RECREATION AND SOCIAL

Throughout DuPage County there are opportunities for recreation, entertainment and socialization for seniors. Senior Centers and other organizations offer a wide range of activities, which support the older person's independence and encourage their involvement in the community. These include travel, crafts, special events, exercise, cards and bingo, educational programs, health screenings and other supportive services. Programs differ from one community to another; some offering activities on a daily basis, while others meet only once a month. Activities for older adults continue to expand so visit the websites listed below for current events and schedules.

Churches, high schools, colleges and other community organizations may also offer opportunities of interest to seniors. Following the Senior Centers/Clubs listing, information can be found on the National Park Service Senior Pass, Hunting and Fishing Licenses, and Senior Olympics.

SENIOR CENTERS/CLUBS

ADDISON

Addison Park District
120 E. Oak Street
Addison, IL 60101
(630) 833-0100
www.addisonparkdistrict.org

AURORA

Fox Valley Park District
Eola Community Center
555 S. Eola Road
Aurora, IL 60504
(630) 851-8990
www.foxvalleyparkdistrict.org

BENSENVILLE

Bensenville Park District
Deer Grove Leisure Center
1000 W. Wood Avenue
Bensenville, IL 60106
(630) 766-7015
www.bensenvilleparkdistrict.org

Bensenville Senior Citizens Club
Monty's Banquets (1st Tuesday of the month)
703 S. York Road
Bensenville, IL 60106
(630) 594-1010

SENIOR CENTERS/CLUBS

BLOOMINGDALE

Bloomingdale Park District
172 S. Circle Avenue
Bloomingdale, IL 60108
(630) 529-3650
www.bloomingdaleparks.org

Bloomingdale Township
Senior Center
6N050 Rosedale Road
Bloomingdale, IL 60108
(630) 529-7794
www.bloomingdaletownship.com

BURR RIDGE

Burr Ridge Park District
15W400 Harvester Drive
Burr Ridge, IL 60527
(630) 920-1969
www.brparks.org

CAROL STREAM

Carol Stream Park District
Simkus Recreation Center
849 Lies Road
Carol Stream, IL 60188
(630) 784-6100
www.csparks.org

CLARENDON HILLS

Clarendon Hills Park District
315 Chicago Avenue
Clarendon Hills, IL 60514
(630) 323-2626
www.clarendonhillsparkdistrict.org

DARIEN

Darien Park District
7301 Fairview Avenue
Darien, IL 60561
(630) 968-6400
www.darienparks.com

DOWNERS GROVE

Downers Grove Park District
Active Adult Center
935 Maple Avenue
Downers Grove, IL 60515
(630) 963-1314 (Voice & TDD)
www.dgparks.org

ELMHURST

Elmhurst Park District
Abbey Leisure Center
407 W. St. Charles Road
Elmhurst, IL 60126
(630) 993-8193
www.epd.org

GLEN ELLYN

Glen Ellyn Park District
Main Street Recreation Center
501 Hill Avenue
Glen Ellyn, IL 60137
(630) 858-2463
www.gepark.org

Glen Ellyn Senior Service Center
493 Forest Avenue
Glen Ellyn, IL 60137
Mon. - Fri. 9:00 a.m. – 1:00 p.m.
(630) 858-6343
www.glenellyn.org

SENIOR CENTERS/CLUBS

GLENDALE HEIGHTS

Glendale Heights Center for Senior Citizens
260 Civic Center Plaza
Glendale Heights, IL 60139
(630) 260-6050
www.glendaleheights.org

Village of Glendale Heights Recreation Department
250 Civic Center Plaza
Glendale Heights, IL 60139
(630) 260-6060
www.glendaleheights.org

HANOVER PARK

Hanover Park District Senior Run-a-bouts
1919 Walnut Avenue
Hanover Park, IL 60133
(630) 837-2468 (Tuesdays)
www.hpparks.org

HINSDALE

Hinsdale Parks and Recreation Memorial Building
19 E. Chicago Avenue
Hinsdale, IL 60521
(630) 789-7090
www.villageofhinsdale.org

The Community House Senior Center
415 W. Eighth Street
Hinsdale, IL 60521
(630) 323-7500
www.thecommunityhouse.org

ITASCA

Itasca Park District Senior Citizens Club
350 E. Irving Park Road
Itasca, IL 60143
(630) 773-2257
www.itascaparkdistrict.com

LISLE

Lisle Park District Recreation Center
1925 Ohio Street
Lisle, IL 60532
(630) 969-0992
www.lisleparkdistrict.org

LOMBARD

Butterfield Park District
21W730 Butterfield Road
Lombard, IL 60148
(630) 858-2229
www.butterfieldpd.com

Lombard Community Senior Center ("The White House")
205 W. Maple Street
Lombard, IL 60148
(630) 629-9707
(**Wednesday and Friday, 9-3pm)**

Sunset Knoll Recreation Center
820 S. Finley Road
Lombard, IL 60148
(630) 620-7322
www.lombardparks.com

York Center Park District
1609 S. Luther Avenue
Lombard, IL 60148
(630) 629-0886
www.yorkcenterparks.org

SENIOR CENTERS/CLUBS

LOMBARD CONT.

York Township Senior Center
1502 S. Meyers Road
Lombard, IL 60148
(630) 620-2424
www.yorktwsp.com

MEDINAH

Medinah Park District
Medinah Seniors Club
22W130 Thorndale Avenue
Medinah, IL 60157
(630) 893-2560
www.medinahparkdistrict.org

NAPERVILLE

Naperville Park District
Community Center
305 W. Jackson Avenue
Naperville, IL 60540
(630) 848-3613
www.napervilleparks.org

Xilin Asian Community Center
Iroquois Shopping Center
1163 E. Ogden Avenue, Suite 301-A
Naperville, IL 60563
(630) 355-4322
www.xilin.org

OAKBROOK

Oak Brook Park District
1450 Forest Gate Road
Oak Brook, IL 60523
(630) 990-4233 or (630) 645-9516
www.obparks.org

OAKBROOK TERRACE

Oakbrook Terrace Park District
Community Senior Citizens Club
1S130 Ardmore Avenue
Villa Park, IL 60181
(630) 627-6100
www.obtpd.org

ROSELLE

Roselle Park District
555 W. Bryn Mawr Avenue
Roselle, IL 60172
(630) 894-4200
www.rparks.org

VILLA PARK

Villa Park Recreation Center
320 E. Wildwood Street
Villa Park, IL 60181
(630) 834-8525
www.vprd.org

WARRENVILLE

Warrenville Park District
Recreation Center
3S260 Warren Avenue
Warrenville, IL 60555
(630) 393-7279
www.warrenvilleparks.org

WEST CHICAGO

Wayne Township Seniors
27W031 North Avenue
West Chicago, IL 60185-5122
(630) 231-7155
www.waynetwp-il.org

SENIOR CENTERS/CLUBS

WEST CHICAGO CONT.

West Chicago Park District
157 W. Washington Street
West Chicago, IL 60185
(630) 231-9474
www.we-goparks.org

WESTMONT

Westmont Park District
Senior Center
55 E. Richmond Street
Westmont, IL 60559
(630) 969-8080
www.wpd4fun.org

WHEATON

Wheaton Park District
The Leisure Center
208 W. Union Avenue
Wheaton, IL 60187
Mon. – Fri. 8:30 a.m. – 3:00 p.m.
(630) 665-1415
www.wheatonparkdistrict.com

WINFIELD

Winfield Park District
0N020 County Farm Road
Winfield, IL 60190
(630) 653-3811
www.winfieldparkdistrict.com

WOOD DALE

Wood Dale Senior Citizens Club
111 E. Foster Avenue
Wood Dale, IL 60191
(630) 595-9333
www.wooddaleparkdistrict.org

WOODRIDGE

Woodridge Park District
Golden Years Program
2600 Center Drive
Woodridge, IL 60517
(630) 353-3300
www.woodridgeparks.org

Senior Suburban Orchestra
(630) 935-7103 (Membership Information)
(630) 691-8502 (Concert Information)
www.seniorsuburbanorchestra.org

Provides an opportunity for older musicians to continue playing their instruments on a regular basis as member of an active and challenging performance organization. Membership is free, no auditions required. Currently based at OakTrace in Downers Grove.

SPECIAL RECREATION ASSOCIATIONS

Northeast DuPage Special Recreation Association (NEDSRA)
1770 W. Centennial Place
Addison, IL 60101
(630) 620-4500
(630) 620-7477 (TDD)
www.nedsra.org

Provides quality recreational programs and community services to individuals of all ages with disabilities. NEDSRA serves: Addison, Bensenville, Glendale Heights, Itasca, Lombard, Medinah, Oakbrook Terrace, Villa Park, and Wood Dale.

Western DuPage Special Recreation Association/WDSRA
116 N. Schmale Road
Carol Stream, IL 60188
(630) 681-0962
www.wdsra.com

Provides recreational opportunities, special events and trips for individuals of all ages with special needs. WDSRA serves Bloomingdale, Carol Stream, Glen Ellyn, Roselle, Naperville, Warrenville, West Chicago, Wheaton and Winfield.

NATIONAL PARK SERVICE – SENIOR PASS

National Park Service
National Capital Region
1100 Ohio Drive, S.W., Room 138, Washington, DC 20242
(202) 619-7289
www.nps.gov

U. S. citizens or permanent residents age 62 and over can purchase a lifetime pass for $10.00 in person at the park, or $20.00 by mail. The pass provides access to, and use of, Federal recreation sites that charge an entrance fee. The pass admits the pass holder and passengers in a non-commercial vehicle at “per vehicle” fee areas (children under 16 are admitted free). At many parks, the Senior Pass provides a 50 percent discount on amenities such as camping, swimming, boat launch, and specialized interpretive services.

HUNTING AND FISHING LICENSES

Illinois Department of Natural Resources
1 Natural Resource Way, Springfield, IL 62702
(217) 782-2965
www.dnr.illinois.gov

Legislation requires senior citizens age 65+ to obtain hunting and fishing licenses, but at a reduced fee. If you are a hunter or fisherman, make sure you inquire about the latest regulations before engaging in these activities. Check website, or call for license fees.

SENIOR OLYMPICS

Illinois Senior Olympics, Inc.
1601 N. 5th Street, Springfield, IL 62702
(217) 753-0700
www.ilsenoly.org

The Illinois Senior Olympic state games are held annually the 3rd and 4th weekend of September. Local and regional games are held throughout the state during the spring and summer. Men and women age 50 and older may compete in more than 18 sports and 58 events including swimming, track and field, bowling, golf, archery, bridge, cycling, and team sports. Medals are awarded, and qualified competitors are invited to go on to the National Competition, which is held in odd numbered years. There is a $35.00 registration fee; other event fees may apply.