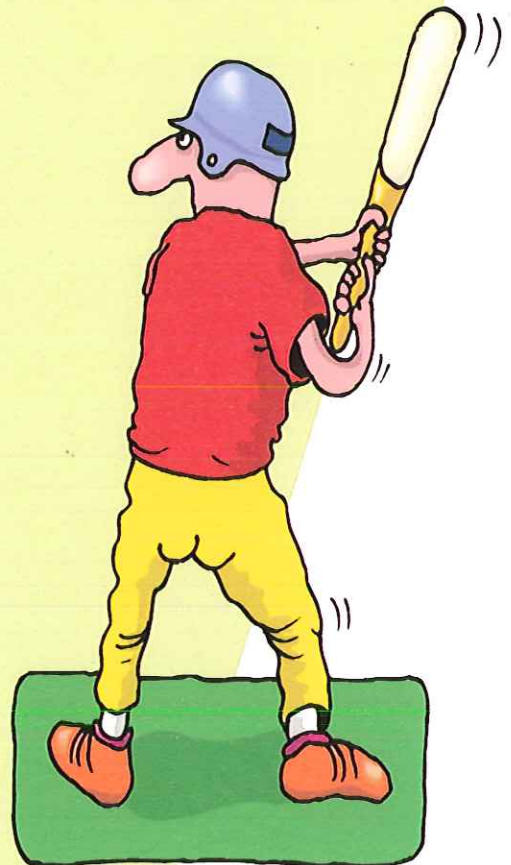


Healthy Living Club

**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



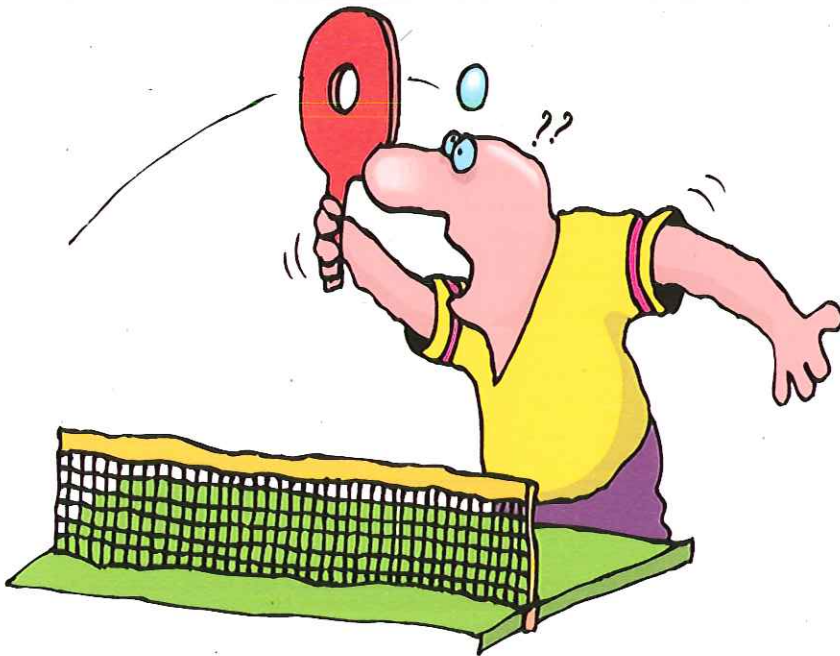
Oak Lawn Park District

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!



*Please contact Dawn at
Administration by April 17 if you
would like to attend.*

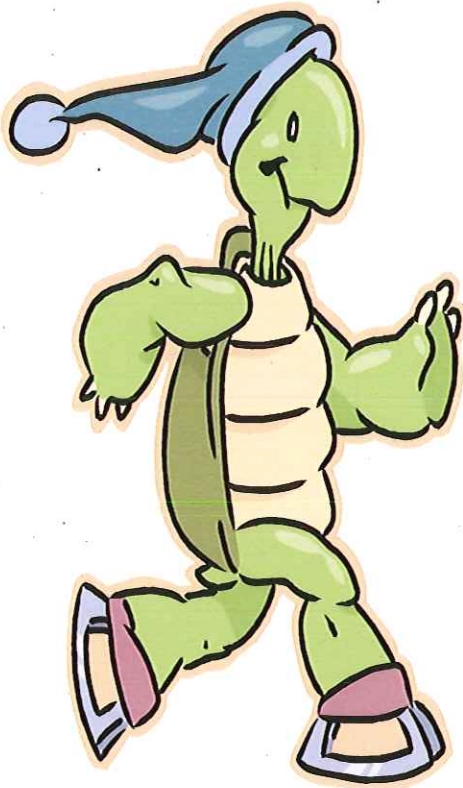
Healthy Living Club



HEALTHY LIVING CLUB



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.

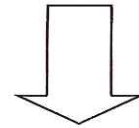
Lunch will be served at 12:15.

Please let Dawn know by March 14
if you would like to attend.

Oak Lawn Park District Healthy Living Club

Join us at the Racquet,
Fitness and Gymnastics
Center on Thursday,
February 16 at **noon**
to see why Tennis is a
sport for life.

This could be you!



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



Oak Lawn Park District

Healthy Living Club

Wellness Seminar

**Tuesday,
Nov. 22,
2011**

11:30 a.m.

Administration

**Lunch
courtesy of
Chows
Restaurant**

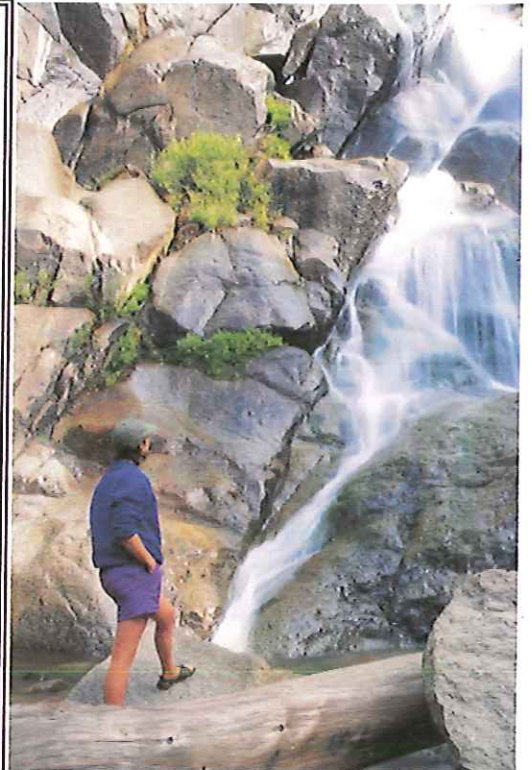


**RSVP by November 16 to
Dawn at Administration
if you would like to attend**

0-120-700-1-2011-10-18-11-30-AM-DUPAGE-COUNTY-FOREST-PRESERVES-HIKING

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?

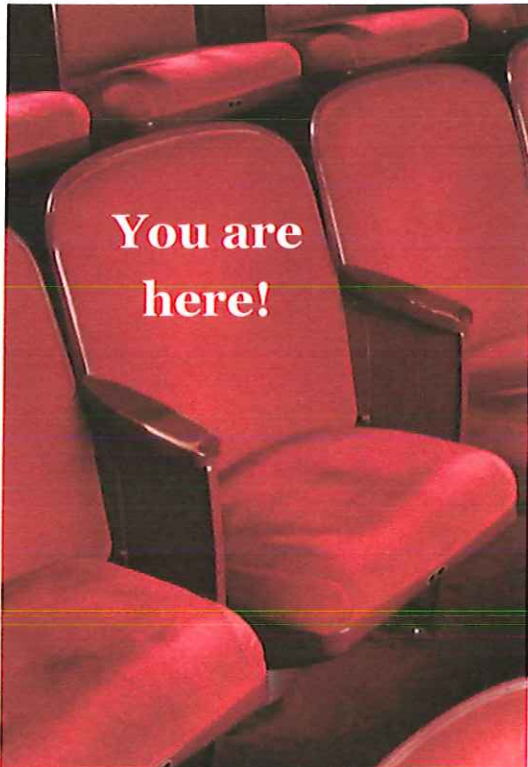
Whatever your level of activity, we have something for you at our September Healthy Living Meeting.



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**

Where: Central Park

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



Oak Lawn Park District Healthy Living Club

Join Us!

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.

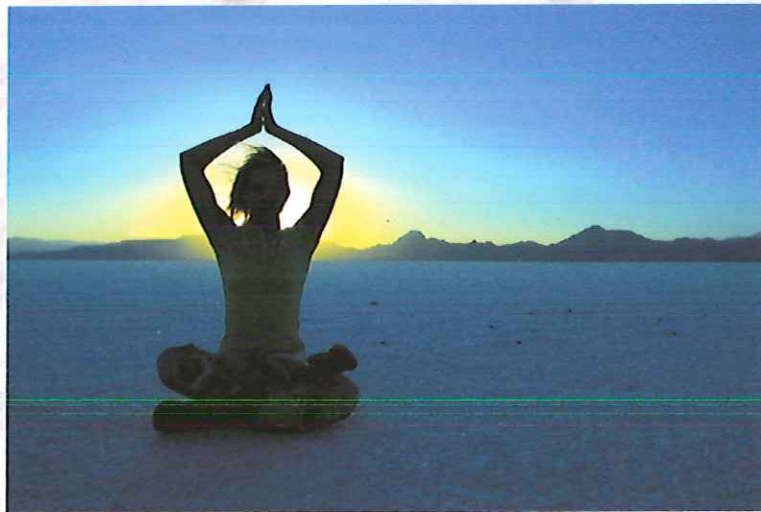
Place:
Wolfe Wildlife

**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**

HEALTH LIVING CLUB



*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*

Oak Lawn Park District

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.*

Healthy Living Club

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**