

Busy Boomers

Programs for those 50+

CityScapes and Beyond – Curb to Curb Service!!

Sign-up and explore the wonders of Chicago and beyond. We provide the transportation and you enjoy the sights and sounds. No more worries about driving or parking, connecting with buses or taxis. We will drop you as close as possible to the destination and pick you up at the same place. Bring a friend or come on your own. You will be provided with a map of the locale highlighting places to eat or visit. The bus will leave from Oakview Center at 4625 W. 110th St. Oak Lawn. From the West Entrance. Please arrive at least 15 minutes before the designated leaving time.

Min/Max: 15/19

A Day at the Museum of Science and Industry

Fee includes general admission -See the Christmas tree display!! Enjoy a restaurant or brown bag it!

Class#	Day	Date	Time	Res/NR
#4720	Fri	12/9	9:30am-4:30pm	\$26/\$28

A Day at Navy Pier

Great Intergenerational trip during the Christmas Break. Enjoy their Christmas Festival

Class#	Day	Date	Time	Res/NR
#4700	Wed	12/28	9:30am-4:30pm	\$17/\$18

A Day at the Natural History Museum

Fee includes general admission – See Sue the T-Rex! Enjoy a restaurant or brown bag it!

Class#	Day	Date	Time	Res/NR
#5000	Sat	3/24	9:30am-4:30pm	\$35/\$40

Starved Rock

Enjoy one of our closest State Parks in the Spring. Enjoy a restaurant or brown bag it!

Class#	Day	Date	Time	Res/NR
#5001	Sat	5/5	9am-4:30pm	\$18/\$23

Brookfield Zoo

Great intergenerational Trip. Enjoy a restaurant or brown bag it! Fee does not include admission. Zoo fees subject to change post publication.

Zoo Admission fee: Adult (12-65) - \$13.50

Child (3-11)/Senior (over 65) - \$9.50

Class#	Day	Date	Time	Res/NR
#5002	Fri	5/11	9am-4:30pm	\$18/\$23

A Day at the Museum Campus

You can visit the Shedd or Planetarium or just walk the lake front. Enjoy a restaurant or brown bag it!! Museum admission not included.

Class#	Day	Date	Time	Res/NR
#5003	Sat	5/26	9am-4:30pm	\$20/\$25

Adult PORTRAIT DRAWING

Learn the art of graphite portrait drawing. Explore the basics of how to draw a human face, in our step - by - step instructional classes. Learn the tricks and complete a portrait! Everyone can do it! No drawing experience is necessary. All materials supplied. PDNA (LD)

Instructor: Laurie Snaer

Location: Oak View Center

Max/Min:: 20/5

Class#	Day	Dates	Time	Res/NR
#1530-1	Wed	1/11-2/15	10:30 – 11:30pm	\$49/\$59
#1530-2	Wed	2/29-4/4	10:30 – 11:30pm	\$49/\$59
#1530-3	Wed	4/18-5/23	10:30 – 11:30pm	\$49/\$59

Adult EXPLORATIONS IN ART!

Learn how to work in graphite, chalk pastels, oil pastels, colored pencils, pen & ink, and charcoal, in our “no experience necessary” art classes. We will learn to work in several mediums though out the year, in our ongoing art program. The “how to” aspects of each medium will be taught along with the necessary skills to complete our projects. Independent work is also encouraged. Join in, relax, and make new friends – our projects change every session. All materials provided. PDNA (LD)

Instructor: Laurie Snaer

Location: Oak View Center

Max/Min: 20/5

Class#	Day	Dates	Time	Res/NR
#1503-1	Thurs	1/12 – 2/16	10:30 – 11:30am	\$49/\$59
#1503-2	Thurs	3/1 – 4/5	10:30 – 11:30am	\$49/\$59
#1503-3	Thurs	4/19 – 5/24	10:30 – 11:30am	\$49/\$59

New! ARTFUL MEDITATION CLASSES (Ages 50+)

Experience the benefits of creating art & active meditation practice. Students will utilize different art mediums and combine them with simple meditation techniques. These are not instructional art classes; instead the focus is on discovering how this combination can help you achieve an ability to combat stress, foster healing and encourage relaxation. Absolutely no art skills are necessary, just a desire to find a little personal peace. Participants will be sitting in chairs for all classes. All materials supplied. PDNA (LD)

Instructor: Laurie Snaer

Location: Oak View Center

Max/Min: 20/5

Class#	Day	Dates	Time	Res/NR
#7801-1	Wed	1/11–2/15	11:30–12:30pm	\$49/\$59
#7801-2	Wed	2/29–4/4	11:30–12:30pm	\$49/\$59
#7801-3	Wed	4/18–5/23	11:30–12:30pm	\$49/\$59

Introduction to Meditation

Join us in a comprehensive introduction to the art of meditation! Meditation can be learned and utilized as a beneficial practice by people of all ages and physical abilities and followers of any (or no) specific religion. Participants receive beginning instruction & time to practice a variety of techniques as well as tips for starting & sticking to a meditation practice. Please bring a blanket to the 1st class. You will have the choice of sitting in a chair or on the floor in a more traditional position. No classes 5/13. PDNA (LD)

Instructor: Laurie Snaer

Location: Oak View Center

Max/Min: 20/5

Beginner Introduction AM sessions:

Class#	Day	Dates	Time	Res/NR
#2290-1	Tues	1/10–2/14	10:00 - 11:00am	\$49/\$59
#2290-2	Tues	2/28–4/3	10:00 – 11:00am	\$49/\$59
#2290-3	Tues	4/17–5/22	10:00 - 11:00am	\$49/\$59
# 2292-1	Sun	1/8-2/12	10:30 – 11:30am	\$49/\$59
# 2292-2	Sun	2/26-4/1	10:30 - 11:30am	\$49/\$59
# 2292-3	Sun	4/15- 5/27	10:30 - 11:30am	\$49/\$59

Beginner Introduction PM sessions:

Class#	Day	Dates	Time	Res/NR
#2294-1	Tues	1/10–2/14	6:45 - 7:45pm	\$49/\$59
#2294-2	Tues	2/28–4/3	6:45 – 7:45pm	\$49/\$59
#2294-3	Tues	4/17–5/22	6:45 - 7:45pm	\$49/\$59

Look for additional Meditation classes in the Fitness & Wellness section