



# 50+ BEYOND BINGO

Virtual Programs | Activity Kits | Meals-To-Go

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Join us as we Zoom into Virtual Programming to keep you safe, informed and entertained while we are apart! Zoom is a simple online program that can be used on your tablet, smart phone or computer. After you register you will be emailed a link that gives you access to the program. The link will be emailed 1-day prior to the program start date. *(Note: We'll have a hotline number to call if you need help the day of the program.)*

Are you running out of fun activities to do at home? We've put together some activity kits for those who love hands-on activities and/or don't have online access to join our virtual programs.

Need a break from cooking? Order a meal-to-go! We'll cook a delicious home-cooked meal and deliver it right to your doorstep!

## HOW TO REGISTER

### ■ PHONE REGISTRATION

**630-969-0992**

Please leave your name and phone number and we will return your call within 24 hours.

### ■ EMAIL REGISTRATION

**[dbreihan@lisleparkdistrict.org](mailto:dbreihan@lisleparkdistrict.org)**

Email Debbie Breihan and include your name, along with which virtual programs you would like to register for, and which activity kit and/or meals-to-go you would like to order.

### ■ ONLINE REGISTRATION

**[lisleparkdistrict.org/seniorcenter](https://lisleparkdistrict.org/seniorcenter)**

Click the register button associated with the program you'd like to register for.

**Online Registration Path:** Register > Senior Virtual Programs

**Online Registration Path:** Register > Senior Take and Make

A \$3 processing fee will be charged for each completed online transaction.

## FOR MIND & BODY

**MAY 29**

**Time:** 12:00-1:00pm

**Fee:** FREE

### ■ Staying Active During the Pandemic: Chair Exercises & Relaxation Techniques

Don't let your stay-at-home get you down. Physical therapists from Athletico will demonstrate some simple chair exercises and relaxation techniques that you can do in your own living room. Make sure you are sitting in a sturdy chair and have room to move your arms and legs for this interactive presentation.

**Presentation Presented By:**  | Lisle

**JUNE 10**

**Time:** 12:15pm

**Fee:** FREE

### ■ Something You Should Know: National Aging in Place Council

Staying in their own home is the number one goal of most seniors. Join a panel of elder care professionals this afternoon as they present resources available to help you do just that!

**Presentation Presented By:** 

**JUNE 12**

**Time:** 1:00pm

**Fee:** \$5

### ■ Oh, So That's Where That Comes From

Ever wonder where some of your favorite sayings, words or phrases came from? What about those strange superstitions? Why don't we walk under a ladder? What's with a Black Cat? Join Paul Beach as we explore the origins of some commonly believed superstitions, find out where some idioms and phrases started and how some popular food and food brands began. Paul is a Community Outreach Business Partner with Homewatch CareGivers with a lifelong passion for history and an extensive knowledge in a variety of historical topics.

**Presentation Provided By:**  | Naperville

**JUNE 17**

**Time:** 1:00pm

**Fee:** \$5

### ■ Legends of Las Vegas

You won't need a plane ticket to get to Las Vegas this afternoon! Tribute artist, Jerry Armstrong, will perform your favorite songs from legendary Las Vegas performances of yesteryear, including Elvis, Sinatra, Dean Martin, and more! Make yourself a "mocktail," put on your glitziest loungewear and join us for a memorable good time!

**Presentation Provided By:**  | Naperville