

## Horseback Riding Lessons

Staff will teach riders to ride for pleasure or for show. All riders must sign a release waiver and wear a safety helmet. Helmets are available for \$1.00 per ride. All lessons are fully supervised BUT riders are reminded that all riding is done at their own risk. Call 708-598-7718 to find out the intermediate and advanced class schedule. For more information go to [www.newtraditionsridingacademy.com](http://www.newtraditionsridingacademy.com)

Age: 7 thru Adult

Location: New Traditions Riding Academy, LLC  
10100 S. Kean Palos Hills 708-598-7718

### Children's Beginner lessons:

Wednesdays: 4:30pm

Saturdays: 1:30pm

Sundays: 2:30pm

### Adult Beginner lessons:

Mondays: 8:30Pm

Wednesdays: 12:00pm

Saturdays: 1:30pm

Sundays: 12:15pm

### Children's Intermediate lessons:

Fridays: 4:30pm

Sundays: 1:30pm

### Adult Intermediate lessons:

Wednesdays: 8:30pm

Saturdays: Noon

### Beginner

Code #		R/NR Fee
210346-A	Five 1 hour lessons	\$145/\$155
210347-A	Ten 1 hour lessons	\$270/\$280

### Intermediate/Advanced

Code #		R/NR Fee
210348-A	Five 1 hour lessons	\$175/\$185
210349-A	Ten 1 hour lessons	\$320/\$330

## American Red Cross Pet First Aid/CPR

Skills you will learn include basic wound care, bleeding management, the Heimlich maneuver, rescue breathing, and CPR. You will learn how to recognize early warning signs of illness, how to stay safe while helping your pet, what to do if your pet is hit by a car or ingests something poisonous, how to create a pet first aid and disaster preparedness kit... and much more. The training includes lecture, demonstration, and hands-on skill practice using dog & cat manikins. Each person will also receive their choice of either the American Red Cross Cat or Dog First Aid book and DVD set to take home. At the completion of the course, each participant will receive an American Red Cross Dog & Cat First Aid completion certificate. Come to class wearing comfortable clothes and expect to have an enjoyable experience.

Age: 16 or older

Location: Woodridge Park District Community Center  
2600 Center Dr. (630) 353-3300

Instructor: Frances Wilkerson

Code #	Day	Date	Time	N/NR Fee
210769-A	Sa	Mar. 10 & 17	9:00-11:00am	\$70/\$75



## S.T.A.R. Puppy Class

Note: The first class is Orientation. Please do not bring your puppy to the first day. Bring your puppy's current vaccination records to the first day. Current vaccinations are required. Each puppy must be accompanied by at least one adult handler.

Learn the best method for teaching your puppy to be reliable with the basic commands every dog should know. In addition, your puppy will be evaluated for early signs of potential problem behaviors. You will be given techniques on how to manage these issues as your puppy advances into adolescence and then into adulthood. You will be given the opportunity to send for the official AKC certificate upon completion of the program.

Age: Puppies under 1 year of age & their handler  
(Children 14 & younger must have adult supervision.)

Location: Darien Park District Community Center

Instructor: Liz Huskey

Note: \*No class 3/29

Code #	Day	Date	Time	R/NR Fee
210725-A	Th	Jan. 19-Feb. 23	7:30-8:30pm	\$120/\$125
210725-B	Th	Mar. 8-Apr. 19*	7:30-8:30pm	\$120/\$125

## Family Dog Class

Note: The first class is Orientation. Please do not bring your dog to the first day. Bring your dog's current vaccination records to the first day. Current vaccinations are required. Each dog must be accompanied by at least one adult handler. NO AGGRESSIVE DOGS!!

Once your dog enters adolescence and advances into maturity, it is important to make sure they are reliable. You will be given the tools to train your dog how to be reliable when responding to your basic commands. As your dog advances with age, new behaviors may arise that are making it difficult for your dog to be responsive to you and behave appropriately with both humans and animals. You will be given techniques to address the problem behaviors head-on based on your dog's personality and temperament.

Age: Dogs 6 months & older & their handler  
(Children 14 & younger must have adult supervision.)

Location: Darien Park District Community Center

Instructor: Liz Huskey

Note: \*No class 3/29

Code #	Day	Date	Time	R/NR Fee
210726-A	Th	Jan. 19-Feb. 23	6:15-7:15pm	\$102/\$107
210726-B	Th	Mar. 8-Apr. 19*	6:15-7:15pm	\$102/\$107

## Learn to Cook, Love to Cook!

Chefs For A Day, Inc. offers interactive cooking classes for kids and adults led by a professional chef. Each 2 hour class features an entertaining and informative approach to cooking plus a generous tasting of every dish prepared in class. Chef Laura is a graduate of the Cooking and Hospitality Institute of Chicago (Le Cordon Bleu Program). She combines over 25 years experience in restaurants, catering, and cooking instruction with schools, scout programs, group or private instruction as well as corporate healthy living events. This is a hands-on class, please bring a knife. For more information visit: [www.chefsforaday.com](http://www.chefsforaday.com)

Age: Adults 18 & older  
 Location: Chefs for a Day Kitchen  
 Rte. 83 & 75th St.  
 Willowbrook  
 Instructor: Chef Laura

### Chocoholics Night

Code #	Day	Date	Time	R/NR Fee
210501-A	F	Feb. 3	6:30-8:30pm	\$48/\$53

### Spring Fever! Quick & Light Dishes

Code #	Day	Date	Time	R/NR Fee
210501-B	W	Mar. 21	6:30-8:30pm	\$48/\$53

### Around the World Favorites (Italian, French, China)

Code #	Day	Date	Time	R/NR Fee
210501-C	Th	Apr. 12	6:30-8:30pm	\$48/\$53



## American Heart Association First Aid

Participants learn to recognize and care for a variety of first aid emergencies, such as burns, cuts and scrapes, sudden illnesses, head, neck and back injuries, and heat and cold emergencies.

Age: 18 & up  
 Location: Darien Park District Community Center  
 7301 Fairview Ave.  
 Instructor: Bob Robertson

Code #	Day	Date	Time	R/NR Fee
210704-A	W	Feb. 22	6:30-9:30pm	\$36/\$41

## Heartsaver CPR & AED

Heartsaver CPR & AED is a classroom, video-based, instructor-led course that teaches adult CPR and AED use, as well as how to relieve choking on an adult, child & infant. This course teaches skills with American Heart Association's research-proven Practice-While-Watching technique, which allows instructors to observe the students, provide feedback and guide the students' learning of skills.

Age: 18 & up  
 Location: Darien Park District Community Center  
 7301 Fairview Ave.  
 Instructor: Bob Robertson

Code #	Day	Date	Time	R/NR Fee
210705-A	W	Apr. 25	6:30-9:30pm	\$36/\$41

## Pool Passes



### Clarendon Hills Park District Lions Park Pool

100 Byrd St. in Clarendon Hills

The Darien Park District will once again be offering a limited number of discounted pool passes to the Clarendon Hills Park District Lions Park Pool. More information will be forthcoming in our Summer brochure.

### Cypress Cove

8301 S. Janes Ave. in Woodridge

We will once again be offering discounted pool memberships for Cypress Cove in Woodridge. Look for more information in our Summer brochure.

### Darien Swim & Racquet Club

1001 Hinsbrook Ave. in Darien

The Darien Swim Club will once again be offering residents an opportunity to join the pool for the 2012 season. Details will be in our Summer brochure.



### Digital Photography I - Learning Your Digital Camera

Are you still wondering about all the features of your newly purchased digital camera? This class will teach you digital camera basics, including pictures as pixels, memory, resolution and exposure control. Soon you will be taking photos digitally and emailing them to friends and family as well as creating beautiful memories to come. Bring your cameras and questions with you to our class.

Age: 16 & older  
 Location: Darien Park District Community Center  
 Instructor: Laura Piton

Code #	Day	Date	Time	R/NR Fee
210710-A	F	Jan. 13-Feb. 3	7:00-8:30pm	\$60/\$65
210710-B	F	Apr. 13-May 4	7:00-8:30pm	\$60/\$65

### Photo I - Learn to Use a 35mm or Digital Camera

This introductory course in 35mm photography utilizing traditional film or digital SLR is designed for Users who want to expand their camera knowledge. Topics include proper exposure, action photos, depth of field, close-up flower photo, methods of focus, camera parts, use of flash, proper maintenance, film speeds, and selection of lens. Note: Participants must bring film and 35mm camera that will work in manual mode or digital SLR (removable lens). Bring your cameras and questions with you to our class.

Age: 16 & older  
 Location: Darien Park District Community Center  
 Instructor: Laura Piton

Code #	Day	Date	Time	R/NR Fee
210768-A	F	Feb. 17-Mar. 9	7:00-8:30pm	\$60/\$65

### Digital Photography II

This class is an extension of the Digital Photography I. You will explore in depth photo editing techniques discussed in Digital I. The following topics will be covered: color correction, brightness and contrast, replacing one part of the image with another, blurring an area of the photo which is in focus already, correcting for improper white balance, sharpening a blurred photo, creating a card in word using a photo. Participants need to bring a laptop computer to class.

Age: 16 & older  
 Location: Darien Park District Community Center  
 Instructor: Laura Piton

Code #	Day	Date	Time	R/NR Fee
210782-A	F	Mar. 16-Apr. 6	7:00-8:30pm	\$60/\$65

## Picnic Pavilion Permits

Permits to reserve picnic pavilions will be issued beginning Monday, April 2<sup>nd</sup> for residents and Monday, April 16<sup>th</sup> for non-residents on a first-come basis beginning at 8:00am. Call our office after March 1<sup>st</sup> for fee information.

### Darien Community Park

Plainfield and Clarendon Hills Road (2 pavilions)  
 Seating for 75 or 200 people  
 Electricity available at larger pavilion.



### Smart Oaks Park

Bailey and Frontage Roads.  
 Seating for 75 people, electricity available



### Meyer Woods

Oldfield Road south of Lemont  
 Seating for 75 people, electricity available



## Seniors Ride Free & Reduced Fare

Low-income senior citizens aged 65 or over living in the RTA service region (Cook, Kane, DuPage, Lake, McHenry and Will counties) are eligible for free transit on fixed routes operated by the Chicago Transit Authority (CTA), Metra and Pace. Seniors who are eligible for the FREE program must be registered for the Circuit Breaker program. Anyone that doesn't meet the "low income" criteria will receive a 50% discount on their fare.

To take advantage of the free or reduced fare transit, seniors must have the senior reduced fare or free card. You must come to our office (Monday-Friday, 8:30am-4:30pm) and fill out an application to register. You are required to present:

1. A government-issued photo identification card that verifies your age and
2. A photo of yourself that is approximately passport size (1" square). If you need to have a photo taken, Walgreens does take passport photos.

We will send all the information out and you will receive your senior reduced fare card in 3-4 weeks.



## Downers Grove Township Dial-a-Ride

Dial-A-Ride is a curb-to-curb shared ride service for Township residents who are 65 or older and for qualified persons with disabilities of any age. In order to use the service, riders must have a valid RTA or ADA card. If you have either of these cards all you need to do is call the Township at 630-719-6685 and Joan Nichols can register you over the phone. Don't have either of those cards? That's okay. We can help you with that and get you registered for Dial-A-Ride at the same time.

Qualified Township residents who need an RTA card may come into the Township office at 4340 Prince Street, Downers Grove and complete the appropriate application and get your picture taken (this costs \$3.00). Once this is done, we can register you for our Dial-A-Ride service.

The Dial-A-Ride service is provided to and from any point within the Township of Downers Grove area. This includes to Good Samaritan Hospital. Service is provided from 8 am to 4pm, Monday through Friday, excluding major holidays. The fare is \$5.00 for each one-way ride.

Persons with disabilities who are younger than 65 must submit one of the following:

- Social Security Validation. You must provide a current printout that states the words, "disabled individual", or the letters DI after your social security number.
- Medicare Validation. You must submit two forms:
  - (1) A copy of your Medicare card (not Medicaid), AND
  - (2) A current Social Security Benefit Statement.
- Veterans Validation. (Please call our office at 630-719-6685 for information).
- Doctor's Validation. You must submit two forms:
  - (1) An application completed by your doctor (available at the Township office), AND
  - (2) A doctor's statement describing the nature of your disability on professional letterhead or prescription form

All applicants must have a 1½" x 1½" picture. We take pictures for \$3.00.

You must also bring one of the following: Drivers license, State issued ID card, US Immigration Alien Registration card (copy of both sides) or a passport with a photo.

Once a rider is registered, reservations for general-purpose rides can be made one or two business days in advance. Rides for medical appointments can be made up to a week in advance. An escort may accompany a passenger. The escort does not have to be registered but does have to pay a separate \$5.00 fare.



### AARP Driver's Safety

The course material covers the effects of aging and medications on driving, basic driving rules, license renewals, local traffic hazards, adverse road conditions, energy saving and accident prevention measures. Pre-registration and 8 hour attendance is required to receive a Course Completion Certificate.

Age: Senior Citizens  
 Location: Darien Park District Community Center  
 7301 Fairview Ave.  
 Instructor: Sheila Bergstrom  
 Note: Make your check payable to AARP

Code #	Day	Date	Time	Fee
210905-A	M/Tu	Mar. 5 & 6	9:00-1:00pm	\$12 AARP members \$14 AARP non-members

### Medicare Seminar

The following seminar is FREE but registration is required.

Age: Adults  
 Location: Darien Park District Community Center  
 7301 Fairview Ave.  
 Presenter: Diane Adduci  
 Community Relations, Blue Cross, Blue Shield

### Understanding Medicare Parts A & B & Medicare Supplement Plans

This 90 minute educational presentation will cover eligibility, enrollment and available benefits of Medicare Parts A and B and the standardized Medicare Supplemental Plans available in Illinois. Attendees will benefit from this program if they will soon be eligible for Medicare, already on Medicare but losing their group retiree benefits, a caregiver of a Medicare beneficiary and anyone who would like to learn more about the hospital and medical insurance benefits of Medicare and Medicare Supplemental Plans

Code #	Day	Date	Time
210918-A	Th	Feb. 9	9:30-11:00am

### File of Life

File of File is provided by the Downers Grove Township. It is a card which lists your vital medical information to assist emergency response personnel. The card fits inside a magnetic pouch which is placed on your refrigerator door for immediate access. A pocket size card is also provided to keep in your purse/wallet. The card then accompanies you to the hospital if necessary.

Stop the the Darien Park District office to purchase one.

**Cost: \$1.00**

## Weekly Activity

**RESIDENTS** are invited to participate in the following activity held at the Darien Park District Community Center, 7301 Fairview Ave. For more information call: 630-968-6400

The following program is offered weekly. The program is ongoing. **All adults who are Darien Park District residents are welcome to participate. PROOF OF RESIDENCY IS REQUIRED.**

Participants will be asked to sign in at the Fitness Center counter every time they come in the event of an emergency.

**NOTE: If you arrive before the time scheduled or stay later than the time scheduled, the room may not always be available.**

### Wednesday



### Movies

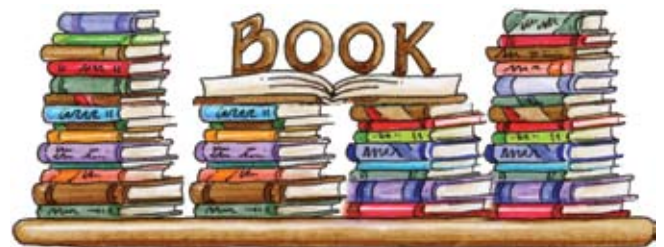
**12:30pm prompt!**

Each week we will show a newly released or classic movie. A monthly list of movies can be picked up at our office or call 630-968-6400.

Admission is free. *Note: Movies are chosen for those 21 and older.*

## Book Exchange

Nothing to read at home? Why not use the Darien Park District book exchange. Just bring in any book that you would like to share (no textbooks please) & exchange it for any book of your choice. When you are finished reading the book bring it back for another!



# Gardening Club



The Darien Park District Garden Club was established in 2001 and all avid gardeners are encouraged to “come grow with us!” Members share tips & advice to help you attain a more beautiful bountiful garden. Guest speakers, demonstrations and monthly newsletters add to the fun! The club meets the first Monday of each month (except holidays) at 6:30pm at the Darien Sportsplex, 451 Plainfield Road.

For more information, call 630-968-6400 or check our website at [www.darienparks.com](http://www.darienparks.com).

## Needy Family Toy Collection

The Darien Park District will once again be assisting the Darien Lions Club in their Needy Family Drive. Annually, the Lions Club provides food baskets and with your help, the Park District will provide toys for the children of less fortunate families in our community. A toy barrel is set up outside the front office at Darien Park District Community Center, 7301 Fairview Ave. Please drop your unwrapped new toy donation in the barrel by December 14th. Through your generosity, we can make this a Merry Christmas for children who otherwise might wake up Christmas morning to find nothing under the tree. We can always use help wrapping the gifts. Please call 630-968-6400 to volunteer.

## Book Exchange

Nothing to read at home? Why not use the Darien Park District book exchange. Just bring in any book that you would like to share (no textbooks please) & exchange it for any book of your choice. When you are finished reading the book bring it back for another!

