



# Community Programs

## Project In a Bag

June 14-July 26  
Age 6-12

Join us in some at-home artsy-fun, this summer! Registrants will receive 4 kits, every two weeks, throughout the summer. The kits will have varied themes and they will be delivered to your door. Our themes include: masterpiece, magic show, robot doodle bots, and collage "in a bag" projects to complete at your own pace.

Cost	Deadline	Code
\$40R/NR	May 31	9598

## FREE! You Got Rec'd!

Register for this free program to get your yard "Rec'd." The Urbana Park District staff will select a random week to fill your yard with fun decorations and chalk your sidewalks! The decorations will stay for one week and then move to another registrants yard. Surprise your family with a "Rec'd" yard!

Scan QR Code to register for the You Got Rec'd program!



## Summer Survival Kit

Delivered week of May 31-June 4  
All Ages

Register to receive a summer survival kit, hand crafted by the staff at the Urbana Park District. This kit will entertain your family throughout the summer with cool games, crafts, and more! Kits will be delivered to your home.

Cost	Deadline	Code
\$40R/NR	May 24	9599

## Beginner Adult Tap Technique Workshop via Zoom!

Tuesdays, 7-7:55pm  
Virtual Zoom Class  
Age 16 and Up

No previous tap experience is necessary. Learn basic steps and rhythm, choreography, and style. Support and instructions will vary based on dancers skills and abilities.

Date	EB Cost	Deadline	Cost	Deadline	Code
Jun 1-Jun 29	\$40R/\$47NR	May 18	\$47R/\$60NR	May 25	9602

## Advanced Adult Tap Workshop via Zoom!

Tuesdays, 5:45-6:40pm  
Virtual Zoom Class  
Age 16 and Up

Energize your body and soul with our summer session of tap! This class is for folks with at least 3 semesters of tap experience. If you have questions about proper tap class placement, please call 217-367-1544 ext. 276.

Date	EB Cost	Deadline	Cost	Deadline	Code
Jun 1-Jun 29	\$40R/\$47NR	May 18	\$47R/\$60NR	May 25	9597



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# James Room Kitchen Programs

## Mediterranean Summer

Thursdays 6-8pm or Saturday 2-4pm  
 Phillips Recreation Center  
 Age 15 and up (July 8 Age 21 and up)

Chef Leah Bodine of Blue Dragonfly Catering is back for Part Three of our cooking series! She is a self-taught, accidental chef. With over 30 years in the restaurant industry, building her career on casual fine dining Italian steakhouses, Leah was in the front of the house but always wanted to learn the recipes and methods from the restaurant chef. She started going in early to learn how to prep, cook and plate dishes. After returning home to the Champaign area, Leah decided to take the plunge and open her catering company in 2009. For the last 11 years, Leah has been catering private events, weddings and visiting classic rock headliners. Her love and passion for cooking has taken Leah through many different cuisines including Mediterranean, Italian, and German. All classes will use locally sourced ingredients and Chef Leah's own spice blends, olive oils, and vinegars. Taking Covid-19 precautions, this season of classes will be demonstrations with individually plated samples of all the yummy food Leah will make!

**Grilled Shrimp & Horiatiki Salata: Thursday June 10, 6-8pm**  
 Learn two quick but show-stopping Greek recipes to wow friends and family. Grilled shrimp with fresh dill dressing and Horiatiki Salata.

**Grilled Pizza & Wine Pairings: Thursday July 8, 6-8pm**  
 Leave the oven off for these pizzas! Learn how to make a quick pizza dough then how to make grilled pizzas with different wine pairings! Weather pending, this event will be held outdoors on the attached patio. Rain will bring the class indoors.

**Chicken Gyros: Saturday Aug 14, 2-4pm**  
 Learn this fast and easy recipe for chicken gyros that can take the stress out of dinnertime when life gets crazy or to enjoy on picnic with friends and family.

Date	EB Cost   Deadline	Cost   Deadline	Code
Jun 10	\$18R/\$27NR   May 27	\$23R/\$35NR   Jun 3	9615
Jul 8	\$26R/\$39NR   Jun 24	\$32R/\$48NR   Jul 1	9616
Aug 14	\$18R/\$27NR   Jul 31	\$23R/\$35NR   Aug 7	9617



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## Urbana Park District Senior Club

*Meetings and Potlucks on hold due to the COVID-19 pandemic  
Age 50 and Better*

Historically, the Urbana Park District Senior Club has gathered on the second Tuesday of every month at the Phillips Recreation Center to conduct a meeting, eat a delicious potluck luncheon, and provide entertainment to members. In light of the COVID-19 pandemic, however, these gatherings will be on hiatus until further notice (be sure to check Lifelong Leisure newsletter for updates). One-day and extended trips have been cancelled and will be rescheduled when it is deemed safe to do so. We apologize for this news and will miss our members dearly, however, the health and safety of our older-adult members is of paramount concern for the Urbana Park District. For more information about the Club or to become a member, please email Jacob at jrjohnston@urbanaparks.org or call the Recreation Office at 217-367-1544.

*To hear updates concerning club activities and COVID-19, please consider subscribing to our Lifelong Leisure newsletter if you have not already. We are in the process of planning virtual events and may try to have some small-group, outdoor events too!*

## Lifelong Leisure-Senior News

The Urbana Park District's free senior newsletter is your go-to source for senior activities in Urbana. The Lifelong Leisure newsletter is the best way to stay up-to-date on all trips, events, and programs offered through the Park District and Senior Club. Call the Recreation Office at 217-367-1544 to get your name on the mailing list. **We also send the newsletter electronically, so if you'd like to save paper and postage, send an e-mail to Jacob Johnston at jrjohnston@urbanaparks.org or join directly from urbanaparks.org.**

## FREE! Age-Friendly Office Hours and Technology Assistance

*Tuesdays & Thursdays,  
May 18-August 19, 3-5pm - 30 minute appointments  
Age 50 and better  
CODE: 9742*

Come visit Jacob Johnston, our Community Program and Engagement Coordinator, to learn about all things technology. Jacob, along with some tech-savvy volunteers, will be providing technology education and troubleshooting, upon request. **Appointments and facemasks required!** Once you've booked your appointment, be sure to bring your smartphone, tablet, or laptop and plenty of questions! For more information or to schedule an appointment, give us a call at the Recreation Office at 217-367-1544 or email Jacob directly at jrjohnston@urbanaparks.org. **This could also be used as a great opportunity to setup video chat with family and friends.**

## Join the Urbana Senior Club Facebook Group!

If you've got a Facebook account, you can request to join our Facebook group. Don't have a Facebook? No worries! Set up an appointment with Jacob Johnston, our Age-Friendly Resource Specialist, for Facebook creation, education, and complimentary privacy-settings screening. We use the page to post information about the club, its members, and important local stuff we think you ought to know, so be sure to check for updates frequently! Here's how to join:

1. Log in to your Facebook account.
2. In the Facebook search bar (located at the top left of the screen), type "Urbana Park District Senior Club." The group's page will show up as the first result.
3. Click the +1 JOIN button!

A group administrator will approve your request (usually within hours) and then you may post and share information among the group!

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## Senior Club Trips

All club travel has been cancelled until further notice. To stay up-to-date on all club trips, subscribe to our monthly Lifelong Leisure newsletter.

## FREE! Virtual Rules of the Road

*Thursday, June 3, 10am-12pm*

*Phillips Recreation Center*

*Age 50 and better*

*CODE: 9741*

This free review of Illinois traffic laws and signs, held in cooperation with the Illinois Secretary of State's Office, allows experienced drivers to polish their skills and keep on top of changing traffic laws. **Registration is not necessary, just drop in!**

## Beginner Ukulele Workshops

*Thursdays, May 20-August 12, 5:30-6:30pm*

*Phillips Recreation Center*

*Ages 13 and UP*

*CODE: 9744*

Have you ever wanted to learn a stringed instrument but found it too difficult or just couldn't find the time? Well, why not start with an easy one? This May, our Age-Friendly Program Coordinator will be trading in his iPad for a ukulele! Our Ukulele Workshops are designed for absolute beginners. A limited amount of music stands and ukuleles are available for loan but please plan to bring both if you own them. Loaners will be allocated first-come, first served. This time around our workshop will be adopting a hybrid model. It will be available both in-person AND on ZOOM, so please specify your preference when registering. **Pre-registration for the class is required, so please register online or call the Recreation Office at 217-367-1544.**

## Intermediate Ukulele Workshops

*\$35 season pass, which includes music book and every workshop*

*Wednesdays, May 19-August 18, 5:30-6:30pm*

*Phillips Recreation Center*

*Ages 13 and up*

*CODE: 9745*

Okay, so you're getting pretty good at the ol' ukulele? Perhaps you've mastered a handful of chords and some strumming patterns but are looking for a little more of a challenge. Well, our Intermediate Ukulele Workshops are just for you! Some of the main skills you'll learn include: playing AND singing at the same time, plucking strings, and the basics of reading real sheet music. Cost of admission will cover all 13 sessions and will include a huge book of 365 classic songs for you to keep.

## Champaign-Urbana Ukulele Jam

*Wednesdays, May 6-August 26, 7-8pm*

*Phillips Recreation Center*

*ALL AGES WELCOME*

The Urbana Park District is the place to be if you own a ukulele! Our weekly ukulele jam is a great way to improve or maintain your skills, make lasting friendships, and escape your comfort zone. The club will happily welcome just about anyone regardless of age, instrument, or ability. How does it work? We sit in a large circle and take turns acting as song leaders. It's a great way to showcase songs you've practiced while also being challenged to learn new ones right on the spot! And don't worry, you can pass being a song leader if need be. Participants are welcomed to bring sheet music for the rest of the class or consider purchasing a couple of the song books we often use. Give us a call at the Phillips Center for more information! No registration required, just come on by!

## Parking lot Bingo at the Fields

Saturday, May 1, 1-2pm

Carle at the Fields (3310 Fields South Drive,

Champaign, IL 61822)

ALL AGES WELCOME

CODE: 9740

This event will be hosted by Clark Lindsey Village, The Urbana Park District and Health Alliance. A great way to have fun and stay COVID safe. Valuable information on local resources and all you will need to play will be given to you as you arrive. The Parking Lot Bingo game will be broadcast over your FM radio dial on a special station just for us! We'll announce the games and you'll honk your horn when you hit that big BINGO for fun prizes! (No Cash Prizes) There is a limit to the number of cars per session, so sign up quickly! More than one household member per car is allowed. **To register, please call the Phillips Recreation Center at 217-367-1544 or signup online!**



**Be sure to check out some of our other amazing, Age-Friendly opportunities:**

### *Want to get active?*

Check out: Open Gym Pickle ball on pages 15

### *Want to stay fit?*

Check out: Get Fit Where you Sit!™ Chair Yoga, Tai Chi, and Water Aerobics on pages 48-50.

### *Want to connect to nature?*

Check out: Nature Programs on pages 54-56.

### *Want to take a dip?*

Check out: Crystal Lake Park Family Aquatic Center on pages 28-30.



# Programs for Teens

## Join the FRESH Crew Today!

The Urbana Park District is organizing a new teen club, the FRESH Crew. FRESH stands for Future Responsible Environmental Stewardship Heroes. Through FRESH programming, the park district seeks to provide opportunities for teens to grow as leaders and decision-makers, becoming more proactive, confident, and independent.

We are seeking teens that are passionate about cultivating and improving community programs. The FRESH Crew will meet on a regular basis to discuss, plan, and organize events and programs centered on making the Urbana Park District a teen-friendly space in the community.

### Are You?...

- Between the ages of 13-18
- Passionate about the community
- Able to commit to at least one hour-long meeting a month

Then join the FRESH Crew today! For more information or to sign up, email Environmental Education Coordinator, Chelsea Prah, at [ckprahl@urbanaparks.org](mailto:ckprahl@urbanaparks.org) or message the Urbana Park District on Facebook.

## Urbana Park District's Teen Sculpture Showcase

June 1- June 30

Ages 13-18

Fee: \$10

CODE: 9757

Show off your sculpting skills as a part of the Urbana Park District's Teen Sculpture Showcase. All supplies needed will be provided to create your own masterpiece at home. Delivery of supplies is available to residents, and pick up for nonresidents beginning June 1. Participants will share a photo of their finished sculpture to be showcased on Urbana Park District's media platforms! Registration is limited to 15 participants.



## FRESH Crew Volunteer Workdays!

Ages 13-18

This summer, lend a hand at community gardens and local natural areas. Each week, the park district will host a workday for teens to assist with invasive plant removal, planting native plants, community garden maintenance, harvesting and more. Tools, gloves, a t-shirt and instruction will be provided. This is a great opportunity to spend time outdoors, get involved in the community, and gain new skills, experiences and professional references! Call 217-384-4062 to sign up sign up at least two days in advance each workday. Maximum of 10 volunteers per workday.

Date	Time	Location
Wed, June 9	9-11:30 am	Meadowbrook Solidarity Garden Plots
Tues, June 15	1- 3:30 pm	Perkins Road
Wed, June 23	9-11:30 am	Victory Park Solidarity Garden Plots
Tues, June 29	1- 3:30 pm	Crystal Lake Park
Wed, July 7	9-11:30 am	Weaver Park Wetland
Tues, July 13	1- 3:30 pm	Meadowbrook Solidarity Garden Plots
Wed, July 21	9-11:30 am	Perkins Road
Tues, July 27	1- 3:30 pm	Victory Park Solidarity Garden Plots
Wed, Aug 4	9-11:30 am	Crystal Lake Park
Tues, Aug 10	1- 3:30 pm	Weaver Park Wetland



 You *belong* here.