

Libertyville SENIOR UPDATE



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

Knights of Columbus #3674

James Patula.....847-362-1810

United Methodist Church

Jack Hanson.....847-334-4894

St. Joseph Catholic Church

Bob Bachochin.....224-688-2219

+++++

Penelope Boukidis....847-362-8403

Suren Kanani.....847-367-7412

Bob Killackey.....847- 367-6211

Deb Oberst.....862-346-0704

Annie Samuel.....847-362-4835

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

March 2023



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 & Programs	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!

~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.

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 ● Sit and Be Fit ● Poker 101
Homeless Mat Making ● Canasta ● Learn to Dance

TUESDAYS

Exercise ● Pickleball ● Bridge ● Bingocize
Tech Help ● Ping Pong

WEDNESDAYS

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

THURSDAYS

Exercise ● Art in Around ● Walking Group
Legal Advice (3rd) ● Movie Matinee

FRIDAYS

Exercise ● Art Club ● Ping Pong ● Tai Chi

EXERCISE

Group exercise along with the Silver Foxes DVD.

SIT & BE FIT

Gentle chair and band exercise, promoting flexibility & strength.

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.

CHAIR YOGA

Traditional yoga adapted to be safe for everyone.

TECH TUESDAYS

Call for an appointment where you can learn more about your smart phone, tablet or laptop computer.

Health Services

NEW

Tai Chi Class ***Fridays at 2:30 PM***

Tai chi is an ancient Chinese movement practice that offers a number of health benefits.

Tai Chi can have significant benefits for seniors as it focuses on muscle control, stability, balance, and flexibility. The movements are very gentle.

Come try this new class at the Senior Center taught by instructor Rosa Yeh.

Free, but registration is encouraged.



NEW

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



Thursday, March 2nd

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

Call, email or stop in to make an appointment.

Services provided by:



Chair Yoga

WEDNESDAYS @ 2:30 PM

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

*Taught by Sharon of
Essential Journey Yoga.*



**\$20 includes the entire month of
Chair Yoga!**

Ride Lake County

Ride Lake County is a new borderless countywide paratransit service, meaning seniors age 60+ and people with disabilities can get transportation to any area of Lake County for work, shopping, medical appointments, and more.

Riders will call the Pace Call Center to schedule trips in advance. All Ride Lake County vehicles are wheelchair accessible and provide curb-to-curb service from your desired pick up and drop off locations.



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.

Message from the Senior Center Manager

March is here!

The old saying goes, "In Like a Lion, Out Like a Lamb," but we will be keeping the roar going all month long with entertainment and activities for you this month at the Senior Center. The Birthday Bash, Lunch N' Learn and a good old fashioned Irish party keeps things ferocious for the entire month of March.

My selfie this month is from our Senior Center trip to the Museum of Science and Industry. I started my event planning career working for the Navy's MWR Department, so I naturally had to take a walk through the submarine display and take a picture with their sailors on exhibit.



We are still looking for volunteers to teach new things at the Senior Center, and can always use a couple extra names on the list of volunteers to help with our luncheons and parties. If you are interested in helping out in any of these ways, please let me know.

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

Jennifer West

Senior Center Manager

847-247-7659

libertyvilleseniorcenter@gmail.com

@properties



Carol August
(847)226-6182
carolaugust@atproperties.com

THRIVE
LOCALLY

**SUPPORT OUR
ADVERTISERS!**

Call about our Pre-Planning program



Mark & Brian McMurrugh,
Directors
Libertyville
(847) 362-2626
www.libertyvillefuneralhome.com

**WOODY'S
Tree Service**
Professional & Reliable
Tree Trimming & Tree Removal
Diseased Tree Removal
Stump Grinding
Seasoned Firewood



To get a FREE Quote
Scan the QR code or visit
woodystreeserviceonline.com

Ask about our SENIOR CITIZENS DISCOUNTS
WOODY'S NOW OFFERS STATE OF THE
ART Tree Equipment. Low Impact on yards
40+ Years of Dedicated Experience
& Hard Working Crew
847.362.5545 woodystreeserviceonline.com

**10% OFF
any tree service
(Max value \$100)**

We're Raising the Barr on Post-Hospital Care



At Warren Barr Lincolnshire, we've taken every aspect of the transitional rehabilitation experience and completely redesigned and reimagined it.

OUR CLINICAL PROGRAMS INCLUDE:

- Cardiology program
- Infectious disease care and prevention
- Rehabilitation services up to 7 days a week
- Tracheostomy care
- Wound care



Scan here for a virtual tour!

**WB
WARREN BARR
LINCOLNSHIRE**

150 JAMESTOWN LN. | LINCOLNSHIRE, IL 60069 | 224.543.7100
WARRENBARRLINCOLNSHIRE.COM

**THE WELLSHIRE
LINCOLNSHIRE**
224.287.4110

On-campus we also offer assisted living. The Wellshire Lincolnshire provides a vibrant community where residents enjoy an active lifestyle and build friendships.



For ad info. call 1-800-950-9952 • www.lpcommunities.com

Senior Council of Libertyville, Libertyville, IL A 4C 01-1185

Lakewood Crematorium

~ Serving All Faiths ~

In your time of need...

- * Direct Cremations
- * Memorial Services
- * Private Viewings

28835 North Herky Drive
Suite #217

Lake Bluff, Illinois

847/362-3303

WEPLER LAW GROUP, LLC
ATTORNEYS AT LAW



(847) 680-0040

ATTORNEY@WEPPLAW.COM

WWW.WEPPLAW.COM

121 W. CHURCH ST. • LIBERTYVILLE, ILLINOIS 60048

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Teresa Perkins

erkins@lpicommunities.com

(800) 950-9952 x2611

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

FREE
AD DESIGN
with purchase
of this space

CALL 800-950-9952

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

Dr. Malik Zayed & Associates

FOOTCARE AT HOME

Stop walking in pain, get the care and relief you deserve. Call Dr Zayed's office today to receive foot care in the comfort of your own home

- * Bunions
- * Diabetic Foot Care
- * Heel Pain
- * Foot & Ankle Problems
- * Nail Problems

Call 773.725.2953

to schedule your appointment

All Insurance Is Accepted



Specializing in Medicare Products



Elizabeth Goldberg

262-206-9223

egoldberg.eg@gmail.com

*Have Medicare Questions?
I have answers!*

*Call for a **FREE** review of
your Medicare options.*

**THRIVE
LOCALLY**



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Senior Council of Libertyville, Libertyville, IL B 4C 01-1185

Programs

Indoor Pickleball, Tuesdays 9:30 to 11AM

LifeSport Athletic Club, 1030 S. 4th Ave. Libertyville

The hottest new craze in sports for Seniors is pickleball so join in and learn and/or play with others.



Program Provided in conjunction with:

Equipment will be provided, beginners and experienced players welcome!

\$5 for LifeSport Members—\$10 Non-Members Walk-ins Welcome!



Is Back!

every Tuesday @ 10 AM

Combining everyone's favorite game of Bingo with Exercise

Bingocize® is proven to reduce falls PLUS significantly improved physical, social, and mental health.

Bingocize® is delivered live by a trained lay leader from:



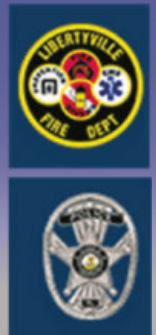
\$20 donation to Catholic Charities for 20 weeks suggested | no one is denied registration due to the inability to make a donation.

Coffee with a Cop and Firefighter

Tuesday, March 21st at 1 PM

Join us for a visit with the Village of Libertyville Police Department And Fire Department. Enjoy a treat and drink while they update you on important happenings in the community.

Walk ins welcome!



PAINTING PARTY!

Tuesday, March 21st, 1 PM

with the incredible David Becker!

(Advance registration required by 3/16 to attend)

\$25

includes 18x24 Canvas, instructions and all paint supplies needed (Frames will be available to purchase for additional fee)



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.

10:30 AM Sit and Be Fit

Safe and gentle exercise for all!

1 PM Canasta

Beginners and experts both welcome!

2:30 PM Learn to Dance

Beginner class will teach popular party/wedding dances like the electric slide, cha cha slide, and cupid shuffle then advance to more difficult steps and dances.

TERRIFIC TUESDAYS

9:30 AM to 11 AM

Indoor Pickleball at LifeSport

Bingocize @ 10 AM

Noon Bridge

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

Tech Help

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

Ping Pong @ 2:30



WILD WEDNESDAYS

10 AM Dominos Mexican Train



1:00-2:30 PM Line Dancing
Experienced Beginners &
Intermediate/Advanced Dancers

2:30 PM Chair Yoga

Many great health benefits to all who participate.

THOUGHTFUL THURSDAYS



10 AM Art in Around

A learn to draw art class.

11:30 AM Sole Mates Walking Group



Get your steps in with the company of others at the Senior Center with the *Just Walk* videos by Leslie Sansone

1:30 PM Movie Matinee

New Releases and award winning films shown in conjunction with the Cook Library.

Walk-ins welcome, and you may bring your own snacks!



FUN FRIDAYS

10:00 AM Art Club

Get your creative juices flowing!

10 AM Ping Pong

Come take a swing at it with others!

2:30 PM Tai Chi

Gentle exercises, great for balance and flexibility!

Calendar of Events

**March
2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Line Dancing 2:30 Chair Yoga	2 9:00 Exercise 10:00 Art in Around 11:30 Walking Group 1:30 Movie Matinee 1:30 Foot Clinic	3 9:00 Exercise 10:00 Art Club 10:00 Ping Pong 2:30 Tai Chi
6 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 10:30 Sit & Be Fit Noon Birthday Bash 1:00 Canasta 2:30 Learn to Dance	7 9:00 Exercise 9:30 Pickleball 10:00 Bingocize Noon Bridge 2:00 Tech Tuesdays 2:30 Ping Pong	8 9:00 Exercise 10:00 Dominoes 1:00 Line Dancing 2:30 Chair Yoga	9 9:00 Exercise 10:00 Art in Around 11:30 Walking Group 1:30 Movie Matinee	10 9:00 Exercise 10:00 Art Club 10:00 Ping Pong Noon Slice & Dice 2:30 Tai Chi
13 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 10:30 Sit & Be Fit Noon Luck of the Irish Party 1:00 Canasta 2:30 Learn to Dance	14 9:00 Exercise 9:30 Pickleball 10:00 Bingocize Noon Bridge 2:00 Tech Tuesdays 2:30 Ping Pong	15 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Line Dancing 2:00 Financial Advice 2:30 Chair Yoga	16 9:00 Exercise 10:00 Art in Around 11:30 Walking Group 1:30 Movie Matinee 2:00 Legal Advice	17 9:00 Exercise 10:00 Art Club 10:00 Ping Pong 2:30 Tai Chi
20 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 10:30 Sit & Be Fit 1:00 Canasta 2:30 Learn to Dance	21 9:00 Exercise 9:30 Pickleball 10:00 Bingocize Noon: Bridge 1:00 Paint Party 1:00 Coffee with a Cop 2:00 Tech Tuesdays 2:30 Ping Pong	22 9:00 Exercise 10:00 Dominoes 1:00 Line Dancing 2:30 Chair Yoga	23 9:00 Exercise 10:00 Art in Around 11:30 Walking Group 1:30 Movie Matinee	24 9:00 Exercise 10:00 Art Club 10:00 Ping Pong 12:00 Pass the Trash 2:30 Tai Chi
27 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 10:30 Sit & Be Fit 11:45 Food for Thought 1:00 Canasta 2:30 Learn to Dance	28 9:00 Exercise 9:30 Pickleball 10:00 Bingocize Noon: Bridge 1:30 Museum Meet Up 2:00 Tech Tuesdays 2:30 Ping Pong	29 9:00 Exercise 10:00 Dominoes 1:00 Line Dancing 2:30 Chair Yoga	30 9:00 Exercise 10:00 Art in Around 11:30 Walking Group 1:30 Movie Matinee	31 9:00 Exercise 10:00 Art Club 10:00 Ping Pong 12:00 Taters & Transportation 2:30 Tai Chi

Food and Fun

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



Monday, March 6th at Noon

\$10 includes chicken alfredo with fettucine, green bean almondine, tossed salad and birthday cake.

Register by 3/3 to attend lunch

1 PM performance by Ron "Flying Fingers" Steta

Ron is busy performing, producing, recording, playing or teaching! His solo classical guitar performance as well as songs he performs from the 60's, 70's & 80's are amazing and timeless!



**Slice and Dice!
Yahtzee!**

Noon on Friday, March 10th

**\$5 includes a super slice of pizza,
dessert and soda**

Register by Noon on 3/9 to attend.

This easy dice game is for beginners or experienced players, so come give it a roll!

Pass the Trash

Noon on Friday, March 24th

FREE—Bring a Dish to Pass

Walk Ins Welcome!

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

We will enjoy shareable appetizers and desserts while we play.

The Luck of the Irish Party!

Monday, March 13th at Noon

**\$15 Includes corned beef and cabbage with,
potato's, side salad, soda bread and dessert.**

Irish music performance and raffle prizes. Please Register by Noon on 3/10 to attend.



\$5

Taters and Transportation Lunch N' Learn

Friday, March 31st is National Tater Day

Register
by 3/29

Joins us at Noon for a Loaded Baked Potato Bar and a RTA Group Transit Orientation Presentation on Local Public Transportation Options

*Accessibility features on Pace and Metra * RTA's Reduced Fare and Ride Free Programs * Travel Safe-



Activities/Programs

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, March 16th.

The Poker group is
looking for players.



They currently meet the
1st & 3rd Wednesdays
@10 AM.

We now have 2 poker tables
so there is the opportunity for
beginners and experienced
players to play at
separate tables.

Donate

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

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



POKER 101 Mondays at 10 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.*

2023 Countryside Senior Men's Golf League

A 18-hole league plays on Monday mornings
(tee offs 7-10:40 AM) and begins
Monday, 4/24/23

Play alternates between the Traditional & Prairie
courses at Countryside (Mundelein)

Membership cost is \$30

Please call Bob Killackey at 847-367-6211 for more
information (or e-mail: RKillackey@yahoo.com).



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!

Financial Advice Wednesday, March 15

Do you have financial questions related to retirement?
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 meeting.

Out and About

Advance registration is required unless specified differently below.



Racine Day Trip!

Thursday, April 13th

Bus leaves the Senior Center at 9 AM will return by 4 PM



Join us for a tour of the SC Johnson headquarters and research labs designed by Frank Lloyd Wright.

We will have lunch on the lake then tour Larsen Bakery to see, taste and hear how the famous Kringle is made!

\$45 includes, lunch, tours and transportation.



Lunch Bunch at First Presbyterian Church

3rd Tuesday of every month, 12-1 PM

LUNCH BUNCH

March 21: Dr. Sarah Miller, Ph.D.

Finding Hope Amid Despair

Sarah Miller is a senior fellow with Refugees International where she covers the Great Lakes and Horn of Africa, as well as the global governance of the refugee regime. She has consulted for UNHCR, the ILO, the World Bank, the IRC, and Mercy Corps, and has worked on refugee issues with think tanks and various NGOs in the Middle East, Africa, Latin America, and Asia.

March 21, 2023
Noon-1 PM

RSVP at www.firstpreslibertyville.org



Must call
847-362-2174
or go online to
register in
advance.

\$12 includes
lunch and
lecture.

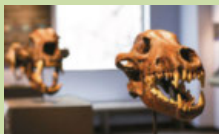
Monday, March 27th @ 11:45

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



Meet at
Portillo's,
221 E. Townline Rd,
Vernon Hills, IL

Everyone will order and pay for
their own meal at the restaurant.



Museum Meet Up!

Tuesday, March 28th at 1:30 PM

Bess Bower Dunn Museum of Lake County
1899 West Winchester Road | Libertyville IL



Special Exhibit: Ready Set Go—Racing in Lake County
Permanent Exhibits: Prehistoric Lake County* The First People
*** Innovations and Preservations * An American Frontier**

Register with the Senior Center—\$3 payable at entry to the museum

135 W. Church St. • Libertyville IL 60048

Non-Profit
Organization
U.S. Postage
PAID
Permit No.
Libertyville, IL 60048

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 APRIL ACTIVITIES

**Birthday Bash
Racine Trip
Egg-Ceptional Celebration**



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.