

Libertyville SENIOR UPDATE



July 2024

Libertyville Senior Center at the Libertyville Civic Center

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Libertyville Senior Council

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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>



Inside This Issue:

Weekly Activities.....	2
Health Services.....	3
Message from Jennifer	4
Programs	6
Every Week.....	7
Monthly Calendar.....	8
Food & Fun.....	9
Activities	10
Out and About	11
Upcoming Events	12

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 ● Intermediate Line Dancing
Chair Yoga ● Poker (1st, 3rd) ● Game Day

THURSDAYS

Exercise ● Art in Around ● Tai Chi
● 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 Isabel of



\$20 for the entire month of July.

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 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.

211 Is Here to Help



211 is a free, confidential, 24-hour information and referral helpline.

This United Way service connects individuals & families in need with access to available health and human services.

Lake County residents can connect to a wide range of services by phone or text, and an expert navigator will guide them to the help they need, regardless of the time of day, the language they speak, or where they live.

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



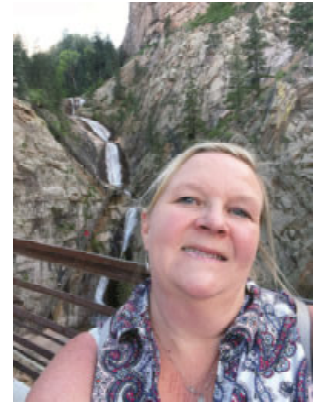
Message from the Senior Center Manager

Dear Senior Center Members,

July, the birth month of our nation and me! Definitely a reason to celebrate and have fun so we hope you make it to our always popular Birthday Bash and enjoy the lunch and entertainment!

We have plenty of our regular fun for this month as well, so stop in for some exercise or card games, or any of our other activities and events happening this month.

My picture this month is from a stop at the Seven Falls during my trip to Colorado Springs in May. It was a heart pumping 227 steps to the top but worth it for the beautiful sights.



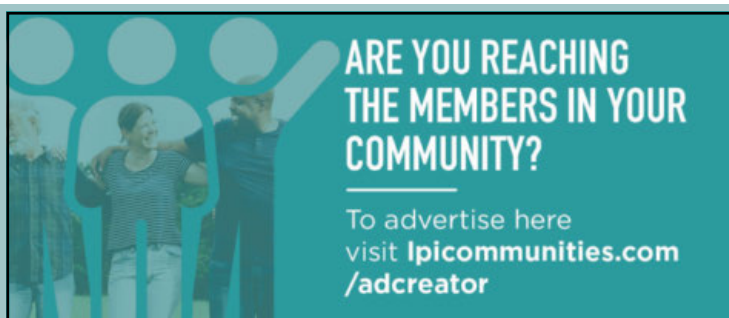
Hope to see you soon at the Senior Center! "The Gathering Place."

Jennifer West

Senior Center Manager

847-247-7659

libertyvillesseniorcenter@gmail.com



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THE MEMBERS IN YOUR
COMMUNITY?

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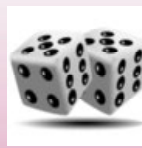
Pass the Trash!

Noon on Friday, July 26

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,
July 19



\$5 includes pizza, dessert and soda.

Register by noon on 7/18 to attend.

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

Wednesday & Thursday, July 10 & 11, Noon to 4PM

AARP SMART DRIVER™ COURSE



This course consists of two four-hour sessions. Cost of the class is \$20 for AARP members and \$25 for non-members. Please bring cash or check made payable to AARP. Please bring your Drivers License and AARP card if you are an AARP member.

Register with the Senior Center online or call 847-247-7659.

Claim your safe driver discount! When you take the AARP Smart Driver course, you could be eligible for a multi-year discount on your auto insurance.* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.



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.

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.

THOUGHTFUL THURSDAYS



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

1 PM Tai Chi
Improve physical and psychological health.

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

July
2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 1:00 Level 1 Line Dancing 1:00 Canasta 2:30 Learn to Dance	2 9:00 Exercise 9:00 Pickleball 11:30 Pool Party Noon Bridge 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong	3 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Level 2 Line Dancing 1:00 Game Day 2:45 Chair Yoga	4 CLOSED! 	5 CLOSED!
8 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	9 9:00 Exercise 9:00 Pickleball Noon Bridge 1:00 Fit and Strong 2:30 Ping Pong	10 9:00 Exercise 10:00 Dominoes Noon AARP Driving Class 1:00 Level 2 Line Dancing 1:00 Game Day 2:45 Chair Yoga	11 9:00 Exercise 10:00 Art in Around Noon AARP Driving Class 1:00 Tai Chi—last class!	12 9:00 Exercise 10:00 Art Club 10:00 Ping Pong
15 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	16 9:00 Exercise 9:00 Pickleball Noon Bridge 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong	17 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Level 2 Line Dancing 1:00 Game Day 2:45 Chair Yoga	18 9:00 Exercise 10:00 Art in Around 2:00 Legal Advice	19 9:00 Exercise 10:00 Art Club 10:00 Ping Pong Noon Slice N Dice
22 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 Noon Birthday Bash 1:00 Canasta 2:30 Learn to Dance	23 9:00 Exercise 9:00 Pickleball Noon: Bridge 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong	24 9:00 Exercise 10:00 Dominoes 1:00 Level 2 Line Dancing 1:00 Game Day 2:45 Chair Yoga	25 9:00 Exercise 10:00 Art in Around 7:30 Dessert in the Park	26 9:00 Exercise 10:00 Art Club 10:00 Ping Pong Noon Pass the Trash
29 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	30 9:00 Exercise 9:00 Pickleball 9:45 Food 4 Thought Breakfast at Chic-Fil-A Noon: Bridge 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong	31 9:00 Exercise 10:00 Dominoes 1:00 Level 2 Line Dancing 1:00 Game Day 2:45 Chair Yoga		

Food and Fun

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



Monday, July 22nd, at Noon! \$14

Salisbury steak with mushroom burgundy sauce and mashed potatoes, cauliflower au gratin, garden tossed side salad, dinner roll & one of Jennifer's favorite desserts.

At 1pm, Jeorge Holmes sings the legendary styles of Sinatra, Bennett, Cole, Martin, Presley, Pavarotti and more!

\$14, Register by noon on Friday, 7/19 to attend lunch.



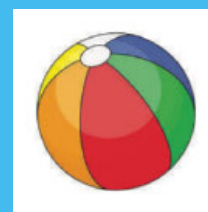
POOL PARTY 1960's STYLE!

TUESDAY, JULY 2ND 11:30 AM

Meet at

RIVERSIDE POOL

870 Country Club Drive, Libertyville



COME READY FOR FOOD, GAMES, PRIZES AND FUN!

\$10 fee, subsidized in part by:



Must register by Noon on 7/1 to attend.



DESSERT IN THE PARK! Thursday, July 25th

FREE!

But you must register by Noon on 7/24 to receive the treats!

SPONSORED BY



Join us in Cook Park for the Village Band performance at 7:30 PM on THURSDAY, JULY 25TH

Bring a lawn chair & enjoy the music and sweet treats!



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, July 18th

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

NO APPOINTMENTS AVAILABLE IN JULY

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 Jongg, 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



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.

Starved Rock Area Trip Thursday, August 29th



\$95 Chartered Bus Day Trip includes lunch & stops at:

1.

Illinois Waterway Visitor Center at Starved Rock Lock and Dam. Tour and wonderful picture options of the locks & waterway.

2.

Relaxing and educational ride on the I&M Canal Boat, plus a hearty Boat Captain's Lunch, catered and served in the I&M Canal Visitor Center.

3.

The whimsical world of Ted Weber to explore his story-book-style house along with over two acres of stunning English gardens, complete with fountains, statues, and other ornamental features.

Bus leaves at 8 AM and will return at approx. 6 PM.



**Tuesday, July 30th
@ 9:45 AM**

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

Meet up at Chic Fil-A in Vernon Hills

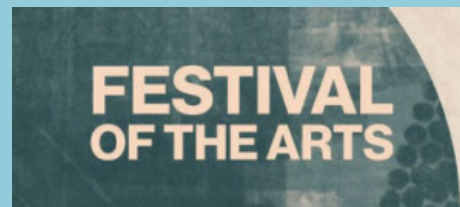
*Everyone will order and pay for their own meal.
Free breakfast item coupon with pre-registration*



July 5-7, 2024

Presented by the Knights of Columbus

Dog Days of Summer is a marquis event for the Village and is attended by over 5,000 pet owners and residents. They visit different pet-related vendors in the Village's Cook Park each Summer, along with viewing the National Canine Aquatic Jumping Competition operated by DockDogs.



August 3-4, 2024

Presented by Adler Arts Center and GLMV

The Adler Arts Center and The GMLV Chamber of Commerce proudly present, The 43rd Annual Festival of the Arts! The Festival is a 2-day juried art and music festival in Cook Park located in historic downtown Libertyville, Illinois. With an emphasis on the visual arts, this family friendly festival is presented by The Adler Arts Center and the Green Oaks, Libertyville, Mundelein, Vernon Hills Chamber of Commerce.

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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 AUGUST ACTIVITIES

**~Starved Rock~ Birthday Bash~Western BBQ~
~Foot Clinic~**

Call or stop in for more information.

"The Gathering Place"

135 W. Church St., Libertyville

847-247-7659

libertyvilleseniorcenter@gmail.com

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.