



Spring 2014 Newsletter

Board of Commissioners

Al Chmielak
Karen Gilbert
Jody Chmielak
Mark Murphy

The Board of Commissioners meets on the 3rd Tuesday of the month at 7:00pm at the Memorial Park Office.

Staff

T.J. Whitcomb – Director

Contact Us

P.O. Box 206
Posen, Illinois 60469
(708) 371-1484
www.posenparkdistrict.org

NEWS & NOTES FROM THE DIRECTOR

As we all eagerly await the warmth of spring and summer while enduring the task of digging out of the constant snow, I am pleased and excited to share some of the goings on planned for this year.

As you read this newsletter, please take note of the programs and events currently scheduled and register for those that interest you. Also, pay special attention to the list of upcoming programs. Once the location and dates are finalized, these and other exciting programs will have registration information advertised in another newsletter.

As in previous years, we will be continuing with infrastructure improvements this year. Keep an eye out this spring and summer for more construction and please take caution around roped off construction areas.

The Posen Park District is currently taking applications for Maintenance Worker positions. The full job posting is available on our website under the employment tab. Please read the full posting and download and read the job description before applying. Applications, the job posting, and copies of the job description can also be obtained at our office.

As always, thank you for reading. I look forward to sharing an exciting 2014 year with each of you.

T.J. Whitcomb
Director of Parks & Recreation

Register For Programs!

Call or stop by our office to register for programs and fill out a Registration Form. Programs will be cancelled if there are not enough registrants. Nothing kills a program faster than people who wait, so register today.

Instructors Wanted!

Do you have a talent you would like to share with others? Contact the Posen Park District about teaching a class. We are always looking for instructors! Call us at (708) 371-1484 or email tj@posenparkdistrict.org.

Rent A Pavilion!

Pavilions at Memorial, Commissioners and Therapeutic Park are available for party rentals. The fee to rent a pavilion is \$150.00, of which \$50.00 is a refundable security deposit. Our residents receive a discounted rate of \$100.00. Alcohol and inflatables are not allowed. Payment must be made in cash at the time of reservation.

Board Vacancy

The Posen Park District Board of Commissioners is looking to fill a vacant seat. This is an unpaid volunteer position. You must be at least 18 years of age, a current Posen resident for at least the previous 12 months, and a registered voter. Anyone interested is asked to call our office (708) 371-1484 or email Director Whitcomb tj@posenparkdistrict.org, or President Al Chmielak al@posenparkdistrict.org for more information.

Brain Health Workshop Series

Brain Health is an interactive four-part series designed to better understand our brains as we mature. Each session will go over information related to brain health research, as well as fun and interesting strategies and exercises to challenge ourselves. Participants are encouraged to attend all four sessions. However, in case of conflicts, handouts are reserved and will be mailed at the conclusion of the series. **NOTE: This class will co-op with Blue Island Park District.**

Instructor: Molly Hofer, Family Life Educator, University of Illinois Extension
Location: Blue Island Park District Building 12804 S. Highland Ave. Blue Island
Age(s): 21 and older (Geared toward older adults/seniors, but open to all adults)
Fee: FREE CLASS! Pre-Registration Required: Call our Office (708) 371-1484!
Min/Max: 10/40

Building a Better Memory – Thu. April 10 (12:30-2pm): Does aging and memory loss go hand in hand? Not necessarily. Come and learn about normal age related memory changes and some fun and interesting strategies to help with us everyday tasks.

FIT WITS – Thu. May 8 (12:30-2pm): Keeping your wits fit is more than doing crossword puzzles and word searches? Research shows that brain health is directly related to body health! People often think more about keeping their bodies and/or heart fit, but we shouldn't forget about our brains!

Head Strong: Exercise Strategies to Enhance Memory & Thinking – Mon. June 2 (12:30-2pm): Are you headstrong about keeping your head strong? Challenging the brain, especially as you grow older can be beneficial. Many of us enjoy working on puzzles and games that require us to think and stretch our minds. Come and join us as we get together to explore several exercise strategies to challenge our brains.

Memory Loss, Dementia & Alzheimer's Disease: The Basics – Thu. June 12, 2014 (12:30-2pm): What's the difference between normal age-related memory changes and more serious memory problems? What is the common cause of memory loss, risk factors, and the importance of an accurate diagnosis? Presented by Chris Garnaat from the Alzheimer's Association, Greater Illinois Chapter

Posen Park District
PO Box 206
Posen, IL 60469



LOCAL POSTAL CUSTOMER
POSEN, IL 60469

Jump Rope Aerobics

This class offers an intense cardio workout session combined with the classic fun of jump rope! Get a great work out in a fun group environment at no charge! That's right, besides being a great workout; this class is also being run FOR FREE! Just drop in, but make sure you fill out a registration form at our office or with the instructor!

Instructor: Elena Serna & Grace Serna
Location: Posen School Gym (winter location)
Memorial Park (rest of year)
Date/Times: Mondays & Wednesdays 6:30 – 7:30 p.m.
Age: Open to All (Must be able to jump rope)
Fee: FREE CLASS!

Egg Hunt

The annual Egg Hunt is a village favorite for children of all ages. Participants are divided by age into different areas of the park. When the signal is given, hundreds of children will dash into the fields of Memorial Park all at once to collect as many eggs as they can. There will be over 5,000 candy filled plastic eggs laid out in the fields. Be sure to keep an eye out for the special golden eggs. These eggs do not contain candy and must be turned in for a special prize. Please arrive early as the event will start promptly on time.

Location: Posen Memorial Park 143rd & Campbell
Date/Time: Saturday April 19th, 9:30am
Age(s): 12 years and younger (must be walking)
Fee: FREE AS ALWAYS!

Magic Class

Children will have a great time as they learn a collection of fascinating and mesmerizing tricks! Amaze your family and friends with tricks that involve cards, ropes, coins, mind-reading and more. While the tricks may appear difficult, you'll discover that they are easy to learn and perform. All materials are provided, and you will receive your very own magic kit to take home. Children are grouped by age and always learn tricks that are age-appropriate. New tricks are taught at each class! **Call the Blue Island Park District at (708) 385-3304 to register.**

Instructor: Gary Kantor
Location: Blue Island Park District Building
12804 S. Highland Ave. Blue Island
Date/Time: Tuesday June 3 6:00 – 6:55pm
Age(s): 5-12 years
Fee: \$20 (n/r \$30) *Posen residents pay resident rate of \$20.
Min/Max: 7/35

Four Winds Casino Trip

Join us on a trip to Four Winds Casino in New Buffalo, Michigan. Discover the ultimate shopping experience at Four Winds Casino Resort. You'll find a variety of shops and specialty boutiques all conveniently located in the retail promenade. Four winds casino also has 3,000 slots ranging from 1 cent to \$100 play. It is the only casino in the area offering million dollar jackpots and has an array of table games. Your trip fee includes transportation, \$15 instant slot credit and a \$10 food credit at the casino.

Space is limited. Must be 21 years or older with a valid photo ID. Bus departs from the Blue Island Park District Building 12804 S. Highland Ave. Blue Island. Call the Blue Island Park District at (708) 385-3304 to register.
Date/Time: Thursday May 15 Depart at 9:00am
ETA at Casino: 10:30am; Depart: 2:00pm
ETA at Blue Island: 3:30pm
Age: 21 years and older
Fee: \$35 per passenger
Min/Max: 5/30

Upcoming Classes

We are planning a variety of programs this year. Once final dates and locations are set, more details will be publicized in our newsletter. In the meantime, here are brief descriptions of a few of our planned offerings. If these interest you and you would like more information now, please feel free to call our office. Note: Most of these will be multi week programs.

- Acres of Adventure** – An introduction to agriculture and the life sciences through hands on activities.
- Breaking the Code** – Highlighting the existence and harmfulness of social bullying, and how to recognize and prevent it.
- Maps & Apps** – Design and map your ideal park. Use GIS mapping to solve community problems.
- I Think Green** – Hands on science investigations of how living things interact with each other and with their environment.
- Junk Drawer Robotics** – Make science and engineering fun by building robots from everyday items without a computer.
- Going Solo** – Teaching teens the concepts and practices of entrepreneurship and business ownership.