



SPECIAL EVENTS

The South Holland Parks and Recreation Department is proud to provide a variety of events for all interests with the best possible service at the best price. To provide a wider variety of trips, our department is working in conjunction with other groups such as Senior Advantage. This allows us to offer more options for your enjoyment. Many of our trips have a limited number of spaces available. You are urged to sign up early and before deadlines to guarantee your place on an outing and to avoid disappointment.

Participants with difficulties in walking or unable to traverse long distances should make themselves aware of ALL activities on each trip to be sure it is one that can be managed. **REFUNDS ARE ONLY GIVEN IN THE EVENT OF AN ACTIVITY CANCELLATION.** We are not responsible to resell your ticket should you not be able to attend.

WALKING CLUB MEMBERS receive discounts on many of our outings. You must be a Walking Club member in order to receive these discounts and the bi-monthly newsletters updating outings and events. To become a member, register at the Community Center.

WOODFIELD MALL FOR CHRISTMAS

**30th
Annual!**

FRIDAY, DECEMBER 5, 2008
TIME: 9:00AM TO 6:00PM

Get the Christmas season off to a good start and join us for our annual trip to Woodfield Mall. Treat yourself to the wonderful Christmas decorations and enjoy a leisurely lunch at one of the many fine restaurants. Cross off some of the shopping chores from your holiday list. Bring a friend or come by yourself and let someone else do the driving. The coach bus will leave from the Community Center at 9:00AM and return by 6:00PM.

Please sign up by December 1, 2008

FEES:

WALKING CLUB MEMBERS: \$25 Others: \$27
"Includes T-Shirt"

INGALLS HOSPITAL HEART SMART FOR WOMEN

AGES: 18 and Older
WHERE: Community Center
WHEN: September 11 to December 4, 2008
(No class November 27)
DAY: Thursday
TIME: 11:00AM to 12:00PM
MIN/MAX: 8/20
FEE: \$10.00

Don't miss out!! The Heart Smart for Women program is a 12-week series that will help you get started and stay active - for a lifetime! You'll learn simple strategies for fitting physical activity at home, work and play. The classroom based program is made possible through a Grant from the Women's Health Division of the Illinois Department of Public Health and the Ingalls Wellness Center.

INGALLS BLOOD PRESSURE SCREENING

Tuesday, September 16, 2008
and Tuesday November 18, 2008

11:00AM to 1:00PM

Cost: FREE!

INGALLS PAIN SERIES Osteoporosis Seminar

October 9, 2008
5:00PM to 6:00PM

Please call Ingalls for
details and to register
1-800-221-2199

Must register by October 6, 2008