

Libertyville SENIOR UPDATE



Libertyville Senior Center at the Libertyville Civic Center

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Libertyville Senior Council

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Bob Bachochin.....224-688-2219
Cecilia DeLauriers...847-408-0688
+++++
Suren Kanani.....847-691-4560
Bob Killackey.....847-217-9818
Deb Oberst.....862-346-0704
Jeanne Steffens.....847-767-0128

The Senior Council and the Senior
Center work together to provide
programs, activities and services to
Libertyville area Senior Citizens. For
information on any of the events or
programs in this update, unless
otherwise noted, please contact

Libertyville Senior Center
847-247-7659
libertyvilleseniorcenter@gmail.com

Online Calendar and Registration
<https://schedulesplus.com/libertyville>

October 2024



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Senior Update

The Senior Council of Libertyville prints this publication. This publication is FREE and copies can be obtained at the Civic Center in the lobby brochure rack near the elevator, at the Senior Center office or online at

libciviccenter.org/senior-center

Additional information regarding the contents can be obtained by visiting the Senior Center office or calling 847-247-7659.

Please email civiccenterlib@gmail.com to be added to our email distribution list.

We look forward to hearing from you!

Weekly Activities

Registration is not required for activities unless specified.

Just a quick reminder of some of the great activities offered every week at the Senior Center. Most activities are held at the Libertyville Senior Center 135 W. Church Street 9:00 am to 4:00 pm

MONDAYS

Exercise ● Poker 101 ● Homeless Mat Making
Canasta ● Level 1 Line Dancing ● Learn to Dance

TUESDAYS

Exercise ● Pickleball ● Bridge ● Tech Help
Fit and Strong ● Ping Pong

WEDNESDAYS

Exercise ● Dominoes ● Level 2 Line Dancing
Chair Yoga ● Poker (1st, 3rd)

THURSDAYS

Exercise ● Art in Around ● Game Day
● Legal Advice (3rd)

FRIDAYS

Exercise ● Art Club ● Ping Pong

~Welcome~

Coffee, tea and water are available each day. Please feel free to drop in for a cup and some friendly conversation.



Touchless water dispensers are also available in the building.

Feel free to bring your own beverage or refillable bottle.

EXERCISE

Group exercise along with the Silver Foxes DVD.

Game Day

Come play some of your favorite board games, dice or card games.

DOMINOES

Mexican Train
All are welcome.

MAT MAKING

Crocheting mats out of ordinary plastic bags to benefit the homeless.

PING PONG

The tables can be used any day and time during Senior Center hours when other activities don't conflict.

POKER 101

Learn various poker games & the art of betting—bring your pennies, nickels, dimes.

TECH TUESDAYS

Appointment where you can get help with your smart phone, tablet or laptop computer.

Health Services

Chair Yoga Class

WEDNESDAYS at 2:45 PM

45 minutes alternating between sitting and standing alongside/holding a chair for stability.

Taught by Sharon of

\$20 for the entire month of October.



Libertyville Senior Center LENDING CLOSET



Monday - Friday
9:00 AM - 4:00 PM

The "Lending Closet" is a collection of new and used medical equipment available for short-term loan to Village or Township residents in need of equipment such as wheelchairs, bath transfer benches, portable toilet seats, walkers, canes and other items.

The "Lending Closet" has a limited inventory and a revolving inventory, based upon the demands, frequency of usage, and available items in stock.

Please call ahead of time for more information and to verify the items you need are available.

847-918-8880

❖ FIT AND STRONG ❖

Exercises to assist with balance, core strength & arthritis.

This class combines tailored flexibility, low-impact aerobic and strength exercises with self-management and group discussion geared toward maintenance of behavior change. Outcomes include improved joint pain, stiffness, and function; lower extremity strength; mobility; and mood.

This class meets at 1 PM on Tuesdays for one hour.



Advance registration is required, space is limited.



**Foot Clinic,
Thursday, October 3rd**

Appointments are for free nail trimming, corn or bunion repair and counseling on general foot issues.

Call, email or stop in to the Senior Center for more information or to make an appointment.

Services provided by:



Ride Lake County

Ride Lake County offers senior and disabled residents a unique way to get around Lake County. Whether you need a ride for work, medical and dialysis appointments, or shopping, Ride Lake County offers an easy to use travel experience that is both affordable and flexible.

**Call the Pace Call Center to register and schedule: Monday - Sunday, 5:30am - 6:00pm
1-800-201-6446**



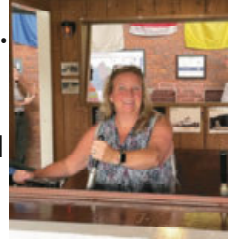
The bus service will run from 6 am – 6 pm seven days a week, excluding holidays. One-way fare costs will vary between \$2.00 and \$6.00 depending on how far you travel.

Ride Lake County is sponsored by Lake County and Pace Suburban Bus lakecountyil.gov/563/Ride-Lake-County

Message from the Senior Center Manager

Hello and Goodbye!

As the fall colors are changing there are some changes coming to the Senior Center as well. For those of you that have not heard yet, I have tendered my resignation effective on Friday, September 27th, which happens to be our Homecoming Dinner and Dance. I hope you are going to attend this party so you can say goodbye! My husband and I purchased a home and intend to be snow birds this winter in Punta Gorda, FL. If you end up down that way be sure to let me know! I promise to come back next summer and visit!



My 5 1/2 years have been full of great people and so many fun programs and trips! My picture this month is from our trip to the Starved Rock area last month. Our trip in November to the Neil Diamond theater production is sold out, however we do have some spaces on the wait list if you are interested in going. The Civic Center Foundation Board has hired a fantastic replacement for me and her name is Carla Soltarski. You can read her bio and welcome letter on the Out and About page of the Update. Carla is going to continue to choose great trips and experiences to take you on, so keep your eye on future Senior Updates for what's coming up next!

Hope to see you soon at the Senior Center! "The Gathering Place."

Jennifer West

Senior Center Manager

847-247-7659

libertyvilleseniorcenter@gmail.com

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THRIVE
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Programs



Pass the Trash!

Noon on Friday, October 4th

Bring a luncheon/appetizer dish to pass!

Walk-ins welcome!

We will enjoy lunch, each other's company and have some fun & laughs while playing this simple game that uses only one card. There is no strategy, just fun!



Slice and Dice!

Noon on Friday,
October 25th



\$5 includes pizza, dessert and soda.

Register by noon on 9/24 to attend.

The group will select an easy dice game that works for beginners and experienced players. Come give it a roll!



Pharmacy Shot Clinic

Receive a 10% off coupon when you get a shot.

Thursday, October 10th, 1-3 PM

Shots available will be the new COVID-19, flu, shingles, pneumonia, and RSV vaccines.

Register in advance for an appointment time or walk-ins are welcome to wait for an opening.



Medicare Part C (Medicare Advantage Plans) and Cookies

Thursday, October 10th at 1:00 PM

You've heard of Medicare Parts A, B, and D – join us for an information session on Medicare Part C hosted by Zing Health. A consultant will be available afterwards for individual questions and to schedule future appointments for more detailed information. Light refreshments will be provided. Free, however, advanced registration is encouraged, please register by noon on October 8th.

Our Software allows you to Register for Events online from home.

Go to <https://schedulesplus.com/libertyville>

The first time you visit the site you will have to register yourself with your name, address and phone number. After your initial visit you will login with the last seven digits of your phone number which will allow you to view our calendar of events and register for events online. Online payments are now available with a credit card. However, paying with credit card does add additional costs to the Senior Center, so stopping in with your payment of cash or check is always preferred. As a way to track our successful activities, we are now asking you to check in for any events and activities you attend. Your seven digit phone number is used to login at our computer check in station when you arrive in the building.

Every Week at the Senior Center

MARVELOUS MONDAYS

10 AM Homeless Mat Making
Cut, ball or crochet, no experience necessary!

10 AM Poker 101
Poker for beginners - bring your pennies.

1 PM Canasta
Beginners and experts both welcome!

1 PM Level 1 Line Dancing
Improve on the basic line dancing steps that you have learned in the entry-level Learn to Dance Class. Dancers must have completed the Learn to Dance class before attending Level 1 Line Dancing. The steps are still basic for those still learning and have been referred by the dance instructors to attend, space is limited.

2:30 PM Learn to Dance
This class teaches those who have never danced the basics of line dancing and simple steps to popular dances. This class is for those just learning to dance.

WILD WEDNESDAYS



10 AM Dominos
Mexican Train



1:00 PM
Level 2 Line Dancing
For those who have mastered the basic steps & dances & are ready to learn & dance at a faster pace using more challenging turns and steps.

2:45 PM Chair Yoga
Many great health benefits to all who participate.

THOUGHTFUL THURSDAYS



10 AM Art in Around
A learn to draw art class.

1 PM Table Top Games
Mahjong, board games, card games & more!

TERRIFIC TUESDAYS

9:00 AM to 11:00 AM Pickleball!
Maurice Noll Park - Mundelein

Noon Bridge
For experienced players. Please call Delores (847-362-6387) one day in advance to register.

1 PM Fit and Strong
Must Register in advance to attend.

Tech Help
Do you need help loading an app on your phone or tablet? Need to add or change settings?
Call to schedule a 30 minute appointment.



2:30 PM Ping Pong
Drop in's, all are welcome.

FUN FRIDAYS

9 AM Richard Simmons Exercise
Get your mind and body moving!



10 AM Art Club
Get your creative juices flowing!

10 AM Ping Pong
Come take a swing at it with others!



Calendar of Events

**October
2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Exercise 9:00 Pickleball Noon Bridge 1:00 Fit and Strong 2:00 Tech Tuesday 2:30 Ping Pong	2 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Level 2 Line Dancing 2:45 Chair Yoga	3 9:00 Exercise 10:00 Art in Around 1:00 Game Day 1:30—Foot Clinic	4 9:00 Exercise 10:00 Art Club 10:00 Ping Pong Noon Pass the Trash
7 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 1:00 Canasta 2:30 Learn to Dance	8 9:00 Exercise 9:00 Pickleball Noon Bridge 1:00 Fit and Strong 2:00 Tech Tuesday 2:30 Ping Pong	9 9:00 Exercise 10:00 Dominoes 1:00 Level 2 Line Dancing 2:45 Chair Yoga	10 9:00 Exercise 10:00 Art in Around 1:00 Game Day 1:00 Medicare Part C 1—3 Shot Clinic	11 9:00 Exercise 10:00 Art Club 10:00 Ping Pong 11:45 Food 4 Thought
14 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 Noon Birthday Bash 1:00 Canasta 2:30 Learn to Dance	15 9:00 Exercise 9:00 Pickleball Noon Bridge 1:00 Fit and Strong 2:00 Tech Tuesday 2:30 Ping Pong	16 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Level 2 Line Dancing 2:00 Financial Advice 2:45 Chair Yoga	17 9:00 Exercise 10:00 Art in Around 1:00 Game Day 1:30 Farm Meet Up 2:00 Legal Advice	18 9:00 Exercise 10:00 Art Club 10:00 Ping Pong
21 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 1:00 Canasta 1:00 Level 1 Line Dancing 2:30 Learn to Dance	22 9:00 Exercise 9:00 Pickleball 11:30 Lunch N Learn: Medicare 101 Noon: Bridge 1:00 Fit and Strong 2:00 Tech Tuesday 2:30 Ping Pong	23 9:00 Exercise 10:00 Dominoes 1:00 Level 2 Line Dancing 2:45 Chair Yoga	24 9:00 Exercise 10:00 Art in Around 1:00 Game Day	25 9:00 Exercise 10:00 Art Club 10:00 Ping Pong Noon Slice N Dice
28 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 1:00 Canasta 1:00 Level 1 Line Dancing 2:30 Learn to Dance	29 9:00 Exercise 9:00 Pickleball Noon: Bridge 1:00 Fit and Strong 2:00 Tech Tuesday 2:30 Ping Pong	30 9:00 Exercise 10:00 Dominoes 1:00 Level 2 Line Dancing 2:45 Chair Yoga	31 9:00 Exercise 10:00 Art in Around 1:00 Game Day 1:00 Halloween Party	

Food and Fun

Registration and payment is required a minimum of 2 days in advance unless specified below.



Monday, October 14th, at Noon

Chicken parmesan with mostaccioli, buttered broccoli, Caesar salad and garlic bread with birthday cake!

At 1 PM, an unforgettable musical performance by Vince Amore, featuring songs by iconic artists like Tony Bennett, Frank Sinatra, Dean Martin, Sammy Davis Jr, Tom Jones, Billy Joel and more!

\$14, Register by noon on Friday, 10/11 to attend lunch.

If you would like to attend the music only portion you must register in advance with the Cook Memorial Library at: cooklib.org/events



Medicare 101 Lunch N Learn



Tuesday, October, 22nd @ 11:30 AM

Lisa Klein will be here to help you understand the basics of Medicare and the differences between standard and advantage plan choices. This info will help you make informed choices during the open enrollment period happening through December 7th.

Panera will be provided for lunch; your choice of sandwich or salad and soup. Must register by Noon on 10/18 for lunch reservation.

No charge for the lecture only, walk-ins are welcome!

\$5



Jack O' Lantern Jubilee

Thursday, October 31st, 1 to 3 PM

Come celebrate the Spooky Season with outstanding entertainer Jane Allyson! She will be performing her Halloween Hits show, which is filled to the brim with Happily Haunted seasonal music to chill and thrill you. Learn fun facts about each tune!

Prepare to be "Tricked" with Trivia Questions and "Treated" if you guess them right!

Participate in "Name That Tune" games and sing along with fun, familiar fall favorites!



Appetizers, desserts, beverages, music, trivia, contests, prizes and more!

\$10 to attend, must register by 10/25



Activities

Registration is not required for activities unless specified below.

Attorney Michael Furlong will be at the Senior Center for free legal help.



Please call the Senior Center at 847-247-7659 to register for a 15 minute appointment on Thursday, October 17th.

POKER



1st & 3rd Wednesdays at 10:00 AM

There are two poker tables so there is the opportunity for beginners and experienced players to play at separate tables.

Financial Advice October 16th, 2-4 pm

Larry Pershing, CFP®, RMA®, is a financial planner. If you have questions about Social Security, taxation in retirement, preparing for retirement, retirement accounts, long-term care insurance, annuities, or perhaps you want a second opinion on a decision you're considering,

Call the Senior Center to sign up for a 30-minute complimentary session.

Men's and Women's Bowling

Fairhaven Lanes, 711 E. Hawley St., Mundelein

Mondays and Thursdays 9 AM

Cost: \$10 (\$7 Bowling plus prize fund of \$1 per game)

What: Open bowling - No commitment to show up, can play 1 to 3 games. Play on Mondays or Thursday or both.

Teams formed from those that are present each day.

Who: Open to anyone who wants to bowl without being committed to play or pay into a league annual prize fund.

Questions? Call Bob Killackey at 847-217-9818

New Day Game Day — Every Thursday @ 1 PM ***New Day***

We will now play in the A or C Room and will have various tables set up to play. Card games, dice games, board games, Mah Jong, you name it! We have some games here, but you are also welcome to bring your favorites with you!



Free and walk-ins welcome!
Come meet up with others or
come with friends!



Tuesday Morning Pickleball

Drop in / Meet up at Maurice Noll Park in Mundelein, 1200 Hampton Ln. 9 - 11 AM

The hottest new craze in sports for seniors is pickleball. Join in, and learn and/or play with others.

Equipment provided, beginners welcome!



POKER 101 Mondays at 10:00 AM

Have you always wanted to learn to play poker?

We will have an experienced poker player on hand to teach you the mechanics of the game and help you learn winning strategies with other beginners.

Lessons are free but bring a stack of pennies to understand the artistry of betting.

Art Club ~ Fridays, 10 AM

This group experiments with different mediums of art each week.

Paint, water color, collages, field trips and more!

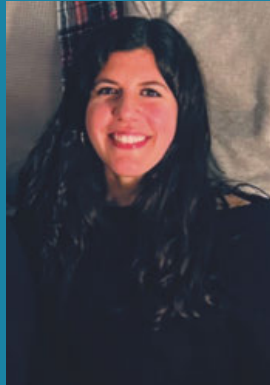
Free & walk-ins welcome!

Out and About

Advance registration is required unless specified differently below.

Welcome Carla!

Hello, my name is Carla Slotarski, and I am your new Senior Center Manager! I live in Des Plaines with my husband, Ben, and dog, Hank. I am coming to this role after 9 years of experience running recreation programs for individuals with disabilities at a Special Recreation Association.



In my free time I like to be outdoors, going for walks and bike rides with my family, cooking, reading, and painting. I am excited to meet all of you and here what you love most about the Libertyville Senior Center!



Tuesday,
October.
11th @
11:45 AM

Meet us for lunch out, enjoy some fun, thought provoking questions and great conversations.

Meet up at Portillo's in Vernon Hills where everyone will order and pay for their own meal.

Farm Meet Up at Tobie Family Farm

22070 W Peterson Rd
Thursday, October 17th at
1:30pm



Meet us at the brand new Tobie Family Farm in Grayslake for an afternoon of pumpkin picking and walking around the farm. Free admission and free parking, you can choose to do the corn maze for \$7 and hayride for \$6, and pumpkins are priced by size.

Vernon Hills High School Theater Show

Wednesday, October 30th at 5 PM



This full-length Teen Edition of Anaïs Mitchell's haunting, jazz-inflected folk opera follows Orpheus' mythical quest to overcome Hades and regain the favor of his one true love, Eurydice.

Stop in the Senior Center for more information and performance tickets after October 9th.

Best of luck!

On behalf of the Libertyville Civic Center Foundation and Village of Libertyville, I would like to thank Jennifer for her contributions to the Senior Center over the past five years. Her enthusiasm and kindness has helped to make this Senior Center an amazing place for people to gather, care for themselves, and make friends.

Also, I would like to enthusiastically welcome Carla, who we are confident will continue on this path, bringing excellent programming and joy to the Libertyville Senior Center.

All the best,

Anne Carlino, Director, Libertyville Civic Center Foundation



We are accepting financial donations big or small to benefit the Senior Center.

You can make a tax deductible donation online: libciviccenter.org/senior-center or by check payable to Libertyville Civic Center, a registered non profit 501(c)(3) organization.
Thank you!

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Activities Registration Notice

Please be aware that activities and events that include food and/or payments of any kind require a minimum of 2 days advanced registration. Some activities do have participation limits so it is best to sign up as soon as possible.

UPCOMING NOVEMBER ACTIVITIES

~ Birthday Bash ~
~ Thanksgiving Party ~
~ Veterans Day Luncheon ~

Call or stop in for more information.

"The Gathering Place"
135 W. Church St., Libertyville

Parking Notice

Please be aware of the parking signs on the street in front of the Civic Center. The Police will ticket.
Please use the parking garage when possible.