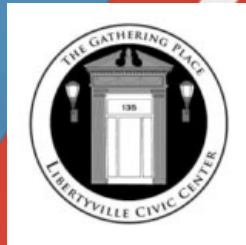


Libertyville SENIOR UPDATE



September 2024

Libertyville Senior Center at the Libertyville Civic Center

Jennifer West, Program Manager
135 W. Church Street
847-247-7659
libertyvilleseniorcenter@gmail.com
libciviccenter.org/senior-center

Libertyville Senior Council

First Presbyterian Church of Libertyville
Rich Monahan.....847-227-7722
Mike Castner.....847-650-0253

Knights of Columbus #3674
James Patula.....847-362-1810

St. Joseph Catholic Church
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>



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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) ● Game Day

THURSDAYS

Exercise ● Art in Around ● 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 learn more about 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 September.



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, September 5th

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.

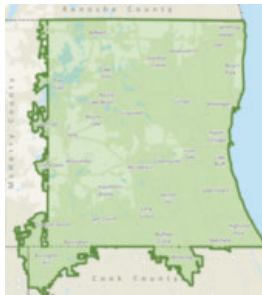
Services provided by:



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.

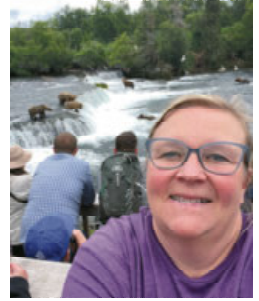
Ride Lake County is sponsored by Lake County and Pace Suburban Bus lakecountyil.gov/563/Ride-Lake-County

Message from the Senior Center Manager

Hello Fall!

Cooler temperatures and the changing of the season is upon us but what is not changing is the list of great fun we are offering at the Senior Center. Fall also hopefully brings fond memories of Homecoming and that is why we are going to host our first Homecoming Dinner and Dance at the end of the month.

At the time of print, the Fit and Strong grant is ending, but we are trying hard to find ways to fund this popular program a little while longer. Please check in with us in person about the status of this program or check your email if you are currently registered for the class.



My picture this month is from my amazing trip to Katmai National Park in Alaska. Watching the brown bears catching spawning salmon out of the river is by far the coolest adventure I have ever taken with live animals so up close and personal, yet living in their natural habitat. Life is too short not to have adventures! If you are still looking for some, our rescheduled Disney Lunch N Learn might be just what you need! 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
LOCALLY



Programs



Pass the Trash!

Noon on Friday, Sept. 20th

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,
September 13th

\$5 includes pizza, dessert and soda.

Register by noon on 9/12 to attend.

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



Donuts, Drug Plans and Discussion—Monday, Sept. 16th at 11 AM

There are big changes coming for Medicare Part D in 2025

* Higher premiums* *More Restrictive Formularies*
More Drug Utilization Management * Less Plan Choices*



Join us to hear tips from Lisa Kline, a licensed Medicare insurance broker so you are not caught off guard and can make decisions based on facts and not emotions. Hear ideas to help you prepare for upcoming changes and make educated decisions when annual enrollment starts on October 15th.

Free, but registration is highly encouraged. Register by noon on 9/13



LINE DANCING CLASSES AT THE SENIOR CENTER

Mondays

1 - 2 pm Level 1 Line Dancing - Improve on the basic line dancing steps taught in the entry-level Learn to Dance class. Dancers must have completed the Learn to Dance class before attending Level 1 Line Dancing. This class is for those newer to dancing and space is limited.

2:30 - 3:30 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 beginning to learn to line dance.

Wednesdays

1 - 2:30 pm Level 2 Line Dancing - This class is for those who have mastered the basic steps and dances and are ready to learn and dance at a faster pace using more challenging turns and steps. Teachers will be available to evaluate levels of ability and help place dancers in the appropriate class.

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.

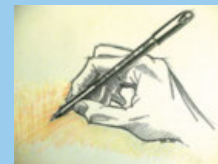


1 PM Table Top Games
Mahjong, board games, card games & more!

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.



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

September
2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Closed for Labor Day	3 9:00 Exercise 9:00 Pickleball Noon Bridge 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong	4 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Level 2 Line Dancing 1:00 Game Day 2:45 Chair Yoga	5 9:00 Exercise 10:00 Art in Around 1:30—Foot Clinic	6 9:00 Exercise 10:00 Art Club 10:00 Ping Pong Noon Disney Lunch & Learn—rescheduled
9 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 Noon Birthday Bash 1:00 Canasta 2:30 Learn to Dance	10 9:00 Exercise 9:00 Pickleball Noon Bridge 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong	11 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Level 2 Line Dancing 1:00 Game Day 2:45 Chair Yoga	12 9:00 Exercise 10:00 Art in Around	13 9:00 Exercise 10:00 Art Club 10:00 Ping Pong Noon Slice N Dice
16 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 11:00 Donuts & Drug Plans 1:00 Canasta 1:00 Level 1 Line Dancing 2:30 Learn to Dance	17 9:00 Exercise 9:00 Pickleball Noon Bridge 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong	18 9:00 Exercise 10:00 Dominoes 1:00 Level 2 Line Dancing 1:00 Game Day 2:00 Financial Advice 2:45 Chair Yoga	19 9:00 Exercise 10:00 Art in Around 2:00 Legal Advice	20 9:00 Exercise 10:00 Art Club 10:00 Ping Pong Noon Pass the Trash
23 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	24 9:00 Exercise 9:00 Pickleball 11:45 Food 4 Thought Noon: Bridge 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong	25 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Level 2 Line Dancing 1:00 Game Day 2:45 Chair Yoga	26 9:00 Exercise 10:00 Art in Around	27 9:00 Exercise 10:00 Art Club 10:00 Ping Pong 5–8 PM Homecoming Dance
30 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				

Food and Fun

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

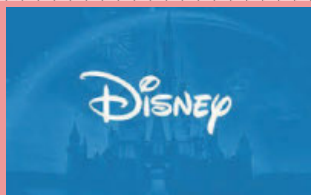


Monday, September 9th, at Noon! \$14

Breaded pork loin topped with mushroom sage gravy served with mashed potatoes, corn o'brien, side salad and dinner roll plus Birthday Cake!

At 1pm, Jazz pianist Chris White will perform his own arrangements of popular songs from the Great American Songbook, movie themes and songs from Broadway musicals.

\$14, Register by noon on Friday, 9/6 to attend lunch.



Friday, September 6th, at Noon (Rescheduled August event)

DISNEY LUNCH N' LEARN!

"Traveling in the company of those we love is home in motion." - Leigh Hunt.

With the rise in multi-generational travel trends (vacationing together; grandparents/children/grandchildren), there is no better time to learn about the most magical family vacation destinations on earth.

Come join Jenny Vollmer to learn about Disney vacation destinations. It may just be the vacation you didn't even know you wanted to take! Jenny is an independent travel consultant with Academy Travel, Inc., a Disney Diamond Earmark Agency.

Lunch Menu: Chicken salad, sides and dessert for \$5.

Must register by Noon on 9/4 to attend the lunch.

Walk-ins are welcome for the lecture only.



Friday Night! September 27th, 5-8 PM

Get dressed up and feel young again like you did in High School at Homecoming, and dance the night away with the Always Young Band!

\$25 includes dinner, music, corsage or boutonniere, professional pictures and a dessert bar to satisfy your sweet tooth.

Dinner includes choice of chicken piccata or grilled tuna, with steamed broccoli, roasted red potatoes, side salad, and dinner roll from



Catered Productions.

Must register by 9/24



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, September 19th.

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 September 18th, 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

Game Day — Every Wednesday @ 1 PM

We will have various card tables set up to come play your favorites. 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

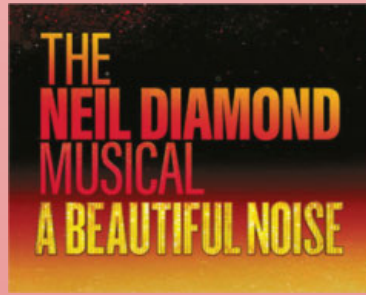
This group experiments with different mediums of art each week.

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

Free & walk-ins welcome!

Out and About

Advance registration is required unless specified differently below.



Wednesday, November 20th
Bus leaves at 10:30 AM
(return approx. 5 pm)

Created in collaboration with Neil Diamond himself, A BEAUTIFUL NOISE is the uplifting true story of how a kid from Brooklyn became a chartbusting, show-stopping American rock icon. With 140 million albums sold, a catalogue of classics like "America," "Forever in Blue Jeans," & "Sweet Caroline," an induction into the Songwriters and Rock & Roll Halls of fame, a Grammy Lifetime Achievement Award, and sold-out concerts around the world that made him bigger than Elvis.

\$70

Includes balcony theater seat, box lunch and transportation.
(Please be aware there will be some stairs involved to get to theater seating.)



Tuesday, Sept. 24th
@ 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.

Everyone will order and pay for their own meal.

Want to be in the know for our trips?

Come participate in other events and activities in the building to see trip info posted there first!



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!



Oktoberfest
in Libertyville

September 20-21
Presented by GLMV & MainStreet Libertyville
Happening in Mickey Finn's back lot where you can enjoy live music, a fein selection of seasonal brews, nosh and traditional Bavarian bier sport.

135 W. Church St. • Libertyville IL 60048

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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 OCTOBER ACTIVITIES

~ **Birthday Bash** ~

~ **Halloween Party** ~

~ **Medicare Lunch N Learn** ~

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.