

HOLLIS HAPPENINGS

DECEMBER 2019

Unity Point Wellmobile

Know your numbers and be proactive with your health! Get your blood pressure, glucose/cholesterol*, and spirometry checked for FREE. You can have medications as prescribed. (12 hr. fast required for the glucose/cholesterol testing).

At the Rec Center on Saturday, December 21st from 8am-10:30am

Santa Sing-a-long

At this event, children and adults will have the opportunity to tell Santa their wishlist, make Christmas cards, decorate cookies and sing Christmas Carols.

Kickoff the Christmas season with us on Saturday December 14th, from 10am-Noon at the Butler Haynes Pavilion.

Santa's Hospital Helpers

Throughout December Hollis Park District is teaming up with Santa's Hospital Helpers this year by collecting new unwrapped toy donations for kids (infant-teenagers) that are spending Christmas in the hospital. You can personally give those donations to Santa at the Santa Sing-a-long, details above.

We will be collecting toys all through December, however, Santa will be delivering the toys around the 18th of December, so try to donate some before then!

Look on **backside**
for classes we
offer annually!

Hollis Park District has programs and activities for children and adults. Registration dates are included in the information for each program. If you should have any questions please call the Hollis Recreation Center @ 309.697.2944

10107 S. Vine Street, Mapleton, IL 61547
Phone: 309.697.2944 (1) | www.hollispark.org
Visit our Facebook @ **Hollis Park District**

Staffed Hours

Mon-Thurs.....8am-8pm
Friday.....8am-4pm
Saturday.....8am-1pm

Go on our website @ www.hollispark.org to register for our newsletter. Make sure to like our Facebook page for updates on Hollis Park events.



Join founder, Bill Turney and his Hospital Helper's Crew, by donating new unwrapped toys this year for the children in the hospital this Christmas.

Holiday Memberships

This upcoming holiday season we are offering discounted memberships when you pay in full. For the price of a 12 month membership, you'll get 1 month free!

Memberships	Resident Price	Non-Resident Price
Adult	\$180	\$225
Couple	\$270	\$315
Family	\$360	\$405
Senior	\$135	\$180
Senior Couple	\$180	\$245
Scholastic	\$100	\$150
3 month	\$60	\$70

This offer is available from November 18th, 2019 through January 31st, 2020.

Hollis Park District has programs and activities for children and adults. Registration dates are included in the information for each program. If you should have any questions please call the Hollis Recreation Center @ 309.697.2944

10107 S. Vine Street, Mapleton, IL 61547
Phone: 309.697.2944 (1) | www.hollispark.org
Visit our Facebook @ **Hollis Park District**

Go on our website @ www.hollispark.org to register for our newsletter. Make sure to like our Facebook page for updates on Hollis Park events.

HOLLIS HAPPENINGS

DECEMBER 2019

Aerobic Kickboxing

Join **Instructor Jim Hartman**, in this high impact, aerobic kickboxing class where you can expect a full-body workout that engages every muscle group with a focus on your core.

At the Rec Center on Wednesdays @ 4:30pm-5:30pm. Prices are \$6 (Daily), \$12.50 (Monthly | Resident), \$15 (Monthly | Non-Resident). Must be 16 yrs or older.



Yoga

Join **Instructor Gayle Carrillo**, in exploring the many benefits of Yoga tailored to fit you. Enjoy relaxation, rejuvenation healing, and strengthening all in one. No prior experience required. No equipment necessary but dress comfortably.

At the Butler Haynes Pavilion on Mondays & Wednesdays @ 7pm-8pm. Prices are \$6 (Daily), \$25 (Monthly | Resident), \$30 (Monthly | Non-Resident).

Shotokan Karate

Join **Instructor Jim Hartman, 6th degree Black Belt**, in improving your physical and mental strength, health and fitness, stress management, and self-esteem.

At the Rec Center on Mondays & Wednesdays @ 6pm-8pm. Prices are \$6 (Daily), \$25 (Monthly | Resident), \$30 (Monthly | Non-Resident).

Jiu-Jitsu

Join **Instructor David Bleeker, Black Belt**, in an ancient form of martial arts from which Judo and Brazilian Jiu-Jitsu have evolved. The art involves throws, submission maneuvers, and ground play.

At the Rec Center on Mondays & Wednesdays @ 6:30pm-8pm. Prices are \$6 (Daily), \$25 (Monthly | Resident), \$30 (Monthly | Non-Resident). Must be 18 yrs or older.

Community Coffee

Join us for a cup of coffee or tea and visit with your community! Work on the community puzzle, watch TV, read the paper and socialize with your neighbors.

Every Wednesday at the Rec Center from 9am-12pm.



Judo

Join **Instructor George Weers, Black Belt**, in Judo classes that offer fitness, fun, and self-confidence. Participants will develop basic principles of coordination, balance, falling safely, and techniques.

At the Rec Center on Tuesdays & Thursdays @ 6:30pm-8pm for adults and kids. 8am-9am for competitive practice. Prices are \$6 (Daily), \$25 (Monthly | Resident), \$30 (Monthly | Non-Resident).

Senior Potluck

Come join us each month for food, stories, and BINGO. The park district provides the main dish and we ask that everyone bring a side to share.

At Butler Haynes Pavilion on Dec 18th from 12pm-2pm. FREE for anyone 55 yrs and older.