

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. Upcoming dates: October 12, November 9, December 14, January 11, February 8, and March 8. Call 429-3472 for more information.

Fun Fridays

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

Date/Time: 9 - 10 a.m. on the 2nd & 4th Fridays of

each month starting on October 14

Location: DISC, 1295 W. Wood

Forever Fit

This low impact class is designed to improve flexibility, endurance, and strength for participants, leading to more energy, confidence, and satisfaction in their daily lives. Each day of the week offers something different! Call 429-3472 for details on days and times.







Trips & More

October 2016 - March 2017

Events for those 55 and Better!

Murder Mystery Dinner in Arcola

Test your detective skills and join us for the murder mystery "Murder on the Disoriented Express" in Arcola. Enjoy some fun entertainment and dinner.

Saturday, October 30 Date: Time: Van leaves at 2:30 p.m.

\$53 (\$50 with resident discount) Cost:

Meal is included.

RSVP: October 24

Chili Lunch & BINGO

Stop by Johns Hill Center and enjoy a delicious chili lunch and BINGO!

Monday, October 31 Date:

Time: Noon Cost: \$10 RSVP: October 24

Hoogland Theatre and Lunch at Smokey Bones

Take a trip with us to the Springfield Hoogland Theatre and enjoy the show Crimes of the Heart. We'll also stop for a delicious lunch at Smokev Bones.

Sunday, November 13 Date: Van leaves at 11 a.m. Time:

\$28 (\$25 with resident discount) Cost:

Lunch at your own expense.

RSVP: November 10

Thanksgiving Lunch

Are you ready for some good ol' Thanksgiving food? Join us while we serve all of the Thanksgiving classics!

Friday, November 18 Date:

Time: Noon Cost: \$10

RSVP: November 11

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

Christmas Lunch & BINGO

Celebrate the holiday season with friends during our annual Christmas meal. Fill up on all of the holiday dishes then win some awesome BINGO prizes. Jolly 'ol Saint Nick may stop by to say hi!

Tuesday, December 13 Date:

Noon Time: \$10 Cost:

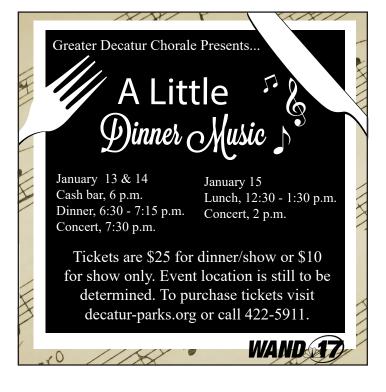
RSVP: December 9

A Swingin' Little Christmas at Little Theatre on the Square

Get in the Christmas spirit with us as we travel to Sullivan to see A Swingin' Little Christmas.

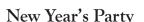
Date: Saturday, December 17 Time: Van leaves at 12:30 p.m. \$43 (\$40 with resident discount) Cost:

RSVP: December 15



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





Decatur

Happy New Year! Come celebrate the first day of 2017 with us. This is a free event. We just ask that you bring your favorite snack to share. Stay and play cards or one of your favorite games!

Date: Sunday, January 1

Time: 1 - 4 p.m. Cost: Free

RSVP: No RSVP needed

Winter Cookout & BINGO

Do you miss the warm weather? Do you miss grilled food? Come on out and enjoy some grilled hot dogs and hamburgers!

Date: Wednesday, January 18

Time: Noon Cost: \$10

RSVP: January 13

I Do I Do Performance in Washington, IL

Enjoy a dinner and show at the Five Points Washington in Washington, IL. We'll be seeing Conklin's *I Do I Do.*

Date: Sunday, February 12 Time: Van leaves at 1 p.m.

Cost: \$58 (\$55 with resident discount)

Meal is included.

RSVP: February 7

Sweetheart Lunch & BINGO

Celebrate Valentine's Day with a delicious meal and win some great BINGO prizes!

Date: Tuesday, February 14

Time: Noon Cost: \$10

RSVP: February 10

St. Patty's Day Lunch

Wear your green for a festive St. Patty's Day lunch and enjoy corned beef and cabbage.

Date: Friday, March 17

Time: Noon
Cost: \$10
RSVP: March 13



Possible Chicago Trip to Medieval Times Show

We are considering traveling to Chicago in March for a Medieval Times dinner and show. There's no date set yet. We want to see if anyone is interested before we order the show tickets. If you are interested in going, please call Dana or Sparkle at 429-7750 as soon as you can.

NEW! Adult Coloring at Johns Hill Center

Socialize with friends and relieve stress with some adult coloring activities! We will provide coloring tools, snacks, and drinks.

Date: Wednesdays, October 5 - February 22

Time: 9 - 11 a.m. **Cost:** Free

Get Fit 4 Fall at the DISC!

September 1 - October 31, 2016

Get Fit 4 Fall at the DISC, featuring an indoor running track, fitness center, rock climbing wall, child care, fitness classes, basketball and volleyball courts, indoor golf center, and more! The DISC's "fall-ing rates" promotion includes adult, family, and senior full-facility annual pass discounts. Seniors enjoy a low \$22/month rate and senior couples can join for just \$32/month. Call 429-3472 for more information!

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!

Pajama Party with Santa

Saturday, December 10 1 - 3 p.m. or 5 - 7 p.m.

Scovill Zoo, 71 S. Country Club Rd.

Want to make special holiday memories with your grandchildren? Accompany them to Scovill Zoo's PJ Party with Santa! Kids aged 3 - 10 can bring their pillow and wear their favorite pajamas as they make an ornament, decorate cookies, meet some amazing animal friends, and hear a story from Santa and Mrs. Claus. Be sure to bring your camera! Fee is \$15 (\$12 with resident discount). To register, call the zoo at 421-7435 or visit www.scovillzoo.com.

Greater Decatur Chorale Auditions

Do you love singing and sharing your talent with the community? Audition for the Greater Decatur Chorale! This amazing adult choir, directed by Ted Hasse and accompanied by Anita Gifford, is comprised of 70+ adults. Concerts include a dinner theatre performance in January and the Moweaqua Pow Wow, among others.

Auditions: January 30, 6 - 7 p.m. (Spring Semester)

Rehearsals: Mondays, 7 - 9 p.m. Fee: \$40 per semester

Costumes/tux rental not included

Note: To audition, please prepare a song of your choice. A tape or CD may be used as accompaniment. You may be asked to sight read or perform tonal memory singing. For an appointment, call Marie Jagger-Taylor at 421-6648.

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.

Watercolor Class

Come join this painting class and learn about watercolors. Taught by Don Gruber.

Date: Thursdays, September - May

Time: 9 - 11 a.m.

Fee: \$25 every three months

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
Time: 12:30 p.m.
Fee: \$4 per person

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

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

