



Adult & Senior Programs

Sip & Craft – String Art

Let's try something new - String Art! Follow the instructor as she guides you through the skill. The kit provided gives you everything you need to make a complete project. Light refreshments will be provided. You are welcome to bring your own beer or wine to enjoy during the craft. Must be 21+ years. I.D's will be checked. **Registration deadline is 8/28.**



Ages: 21+ yrs Time: 6:30pm - 8:30pm Fee: \$25R/\$30NR		
Day	Date	Code
Thu	Sept 07	44051AG
Location: The Woodlands at White Oaks Park (111 S Wood Dale Rd)		

Container Garden Creation

Join The Conservation Foundation for an immersive container gardening workshop that combines the therapeutic benefits of nature with the joy of growing your own garden! From selecting the right plants and containers, to exploring the art of container design and plant placement, you'll learn the skills needed to start a container garden. Benefits of gardening include reducing stress, fostering mindfulness, and nurturing yourself. You will have the opportunity to start your own fall herb garden. Bring your own container. Soil and seeds will be provided.

Ages: 18+ yrs Time: 10:00 - 11:30am Fee: \$10R/\$12NR		
Day	Date	Code
Sat	Sept 09	4415AW
Location: The Woodlands at White Oaks Park (111 S Wood Dale Rd)		

Ice Cream Social

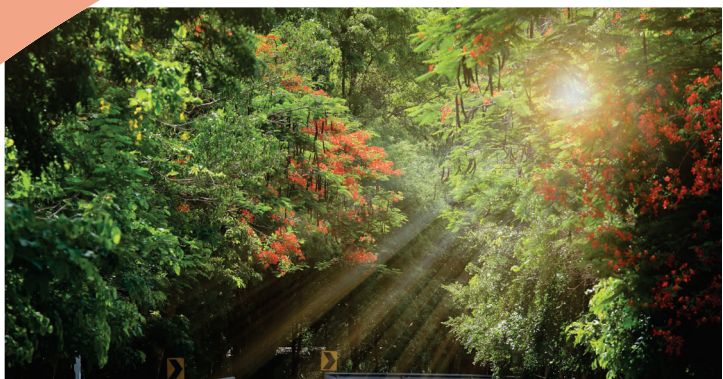
I scream, you scream, we all scream for ice cream. Join us at the The Woodlands at White Oaks Park as we create our own ice cream sundaes. We will enjoy ice cream, friendship, and a few surprise games. **Registration deadline is 9/11.**

Ages: 40+ yrs Time: 10:30 am - 12:00pm Fee: \$5R/\$7NR		
Day	Date	Code
Fri	Sept 15	44817AA
Location: The Woodlands at White Oaks Park (111 S Wood Dale Rd)		

Trivia Night

Grab three of your friends for a fun trivia night! Registration price is per team of four and will include light snacks and one free beverage. Additional beverages available for purchase. The top three teams will win a prize! **NOTE: Only one team captain needs to register. Price is for a group of four people (equals \$15/person for resident or \$17.50/person for non-resident rates). No refunds will be issued if someone from the group is unable to attend the program.**

Ages: 21+ yrs Time: 6:00 - 8:30pm Fee: \$60R/\$70NR (Per Team)			
Day	Date	Theme	Code
Thu	Sep 14	TV Shows	4411AW
Thu	Oct 12	Movies	4412AW
Thu	Dec 14	General	4414AW
Location: Salt Creek Golf Club (1051 N. Prospect Ave)			



Forest Meditation Walk with Tea Ceremony

Immerse yourself in nature and experience the healing effects of forest therapy or Shinrin-Yoku (Japanese for forest bathing). The walk is not about the destination, but instead the awakening of your senses to the natural environment around you. Reconnect with nature during this mindful walk with a certified Forest Therapy guide. The walk is held entirely outdoors. Be prepared to walk over uneven terrain. Wear comfortable clothing and walking shoes. Meet at the picnic tables behind The Woodlands building.

Ages: 18+ yrs **Time:** 1:00 - 2:00pm **Fee:** \$10R/\$12NR

Day	Date	Code
Sun	Oct 08	4416AW

Location: White Oaks Park (111 S Wood Dale Road)

Instructor: The Conservation Foundation

Soup and Trivia

Enjoy this light lunch as we play trivia with friends. Soup will be served with bread roll with butter. Door prizes available and gift card for the trivia champ! **Registration and soup selection deadline is 10/16.**

Ages: 40+ yrs **Time:** 11:00am - 12:30pm **Fee:** \$10R/\$15NR

Day	Date	Code
Mon	Oct 25	44814AB

Location: The Woodlands at White Oaks Park (111 S Wood Dale Rd)

Rules of the Road

If it's time for you to take the Driver's License Examination and you have questions about the vision and driving ability tests, then here is the perfect opportunity. A current Rules of the Road Manual will be provided for you to keep. This course is very helpful for passing the exams. **Registration Deadline is 10/17.**

Ages: 55+ yrs **Time:** 10:00am - 12:00pm **Fee:** Free

Day	Date	Code
Tue	Oct 24	44700AD

Location: Recreation Complex, Program Room C

Fang-tastic Feast

Come dressed ready to scare and have some fun. Games and Bingo for all the ghoulish friends that dare to come out to celebrate. Themed lunch and refreshment will be served. **Registration deadline is 10/20.**

Ages: 40+ yrs **Time:** 11:00am - 1:00pm **Fee:** \$25R/\$35NR

Day	Date	Code
Fri	Oct 27	44814AG

Location: The Woodlands at White Oaks Park (111 S Wood Dale Rd)

Bags & Brews Tournament

Face off in a good old-fashioned cornhole competition at Salt Creek Golf Club. One beverage ticket per person will be included, additional beverages available for purchase. Teams will consist of two players and will participate in a double-elimination tournament. One person will register as the team captain. Tournament rules, bracket, and waiver forms will be emailed to the team captains prior to the event.

Ages: 21+ yrs **Time:** 6:00 - 9:00pm **Code:** 4420AW

Day	Date	Fee
Fri	Dec 01	\$50R/\$60NR (Per Team)

Location: Salt Creek Golf Club (1051 N. Prospect Ave)





Diamond Painting

Create your very own Diamond Art masterpiece, one shimmering rhinestone at a time. Diamond painting is a combination of cross-stitch and paint by number. Use an applicator to apply sparkling resin rhinestones, one-by-one, on an adhesive color-coded canvas painting. The result is a vivid, shimmering work of art. Let your mind wander and paint with diamond! No prior experience necessary. **Registration deadline 11/02.**

Ages: 40+ yrs Time: 10:00am - 12:00pm Fee: \$10R/\$12NR		
Day	Date	Code
Thu	Nov 09	4419AW
Location: Recreation Complex		

Bunco!

Come join friends as we play this fast-paced dice game. You'll pick up on the rules very quickly and become an expert. Prizes will be handed out to winners and losers! Pizza and salad buffet included. **Registration deadline is 11/10.**



Ages: 40+ yrs Time: 11:00am - 1:00pm Fee: \$20R/\$25NR		
Day	Date	Code
Fri	Nov 17	44814AJ
Location: Salt Creek Golf Club		

Cupcake Decorating

Each participant will be given a dozen cupcakes. Using different piping techniques, you will take home your creations to share with family. **Registration deadline is 11/13.**

Ages: 40+ yrs Time: 10:00am - 11:30pm Fee: \$17R/\$22NR		
Day	Date	Code
Mon	Nov 20	44814AH
Location: The Woodlands at White Oaks Park (111 S Wood Dale Rd)		

Ugly Sweater Bingo and Pie

Come dressed in your best version of an ugly sweater! Limited items will be on hand to decorate your sweater if yours is not ugly enough. We'll play several games of Bingo with prizes and enjoy some pie. Prize for the best ugly sweater. **Registration deadline is 12/04.**

Ages: 40+ yrs Time: 10:30am - 12:30pm Fee: \$10R/\$12NR		
Day	Date	Code
Mon	Dec 18	44814AK
Location: The Woodlands at White Oaks Park (111 S Wood Dale Rd)		



Sip & Craft – Holiday Cutting Board

Try your hand at customizing this adorable Christmas Tree shaped cutting board, using Chalk Paint and transfer, perfect for the Holiday Season. Impress your guests with this one-of-a-kind piece at your holiday gathering or give as a gift to the Holiday Hostess. All materials are supplied just follow along with the live demo. Must be 21+ years. I.D.'s will be checked. You are welcome to bring your own beer or wine to enjoy during the craft. **Registration deadline is 12/11.**

Ages: 21+ yrs Time: 6:30 - 8:30pm Fee: \$20R/\$25NR		
Day	Date	Code
Wed	Dec 20	44051AH
Location: The Woodlands at White Oaks Park (111 S Wood Dale Rd)		

