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PERMIT NO. 330



Trips & More

April - September 2018

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 online or call the DISC at 429-3472 for more information. Upcoming 2018 dates: April 11 & May 30.

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 do 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

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

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 Park the day of the event.

Date: Thursday, April 19

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

Cost: \$3

RSVP: April 17

Spring Lunch & BINGO

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

Date: Tuesday, April 24

Time: Noon

Cost: \$10

RSVP: April 17

Mothers' Day Lunch & BINGO

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

Date: Monday, May 14

Time: Noon

Cost: \$10

RSVP: May 7

Wild Hare Cafe

We are going to Elkhart to eat a scrumptious lunch at the Wild Hare Cafe. *Cost of lunch is not included*

Date: Wednesday, May 23

Time: Van leaves at 9:45 a.m.

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

RSVP: May 16

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 demonstrations, and giveaways.

Date: Wednesday, May 30

Time: 8 - 11 a.m.

Location: DISC, 1295 W. Wood

Summer Cookout

It's time for Johns Hill Center's summer cookout! We will be grillin' up some hamburgers and hot dogs and serving great summer side dishes and desserts.

Date: Friday, June 15

Time: Noon

Cost: \$10

RSVP: June 8

Brunch Lunch & BINGO

We are cooking up some of your favorite brunch dishes. Join us for brunch and BINGO at Johns Hill Center!

Date: Wednesday, July 18

Time: 11 a.m.

Cost: \$10

RSVP: July 11

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





“The Unsinkable Molly Brown”

Myers Dinner Theatre

This spirited tale of a legendary, real-life American original follows the exploits of Molly Brown. Her feisty determination leads her to rise above her impoverished beginnings from the backwoods of Hannibal, Missouri to the palaces of Europe.

- Date:** Wednesday, July 25
- Time:** Van leaves at 8:30 a.m.
- Cost:** \$53 (\$50 with resident discount)
- RSVP:** July 11

Muni Theatre & Golden Corral

Spend a night at the movies at the Muni Theatre when we travel to Springfield to see *Annie*. This is an amazing outdoor theatre, so the show won't start until dark. Before the show we'll stop to eat at the Golden Corral Buffet. *Dinner is at your own expense*

- Date:** Wednesday, August 8
- Time:** Van leaves at 5:30 p.m.
- Cost:** \$23 (\$20 with resident discount)
- RSVP:** August 1

15th 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 27
- Time:** Noon
- Cost:** \$10
- RSVP:** August 20



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:** Wednesday, September 12
- Time:** 11 a.m.
- Cost:** \$15 (\$12 with resident discount)
- RSVP:** September 5

Fall Lunch

Come to Johns Hill Center for a delicious fall lunch!

- Date:** Friday, September 25
- Time:** Noon
- Cost:** \$10
- RSVP:** September 18

Senior Olympics (April 2 - 26)

Men and women aged 50+ are invited to compete in one or more of 12 different events during the month of April. All participants will receive an event tee, and medals will be presented to the top 3 winners in each category! Registration forms are available at the DISC and online at decatur-parks.org.



Events: Bags, Billiards, Bowling, Bridge, Cycling, Free Throw Shooting, Golf, Mini Golf, Pickleball, Rope Skipping, Table Tennis, Track & Field, Wii Bowling

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 home to the pickleball league, consisting of 10 games of scheduled double play and a single elimination tournament. For information on how to play or if you are in need of a playing partner, call 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:** 2nd Thursday 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: "It's a Grand Night for Singing!" Presented by WAND-17

Picnic in the park and enjoy music by the Greater Decatur Chorale! Directed by Ted Hesse and accompanied by Anita Gifford, the Chorale celebrates over 30 years and features over 70 talented vocalists. Concessions and hot grills for cooking will be available at 5 p.m.



- Date:** May 26 & 27
- Time:** 6 p.m.
- Location:** Fairview Park Pavilion #1

Zoo-rific Evening Saturday, August 18 ♦ 5 p.m. \$75 per person

Don't miss the 2018 Zoo-rific Evening at Scovill Zoo, featuring animal interactions, heavy horsd'oeuvres from your favorite local restaurants, and a fabulous auction 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