Healthy Living Club

Join us for our Healthy Living Club Meeting on June 26.

Do you like competition...the thrill of victory and the agony of defeat? Well, then 16” softball is for you. Or do you prefer to exercise at your own pace? Well, then you can use the walking paths at Centennial (the indoor track will be available if the weather is inclement).

When: Tuesday, June 26, 2012, 11:30 a.m.

Where: Community Pavilion/Centennial Park

What: 16” softball or walk the path/track

RSVP to Dawn by June 19th
Healthy Living Club

GARDENING

Join us in learning the amazing benefits of gardening!

Where: Administration
When: Tuesday, May 22, 2012 11:30 a.m.
RSVP to Dawn at Administration by May 16th
Oak Lawn Park District

TUESDAY, APRIL 24, 2012
11:30 A.M. OAK VIEW

Is this you?
Do you want it to be?
Either way, join us for Ping Pong at Oak View!

You’ll have a great time!

Healthy Living Club

Please contact Dawn at Administration by April 17 if you would like to attend.
ICERCIZE! No, that’s not a typo, it’s a low impact aerobics program on skates with fun, energetic music! This program is based on the concept of actively skating laps around the rink and strengthening leg and core muscle groups, and improving muscle tone, balance and agility.

Those who do not wish to skate can follow along off-ice and still enjoy the music!

Join us at 11:30 a.m. on THURSDAY, March 22, 2012 at the Ice Arena. Lunch will be served at 12:15.
Please let Dawn know by March 14 if you would like to attend.
Join us at the Racquet, Fitness and Gymnastics Center on Thursday, February 16 at **noon** to see why Tennis is a sport for life.

**Tennis anyone?**

I’ll serve!

**RSVP to Dawn at Administration by Friday, February 10 if you would like to attend.**
Looking for a little Christmas spirit? Join us and Jacky Connelly to put together packages for our troops serving overseas.

If you would like to contribute $1 for postage or some items to include in future packages, that would be appreciated.

Please RSVP to Dawn by November 28 if you would like to attend.

Healthy Living Club

Packing for the Soldiers

Friday, December 2, 2011
Noon
Oak View Community Center
Healthy Living Club

Wellness Seminar

Tuesday, Nov. 22, 2011
11:30 a.m.
Administration

Lunch courtesy of Chows Restaurant

RSVP by November 16 to Dawn at Administration if you would like to attend
Healthy Living Club

Date: Oct. 18, 2011
Time: 11:30 a.m.
Place: DuPage County Forest Preserves
What: Hiking

Join us for a hike at the DuPage County Forest Preserves!

We will travel on a park district bus that will pick us up in the Administration parking lot and take us to the DuPage County Forest Preserves to enjoy the beautiful fall foliage. Dress appropriately and wear your hiking shoes. The hike is approximately 1.5 hours.

Please RSVP to Dawn at Administration by October 5, 2011 if you would like to attend.
OAK LAWN PARK DISTRICT

HEALTHY LIVING CLUB

WHEN:
Tuesday,
Sept. 13, 2011
11:30 a.m.

WHERE:
Community Pavilion

WHAT:
Employees can join in a game of lacrosse or take a stroll on the outdoor walking path.

Put on your walking shoes and join us for a walk around the path at the Community Pavilion.

-or-

Feeling adventurous? How about a game of lacrosse?

Whatever your level of activity, we have something for you at our September Healthy Living Meeting.

Please RSVP to Dawn at Administration by September 7.
Healthy Living Club

Join us for our August Healthy Living Meeting!

We will meet at the Stony Creek Clubhouse for a quick supper and then proceed to the Oak View Community Center for the Employee Night production of Hairspray!

RSVP to Dawn At Administration by July 29

- When...August 4, 2011
- Where...Stony Creek Clubhouse and Oak View Community Center
- Time...6 p.m. for dinner, 8 p.m. production of Hairspray
Healthy Living

Celebrate summer and join us for picnic fun!

Tuesday, July 12, 2011

Hamburgers, brats, freeze pops!

Call Dawn at Administration to RSVP

When: Tuesday, July 12, 2011
11:30 a.m.

Where: Central Park
Join us for a guided Nature Tour of Wolf Wildlife

Sue Palka, Master Gardener and Nature Instructor will lead us on a 40-minute guided tour of Stony Creek along Wolfe Wildlife

Date:
Thursday,
June 23, 2011

Time:
12:10 p.m.

Place:
Wolfe Wildlife

Please RSVP to Dawn at Administration if you would like to attend!
Oak Lawn
Park District

Healthy
Living Club

When: May 10, 2011 11:30 a.m.
Where: Central Park (next to Administration)
WEATHER PERMITTING
What: Yoga Outdoors

Hosted by the Ice Arena

Please RSVP to Dawn by May 5th if you would like to attend
Join us at the Racquet Club on Tuesday, April 12 at 11:30 a.m. for Walleyball!

Please call Dawn at Administration if you would like to attend
DATE: TUESDAY, MARCH 22, 2011
TIME: 11:30 A.M.
PLACE: OAK VIEW

Channel your inner Forrest Gump!
Join us for a rousing game of table tennis!

Please contact Dawn at Administration by March 14 if you would like to attend.
OAK LAWN PARK DISTRICT
HEALTHY LIVING CLUB

Brain Games!
Trivia Contest

Tuesday, February 15, 2011
11:30 a.m.
Administration Building

To be healthy, you should work all your muscles. This month’s meeting will focus on giving your brain a workout! Join us at the February meeting and test your trivia knowledge!

Please contact Dawn by February 7 if you would like to attend.
January 18, 2011
Noon

Healthy Living Club

Join Us!

The first Healthy Living Club meeting of 2011!
Hosted by the Community Pavilion

Employees will have the choice of floor hockey or using the walking track

Walking track

Floor hockey

Call Dawn at Administration if you would like to attend