

# Adult Programs

## Prime Timers (55 and older)

This friendly group gathers every Monday from 11:30 a.m. to 3 p.m. They meet at the Township's Community Service Building (2900 North Main Street in Buffalo Grove). Typical gatherings consist of a card game called Hand and Foot, a variation of Canasta. Never played it? We'd love to teach you how or hear what games you'd like to play or learn to play.

Over the next few months we've included some exciting and new in house entertainment! Check out our schedule below and fill out the program registration form for all selected programs. Program registration forms are located in the back of this issue. For further questions call (847) 634-1542.

Event	Date	Register by:	Time of Show	Participants
Maureen Christine - "Songs of the Seasons"	December 19, 2016	December 5, 2016	1:45 - 2:45 p.m.	Max: 35
Take Two - "Broadway Bound"	January 9, 2017	December 27, 2016	1:45 - 2:45 p.m.	Max:35
Sipos and Young performance	February 6, 2017	January 23, 2017	1:45 - 2:45 p.m.	Max: 35
Chris Farrel performs Irish Classics	March 6, 2017	February 20, 2017	1:45 - 2:45 p.m.	Max: 35

### Chair Yoga

If you've never done Yoga before, but want to get started, think ChairYoga. If you're afraid of standing balances, think supported balances with ChairYoga. Join Vidya Nahar, ERYT for Chair Yoga and you'll discover the limitless possibilities and joys of chair yoga. Traditional yoga warm-ups and poses are practiced sitting on a chair or standing by a chair. You'll also learn Pranayam (yogic breathing techniques) and meditation sitting in the chair. Improve your flexibility, balance, strength, breathing, and overall health in this class with yoga practiced sitting in the chair or standing by the chair. ChairYoga is Yoga for Everybody.

**Session 1:** Jan 19 - Mar 9  
(March 16 reserved for inclement weather)  
**Time:** 10:00 a.m. - 11:00 a.m.  
**Days:** Thursdays  
**Place:** Community Service Building  
**Fee:** \$72 Non-resident: \$108  
**Min:** 6

### Yoga-Pilates Fusion

Build your core strength, improve flexibility, restore mind-body connection, relax and rejuvenate by combining Pilates Flow and Yoga Balances in this Yoga-Pilates fusion class with Vidya Nahar, ERYT. We'll combine the flow of pilates and stability of yoga poses to attain stillness in motion and equilibrium in emotion through breath-synchronized movement. Please bring your own yoga mats. Modifications will be suggested for different levels of fitness.

**Session 1:** Jan 19 - Mar 9  
(March 16 reserved for inclement weather)  
**Time:** 11:15 p.m. - 12:15 p.m.  
**Days:** Thursday  
**Place:** Community Service Building  
**Fee:** \$96 Non-resident: \$144  
**Min:** 6

### Zumba®

Instructor Pam Dobrogowski brings fun to each class, and can modify to any fitness level! A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Perfect for everybody and every body!

**Session 1:** Dec 1 - Jan 5  
**Session 2:** Jan 12 - Feb 16  
**Session 3:** Feb 23 - Mar 30  
**Time:** 5:30 p.m. - 6:15 p.m.  
**Days:** Thursday  
**Place:** Peterson Park  
**Fee:** \$54 Non-resident: \$81  
**Min/Max:** 4/12

### Lunch and Learn

Vernon Township along with Catholic Charities and The Agency on Aging are presenting two opportunities help people 60 and older live happier, healthier lives. Classes are free and will be held at the Vernon Township Administrative Building at 3050 N. Main Street, Buffalo Grove. To register, please call Kari at Catholic Charities (847) 740-6708.

**The Good, Bad and Ugly of Processed Food**  
Thursday January 19, 2017 from 11:00 a.m. to 12:30 p.m.  
Min: 15

**Love Yourself**  
Tuesday February 14, 2017 from 11:30 a.m. to 1:00 p.m.  
Min: 10