

ALL-AGES PROGRAMS

Wilderness Survival Skills: Animal Tracking & Awareness

Do you like stories? Animals tell their stories by their tracks they leave. We'll learn how to determine what animal made what track and how to distinguish whether it was male or female, left or right dominate, how fast it was moving and how old the track is. We will create and learn how to use a tracking stick to help develop your tracking skills.

Who: All ages (under 12 must have a parent/guardian)

When: Saturday July 25, 10 a.m. - Noon

Where: McConnell Bobtown Landing

Fee: \$15 in district
\$20 out of district

Min/Max: 5/20

Instructor: Randall Westfall

T-Tapp Workouts Punch Card

Developed to increase strength & flexibility while giving you a cardiovascular, mind/body workout. Instruction includes a variety of moves each week to help you tone and improve posture and balance.

WHO: Preteen– Senior Citizens, all fitness levels

WHEN: Most Mondays, April 27-August 31, 7:10pm-8:00pm

No class Memorial Day or June 8

WHERE: Activity Center 220 W. Main Street

FEE: Walk-In, \$15, 10 Punches for \$100, 15 punches for \$120

MIN/MAX: 6/20

INSTRUCTOR: Carol Heinrich, Certified T-Tapp Trainer

Pre-Summer Heat

Two nights of intense T-Tapp. Contact Carol (815-541-2235) to purchase required video or book at a discounted price.

WHO: Adults and Teens, intermediate to advanced

WHEN: May 12 & 15, 6:00-7:30pm

WHERE: Activity Center 220 W. Main Street

FEE: \$35

MIN/MAX: 6/20, Must register by May 9

INSTRUCTOR: Carol Heinrich, Certified T-Tapp Trainer

Introduction to T-Tapp Workshop

Learn the basic T-Tapp principles while getting a good workout. Get a cardio, strength training, flexibility, stretching, mind/body workout.

Who: Preteens– Senior Citizens, new to T-Tapp

When: Saturday May 9, 2009 2-4pm (Contact the LCPD office to sign up by May 5 at 11:00am)

Where: Activity Center, 220 W. Main Street

Fee: \$60, (Includes Original T-Tapp Basic Plus Instructional DVD for practice at home.) Additional household member- \$35. One video required per household. This course is non-refundable.

Min/Max: 4/10

Instructor: Carol Heinrich, Certified T-Tapp Trainer



Volunteers Needed for Trail Work Crew

Volunteers are needed for the Trail Work Crew at Lake Le-Aqua-Na State Park. The work crew will start working on the trails after the spring thaw. The park trails are shared by hikers, joggers, mountain bikers, equestrians, and XC skiers. They are currently reviewing existing trails, taking some trails out of service, and building some new trails. If you have time available to help the work crew please call and get on the list.

Contact Wendell Kurr 815-563-4984

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Pie Crust Demonstration Class

Tired of using store bought pie crusts? Join Le Cordon Bleu trained pastry chef, Douglas Streeb for an evening in which you will explore, learn, and share. A wide variety of pie crusts will be presented, which are sure to please even the most picky of eaters.

WHO: All ages welcome, children under 10 must be supervised by an adult

WHEN: Wednesday, May 27, 6:00-8:00 pm

WHERE: LCPD Activity Center

FEE: \$10

INSTRUCTOR: Douglas Streeb

Bread Making Class

Come explore the wonderful world of artisan breads with Le Cordon Bleu trained pastry chef, Douglas Streeb. Learn to make breads such as foccacia, challah, and a flavorful onion rye. You will also be working with a variety of quick breads. Bring your mixers and bake pans and join us for an afternoon of bread making.

WHO: All ages welcome, children under 10 must be supervised by an adult

WHEN: Saturday, June 27, Noon- 4:00 pm

WHERE: Lena American Legion

FEE: \$30- parents bring your children for free!

INSTRUCTOR: Douglas Streeb

Cookie Making Class

One of America's favorite snack foods is the cookie. Come join pastry chef, Douglas Streeb for an afternoon of cookie baking. This class is open to kids and adults of all ages. Bring your mixers and cookie pans, and explore the sweet world of cookies!

WHO: All ages welcome, children under 10 must be supervised by an adult

WHEN: Saturday, July 11, 1:00- 4:00 pm

WHERE: Lena American Legion

FEE: \$30- parents bring your children for free!

INSTRUCTOR: Douglas Streeb

Euchre

Do you enjoy playing Euchre and need more practice? Come and enjoy an afternoon of card playing.

WHO: All ages welcome

WHEN: Wednesdays year round

1:00 PM - 3:00 PM

WHERE: Activity Center, 220 West. Main Street.

FEE: None

1st Friday Bridge

Come join other card players for a fun afternoon of Bridge. Tallies will be used to determine partners and 6 hands will be played per time, as time permits. Light refreshments will be served.

WHEN: 1st Friday of every month year round

12:30 PM - 4:00 PM

WHERE: Activity Center

220 West Main Street

FEE: \$1 per session

CONTACTS: Karen Damman & Jan Taylor



Do you have an idea for a special event or want to volunteer at one of our existing events? Please contact the Lena Community Park District with your recommendations. We are always looking for a new way to involve and interest the patrons in the Lena community.

Ever thought about volunteering your time? Volunteers are always needed at the Park District. If you are interested in helping us, please contact the Park District Office at (815) 369-5351.