



WINTER 2024

ACTIVE ADULTS

RECREATION AFTER
RETIREMENT

55 AND UP

ACTIVE ADULTS

AARP SAFE DRIVER COURSE

This course helps drivers aged 50 years and older learn defensive driving strategies. Participation on both days is mandatory to earn a certificate that may qualify the recipient for an insurance discount. Fee is payable to the instructor at the first class. AARP Members: \$20, Non-AARP Members: \$25. Pre-registration is required. Taught by the AARP. (JR)

Age	Location	Fee
50Y & up	Prisco	\$20(R) / \$25(NR) Paid directly to AARP

Day	Date	Time	Code
M-Tu	Jan. 22 - Jan. 23	9 a.m.-1 p.m.	312002-01

BUNCO DICE GAME DAYS

Come out for a fun afternoon of Bunco, an easy-to learn dice game. Free coffee and water. Please bring a dish to share with the group. Prizes are awarded. (JR)

Age	Location	Fee
55Y & up	Prisco	\$5(R) / \$8(N)

Day	Date	Time	Code
M	Jan. 8	1-3 p.m.	312016-01
	Feb. 12		312016-02

PRINCESS TEA WITH GRANDMA AND ME ♦

Come to an enchanting Princess Tea Party at Prisco! We will enjoy a lovely tea party with tea, punch, and delicious mini desserts. Participants will make a princess craft and have an opportunity to get your picture taken with a princess. All children will receive a goody bag to take home. For ages 3 and older. Everyone must register to attend. No day of registrations allowed. JR

Age	Location	Fee
3Y & up	Prisco	\$10(R) / \$15(N)

Day	Date	Time	Code
Sa	Feb. 10	1-2:15 p.m.	312010-01

FCC LUNCHEONS

Enjoy lunch and socialization with your friends! Lunch will be served at 11:30 am. If there is time, we will play a few rounds of bingo for prizes! You will need to register a week in advance for these luncheons, so we have an accurate food count. (JR)

Age	Location	Fee
55Y & up	Prisco	\$12

Day	Date	Time	Code
Th	Jan. 25	11:30 a.m.-1 p.m.	312020-01
	Feb. 29		312020-02



Join friendly retired adults for socialization, games, refreshments, and fun at the Friendly Center every Thursday! Club meets every Thursday except on FCC Luncheon Days. Register for luncheons separately.

Age	Day	Location	Fee
55Y & up	Th	Prisco (Room 104)	\$4 (pay at the front desk)

The Legacy Lounge

ACTIVE ADULT DROP-IN ACTIVITIES

JAN. 2 - FEB. 29
MONDAY - FRIDAY • 9 AM - 3 PM.
55Y & UP
PRISCO COMMUNITY CENTER

Build your legacy with us! Meet up at the Legacy Lounge to enjoy a variety of FREE activities with other like minded adults. Activities posted monthly at Prisco.

Free coffee available sponsored by Ascension Mercy.

CASINO TRIPS

MUST BRING ID

RHYTHM CITY CASINO

Escape to the Exceptional at Rhythm City Casino Resort in Davenport, Iowa. Rhythm City offers the best in gaming, hotel accommodations, dining, and amenities. Cost includes transportation. (JR)

BALLY'S CASINO, ROCK ISLAND, IL

Bally's (formerly Jumer's) has some of the best casino games, restaurants, and hotel accommodations available in the Quad Cities. Over 39,000 square feet of gaming, containing nearly 900 slot machines, 16 table games including a craps table and roulette, 6 live poker tables and a high limit slot room, all on one convenient, spacious, and luxurious gaming floor. Cost includes \$5 free play and \$5 food credit. (JR)

Age	Location
21Y & up	Prisco

Destination	Day	Date	Time	Fee	Code
Rhythm City Casino	Tu	Jan. 30	8 a.m.-5 p.m.	\$35(R) / \$40(N)	312607-01
Bally's Casino		Feb. 27		\$45(R) / \$68(N)	312685-01

OAK PARK & GARFIELD PARK CONSERVATORIES


The Oak Park Conservatory offers a rich atmosphere of flora and fauna throughout three indoor Conservatory showrooms including a Mediterranean room, Tropical room, and Desert room. Then we will eat lunch at local restaurant (separate tickets) After lunch we will visit the Garfield Park Conservatory, one of the largest and most stunning conservatories in the nation. Often referred to as landscape art under glass, the Garfield Park Conservatory occupies two acres of public greenhouse space and 10 acres of outdoor gardens. Cost includes admission and transportation. Register by January 16. (JR)

Age	Location	Fee	Walking Level
21Y & up	Prisco	\$35(R) / \$40(N)	

Day	Date	Time	Code
Sa	Jan. 20	9 a.m.-5 p.m.	312691-01

HALIM TIME & GLASS MUSEUM IN EVANSTON


The Halim Time & Glass Museum is a world class collection of historic timepieces, stained glass windows, and other decorative arts. Permanent exhibits include the American Stained Glass Masters, The Louis Comfort Tiffany Gallery and Clocks of the World. Cost includes museum entrance fee and transportation. There will be moderate walking on this trip. We will stop for lunch at a local restaurant (separate tickets). Register by January 19. (JR)

Age	Location	Fee	Walking Level
21Y & up	Prisco	\$45(R) / \$50(N)	

Day	Date	Time	Code
W	Jan. 24	9 a.m.-4 p.m.	312642-01

"ICE CASTLES" IN LAKE GENEVA


Ice Castles is an award-winning frozen attraction located in Lake Geneva! The experience is built using hundreds of thousands of icicles hand-placed by professional ice artists. The castles include breathtaking LED-lit sculptures, frozen thrones, ice-carved tunnels, slides, fountains and much more. Cost includes entrance fee and transportation. Register by January 19. May be able to purchase more tickets after the 19th, depending on availability. (JR)

Age	Location	Fee	Walking Level
21Y & up	Prisco	\$72(R) / \$82(N)	

Day	Date	Time	Code
W	Feb. 7	3:30-10 p.m.	312615-01

SHEDD AQUARIUM


Explore Shedd Aquarium on one of their FREE days! Leave the driving and parking to us! Every year Shedd Aquarium welcomes 2 million guests for unforgettable encounters with belugas and bluegills, stingrays and sturgeons, sea otters and a sea turtles and so many more animals from aquatic environments around the world. But Shedd is more than a destination. Their scientists are saving endangered species and their habitats. Their animal care experts rescue and rehabilitate wildlife in need, across the country and around the world. Enjoy lunch on your own at the Shedd. Cost includes admission and transportation. Register by February 2. (JR)

Age	Location	Fee	Walking Level
21Y & up	Prisco	\$35(R) / \$40(N)	

Day	Date	Time	Code
Tu	Feb. 13	10 a.m.-5 p.m.	312612-01


ABBEY RESORT SPA DAY IN LAKE GENEVA


Avani Spa at the Abbey Resort allows you the space to center on your well-being. Admission to the spa gives you access to the tranquil surroundings of the private Avani Atrium pool, whirlpool, sauna, salt and steam rooms, and outdoor lounge areas, as well as the new fitness facility. Time spent at Avani Spa will leave you feeling refreshed, revived, and reconnected to your spirit. Cost includes admission to spa and transportation. If you would like any spa services (cost extra on your own), call the spa ahead of time to book your experience. Register at by February 12. (JR)


Age	Location	Fee	Walking Level
21Y & up	Prisco	\$75(R) / \$85(N)	

Day	Date	Time	Code
Tu	Feb. 20	8 a.m.-5 p.m.	312654-01

ACTIVITY KEY

Minimal Activity =  Indicates limited walking and a mostly seated experience. Example: Most theatre trips.

Moderate Activity =  Indicates an increased level of activity, but with opportunity to go at one's own pace. Example: Casino trips.

Extensive Activity =  Indicates a high level of activity, including stairs, periods of extended standing, long walking distances, balcony seating, or other limited accessibility at a venue. Example: Festivals.

SPECIALTY FITNESS

GENTLE YOGA FOR ACTIVE ADULTS

Experience the benefits of yoga on the floor with a mat or in a chair. Taught by certified yoga instructor Neeta Mahonty. (BM)

Age	Location	Fee	*Fee
55Y & up	Prisco	\$37(R) / \$47(N)	\$18.50(R) / \$23.50(N)

Day	Date	Time	Code
Tu	Jan. 9 - Feb. 6	9-10 a.m.	311401-01
	Feb. 13 - March 12		311401-03*
F	Jan. 12 - Feb. 9	9:45-10:45 a.m.	311401-02
	Feb. 16 - March 15		311401-04*

EXERCISE FOR 55 & BETTER

Low-impact aerobics, light resistance training and flexibility work help participants gain stamina and strength for daily activities. This program is taught by certified group exercise instructor Lynda Carr. (BM)

Age	Fee	*Fee
55Y & up	\$37(R) / \$47(N)	\$18.50(R) / \$23.50(N)

Day	Date	Time	Code
Prisco			
M/W/F	Jan. 8 - Feb. 16	8:30-9:15 a.m.	311405-01
	Feb. 19 - March 29		311405-02*
Virtual			
M/W/F	Feb. 19 - March 29	8:30-9:15 a.m.	311405-03
			311405-04*

TAI CHI FOR 55 & BETTER

Tai Chi is a gentle, low-impact mind-body workout with emphasis on smooth continuous motion and deep breathing. Regular Tai Chi practice has been shown to improve balance, increase circulatory function, boost immune systems, and reduce stress. Tai Chi for 50+ is an adaptation of traditional Tai Chi Quan that does not require memorizing a form - no experience necessary, just follow along. This class is suitable for all ages and all levels of fitness, as well as for those with such conditions as Parkinson's, fibromyalgia, and peripheral neuropathy. Beginners welcome! Instructor David Carr has been practicing Tai Chi for over 30 years. (JG)

Age	Location	Fee
55Y & up	Prisco	1x/week: \$22 (R)/ \$32 (N) 2x/week \$30 (R)/ \$40 (N)

Day	Date	Time	Code
Tu/Th	Jan. 9 - Feb. 15	10:30-11:15 a.m.	311409-01
	Feb. 20 - April 4		311409-02



If your active senior lifestyle includes exercise, you'll appreciate the award-winning SilverSneakers or Renew Active programs. Members with an eligible health plan can use SilverSneakers at Prisco or Renew Active at Prisco or Eola at little to no cost. Simply check with your insurance provider to see if you qualify.

AQUATIC FITNESS

JOYFUL JOINTS ♦

Entry level class taught all in the mid-section of the therapy pool. Focus on range of motion, flexibility, strength training and cardiovascular fitness while decreasing pain, based on the premise that exercise is essential to maintaining the ability to perform daily tasks. Ideal for those experience arthritis pain and/or stiffness. (KAR, VO)

Age	Location	Fee	
16Y & up	Vaughan Therapy Pool	\$62(R) / \$78(N) / \$53 (M)	
Day	Date	Time	Code
M	Jan. 8 - Feb. 26	10-10:45 a.m.	330110-01
		5-5:45 p.m.	330110-02
		6-6:45 p.m.	330110-03
Tu	Jan. 9 - Feb. 27	10-10:45 a.m.	330110-04
		6-6:45 p.m.	330110-05
W	Jan. 10 - Feb. 28	11-11:45 a.m.	330110-06
		4-4:45 p.m.	330110-07
Th	Jan. 11 - Feb. 29	10-10:45 a.m.	330110-08
		6-6:45 p.m.	330110-09

AQUA MOTION ♦

This class is for those ready to move on from Joyful Joints, want a more intense workout, or wish a change. It uses many of the same movements as Joyful Joints, but does incorporate some deep water and flotation devices. (KAR, VO)

Age	Location	Fee	
16Y & up	Vaughan Therapy Pool	\$62(R) / \$78(N) / \$53 (M)	
Day	Date	Time	Code
W	Jan. 10 - Feb. 28	10-10:45 a.m.	330111-01

DEEP WATER CONDITIONING ♦

Our most intense class in the warm pool focuses on cardiovascular and strength training with zero impact. Experience the contrast between high and low intensity progressions in the water. (KAR, VO)

Age	Location	Fee	
16Y & up	Vaughan Therapy Pool	\$62(R) / \$78(N) / \$53 (M)	
Day	Date	Time	Code
M	Jan. 8 - Feb. 26	9-9:45 a.m.	330112-01
			330112-02
Tu	Jan. 9 - Feb. 27	5-5:45 p.m.	330112-03
W	Jan. 10 - Feb. 28	9-9:45 a.m.	330112-04
		5-5:45 p.m.	330112-05
Th	Jan. 11 - Feb. 29	9-9:45 a.m.	330112-06
		5-5:45 p.m.	330112-07

AQUA PILATES CORE CONTROL ♦

Movements based on the Pilates method bringing a workout that increases flexibility while challenging individuals to maintain core stabilization, postural alignment and balance. (KAR, VO)

Age	Location	Fee	
16Y & up	Vaughan Therapy Pool	\$62(R) / \$78(N) / \$53 (M)	
Day	Date	Time	Code
Tu	Jan. 9 - Feb. 27	11-11:45 a.m.	330113-01
W	Jan. 10 - Feb. 28	6-6:45 p.m.	330113-02

HEAT - HIGH ENERGY AQUATIC TRAINING ♦

This full body Aqua cardio challenge is a fun and effective way to burn calories and strengthen muscles. This high intensity class is great for cardiovascular fitness, coordination, muscle control and flexibility. (KAR, VO)

Age	Location	Fee	
16Y & up	Vaughan Competition Pool	\$62(R) / \$78(N) / \$53 (M)	
Day	Date	Time	Code
Tu	Jan. 9 - Feb. 27	7-7:45 p.m.	330124-02
Th	Jan. 11 - Feb. 29		330124-03

AQUA DANCE ♦

This Zumba class takes place in the water and combines traditional fitness moves with upbeat Latin-infused dance moves in the competition pool. Come enjoy our low-impact, high-energy workout. (KAR, VO)

Age	Location	Fee	
16Y & up	Vaughan Competition Pool	\$62(R) / \$78(N) / \$53 (M)	
Day	Date	Time	Code
M	Jan. 8 - Feb. 26	11-11:45 a.m.	330132-01
		7-7:45 p.m.	330132-03
Th	Jan. 11 - Feb. 29	11-11:45 a.m.	330132-02

JANUARY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	4	4 FCC NY Celebration!	5	6
7	8 Bunco 1-3 pm 312016-01	9	10	11 FCC Birthday Celebration! Crochet Class 2-3:30 (312029)	12	13
14	15 HOLIDAY	16	17	18	19 Family Bingo Night 6-7:30 pm (312403)	20 TRIP: Garfield & Oak Park Conservatories 312691
21	22 AARP Safe Driver Course 9-1 312002	23 AARP Safe Driver Course 9-1 312002	24 TRIP: Halim Time & Glass Museum 312642	25 FCC Winter Wonderland Luncheon 312020-01 Crochet Class 2-3:30 (312029)	26	27
28	29	30 Casino Trip to Rhythm City Davenport IA 312607	31			

FEBRUARY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 FCC Birthday <u>Crochet Class</u> 2-3:30 (312029)	2	3
4	5	6	7 TRIP: Ice Castles Lake Geneva 312615	8 NO FCC Trip to Bardwell for tour and lunch \$5 <u>Crochet Class</u> 2-3:30 (312029)	9	10 Senior Event: <u>Princess Tea</u> with Grandma & Me 312010
11	12 Bunco 1-3 pm 312016-02	13 TRIP: Shedd Aquarium 312612	14	15 FCC Valentine's Day <u>Celebration!</u> <u>Crochet Class</u> 2-3:30 (312029)	16	17
18	19 HOLIDAY	20 TRIP: Abbey Spa Lake Geneva 312654	21	22 FCC	23	24
25	26	27 Casino Trip to Bally's Casino Rock Island IL. 312685	28	29 Leap Year Luncheon! <u>312020-02</u> <u>Crochet Class</u> 2-3:30 (312029)		