

50 Plus Active Seniors — Join Us!

The Palatine Township Senior Center (PTSCC) is open to anyone 50 and over. We are a private, non-profit corporation that is governed by a volunteer Board of Directors. Our mission is to provide programs and services which support the independence and well-being of active adults and promote their participation in the community. Membership with PTSCC gives you discounts on Center Events, Trips, and FREE use of the Fitness Room and on-site computer. The facility includes a wellness clinic, exercise/aerobics room, library, Café lunch served at 11:30 am, fitness room, and arts & crafts room.

Open Monday – Friday from 8:30 am – 5:00 pm
 Palatine Township Senior Center
 505 S. Quentin Road, Palatine, 60067
 847-991-1112

We offer: Sit & Be Fit, Monday & Thursday, 10:00 - 10:45 am. Call 847-991-1112 x233 for details.

Chair Yoga

Gentle exercise to increase cardio and flexibility.

When: Monday
 Time: 1:00 - 1:30 pm
 Fee: \$10 (4 weeks) Members of PTSCC
 \$12 (4 weeks) Non-members

Taoist Tai Chi

This ancient non-impact Chinese exercise is perfect for attaining ease of movement and all-around well being. It is performed in a slow and relaxed continual motion.

When: Tuesday & Thursday
 Time: 3:00 - 4:00 pm
 Fee: \$30 (6 weeks) Members of PTSCC
 \$40 (6 weeks) Non-members

Line Dancing

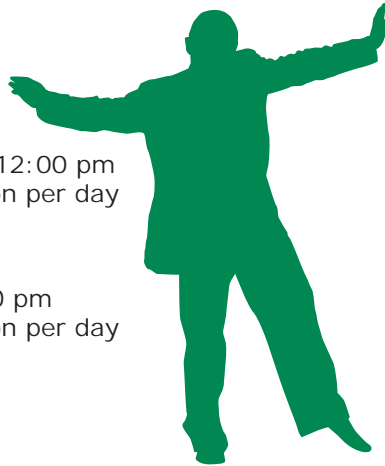
Intermediate

When: Monday
 Time: 10:45 am - 12:00 pm
 Fee: \$3 per person per day

Beginners

When: Tuesday
 Time: 12:30 - 2:00 pm
 Fee: \$3 per person per day

Call to reserve a spot!



Visit our web site
www.ptsc.org

Quilting Group - FREE

This congenial group works on group or individual projects. Looking for more stitchers, all are welcome.
 When: Wednesday/12:30 - 2:30 pm

Ceramics Club

Our ongoing group will help you with beginning and advanced projects. Pay only for the materials you use. Sessions are just \$4.00. First session includes one small piece to paint and fire.
 When: Friday/9:00 - 11:00 am

One Stroke Painting

This highly decorative technique can be used to create hanging art, decorated household objects, decorated furniture, and more. No special talent is required. The first class is free — further sessions are \$5.00 each.
 When: Monday/10:00 am - noon
 Thursday/10:00 am - noon

Pinochle

New and experienced players are invited to stop by and play.
 When: Monday & Friday/12:30 - 4:30 pm

Bridge

Basic knowledge of the game is essential.
 When: Tuesday/12:30 - 3:30 pm
 Friday/10:00 am - 1:00 pm



Other Games

Mah Jong - Monday/1:00 - 4:00 pm
 Poker Group - Wednesday/noon - 3:00 pm
 Wii Bowling - Wednesday/9:30 - 11:30 am
 Scrabble - Thursday/9:30 - 11:30 am
 Call to reserve a spot.

Bingo

When: Monday & Thursday
 Time: 12:30 - 3:00 pm
 Social Poker, 10:00 - 11:00 am prior to Bingo.



2012 Trips

Overnight Trips

Biltmore Estates • September 16-21
 Door County, WI • October 2-5

Day Trips

Geneva, IL • April 11
 Four Winds Casino • April 25
 Senior Celebration • May 9
 Route 66 Tour • May 18
 Oak Park Tour • May 23

Visit our website for trip details and upcoming Special Events.