



healthy families

S U M M E R 2 0 1 5



WING PARK AQUATIC FACILITY TO RE-OPEN

The city of Elgin is proud to announce the re-opening of Wing Park Family Aquatic Center! The Wing Park Family Aquatic Center will open on May 30 after a year of construction. The pool and the facility have been totally renovated and improved. There are new diving boards, a refurbished water slide, and the pool now has a new chair lift for those who need assistance into or out of the pool.

Warm temperatures are just around the corner. Swimming is a great way to keep cool on a hot summer day, meet friends and stay active. Swimming and playing in the water is fun and also provides a great workout. It burns lots of calories, strengthens the heart and lungs, and improves strength and flexibility. Bring the family, splash around and enjoy some summer fun!



For more information on Wing Park Family Aquatic Center and all the aquatic facilities Elgin has to offer, visit cityofelgin.org/pools.



Enjoy the Walk and a Chance to Win a Gift Card from the



WALK with the MAYOR

Mayor David Kaptain wants to encourage all Elgin residents to exercise regularly to enjoy the benefits of better health. With the return of warm weather, Walk with the Mayor will take place in various Elgin neighborhoods. Listed here are upcoming walk dates through July. Walks start at 6:30 pm and last for about 45 minutes.

Enjoy the walk, get your questions about Elgin and your neighborhood answered, and be entered to win a gift card, courtesy of Elgin Fresh Market.

For a full schedule and Walk details, visit cityofelgin.org.

MAY
20

Sunset Park

Walk begins at Ziegler's Ace Hardware, 1158 Lillian Street

JUNE
03

Randall Ridge

Walk begins at Randall Ridge Park, 2835 Winchester Drive

JUNE
17

South East Elgin

Walk begins at Izaak Walton Center, 899 Jay Street

JULY
01

The Settlement

Walk begins at Clara Howards Park, 448 Fremont Street

JULY
15

Shadow Hill

Walk begins at Shadow Hill Park, 340 Cassidy Lane



Eating healthy isn't always easy. Elgin Mayor Kaptain is helping residents make the healthy choice the easy choice with nutritious dining suggestions.



Highlands of Elgin

The Mayor visited the newly opened Grumpy Goat Tavern at the Highlands of Elgin Golf Course. The restaurant is open to the public.

The Mayor chose the Grumpy Goat salad – a crisp mixture of kale, bibb lettuce, shredded brussel sprouts sprinkled with chopped bacon, pine nuts, cranberries, carrots, radishes and goat cheese with the house vinaigrette on the side. The salad is a mix of textures (soft and crunchy) and flavors (sweet, salty and tangy). The salad is about 600 calories and costs \$9.50. The Mayor declined the side of corn bread.



TAKE THE SUMMER PARK CHALLENGE

Did you know, the city of Elgin has 74 parks? Some parks are big (224 acres), some small (a quarter acre). Forty parks have playgrounds, and every playground is different.

This summer, why not visit as many parks as possible?

You can see a listing of the parks and their features at elginparks.org or in the Elgin Parks program brochure available at all city-owned facilities.



Lords Park Farm Zoo Opens For Summer

STORY TIME
1:00–1:30

JUNE
11

JULY
09

AUGUST
06

This summer visit Lords Park Farm Zoo for a wildlife adventure right here in Elgin. The zoo opens June 6 and is open daily from 11 a.m. to 3 p.m. until August 14.

The zoo has llama, sheep, a miniature donkey, calves, pigs and goats. The zoo's outdoor area, which is open all year, has bison, elk and white tail deer. Admission is free.

Story time at the zoo will be offered by Gail Borden Public Library and the Friends of the Lords Park Zoo one Thursday a month from June to August from 1 p.m.-1:30 pm. Check out books, and register for a library card, if needed, during story time. For more information about the zoo, please go to cityofelgin.org/zoo.



ELGIN SUMMER LUNCH PROGRAM

The Elgin Parks and Recreation Department, along with the Northern Illinois Food Bank and local organizations, will once again be providing free healthy lunches to the children of Elgin this summer.

The free lunches are available at nine sites. Registration is not required; children simply show up at the site and receive a nutritious lunch.

Dates: Monday-Friday, June 8-August 14,

Time: 11:30 a.m.-12:30 p.m

Ages: 18 years and younger

Locations: West of Fox River

(Clifford/Owasco Park, Cornerstone Park and Harriet Gifford Elementary School) **East of Fox River** (Eastside Recreation Center, Clara Howard Park, Kiwanis Park, Salvation Army, Saint Francis Park and Izaak Walton Center)

