

## 20. Conquer a new challenge.

Check out our Learn to Luge class on page 56, Roller Derby Lite on page 46 and Trapeze Fitness on page 50!

## 19. Spend more time with your four-legged friend.

Wish that taking walks with the family pooch was a little easier to manage? Check out the Dog Obedience series on page 57 and you'll have your puppy behaving so well, it will be a treat to go for a walk!

## 18. Smash through your fitness plateau.

Your body can get bored with your fitness routine, just like your brain can! Try something new like Zumba, Cardio Kick or even Trapeze Fitness - it'll be sure to wake up your fitness program!

## 17. Learn to ice skate.

Ever wished you could join in the fun at the ice arena? There's no time like the present to slip into some skates and learn to make your way across the ice. Who knows where that adventure might lead?

## 16. Spend more time as a family

Sign up the whole family for the Snow Sculpture Trip on page 56. Check out the new Family Sock Hop at Cheney Mansion (p. 9). Or start early and go on the Holiday Lights Tour with the Park District in December! (Page 62).

## 15. Get moving!

Starting a fitness routine can be intimidating. Not so with Slide with Rochelle. It's a fun class that gets you moving to some great music - and it's low impact, but the activity can be great for your heart and more. See page 54 for more information.

**14. Learn how to sew.** Do you just love Project Runway, but have no idea how to actually create something on your sewing machine? We've got the know-how you need. See page 60.

**13. Getting married?** Pleasant Home is hosting a bridal show called "Simply Elegant" in February, just in time for all you lucky couples who've resolved to change your marital status in 2010 (or beyond). See page 10 for details.

**12. Start planning ahead.** Beginning in January, we are accepting enrollments for Preschool for the fall of 2010. Make your plans now for your preschooler!

## 11. Discover your inner artist.

Whether you've been sketching all your life or are simply a doodler looking to explore, you'll be welcome in our art classes. Check out "Drawing 217" and "Acrylic Painting" on page 59!

**8. Get out more often.** Our adult trips are affordable, fun and full of interesting people! From around the corner to around the world, we're going somewhere you want to see. This winter we're going to north Gurnee Mills and also headed out west to the Grand Canyon! Turn to page 62 to learn more.

**7. Read more.** And we're not talking about books with pictures, or the magazines in the checkout aisle. We're talking actual books, right? Turn to page 61 to see what the Park District "Book Worms" program will be reading this winter!

**6. Take time for you.** We've all heard it - stress, besides being stressful, is actually BAD for you. So take some time for yourself, away from your job, significant others, family. Need some help? Check out our mind/body fitness classes on page 52.

**5. Go green.** Commit to a greener life in 2010, and we'll help you along the way. Check out our "Build a Worm Compost Farm" class (p. 58) and educate yourself on cloth diapers with Diaper Dialogue (p. 60).

**4. Attack that honey-do list.** Enroll in our Home Improvement 101 class (p. 60) and see how to get started on your list!

**3. Express yourself.** We've got Intro to Freelance Writing, Writing for Life, and even a class on the Art of Letter Writing! See page 61 for more information.

**2. Spend time with your friends.** Enroll in a class together, or (for the over 50 set) you can check out Drop In Tuesdays at Longfellow Center. See page 63.

**1. Visit nature.** Oak Park has over 80 acres of parkland for you to explore. Sled down the giant hill at Barrie Park, take a stroll through Austin Gardens covered in frost, build a snowman in Scoville Park. Enjoy winter. Enjoy 2010!



**10. Ladies, learn to better protect yourself.** Enroll in our Women's Self Defense class. on page 47. This is one you can't miss.

## 9. Defeat those holiday pounds.

Need some serious motivation to kickstart your post-holiday fitness? Check out our Boot Camps on page 49.

Happy New Year!