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DECATUR, IL  
PERMIT NO. 330



# Trips & More

April - September 2017

## Events for those 55 and Better!

### FIT 3 at the DISC

If you're age 50 or better, get healthy with Fit 3! Our certified instructors provide individualized training on the fitness machines, then develop a program just for you. Receive 3 FREE visits to the DISC, newsletters with information on health screenings, and valuable health tips provided by Decatur Memorial Hospital. The Fit 3 program benefits from a generous donation from the Whinnery Trust.

#### Health Screenings

Take advantage of the DISC's free or low-cost health screenings provided by DMH! Each month from 7 - 9 a.m., DMH offers a specific screening test, along with free blood pressure checks. Visit [decaturnparks.org](http://decaturnparks.org) online or call the DISC at 429-3472 for more information. Upcoming 2017 dates: April 12 & May 31.

#### Forever Fit

Forever Fit is an exercise program designed just for you! This low-impact class improves flexibility, endurance and strength, leading to more energy, confidence, and satisfaction in your daily life. Each day of the week offers something different! Call the DISC at 429-3472 for days, times and fee.

#### Fun Fridays

Come play games and puzzles that stimulate the brain to keep your mind sharp!

**Date:** 2nd & 4th Fridays of each month

**Time:** 9 -10 a.m.

**Location:** DISC, 1295 W. Wood

1295 W. Wood • Decatur, IL 62522 • 217/429-3472



#### Easter Brunch & BINGO

Welcome in spring with a delicious brunch at the Johns Hill Center! Try your luck at BINGO afterwards and win some great prizes.

**Date:** Tuesday, April 11

**Time:** 11 a.m.

**Cost:** \$10

**Home pick-up:** \$2

**RSVP:** April 4

#### Mothers' Day Lunch & BINGO

It's Mothers' Day! Be our special guest at the Johns Hill Center for lunch and BINGO!

**Date:** Wednesday, May 10

**Time:** Noon

**Cost:** \$10

**Home pick-up:** \$2

**RSVP:** May 3

#### Country Thyme Tea Room

Join us for a trip to Paxton, IL where we'll visit the Country Thyme Tea Room.

**Date:** Thursday, April 13

**Time:** Van leaves at 9:30 a.m.

**Cost:** \$43 (\$40 with resident discount)

*Price includes meal*

**Home pick-up:** \$2

**RSVP:** April 6

#### Lunch at Bonanza & Russell Stover Candy Store

We are going to Lincoln to eat a scrumptious lunch at Bonanza. After lunch, we will stop at Russell Stover candy store for some sweet treats.

**Date:** Tuesday, May 23

**Time:** Van leaves at 10 a.m.

**Cost:** \$18 (\$16 with resident discount)

*Lunch will be at your own expense*

**Home pick-up:** \$2

**RSVP:** May 16

#### Macon County Senior Center and Johns Hill Center Co-op Mini Golf Day

Come out and join us for a fun day of mini-golf! Coffee, juice, and doughnuts will be served. We'll also have great door prize giveaways. Transportation provided from both facilities to Overlook Adventure Mini Golf the day of the event.

**Date:** Thursday, April 20

**Time:** 9:30 a.m. - 11:30 a.m.

**Cost:** \$3

**RSVP:** April 17

#### Summer Cookout

It's time for Johns Hill Center's summer cookout! We'll grill up our awesome hamburgers and hot dogs and serve other great summer side dishes and desserts.

**Date:** Friday, June 23

**Time:** Noon

**Cost:** \$10

**Home pick-up:** \$2

**RSVP:** June 13

#### Mexican Fiesta Lunch & BINGO

We are cooking up some of your favorite Mexican dishes. Join us for lunch and BINGO!

**Date:** Tuesday, July 11

**Time:** Noon

**Cost:** \$10

**Home pick-up:** \$2

**RSVP:** July 6

**Door-to-door transportation is available for just \$2.00 per trip. Call 429-7750!**



### Green Mill Village “Adam & Eve Go to Marriage Counseling” Dinner Theatre

Join us as we head to Arcola, IL to the Green Mill Theatre for “Adam & Eve Go to Marriage Counseling.” Adam and Eve have been married for thousands of years, but lately things aren’t going so well. It’s just one fight after another about who really wears the pants in this romantic comedy.

**Date:** Wednesday, July 12  
**Time:** Van leaves at 10:30 a.m.  
**Cost:** \$48 (\$45 with resident discount)  
**Home pick-up:** \$2  
**RSVP:** July 5

### Muni Theatre & Golden Corral

Spend a night at the movies at the Muni Theatre when we travel to Springfield to see *Grease*. This is an amazing outdoor theatre, so the show won’t start until dark (8:30 p.m.). Before the show we’ll stop to eat at the Golden Corral.

**Date:** Wednesday, August 16  
**Time:** Van leaves at 5:30 p.m.  
**Cost:** \$23 (\$20 with resident discount)  
*Dinner is at your own expense*  
**Home pick-up:** \$2  
**RSVP:** August 9

### 14th Annual Luau

It’s time for Johns Hill Center’s annual luau! Stop by for a festive lunch and play BINGO for some great Hawaiian prizes.

**Date:** Monday, August 28  
**Time:** Noon  
**Cost:** \$10  
**Home pick-up:** \$2  
**RSVP:** August 21



### Fall Lunch

Come to Johns Hill Center for a delicious fall lunch!  
**Date:** Friday, September 22  
**Time:** Noon  
**Cost:** \$10  
**Home pick-up:** \$2  
**RSVP:** September 12

### Golf Cart Bike Trail Tour & Panera

Head out with us on a golf cart tour to see our beautiful trails and enjoy some hot soup and coffee from Panera.

**Date:** Tuesday, September 26  
**Time:** 11 a.m.  
**Cost:** \$15 (\$12 with resident discount)  
**Home pick-up:** \$2  
**RSVP:** September 19

### National Senior Health & Fitness Day

Join the DISC and organizations across the country in celebration of National Senior Health & Fitness Day, the nation’s largest health promotion event for older adults. Enjoy health screenings courtesy of DMH, exercise activities, and giveaways.

**Date:** Wednesday, May 31  
**Time:** 8 - 11 a.m.  
**Location:** DISC, 1295 W. Wood

### Pickleball Leagues at Cresthaven Park

Pickleball is easy to learn and fun to play, whether you’re 5, 85 or somewhere in between! Cresthaven Park is now home to a new pickleball league, consisting of 10 games of scheduled double play and a single elimination tournament. Teams are made up of two players aged 16 and up. For information on how to play or if you are in need of a playing partner, call Rachael at 429-3472 or stop by the DISC.

**League Dates:** Mondays, May 1 - June 26  
**Time:** 6 - 10 p.m.  
**Fee:** \$100 per team  
**Location:** Cresthaven Park

**IMPORTANT: Doors at Johns Hill will not be open until one half hour before activities and meals scheduled at the center. Off-site trips will depart from Johns Hill Center unless otherwise noted. Thank you!**



## Johns Hill Center

Johns Hill Center, 601 S. Jasper  
**Phone:** 429-7750

Classes, special events and trips are open to adults 55+. Programs below are held at the Center unless otherwise noted.

### Bunco

Roll the dice! This game is easy to learn and can be played with any number of people. Prizes will be awarded each month.  
**Date:** 3rd Tuesday of each month  
**Time:** 12:30 p.m.  
**Fee:** \$4 per person

### Watercolor Class

Learn about watercolors in this class taught by local professional artist Don Gruber.  
**Date:** Thursdays, September - May  
**Time:** 9 - 11 a.m.  
**Fee:** \$25 every three months

### Game Day

Enjoy a good old-fashioned game of cards! Play bridge, rummy or pinochle. You do not need to bring a partner.  
**Date:** Fridays  
**Time:** 1 - 4 p.m.  
**Fee:** \$1 refreshment donation

### Cookin’ with the Chorale: The Great Outdoors Presented by WAND-17

Picnic in the park and enjoy music by the Greater Decatur Chorale and special guests Christine Smith and the Millikin’s Children Choir! Directed by Ted Hesse and accompanied by Anita Gifford, the Chorale celebrates over 30 years and features over 70 talented vocalists. This event is free and open to the public. Concessions and hot grills for cooking will be available at 5 p.m.  
**Date:** May 27 & 28  
**Time:** 6 p.m.  
**Location:** Fairview Park Pavilion #1



### Zoo-rific Evening In Las Vegas Saturday, August 26 ♦ 5 p.m. ♦ \$75 per person

Don’t miss the 2017 Zoo-rific Evening in Las Vegas, featuring a grand buffet, casino games, animal interactions, Elvis (yes, Elvis!), and a fabulous auction in “The Lounge” at the end of the evening! All proceeds benefit renovations at Scovill Zoo. For tickets and sponsorship information, call the Decatur Parks Foundation at 422-5911.

### Volunteer at the zoo!

Love animals, families, and kids? Volunteer at Scovill Zoo! Call 421-7435 to learn more!



### Park Watch Program

The Park Watch program helps prevent crimes in our parks, properties, and facilities. Park Watch offers rewards for information leading to the arrest of individuals responsible for these crimes. Please be on the lookout. Park District property belongs to all in our community and is supported by tax dollars. If you witness suspicious activity or have a tip, call Park Watch at 422-5911. You may receive a cash reward of up to \$1,000. All tips and information are helpful, and you may remain anonymous.

Emergencies	911
Crime, vandalism or suspicious activity	422-5911
Macon County Dispatch	424-1311
Decatur Park District Office	422-5911



**Decatur Park District**