

NOV 2024 NEWSLETTER

Active Seniors

champaignparks.org

ROAD TRIP

Depart from Martens Center
9am-4pm - \$25/person per trip

**Hardy's Reindeer Ranch
in Rantoul, IL
Friday, November 8**

Deadline: October 25

Wander through beautiful, snow-dusted scenery, meet Santa's reindeer, and explore the charming holiday gift shop. This festive destination offers a cozy, winter wonderland experience right in the heart of Illinois.



U OF I EXTENSION PROGRAMS

DIABETES SERIES

Mondays & Wednesdays, Nov. 4-13

**10am-12pm - Free! Registration is required
Martens Center**

Learn about diabetes' complications, planning meals, reading food labels, portion control, risk for other health problems, how to plan your doctor's visits, and eating out.

POSITIVITY & IMPROVED WELL-BEING

Wednesday, November 6

**11am-12pm - Free! No registration required
Hays Recreation Center**

Participants will learn the common barriers to positivity and well-being and find out about simple science-backed practices to boost positivity and productivity, as well as mood and attitude.

ONLINE SEMINAR SERIES: AUTUMN HEALTH PICKS 2024

All sessions are free and will be presented at Hays & Douglass from Noon to 1 p.m.

Topics include:

- **Nov. 6:** Add a Little Bit of Spice: Seasoning Awareness and Culturally Tailoring Foods
- **Nov. 13:** Transform Your Aging Experience: How Mindfulness and Resilience Work Together

VETERAN'S DAY CHICKEN & NOODLE LUNCH

Monday, November 11

12-2pm - Free! No registration required.

Douglass Annex

Everyone is invited to this special luncheon as we celebrate and honor our veterans. Enjoy a delicious, home-cooked meal featuring chicken and noodles, and take a moment to show appreciation for the brave men and women who have served our country.

DOUGLASS HOLIDAY BREAKFAST & TREE TRIMMING

Monday, November 25

9-11am - Free! No registration required.

Douglass Annex

Kick off the holiday season! Enjoy a hearty breakfast of seasonal favorites. We will provide a main dish and beverages. **Please bring a dish to share!** After breakfast we will decorate the community tree.



CHAMPAIGN
PARK DISTRICT

Douglass Annex | 804 N Fifth St | 217-398-2572

Hays Recreation Center | 1311 W Church St | 217-239-1152

BURGERS AND FRYDAYS

First Friday of every month
12-2pm - Pay the cost of your meal

Meet us at the restaurant!

November 1: Culver's
2302 S Neil St, Champaign

LUNCH BUNCH

Second Wednesday of every month
11am-12:30pm - Pay the cost of your meal

Join us at the restaurant.

November 13: Panera Bread
1765 W Kirby Ave, Champaign

SUPPER CLUB

Third Wednesday of the month
4-6pm - Pay the cost of your meal
Registration is required

Meet us at the restaurant and let's create lasting memories!

November 20: Longhorn Steak House
2101 N Prospect Ave, Champaign

MOVIE MONDAYS

Fourth Monday of each month
12-3pm - Free!

No registration required.

Douglass Annex

November 25: *The Wiz* (1978)

CREATE BETTER HEALTH

Senior Cooking & Nutrition Class

Friday, November 1 & 8

10am-12pm - Free! *No registration required*
Douglass Annex

Tailored specifically for seniors, each session of Better Health is thoughtfully designed to address the unique needs and interests of individuals aged 50 and above. Whether you're looking to enhance your nutrition knowledge, discover delicious new recipes, or explore ways to stay active, our classes offer something for everyone.

COMING IN DECEMBER



JOIN THE FUN!!

ROAD TRIP

Depart from Martens Center
9am-4pm - \$25/person per trip

Candy Canes on Main in Casey, IL
Saturday, December 7

Deadline: November 23

Step into a holiday wonderland as you stroll through the street adorned with twinkling lights and oversized candy canes, delight in festive treats, and browse charming local shops. This enchanting event transforms the town into a merry celebration of the season.



CHAMPAIGN
PARK DISTRICT