



# LIBERTYVILLE SENIOR UPDATE



## January 2025



### LIBERTYVILLE SENIOR CENTER AT THE LIBERTYVILLE CIVIC CENTER

#### Carla Slotarski, Program Manager

135 W. Church Street  
847-247-7659  
libertyvilleseniorcenter@gmail.com  
libciviccenter.org/senior-center

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

### 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

#### United Methodist Church

Robin O'Connor.....847-951-9519

The Senior Council and 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



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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!

CARLA’S CORNER

Dear Senior Center Members,

We are always looking to improve in order to make it the best experience for you, and one of those things is a new look to our Senior Update! The New Year is the perfect time to set goals for what we want to accomplish in the year ahead. My goal is to continue to make the Senior Center a welcoming, fun place that you want to be! This month we have our Birthday Bash and Luau parties as well as a bus trip to the Garfield Park Conservatory. Come on in to escape the cold! This month’s picture is from our November bus trip to see “A Beautiful Noise” at the Cadillac Palace Theater.



We hope to see you soon at the Senior Center, “The Gathering Place.”

Carla

WELCOME TO THE SENIOR CENTER

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.\*



DONATE

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](http://libciviccenter.org/senior-center) or by check payable to Libertyville Civic Center, a registered non profit 501(c)(3) organization.

THANK YOU!



# CALENDAR OF EVENTS

# JANUARY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p style="text-align: center;">+ ✨  <b>2025</b>                      ✨ Happy ✨                      ✨ New Year ✨                      ✨ +</p> <p style="text-align: center;">Closed for New Year's Day</p>	<p style="text-align: right;"><b>2</b></p> <p>9:00 Exercise                      10:00 Art n Around                      1:00 Game Day</p>	<p style="text-align: right;"><b>3</b></p> <p>9:00 Exercise                      10:00 Art Club                      10:00 Ping Pong                      11:45 Food 4 Thought</p>
<p style="text-align: right;"><b>6</b></p> <p>9:00 Exercise                      10:00 Homeless Mat Making                      10:00 Poker 101                      Noon Pinochle                      1:00 Canasta                      1:00 Level 1 Line Dancing                      2:30 Learn to Dance</p>	<p style="text-align: right;"><b>7</b></p> <p>9:00 Exercise                      9:00 Pickleball                      Noon Bridge                      1:00 Fit &amp; Strong                      2:00 Tech Tuesday                      2:30 Ping Pong</p>	<p style="text-align: right;"><b>8</b></p> <p>9:00 Exercise                      10:00 Dominos                      1:00 Level 2 Line Dancing                      1:00 Mahjong                      2:45 Chair Yoga</p>	<p style="text-align: right;"><b>9</b></p> <p>9:00 Exercise                      10:00 Art n Around                      1:00 Game Day                      1:30 Foot Clinic                      Garfield Park Conservatory Trip</p>	<p style="text-align: right;"><b>10</b></p> <p>9:00 Exercise                      10:00 Art Club                      10:00 Ping Pong</p>
<p style="text-align: right;"><b>13</b></p> <p>9:00 Exercise                      10:00 Homeless Mat Making                      10:00 Poker 101                      Noon Pinochle                      Noon Birthday Bash                      1:00 Canasta                      2:30 Learn to Dance</p>	<p style="text-align: right;"><b>14</b></p> <p>9:00 Exercise                      9:00 Pickleball                      Noon Bridge                      1:00 Fit &amp; Strong                      2:00 Tech Tuesday                      2:30 Ping Pong</p>	<p style="text-align: right;"><b>15</b></p> <p>9:00 Exercise                      10:00 Dominos                      10:00 Poker                      1:00 Level 2 Line Dancing                      1:00 Mahjong                      2:00 Financial Advice                      2:45 Chair Yoga</p>	<p style="text-align: right;"><b>16</b></p> <p>9:00 Exercise                      10:00 Art n Around                      1:00 Game Day                      2:00 Legal Advice</p>	<p style="text-align: right;"><b>17</b></p> <p>9:00 Exercise                      10:00 Art Club                      10:00 Ping Pong                      11:30 Slice N Dice</p>
<p style="text-align: right;"><b>20</b></p> <p>9:00 Exercise                      10:00 Homeless Mat Making                      10:00 Poker 101                      Noon Pinochle                      1:00 Canasta                      1:00 Level 1 Line Dancing                      2:30 Learn to Dance</p>	<p style="text-align: right;"><b>21</b></p> <p>9:00 Exercise                      9:00 Pickleball                      Noon Bridge                      1:00 Fit &amp; Strong                      2:00 Tech Tuesday                      2:30 Ping Pong</p>	<p style="text-align: right;"><b>22</b></p> <p>9:00 Exercise                      10:00 Dominos                      1:00 Level 2 Line Dancing                      1:00 Mahjong                      2:45 Chair Yoga</p>	<p style="text-align: right;"><b>23</b></p> <p>9:00 Exercise                      10:00 Art n Around                      1:00 Game Day</p>	<p style="text-align: right;"><b>24</b></p> <p>9:00 Exercise                      10:00 Art Club                      10:00 Ping Pong                      11:00 Crime/Scam Prevention Lunch N Learn</p>
<p style="text-align: right;"><b>27</b></p> <p>9:00 Exercise                      10:00 Homeless Mat Making                      10:00 Poker 101                      Noon Pinochle                      1:00 Canasta                      1:00 Level 1 Line Dancing                      2:30 Learn to Dance</p>	<p style="text-align: right;"><b>28</b></p> <p>9:00 Exercise                      9:00 Pickleball                      Noon Bridge                      1:00 Fit &amp; Strong                      2:00 Tech Tuesday                      2:30 Ping Pong</p>	<p style="text-align: right;"><b>29</b></p> <p>9:00 Exercise                      10:00 Dominos                      1:00 Level 2 Line Dancing                      1:00 Mahjong                      2:45 Chair Yoga</p>	<p style="text-align: right;"><b>30</b></p> <p>9:00 Exercise                      10:00 Art n Around                      1:00 Game Day                      Noon Hawaiian Luau</p>	<p style="text-align: right;"><b>31</b></p> <p>9:00 Exercise                      10:00 Art Club                      10:00 Ping Pong                      11:30 Pass the Trash</p>



### REGISTRATION INFORMATION

To register for events online from home visit:

<https://schedulesplus.com/libertyville>

The first time you visit the site you will have to register yourself with your

- Name
- Address
- 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.



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**THRIVE**  
LOCALLY



**WEEKLY ACTIVITIES AT THE SENIOR CENTER**  
REGISTRATION IS NOT REQUIRED UNLESS SPECIFIED

**EVERYDAY:** 9 AM Exercise  
Group exercise along with the Silver Foxes DVD featuring Richard Simmons.

**Marvelous Mondays**

**10 AM Homeless Mat Making**

Cut, ball, or crochet mats from ordinary plastic bags to benefit the homeless. No experience necessary!

**10 AM Poker 101**

Poker for beginners. Learn various poker games and the art of betting. Bring your pennies.

**Noon Pinochle**

New and experienced players are welcome. Optional tournament play or just come to play for fun! If you are brand new to the game, please call Carla at 847-247-7659.

**1 PM Canasta**

Beginners through experts are 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. This class is for those still learning and that have been recommended by the dance instructors to attend.

**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.

**Terrific Tuesdays**

**9-11AM Pickleball**

Join in and learn and/or play with others. Equipment provided, beginners welcome. Meet at Canlan Sports Complex, 1950 US-45, Libertyville. Canlan fees apply.

**Noon Bridge**

For experienced players. Please call Delores at 847-362-6387 one day in advance to register.

**1 PM Fit and Strong**

Exercises to assist with balance, core strength & arthritis. Exercises can be done seated or standing. Advance registration is required. Space is limited.

**2 PM Tech Tuesday**

Do you need help with your phone, tablet, or computer? Call the Senior Center to schedule a 30 minute appointment. Advance registration required.

**2:30 PM Ping Pong**

All are welcome! We have two tables set up for your Ping Pong adventures.

**WILD WEDNESDAYS**

**10 AM Dominos**

Come play Mexican Train dominoes and enjoy some fun and conversation with others.

**1 PM Mahjong**

Walk-ins welcome.

**1 PM Level 2 Line Dancing**

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.

**2:45 PM Chair Yoga**

45 minutes alternating between sitting and standing alongside/holding a chair for stability. \$20 per month. Registration required.

**THOUGHTFUL THURSDAYS**

**10 AM Art N Around**

A learn to draw art class. This one-hour fun class is a great way to hang out and enjoy some casual, social, fun drawing time with friends. Drawing supplies are provided.

**1 PM Game Day**

Card games, dice games, board games, Mahjong, you name it! We have some games here, but you are welcome to bring your favorites with you!

**Fantastic Fridays**

**10 AM Art Club**

Get your creative juices flowing! Join us in this multi-media art club. We focus on fun, comradery, and creativity.

**10 AM Ping Pong**

Come take a swing and play with others in this classic fun game!



# TRIPS & SPECIAL EVENTS



## GARFIELD PARK CONSERVATORY BUS TRIP

Thursday, January 9th

Bus leaves at 9:00am and returns approximately 3:00pm

**Cost: \$ 45 non-refundable**

Boxed sandwich lunch and transportation will be provided. The tour will be self-led, so there will be a moderate amount of walking  
Register in person at the Senior Center

Join us as we explore Chicago's Garfield Park Conservatory, one of the largest and most stunning botanical conservatories in the nation. Often referred to as "landscape art under glass," the Conservatory showcases thousands of plant species from around the world throughout eight indoor display gardens.



# Lulu

## THURSDAY, JANUARY 30TH

### NOON

**Wear your best Hawaiian attire and come escape the cold while dreaming of the islands as we listen to a steel drum performance by Meg Thomas!**

**Lunch will be teriyaki glazed chicken kabobs, long grain & wild rice, salad, and dessert.**

**\$15, please register by Monday, January 27th at noon.**

## BIRTHDAY BASH

LET'S CELEBRATE, JANUARY BIRTHDAYS!

MONDAY, JANUARY 13TH  
AT NOON

**Panko Crusted Chicken Breast a la Kiev with long grain wild rice, green beans almondine, salad, and of course birthday cake for dessert!**

"Dance Through the Decades": Matt and Cynthia of Nostalgia Entertainment will provide a variety of dance music, ranging from the 1920s-60s. In addition to dancing to these great hits, you will also hear stories related to the composers and performers of the music.

**\$14, Register by NOON on Friday, January 10th to attend.**

If you would like to attend the music portion only, please register in advance with the Cook Memorial Library at: [cooklib.org/events](http://cooklib.org/events) and join us at 1pm.



## Lets Learn Together

**Friday, January 24th  
11:00 AM**

**Join us as Lake County Sheriff's Department discusses common scams and crimes that are targeting older adults. The best way to protect yourself from being taken advantage of is to be aware of the scams.**

**Panera will be provided for lunch; \$10. Your choice of sandwich or salad and soup. Please register by noon on January 20th for lunch. No charge for the lecture only, walk-ins are welcome!**

White Crane Wellness Center  
Senior Wellness Center and Adult Day Program

# PROGRAMS



**Friday, January 3rd**

**11:45 AM**

Meet us out for lunch, 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.



## Slice N Dice

**FRIDAY, JANUARY 17TH**

**11:30 AM**



\$5 INCLUDES PIZZA, DESSERT, AND SODA.



REGISTER BY NOON ON 1/16 TO ATTEND.

THE GROUP WILL SELECT AN EASY DICE GAME THAT WORKS FOR BEGINNERS AND EXPERIENCED PLAYERS. COME GIVE IT A ROLL!



## PASS THE TRASH

**Friday, January 31st**

**11:30 AM**

Bring a luncheon/appetizer dish to pass!

This simple game uses only one card and there is no strategy, just fun!

Walk-ins welcome!



## Poker



**1st & 3rd Wednesdays**

**10:00 AM**

There are 2 poker tables so there is the opportunity for beginners and experienced players to play at separate tables.





# PROGRAMS

## MEN'S & WOMEN'S BOWLING

**What:**

- Open bowling
- \*No commitment needed
- \*Can play 1 to 3 games
- \*Play on Mondays or Thursdays 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

**Mondays & Thursdays**

**9 AM**

Fairhaven Lanes

711 E. Hawley St., Mundelein



**TUESDAY MORNING**

**PICKLEBALL**



9:00 AM-11:00 AM



Canlan Sports Complex  
1950 US 45, Libertyville

**THE HOTTEST NEW CRAZE IN SPORTS FOR SENIORS IS PICKLEBALL. JOIN IN, AND LEARN AND/OR PLAY WITH OTHERS. EQUIPMENT PROVIDED, BEGINNERS WELCOME!**



**PINOCHLE**

**LET THE GAME BEGIN!**

**MONDAYS  
NOON**

New and experienced players are welcome to come play cards. Optional tournament play or just come to play for fun! If you are brand new to the game please call Carla at 847-247-7659.



**LIBERTYVILLE SENIOR CENTER**

*Art Club*

**EVERY FRIDAY  
10AM**


This group experiments with different mediums of art each week. Paint, watercolor, collages, field trips, and more!

Free & Walk-ins welcome!

*See you there!*




# HEALTH SERVICES



## EXERCISE

### EVERYDAY AT 9AM



Join Richard Simmons and the Silver Foxes on the big screen to exercise, stretch and keep up your core strength with some heart rate-raising activities. Group exercise along with the Silver Foxes DVD.



## Fit & Strong

### Tuesdays at 1:00PM




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. Exercises can be done seated or standing.

**FREE**  
Advanced registration is required, space is limited.



White Crane Wellness Center

## Chair Yoga



### WEDNESDAYS AT 2:45 PM

45 minutes alternating between sitting and standing alongside/holding a chair for stability. Taught by Sharon of Essential Journey Yoga. \$20/month, please call or stop in to the Senior Center to register.





## Thursday, January 9th

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 are provided by:



### 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**





# SOCIAL SERVICES

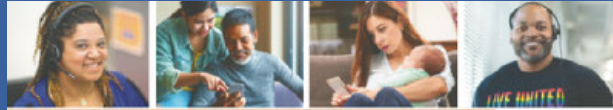


Ride Lake County offers seniors and disabled residents a unique way to get around Lake County. Whether you need a ride for work, medical and dialysis appointments, or shopping, Ride Lake County offers an easy to use travel experience that is both affordable and flexible.

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 6AM-6PM 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



## Need Help? Call 211.

IF YOU'RE LOOKING FOR HELP IN LAKE COUNTY, IL A CARING, EXPERT NAVIGATOR WILL GUIDE YOU TO THE HELP YOU NEED:

Housing | Utilities | Food | Crisis Help | Mental Health & Addiction | Health Care Financial Support | Personal, Child & Family Support | Education | Transportation Employment | Legal & Immigration | Government | Volunteering | Disaster Information

### WHY 211?

- **IT'S FREE** - Just call to reach a real person who will guide you to real answers.
- **IT'S FAST** - You'll be quickly connected with available resources you need.
- **IT'S COMPREHENSIVE** - 211 is the most comprehensive source of information about resources and services in Lake County. It's Lake County's one-stop shop for help.
- **IT'S CONFIDENTIAL** - You never have to provide your name...just your zip code.



## FINANCIAL ADVICE

WEDNESDAY, JANUARY 15TH 2-3 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 are considering.

BOOK YOUR APPOINTMENT



Register online or call the Senior Center at 847-247-7659 to sign up for a 30-minute complimentary session.

## LEGAL ADVICE

THURSDAY, JANUARY 16TH

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



Register online or call the Senior Center at 847-247-7659 to sign up for a 15 minute appointment.



## UPCOMING FEBRUARY EVENTS



**\*February Birthday Bash- February 3rd**



**\*Valentine's Party- February 14th**



**\*Bus Trip to Illinois Rock N Roll Museum- February 20th**

## IMPORTANT NOTICES

### **\*Activities Registration Notice\***

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

### **\*Trips Registration Notice\***

Please be aware that since tickets are purchased far in advance for many of our trips, NO REFUNDS will be given. People can find a replacement or hope for a waiting list. If there is a waiting list 48 hours before the trip, we can help find a replacement.

### **\*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.