1-5 p.m.
55+	April 29 & 30	1-5 p.m.
55+	Friday, May 29	9 a.m.-5 p.m.

NEW & FREE SPRING WALKABOUTS

Put some spring in your step and walk for energy and fitness. Join us for mid-morning walks throughout the Park District. An informational meeting and first walk will take place at the Irwin Center on April 7. *Max: 50.*

Location: Irwin Community Center

AGE	DATES	DAY/TIME	CODE
55+	April 7-May 26	Tu, 10:30-11:30 a.m.	112619-01

AARP DRIVERS' SAFETY

This AARP course will help you brush up on your driving skills by learning about safety and defensive driving. Eight hours of class work will be taught by an AARP volunteer on two consecutive days. Course completion may make you eligible for a reduced auto insurance rate. Although you pay the instructor the morning of the first class (make check payable to AARP) pre-registration is required. *Max: 30*

Instructor: Joyce Madison
Location: Irwin Community Center
Fee: \$12 AARP members / \$14 non-members

AGE	DATES	DAY/TIME	CODE
50+	April 1-2	W/Th, 9 a.m.-1 p.m.	114630-01

LET'S DO LUNCH*

Mondays & Wednesdays • Noon @ Irwin Center

Break up your busy day with a relaxing, catered lunch at the Irwin Center. The social scene starts about 11:30 a.m. with lunch served at noon. Hang out until 1 p.m. for a movie, informative speaker or the fun of bingo, LCR or beanbags. To reserve your spot, please call 708-957-PARK by noon on Friday (for Monday's lunch) or Tuesday (for Wednesday's lunch.)

Fee: \$3.75 R / \$5.50 NR.

