



# LIBERTYVILLE SENIOR UPDATE



April 2025



## LIBERTYVILLE SENIOR CENTER AT THE LIBERTYVILLE CIVIC CENTER

### Carla Slotarski, Program Manager

135 W. Church Street  
847-247-7659  
libertyvilleseniorcenter@gmail.com

### 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

### United Methodist Church

Robin O'Connor.....847-951-9519  
Tom Plohr.....847-278-7188

Suren Kanani.....847-691-4560  
Bob Killackey.....847-217-9818  
Deb Oberst.....862-346-0704  
Jeanne Steffens.....847-767-0128

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**

**[libciviccenter.org/seniorcenter](http://libciviccenter.org/seniorcenter)**



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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,

Did you know it takes about 1, 344 plastic bags to make one mat in our Monday Mat Making program to benefit the homeless? We are currently accepting donations of plastic bags during Senior Center open hours. While you're here, join us for some of our wonderful April events such as Music Therapy, Birthday Bash, and Volunteer Appreciation brunch! This month's picture is from our February bus trip to the Illinois Rock & Roll Museum.



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

Carla

WELCOME TO THE SENIOR CENTER

Coffee and tea are available daily for those spending time at the Senior Center. Please feel free to drop in for a cup and some friendly conversation.

Water fountains and touchless water dispensers are also available in the building.



DONATE

Donations and sponsorships play a vital role in supporting the success of the Libertyville Senior Center. All financial contributions, big or small, are greatly appreciated and directly benefit our programs and services. You can make a tax deductible donation online: [libciviccenter.org/senior-center](http://libciviccenter.org/senior-center) or in person at the Libertyville Civic Center, a registered charity. For businesses and organizations interested in sponsoring events at the Senior Center, please contact Carla directly to explore a range of exciting partnership opportunities.

THANK YOU!





# CALENDAR OF EVENTS



# APRIL 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</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><b>2</b></p> <p>9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Level 2 Line Dancing 1:00 Mahjong 2:45 Chair Yoga</p>	<p><b>3</b></p> <p>9:00 Exercise 10:00 Art n Around 1:00 Game Day 1:30 Foot Clinic</p>	<p><b>4</b></p> <p>9:00 Exercise 10:00 Art Club 10:00 Ping Pong 11:45 Food 4 Thought</p>
<p><b>7</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><b>8</b></p> <p>9:00 Exercise 9:00 Pickleball 10:00 Music Therapy Noon Bridge 1:00 Fit Happens 2:00 Tech Tuesday 2:30 Ping Pong</p>	<p><b>9</b></p> <p>9:00 Exercise 10:00 Dominoes 10:30 Resource Presentation 1:00 Level 2 Line Dancing 1:00 Mahjong 2:45 Chair Yoga</p>	<p><b>10</b></p> <p>9:00 Exercise 10:00 Art n Around 1:00 Game Day</p>	<p><b>11</b></p> <p>9:00 Exercise 10:00 Art Club 10:00 Ping Pong 11:30 Slice N Dice</p>
<p><b>14</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><b>15</b></p> <p>9:00 Exercise 9:00 Pickleball Noon Bridge 1:00 Fit Happens 2:00 Tech Tuesday 2:30 Ping Pong</p>	<p><b>16</b></p> <p>9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Level 2 Line Dancing 1:00 Mahjong 2:00 Financial Advice 2:45 Chair Yoga</p>	<p><b>17</b></p> <p>9:00 Exercise 10:00 Art n Around 1:00 Game Day 2:00 Legal Advice</p>	<p><b>18</b></p> <p>Senior Center Closed in observance of <i>Good Friday</i> ††</p>
<p><b>21</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><b>22</b></p> <p>9:00 Exercise 9:00 Pickleball 10:30 Volunteer Appreciation Brunch Noon Bridge 1:00 Fit Happens 2:00 Tech Tuesday 2:30 Ping Pong</p>	<p><b>23</b></p> <p>9:00 Exercise 10:00 Dominoes 1:00 Level 2 Line Dancing 1:00 Mahjong 2:45 Chair Yoga</p>	<p><b>24</b></p> <p>9:00 Exercise 10:00 Art n Around 12:15 Shen Yun Bus Trip Departs 1:00 Game Day</p>	<p><b>25</b></p> <p>9:00 Exercise 10:00 Art Club 10:00 Ping Pong 11:30 Pass the Trash</p>
<p><b>28</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><b>29</b></p> <p>9:00 Exercise 9:00 Pickleball Noon Bridge 1:00 Fit Happens 2:00 Tech Tuesday 2:30 Ping Pong</p>	<p><b>30</b></p> <p>9:00 Exercise 10:00 Dominoes 10:30 Coffee w/ a Cop &amp; Firefighter 1:00 Level 2 Line Dancing 1:00 Mahjong 2:45 Chair Yoga</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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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 who 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

#### **9-11 AM Pickleball**

Join in and learn and/or play with others. Equipment provided, beginners welcome. **For Spring we are moving outdoors! Meet at Nicholas-Dowden Park, 920 Crane Blvd, Libertyville.** In the event of inclement weather, we will meet at Canlan Sports complex.

#### **Noon Bridge**

If you are brand new to the game, please call Carla at 847-247-7659. Experienced players call Naveen at 847-362-3569 one day in advance to register.

#### **Fit Happens- NEW!**

This is a low-impact fitness class focused on balance, core strength, and movement. \$20 per month. Registration required.

#### **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 Dominoes**

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

## BIRTHDAY BASH

MONDAY, APRIL 14TH  
AT NOON

Lunch will be Salisbury steak with mushroom sauce, roasted red potatoes, green beans, salad, and birthday cake for dessert!

Two retired friends, Mike on electric guitar & vocals; Dave on keyboards, make up the Ultra Violet Rubber Band.

Come show off your dance moves as they play popular rock songs from the 1960's including The Beatles, Roy Orbison; Jay & The Americans, Ricky Nelson, and many more.

**\$15, Register by noon on Friday, April 11th to attend**

Event sponsored by:

**THE SHERIDAN  
AT GREEN OAKS**  
*a Senior Lifestyle community*

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.

## VOLUNTEER APPRECIATION Brunch

TUESDAY, APRIL 22ND AT 10:30AM

ITS VOLUNTEER APPRECIATION WEEK! JOIN US IN CELEBRATING THOSE THAT MAKE A DIFFERENCE HERE AT THE SENIOR CENTER. WE WILL ENJOY A DELICIOUS BRUNCH OF FRENCH TOAST, EGGS, HAM, BACON, BAGELS, AND FRUIT. AFTER BRUNCH, A KEYNOTE SPEECH WILL BE GIVEN BY LIBERTYVILLE'S MAYOR DONNA JOHNSON. VOLUNTEERS EAT FREE, ALL OTHERS \$15

Register by 4/17 at noon

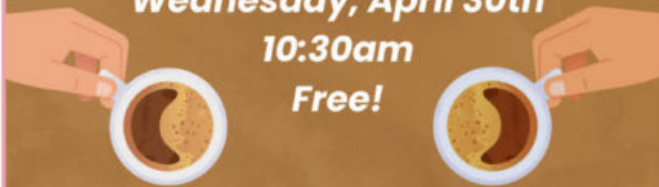


## Coffee with a Cop & a Firefighter

Wednesday, April 30th

10:30am

Free!



Enjoy coffee and refreshments as we learn some helpful tips from Libertyville Police and Fire Departments. They will cover topics like: securing your home and auto at night as well as when you are out of town, the best things you can do to prepare for a medical emergency in your home, and more.



Please register by 4/28 at noon



## Marriott Meet Up

Thursday, May 22nd

Based on the real people aboard the most legendary ship in the world, TITANIC THE MUSICAL is a stirring portrait of the passengers on board the "unsinkable ship" and the tragedy that followed. You won't want to miss this production's breathtaking music and captivating stories whose original Broadway production won five Tony awards!

We will meet at the Marriott Lincolnshire at 12:00pm, show starts at 1:00pm

Cost: \$45 per ticket  
Only 20 spots available so sign up today!

Savings of \$30 per ticket when you book with this group rate!

# PROGRAMS



**Friday, April 4th**

**11:45 AM**

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

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

## MUSIC THERAPY

**TUESDAY, APRIL 8TH**

**10:00-10:50 AM**

**COST: \$5**

Join us for interactive learning, singing, reminiscing, gentle movement, relaxation, and playing percussion instruments. Instruments such as egg shakers and rain sticks will be provided, or you can bring your own to play. Our theme will be welcoming spring, come give it a try!

Donuts and coffee will be served.



## COMMUNITY RESOURCE PRESENTATION

**Wednesday, April 9th**

**10:30 AM**

### Lake County Resource Updates

Join AgeGuide Board Member Katie Monahan Brooks for an update on the Area Agency on Aging resource changes to understand resources available in Lake County for Elder Rights, Supportive Services, Health & Wellness, Nutrition, & Caregiver Support. This presentation is designed to ensure you know how to access these services and understand just what is available to you as a resident of Lake County.

Donuts and coffee will be provided as refreshments.

FREE, please register by 4/4 at noon.



## Slice N Dice

**FRIDAY, APRIL 11TH**

**11:30 AM**



**\$5 INCLUDES PIZZA, DESSERT, AND SODA.**



REGISTER BY NOON ON THURSDAY, APRIL 10TH TO ATTEND.

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





# PROGRAMS

## PASS THE TRASH

Friday, April 25th

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!



### 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.



**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.



**TUESDAY MORNING**

**PICKLEBALL**

**NEW LOCATION FOR SPRING!**

**9:00 AM-11:00 AM**

**Nicholas-Dowden Park  
920 Crane Blvd, Libertyville**

\*In case of inclement weather, we will meet at Canlan Sports Complex

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

# PROGRAMS



**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!*



## PING PONG

**TUESDAYS FROM 2:30-4:00PM**

**FRIDAYS FROM 10:00- 11:30AM**

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**IF NO OTHER EVENTS, PLAY ON:**

**THURSDAYS FROM 11:30-3:30PM**

**FRIDAYS FROM 11:30-3:30PM**

**BEGINNERS TO  
ADVANCED,  
EVERYONE IS  
WELCOME!  
PADDLES AND  
TABLES  
PROVIDED**

**FREE**

## FINANCIAL ADVICE

**WEDNESDAY, APRIL 16TH**  
**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**

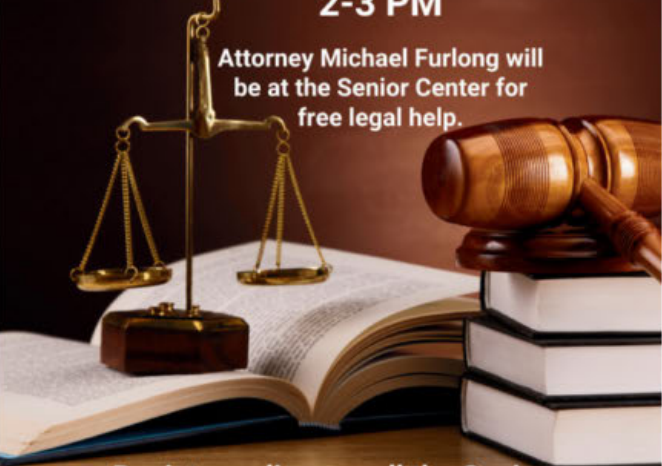


Register online or call the Senior Center at 847-247-7659 to sign up for a 30-minute complimentary session.

## LEGAL ADVICE

**THURSDAY, APRIL 17TH**  
**2-3 PM**


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.

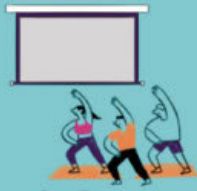


# HEALTH SERVICES



## 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.

**NEW PROGRAM!**

## Fit Happens!


Tuesdays at 1:00PM



Fit Happens is a low-impact fitness class focused on balance, core strength, and movement. It combines flexibility and strength building exercises with self-management strategies and group support. Benefits include reduced joint pain, improved mobility, increased strength, and a better mood—helping you feel your best! Resistance bands will be provided, please bring your own weights if you would like. 1, 2, or 3 lb weights work best.

Class taught by Debbie M, Certified Fitness Instructor.

**\$20 per month**  
**\$10 per month if you are also registered for Chair Yoga**





## Chair Yoga

WEDNESDAYS AT 2:45 PM

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

Taught by a Certified Yoga Instructor

\$20/month, please select program under the "Packages" tab or stop in the Senior Center to register.





## Thursday, April 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 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, shower chairs, 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](http://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.



## UPCOMING MAY EVENTS



**\*Cinco de Mayo Party- May 5th**



**\*May Birthday Bash- May 12th**



**\*Marriott Meet Up- Titanic the Musical- May 22nd**

## 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.