

Out and About ACTIVE ADULTS

2023







Lindenhurst Park District Lippert Community Center Senior Scene Room 2200 E. Grass Lake Road Lindenhurst, IL 60046

www.lindenhurstparks.org

Registration Begins on May 1 at 9am! Lindenhurst residents will receive \$5 off each trip!

All activities are held in the Senior Scene Room for ages 50+

For more details or if you have questions, please contact Lori Friedl at 847.356.6011 x 1000, or Ifriedl@lindenhurstparks.org.



Weekly Drop-In
Active Adult Activities
Registration is not required

•Video Aerobics- a low-impact workout set to a fitness video that will improve flexibility and cardiovascular health. M/W/F 9:00a-10:00a

•Cards- join us in playing cards such as Hand/Knee/Foot or board games. Feel free to bring along your favorite game and lunch.

Th 11:00a-4:00p

Active Adult Activity Pass

The Active Adult Activity Pass is \$20 for residents and \$25 for non-residents. The pass is valid from
January 1 - December 31, 2023, for drop-in activities, including Video
Aerobics and Cards. Purchase your pass at the front desk during regular business hours. Not ready to commit? Pay just \$1 per drop-in activity!



Active Adult Trip Policy

847.356.6011.

a Meet & Greet to brainstorm upcoming events and outings. Meet likeminded individuals and discover exciting opportunities to stay active and engaged. We can't wait to meet you! Light refreshments will be served. RSVP by June 1 by calling

Transportation may be in a Park District van/bus or motor coach. In order to keep trips affordable, some trips are in cooperation with other Park Districts in the area. Trip prices are subject to change, and trip return times are approximate.

Refunds are only given under the following circumstances:

- -A full refund will be given if the Park District cancels the trip.
- -A refund less a cancellation fee and any pre-paid costs will be given if the person requesting the refund can find a replacement to attend in their place.



Active Adults Trips... questions, please of at 847.3.

For more details or if you have questions, please contact Lori Friedl at 847.356.6011 x 1000 or lfriedl@lindenhurstparks.org.

LPD Frequent Traveler Program

Trip goers will receive a
Frequent Traveler Program
(FTP) card when they check-in
for a trip. At the start of each
trip, you will receive a punch on
your FTP card. After 6
punches, you can use the card
to take \$10 off of your next trip
registration of \$20 or more.
Only one discount can be
applied at a time. Cards expire
one year from the first punch.



Port Washington

Port Washington, WI 50+ \$33

We will travel north to Port Washington, Wisconsin, to tour their 1860 Light Station, where you can climb to the lantern room featuring a replica 4th order Fresnel lens and fabulous lake views. After the tour, you can venture into the downtown area to shop or walk to the marina. If time allows, our second stop will be Cedarburg, Wisconsin, to shop in the beautifully preserved downtown area. Lunch will be on your own.

The trip includes transportation by Park District bus and tour—moderate standing, stairs, and walking.

Reg. Deadline: Th. July 27 or when fullTu Aug. 8 8:15a-6:00p Min/Max: 6/13

Museum of Science/Industry Pompeii: The Exhibition

Chicago, IL

50+

\$64

Travel back in time to the city forever preserved in Pompeii: The Exhibition. Experience the exhibit as it brings you to the bustling commercial port and trading center that once was Pompeii, as it existed more than 1,900 years ago. Pompeii is a Roman city destroyed by nature and preserved in a volcanic time capsule after the catastrophic eruption of Mount Vesuvius. You will have free time to tour the museum at your leisure once the group has attended the arranged 10:40am exhibit time. Lunch will be on your own at the Museum Kitchen, their newly renovated state-of-the-art kitchen located in the Lower Level.

The trip includes transportation by Park District bus, museum entrance fee, and exhibit—moderate to extensive standing, stairs, and walking.

Reg. Deadline: Sa, May 6, or when full

Tu June 13 8:00a-4:00p Min/Max: 6/13



Yerkes Observatory & Lake Geneva

Williams Bay & Lake Geneva, WI

50+

\$56

Have you seen the large dome peeking out of the tree tops while taking a boat tour of Geneva Lake? Ever wondered about the history of why there's an observatory there? Join us as we tour the inner depths of Yerkes Observatory in Williams Bay, Wisconsin, and see first-hand the 90-foot dome. We will take a guided tour of the observatory that opened its dome in 1897 and housed the world's largest refracting telescope. Once our tour is complete, we will head to Lake Geneva's downtown area for 3 hours of shopping. Lunch will be on your own in downtown Lake Geneva.

The trip includes transportation by Park District bus and guided tour. This trip has a limited number of participants due to tour group requirements—moderate standing, stairs, and walking.

Reg. Deadline: Th, June 29, or when full Th July 13 8:15a-5:00p Min/Max: 6/11



Graceland Cemetery and Lunch

Chicago, IL

50+

\$65

An oasis of art, architecture, and landscape design since 1860, Graceland Cemetery is one of Chicago's finest hidden treasures and the final resting place of many prominent Chicago Figures. The two-mile walking tour will be led by a professional guide for approximately two hours. After the tour, we'll travel to Max and Benny's to enjoy lunch.

The trip includes transportation provided by Park District bus, a ticket for the walking tour, and lunch—extensive walking and standing.

Reg. Deadline: Wed. July 26 or when full W Aug. 2 8:30a-5:00p Min/Max: 10/12



Registration Form LINDENHURST PARK DISTRICT

2200 E. GRASS LAKE ROAD • LINDENHURST, ILLINOIS 60046 (847) 356-6011 • www.lindenhurstparks.org

Entered	(= 11, 000)	PLEASE PR	NT			
Primary Guardian Last Name	First Name		Home Phone	Home Phone		
Cell Phone	Work Phone		E-Mail Addres	E-Mail Address		
Address		Cit	y	Zip	Code	
Emergency Contact		Em	ergency Telephone			
Please check this box if you wish someone to contact you regarding special accommodations to participate in the program.						
Participant's Name	Sex Age Birthdate (Grade Activity	Title Date(s) of Act	ivity Day(s)	Time Fee	
Would you like to donate to our participant scholarship? ☐ Yes ☐ No \$1.00						
WAIVER AND RELEASE OF ALL CLAIMS TOTAL						
The Lindenhurst Park District ("District") is committed to conducting its recation programs in a safe manner and holds the safety of participants in high regard. The District continually strives to reduce risks of injury and insists that all participants follow safety rules and instructions that are designed to protect the participant's safety. However, participants and parents / guardians of minors (collectively, "You") registering for this program / activity must recognize that there is an inherent risk of injury when choosing to participate in recreational activities / programs, including hazardous recreational activities. You are solely responsible for determining if you or your minor child / ward are physically fit and / or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity, especially in light WARNING: OF PISK						
WARNING OF RISK Recreational activities / programs are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still risk of serious injury (including exposure to a communicable disease) when participating in any recreational activity / program. Understandably, not all hazards and dangers can be foreseen. These risks are increased when You participate in hazardous recreational activities.						
Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate instruction or officiating, exposure to communicable disease and all other circumstances inherent to indoor and outdoor recreational activities / programs exist. In this regard, it must be recognized that it is impossible for the Lindenhurst Park District to guarantee						
Please read this form carefully and be aware that in signing up and participating in this program / activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child / ward might sustain as a result of participating in any and all activities connected with and associated with this program / activity (including transportation services / vehicle operation, when provided) and exposure to communicable disease.						
I. THE UNDERSIGNED, RECOGNIZE ACTIVITY, THAT THIS ACTIVITY MA ANY AND ALL INJURIES, DAMAGE PARTICIPATION. I FURTHER AGREE ACCRUE TO ME OR MY CHILLD / WA SUFFER AS A RESULT OF PARTICII INCLUDING ITSOFFICIALS, AGENT	E AND ACKNOWLEDGE THA' AY BE CONSIDERED A HAZAI ES OR LOSS, REGARDLESS TO FULLY AND VOLUNTARIL ARD) RESULTING FROM ANY PATING IN THIS PROCE AM	T THERE ARE CERTA RDOUS RECREATIONAL OF SEVERITY, THAT IN Y WAIVE, RELEASE AN AND ALL INJURIES, IL	N RISKS OF PHYSICAL IN LACTIVITY, AND I VOLUNT MY MINOR CHILD / WARD D RELINQUISH ALL CLAIMS LNESSES, DAMAGES, OR LO	IURY TO PARTICIPANTS 'ARILY AGREE TO ASSU OR I MAY SUSTAIN A I OR MY MINOR CHILD ISS THAT MY MINOR CF	IN THIS PROGRAM / ME THE FULL RISK OF S A RESULT OF SAID / WARD MAY HAVE (OR IILD / WARD OR I MAY ST PARK DISTRICT,	
Photos are periodically taken in a class, di Internet publications.	Control of the second s	Carrie Carrier and a true of	OPPOSE LITTLE MET PRINCIPLY	DISTRICT PARTIES).		
I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line, your signature shall substitute for and have the same legal effect as an original signature.						
PLEASE PRINT: Participant's Name						
Participant's Signature (18 years or older or Parent / Guardian):						
PARTICIPATION WILL BE DENIED If the signature of adult participant or parent / guardian and date are not on this waiver.						
TOTAL ENCLOSED \$						
Credit Card Number:		_ Check w	CCV:	Exp. Date:		