

## Senior Living: Take off on casino trip

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Take a trip to a casino, learn about how to start a fitness routine, attend an art opening or join a quilting club. There is so much for seniors to do in the Fox Valley.

### Travel

Get out of the house and try your hand at gambling with a trip to The Empress Casino in Joliet, sponsored by the Fox Valley Park District.

The trip is scheduled Feb 22. Buses will pick up participants from the Prisco Community Center (150 W. Illinois Ave., Aurora) at 10 a.m. and return at 4 p.m.

Cost is \$25 per person, which covers transportation. Lunch is on your own at the casino at the buffet or deli.

“People can really get cooped up during this time of year, so this is a great opportunity to get out and do something fun,” said Jennifer Huber, senior coordinator for the Fox Valley Park District. “Staying home can be depressing in the winter time. This trip will offer seniors an affordable opportunity to go for a ride, meet friends and maybe even win a little bit of money.”

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Written by Administrator

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For more information and to sign up, call 630-859-8606.

Attend

Attention art lovers! Visit Aurora University from 4:30 p.m. to 6:30 p.m. today to enjoy the opening reception for "Recent Works by Steve Lowery."

The reception is free. It will highlight new works by Steve Lowery, a Geneva resident and longtime Aurora University professor. The exhibit will feature acrylic, abstract art canvases. Food and light refreshments will be served.

If you can't make it to the opening reception, the exhibit will be open until Feb. 27, from 8 a.m. to 4:30 p.m. on Mondays, Wednesdays, Thursdays and Fridays; 8 a.m. to 6:30 p.m. Tuesdays; and 1 to 4 p.m. Sundays.

The opening reception and exhibit are at the Schingoethe Gallery in Dunham Hall (1400 Marseillaise Place, Aurora).

For more information, call 630-844-7843 or visit [www.aurora.edu/museum](http://www.aurora.edu/museum).

Join

Do you love to quilt or would like to learn how? If you fit into either category, consider joining the new quilting club at the Oswego Senior Center (156 E. Washington, Oswego).

The club's first meeting is at noon Friday. It is free. For more information, call 630-554-5602.

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### Exercise

Want to get in shape this year? From noon to 2 p.m. Wednesday, the Oswego Senior Center (156 E. Washington, Oswego) will host a lunch and learn session titled "Senior Shape Up."

During lunch (\$4 per person-includes soup, salad, bread, and dessert), Deepak S. Patel, M.D., and Da'Mon Vann, M.S., master fitness trainer, will discuss how seniors can start a fitness regimen.

For more information and to sign up, call 630-554-5602.

Be a part of "Senior Living" and tell us about senior-friendly activities in town. E-mail Katie Morell at [katie.morell@gmail.com](mailto:katie.morell@gmail.com) or call Readers' Editor Cindy Goldberg at 630-978-8763.

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