

# Veterans Park District

## Programs & Happenings

### Fitness

#### Fitness Classes

We offer a variety of fun, exciting fitness classes for all ages and fitness levels. Our classes include Zumba, Pump & Sculpt, Strong Nation, Middle Eastern Belly Dancing, Chair Yoga, CIRCL Mobility, AquaZumba, Aquacize, Pickleball lessons and Youth Boxing.

Call Cimbalo Fitness Center at (708) 343-5151 for more information

#### Pickleball Lessons

Head over to Cimbalo Fitness Center to check out our new Pickleball Lessons! The rules are simple and easy to learn, making it fun for athletes of all ages. We offer lessons for a variety of age groups and skills levels. Please call (708) 343-5151 for more information.

### Youth Sports

#### Sand Volleyball, Ages 8-12

Come on out to the Gouin Park sand volleyball court for this fun class! In this class participants play up to 11 with a partner or 3 vs. 3. Class meets at the sand volleyball court each week.

- Mondays, July 15-Aug. 5, 11a.m.-noon; Fee – R\$55/NR\$70. Classes are held at Gouin Park, 2400 Scott St., Franklin Park.

#### Summer Basketball Clinic, Ages 7-10 and Ages 11-15

These four-week basketball clinics focus on increasing basketball skills. Coach Vince Rociola will start the day with warm-ups, drills and moving right into scrimmage games.

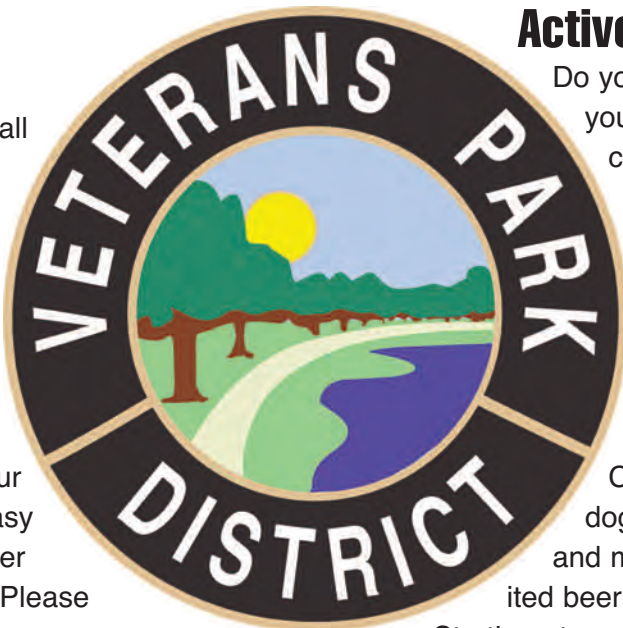
- Fridays, July 19-Aug. 9, 6-7 p.m. (Ages 7-10); Fridays, July 19-Aug. 9, 7-8 p.m. (Ages 11-15); Fee – R\$55/NR\$70. Classes are held at Grant Park, 44 W. Golfview Dr., Northlake.

#### Baseball, Ages 8-12

This slow-paced class covers the basic skills/drills of baseball, including throwing, catching, fielding and hitting.

Please bring a baseball bat and glove.

- Wednesdays, July 17-Aug. 7, 11 a.m.-noon; Fee – R\$55/NR\$70. Classes are held at Gouin Park, 2400 Scott St., Franklin Park.



### Active Adults/Senior@VPD

Do you say ... “Comiskey Park” or “U.S. Cellular Field”? If you like baseball, bingo, beer, brats and the White Sox, come on an Active Adult trip to the Chicago White Sox game, where we combine the thrill of America’s favorite pas-time with the excitement of bingo and a delectable buffet feast! Arrive an hour and a half before the game to indulge in our sumptuous buffet featuring Cajun chicken, fried chicken, hot dogs, BBQ ribs, hamburgers, salads and more. Wash it all down with unlim-



ited beer wine, and soft drinks, as you mingle with fellow fans.

Starting at noon, a beloved former Chicago White Sox player will take the stage to call out bingo numbers. Winners of each round will be rewarded with exclusive White Sox giveaway items to commemorate their victory. Plus, with box seats on the lower level, you can enjoy the game in comfort. Don’t miss out on this unique opportunity to combine sports, games and dining for an experience that’s sure to be a home run!

- Wednesday, July 31; \$85 per person; Departure – Cimbalo Fitness Center, 10:30 a.m./ Grant Park, 10:45 a.m.; Return – after 5:30 p.m.

#### Paint & Pizza! (Paint by Number)

Unlock your inner artist with delightfully easy paint-by-number projects. Join us for a cozy gathering where you can mingle, unwind, and let your creativity flow. Everything you need, courtesy of Veterans Park District, awaits you for a tasty, tranquil and enjoyable painting experience. Tuesday workshops are on July 9 and Aug. 13, 11:30 a.m.-2 p.m. Fee for each workshop is \$10 per person. We paint at the George A. Leoni Complex.



#### Crafts & Coffee

Enjoy coffee and sweet rolls, while you create and socialize with your friends. New, easy to follow crafting projects each month. All materials supplied by Veterans Park District. Thursdays workshops are on July 11 and Aug. 1, 9:30-11:30 a.m. Only \$13 per person. Held at the Bulger Park Community Center.

**Call us for more information on our upcoming programs, (708) 343-5270, or check our website at [www.vpdpark.org](http://www.vpdpark.org) or our Facebook Page for updates.**



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A day downtown with VPD.....



**Chicago  
Architectural  
Boat Tour &**

**Lunch at Giordano's  
on Navy Pier**



**Thursday, June 27**

**\$105 per person includes :**  
transportation, boat Tour and  
lunch.



**Motorcoach departs from:**  
Grant Park at 9:15am  
Cimbalo at 9:30am  
We return full and happy after 4pm.



**Giordano's Lunch includes:**  
Salad, pasta, thin crust  
pizza, deep dish pizza,  
beverages.

**708-343-5270      vpdpark.org**



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# PARTY IN THE PARK

## BATAAN PARK

### WEDNESDAY, JULY 24

**5PM...**  
**GIANT SLIP N SLIDE**  
**FOOD**  
**COLD DRINKS**  
**BAR OPENS AT 6PM**

*What's your favorite song to SING?*



**LIVE KARAOKE..**  
**7PM**



**MOVIE "SING 2" ...**  
**8PM**



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**Men's 16" Major / Open Roster**  
**Men's 16" A/B Division**  
**Coed 14" Mushball**

**Thursday, August 1 – Sunday, August 4**

Veterans Park District hosts its Annual Softball Tournament at Bulger Park, 1601 Hirsch St., Melrose Park.

Team spots fill up fast for this yearly event so register your team now! We are looking for:

- 8 Men's 16" Major teams 'Open Roster'
- 12 Men's 16" A/B Division teams
- 12 Coed 14" Mushball teams

Don't miss this action-packed weekend of softball, food and drinks (alcoholic and non-alcoholic).

- A deposit is required to hold your spot or you can pay the fee in full.
- Registration will be taken throughout the spring and early summer.
- Monetary prizes and trophies will be awarded to all winning teams of each tournament.

Game times to be announced.

**Non Refundable Deposit:** \$100 (applied towards balance).  
**Fee:** \$200

Check [quickscores.com/vpd](http://quickscores.com/vpd) for league updates.

For more information or to register a team, contact Joe Serpico at (708) 870-4780.

## Bocce Ball Tournament

**Saturday, August 3-Sunday, August 4**

Join Veterans Park District as we celebrate the tradition of Bocce Ball, a game that can be enjoyed by all ages. Sign up your team for the 2024 Tournament now! Call Nico at (708) 343-5270. There must be two players on a team. Court times will be assigned the day of the tournament. Preregistration required: \$20 per team.



**WEEKEND LINE UP:**

Thursday & Saturday  
A/B games

Saturday  
Major Games

Friday & Sunday  
Coed Games

Saturday & Sunday  
Bocce Tournament



Interested in marketing your business to hundreds of residents, participants and local businesses?

Become a a VPD Softball, Bocce Ball Tournament sponsor!  
Call Greg Stanczyk at (708) 343-5270 or email: [gstanczyk@vpdpark.org](mailto:gstanczyk@vpdpark.org)



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# MUSIC



THIS IS A FREE EVENT

# IN THE PARK

**TAKE A MIDWEEK BREAK AND JOIN US FOR A NIGHT OF GREAT LIVE MUSIC!**  
Bands start at 7 PM . Our patio bar will open at 6 PM serving cold beer and wine!



**WEDNESDAY  
AUGUST 14**

Vietnam Veterans Memorial Park  
1800 Riverwoods Dr., Melrose Park

## ONE FOOT IN THE GROOVE

(50/60/70's band)



**WEDNESDAY  
AUGUST 21**

Bulger Park Community Center  
1601 Hirsch St., Melrose Park

## SOUL SACRIFICE

(Santana Tribute Band)



Bring your lawn chairs, blankets, snacks or pack a picnic. Dogs are not allowed on park properties.

All VPD Special Event dates, locations, and advertised activities are subject to change. Please visit [vpdpark.org](http://vpdpark.org) for current information. Always check our Facebook page for updates: [Facebook.com/vpdparks](https://www.facebook.com/vpdparks).



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