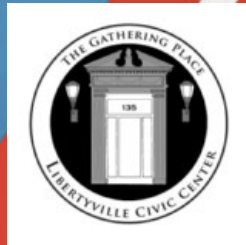


# Libertyville SENIOR UPDATE



## October 2022

### 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

Jim King..... 847-744-0066  
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

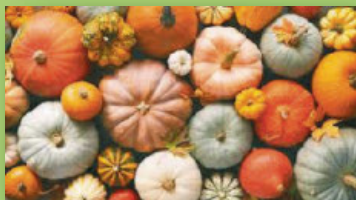
Deb Oberst.....862-346-0704

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

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



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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](http://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](mailto: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. All 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 ● Bridge ● Walking Group ●  
Tech Help ● Ping Pong  
● Pickleball

## WEDNESDAYS

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

## THURSDAYS

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

## FRIDAYS

Exercise ● Art Club ● Ping Pong ● Bingocize

### Morning Coffee

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.

### 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



## 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



Wednesday class fee and workshop are \$20 each for the entire month, or both for just \$30.

## October Workshop Series Gentle Yoga for Arthritis

Tuesdays, October 4, 11, 18, 25  
1:00-2:15 p.m.

Combining yoga practices with medical knowledge, this workshop series offers information and modifications to address the unique abilities and limitations of persons living with rheumatoid and/or osteoarthritis.

We will practice both seated and standing, using a chair for support.

## 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, October 6th

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:



## 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.

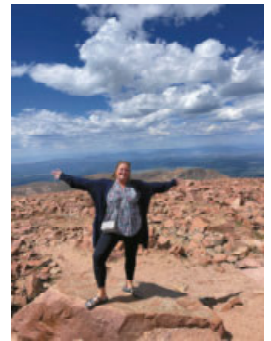
Ride Lake County is sponsored by Lake County and Pace Suburban Bus



# Message from the Senior Center Manager

Hello Senior Center Members!

Pumpkin spice and everything nice is finally here with the start of fall so I hope you find something nice in this month's calendar to sign up for. I share with you this month a picture of me at the top of Pike's Peak when I had a nice visit with my son last month in Colorado.



Our previous art programs are back up and running and I am happy to announce we have a new program at the Senior Center. A financial advisor will be coming in once a month to give complimentary financial advice. In addition, we have not one but two great lunch 'n learn topics and we finish out the month with a new type of Halloween celebration called "Jack O' Lantern Jubilee" that is sure to be a fun time at the Senior Center, as I throw my own spin on a holiday party.

We 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

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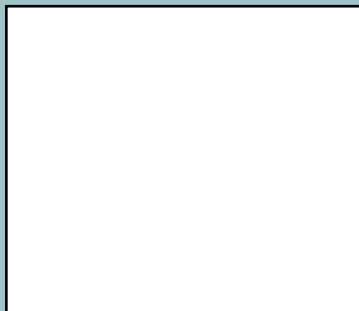


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# Programs

## ***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.*



## **Pickleball**

**Tuesdays 10 to Noon**

**Nicholas Dowden Park 920 Crane Blvd.**



**The hottest new craze in sports for Seniors is pickleball and if you have not tried it now is the time to learn!**

**Beginners and experienced players welcome! Come learn to play and compete against other Seniors! The courts will be reserved for our group so sign up today!**

**Free!**

## **Coffee with a Cop**

**Friday, October 7th at 1 PM**

Join us for a visit with an officer from the Libertyville Police Department. Enjoy a treat and drink while they update you on important happenings in the community.

Registration is encouraged but walk-in's welcome.



## **Jack 'O Lantern Jubilee**

**Monday, October 31st, 1 PM**

- Games ● Costume Contest ● Prizes
- Appetizers ● Desserts ● Beverages
- Music ● Dancing ● Karaoke

**\$10 to attend, please register by Noon on Friday, 10/28**



**The Springs of Vernon Hills**  
Alzheimer's and Dementia Assisted Living

# 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 to learn line dancing, and other basic dance steps.

## TERRIFIC TUESDAYS

**10 AM to Noon Pickleball**



**10:30 AM Sole Mates Walking Group**

Meet at **Independence Grove** to get your steps in with the company of others.

\*Rain Location is at the Senior Center\*

**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**

*All are welcome!*

## WILD WEDNESDAYS



**10 AM Dominos**

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

Class will begin with popular party/wedding dances like the electric slide, cha cha slide, and cupid shuffle then advance to more difficult steps and dances.

**2:30 Chair Yoga**

## ART & THEATER THURSDAYS



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

**1:30 PM Movie Matinee**

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



## FUN FRIDAYS



**10 AM Art Club**

*Get your creative juices flowing!*

**10 AM Ping Pong**

*Come take a swing at it with others!*

**1:30 PM Bingocize**

*A little of bingo and a little bit of exercise!  
Walk-Ins Welcome!*

# Calendar of Events

October  
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9:00 Exercise 10:00 Homeless Mat Making 10:00 <b>Poker 101</b> 10:30 Sit & Be Fit Noon Birthday Bash 1:00 Canasta 2:30 Learn to Dance	<b>4</b> 9:00 Exercise 10:00 Pickleball 10:30 Walking Group Noon: Bridge 1:00 Gentle Yoga for Arthritis 2:00 Tech Tuesdays 2:30 Ping Pong	<b>5</b> 9:00 Exercise 10:00 Dominoes 10:00 <b>Poker</b> 1:00 Line Dancing 2:30 Chair Yoga	<b>6</b> 9:00 Exercise 10:00 Art in Around 1:30 Movie Matinee 1:30 Foot Clinic	<b>7</b> 9:00 Exercise 10:00 <b>Art Club</b> 10:00 Ping Pong 1:00 Coffee with a Cop NO Bingocize Today
<b>10</b> 9:00 Exercise 10:00 Homeless Mat Making 10:00 <b>Poker 101</b> 10:30 Sit & Be Fit 1:00 Canasta 2:30 Learn to Dance	<b>11</b> 9:00 Exercise 10:00 Pickleball 10:30 Walking Group Noon: Bridge 1:00 Gentle Yoga for Arthritis 2:00 Tech Tuesdays 2:30 Ping Pong	<b>12</b> 9:00 Exercise 10:00 Dominoes 1:00 Line Dancing 2:30 Chair Yoga	<b>13</b> 9:00 Exercise 10:00 Art in Around 10:30 <b>Mundelein Tour</b> 1:30 Movie Matinee	<b>14</b> 9:00 Exercise 10:00 <b>Art Club</b> 10:00 Ping Pong 11:30 Lunch N Learn 1:30 Bingocize
<b>17</b> 9:00 Exercise 10:00 Homeless Mat Making 10:00 <b>Poker 101</b> 10:30 Sit & Be Fit 1:00 Canasta 2:30 Learn to Dance	<b>18</b> 9:00 Exercise 10:00 Pickleball 10:30 Walking Group 11:30: Lunch N Learn 1:00 Gentle Yoga for Arthritis Noon: Bridge 2:00 Tech Tuesdays 2:30 Ping Pong	<b>19</b> 9:00 Exercise 10:00 Dominoes 10:00 <b>Poker</b> 1:00 Line Dancing 2:00 Financial Advice 2:30 Chair Yoga	<b>20</b> 9:00 Exercise 9:30 <b>Pullman Trip</b> 10:00 Art in Around 1:30 Movie Matinee 2:00 Legal Advice	<b>21</b> 9:00 Exercise 10:00 <b>Art Club</b> 10:00 Ping Pong 11:30 Pass the Trash 1:30 Bingocize
<b>24</b> 9:00 Exercise 10:00 Homeless Mat Making 10:00 <b>Poker 101</b> 10:30 Sit & Be Fit 1:00 Canasta 2:30 Learn to Dance	<b>25</b> 9:00 Exercise 10:00 Pickleball 10:30 Walking Group Noon: Bridge 1:00 Gentle Yoga for Arthritis 2:00 Tech Tuesdays 2:30 Ping Pong	<b>26</b> 9:00 Exercise 10:00 Dominoes 11:45 <b>Food 4 Thought</b> 1:00 Line Dancing 2:30 Chair Yoga	<b>27</b> 9:00 Exercise 10:00 Art in Around 11:30 <b>Slice N Dice</b> 1:30 Movie Matinee	<b>28</b> 9:00 Exercise 10:00 <b>Art Club</b> 10:00 Ping Pong 1:30 Bingocize
<b>31</b> 9:00 Exercise 10:00 Homeless Mat Making 10:00 <b>Poker 101</b> 10:30 Sit & Be Fit 1:00 Jack O' Lantern Jubilee 1:00 Canasta				



# Food and Fun

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



## Monday, October 3rd at Noon

\$12 includes lunch from Catered Productions:  
Chicken Marsala served with Roasted Red Skinned Potatoes,  
Cauliflower Au Gratin & Side Salad plus Birthday Cake

Please register by Noon on 9/30 to attend lunch.

Entertainer Don Bally, songs of the 30's 40's and 50's will begin at 1 PM.

## Lunch N' Learn: Joint Pain

Friday, October 14th @ 11:30 AM



\$5 Includes Box Lunch from Panera plus dessert

Must register by Noon on 10/12

This is a joint pain seminar by Dr. Metzger. He will discuss causes of joint pain, non-surgical options, along with surgical treatment options. He will be answering participants questions regarding joint pain as well.



## Lunch N Learn: Medicare Made Easy Tuesday, October 18th at 11:30

\$10 Includes lunch from Dos Amigo's, choice of 2 Beef or Chicken Tacos  
plus rice, beans and dessert

Must register by Noon on Friday, 10/14 to attend

## Pass the Trash

Friday, October 21st  
@ 11:30 am



**FREE**

Bring an appetizer or dessert to share  
and play an easy game with just one  
card!

No skill required, just good old  
fashioned fun!

**Walk-ins Welcome!**

Beverages will be provided.



## Slice and Dice!



11:30 AM on Thursday,  
October 27th

\$5 includes pizza, soda and dessert

We will play the classic dice game of Bunko—  
Beginners welcome!

Must register by noon on 10/25.

# 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 October 20.

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 tax deductible donation online at [libciviccenter.org](http://libciviccenter.org) or by check payable to Libertyville Civic Center, a registered non profit 501(c)(3) organization.

## Lunch Bunch at First Presbyterian Church

3rd Tuesday of every month, 12-1 PM

\$10 includes lunch and lecture  
*Must call 847-362-2174 to register.*



### October 18th Lecture: Faith & Purpose by Carmen Patlan

Learn about Highwood Public Library's courageous and compassionate response to crisis with executive director Carmen Patlan as she talks about her journey of faith and purpose in serving the marginalized.



**Every Friday @ 1:30 PM** (no class 10/7)

## Combine everyone's favorite game of Bingo with Exercise and Health Education

**Bingocize® is proven to reduce falls and found over 90% of older adults were retained over the course of the 10-week program PLUS they significantly improved physical, social, and mental health.**

**Bingocize® is delivered live by a trained layleader from:**



## **\*\*New Monthly Program\*\*** **Financial Advice** **Wednesday, October 19th**

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, Larry will answer your questions to the best of his ability.

**Call the Senior Center and sign up now for a 30-minute complimentary session.**

# Out and About

Advance registration is required unless specified differently below.



HISTORIC  
**PULLMAN**  
FOUNDATION

## A trip to the Pullman District

Pullman is an active, vibrant Chicago neighborhood where you can experience the continuing American stories illuminated by this special place. Learn how this place and its people played an important role in the development of American industry, rail innovation, urban design, and the labor movement.

**Thursday, October, 20th. Bus leaves at 9:30 AM**

**\$50 Includes Transportation, Pullman Walking Tour and Museum plus Lunch**

VILLAGE OF  
**Mundelein**

## Stars on Parade and Heritage Museum Tour

**Thursday, October 13th at 10:30 AM**

We will meet at the Mundelein Heritage Museum for a personal tour, then enjoy lunch at Emil's at your expense and finish with a walk around the downtown to see the decorated Stars on Parade of Mundelein.

**Free but please register by Noon on 10/11 to attend.**

## Octoberfest Meal at House of Gerhard

Retirees and Wannabees of St. Joseph's Parish

**Wednesday, October 26th at 5 PM**

Everyone is invited to come join the Retirees & Wannabees for an Octoberfest meal at the House of Gerhard in Kenosha. The House of Gerhard is well known for their German food.

We will have separate checks and you may choose whatever interests you off the menu.

To reserve your spot call Bob Killackey at 847-367-4407 by October 20<sup>th</sup>.



**Wednesday, October 26th @ 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

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

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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 NOVEMBER ACTIVITIES**

**Birthday Bash  
Veterans Day Celebration  
Lunch N Learn: Hearing Associates  
Thanksgiving Luncheon**

**Call or stop in for more information  
135 W. Church St., Libertyville  
847-247-7659**

**\*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.