

Libertyville SENIOR UPDATE



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>

June 2024



GOING *for the*
GOLD
in 2024

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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!

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 Sharon of

**Free in June,
No Class on June 12th**



❖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. No Class on 6/11**

White Crane
Wellness Center

Advance registration is required, space is limited.

Tai Chi for Fall Prevention

With Mari Jane of

White Crane
Wellness Center

Tai Chi for Fall Prevention is rooted in attaining synchronicity between the mind and the body. Increased feelings of mental clarity, a reduction in stress levels, increased feelings of positivity and better judgment have been reported.

**This instructor led class will be
held on Thursdays, at 1 PM,
No Class 6/13**

**Free to attend. Registration and weekly
attendance encouraged.**



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



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.

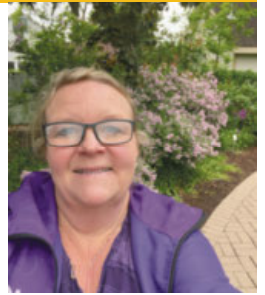
The “Lending Closet “ has a limited inventory and a revolving inventory, based upon the demands, frequency of usage, and available items in stock.

**Please call ahead of time for
more information and to
verify the items you need are
available.
847-918-8880**

Message from the Senior Center Manager

Dear Senior Center Members,

My favorite season, Summer, has arrived! With it, are some of my favorite activities. We are continuing our tradition of the Senior Council Mini Golf outing and I hope you are as excited for the Libertyville Day Festival as I am. This event is the Civic Center Foundation's annual fundraiser, which of course then supports the Senior Center as well. This year's festival theme is "Going for the Gold in 2024."



My picture this month is from our Lilac Park trip, which was a wonderful outdoor adventure. If you would like to join us on our next trip, there still are tickets available to see Nunsense and have lunch at the Fireside Dinner Theater on June 28th. If that's not enough, then we have plenty of our regular activities like Birthday Bash, exercise programs and a lunch n' learn to fill your month.

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

Jennifer West

Senior Center Manager

847-247-7659

libertyvilleseniorcenter@gmail.com

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THE MEMBERS IN YOUR
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Programs



Pass the Trash!

Noon on Friday, June 7th

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,
June 21st

\$5 includes pizza, dessert and soda.

Register by noon on 5/2 to attend.

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



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



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

O'Plaine Park in Gurnee

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

June
2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 Noon Birthday Bash 1:00 Canasta 2:30 Learn to Dance	4 9:00 Exercise 9:00 Pickleball Noon Bridge 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong	5 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Level 2 Line Dancing 1:00 Game Day 2:45 Chair Yoga	6 9:00 Exercise 10:00 Art in Around 1:00 Tai Chi	7 9:00 Exercise 10:00 Art Club 10:00 Ping Pong Noon Pass the Trash
10 CLOSED FOR LIBERTYVILLE DAYS FESTIVAL SETUP	11 CLOSED FOR LIBERTYVILLE DAYS FESTIVAL SETUP	12 CLOSED FOR LIBERTYVILLE DAYS FESTIVAL SETUP 10:00 Mini Golf @ Par King	13 CLOSED FOR LIBERTYVILLE DAYS FESTIVAL opens 5 PM 	14 CLOSED FOR LIBERTYVILLE DAYS FESTIVAL opens 11 AM 11:45 Food 4 Thought Church Street Eats at Libertyville Days Festival
17 CLOSED FOR LIBERTYVILLE DAYS FESTIVAL CLEANUP	18 9:00 Exercise 9:00 Pickleball Noon Bridge 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong	19 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Level 2 Line Dancing 1:00 Game Day 2:00 Financial Advice 2:45 Chair Yoga	20 9:00 Exercise 10:00 Art in Around 1:00 Tai Chi 2:00 Legal Advice 2:30 Monthly Music Jam	21 9:00 Exercise 10:00 Art Club 10:00 Ping Pong Noon Slice N Dice
24 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	25 9:00 Exercise 9:00 Pickleball Noon: Bridge 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong	26 9:00 Exercise 10:00 Dominoes 1:00 Level 2 Line Dancing 1:00 Game Day 2:45 Chair Yoga	27 9:00 Exercise 10:00 Art in Around 11:30 Lunch N Learn: All about Gold 1:00 Tai Chi	28 9:00 Exercise 10:00 Art Club 10:00 Ping Pong Fireside Theater Trip
				

Food and Fun

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



Monday, June 3rd, at Noon! \$14

Chicken a la Kiev filled with garlic, herb & butter. Served with long grain and wild rice, broccoli and side salad.

At 1 PM, enjoy the sounds of soul—David Allen Mehner sings Doo-Wop, Motown, Jazz & more from the 50's—70's. Frankie Valli & The Four Seasons, Drifters, Temptations & More.

\$14, Register by noon on Friday, 5/31 to attend lunch.



Thursday, June 27th at 11:30 AM

“It’s All About Gold”

Lunch and Presentation 11:30-12:30

Gold & Silver Appointments 8:00-11:00 and 1:00-5:00

For 5,000 years, people have sought after and prized gold and silver. Through the ages, these metals have been used as a measure of wealth and value and as a medium of exchange. Gold has been at the center of most, if not all wars, throughout history. Today, gold is used for jewelry and investments, but no longer as money. “It’s All About Gold” is an educational presentation where David Kaz shares information on the value of gold and silver including the history, the use as money in the United States, their uses today, how to evaluate your own items, how to invest, and how to sell. **\$5 to attend lunch with loaded baked potato bar, must register by 6/25**

Free for presentation only and/or gold and silver appointments.



**LIBERTYVILLE DAYS FESTIVAL IS BACK!
JUNE 13TH—16TH.**

*The Senior Center will be closed from
Monday June 10th –Monday June 17th for this
annual event! We will be back open on
Tuesday, June 18th.*

*Please stop by the Festival and
enjoy the amazing festivities!*

***Festival brochures will be available at
the Senior Center.***



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, June 20th



Friday, June 14th
@ 11:45 AM

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

Meet at the Libertyville Days Festival food vendor area
(Church Steet Eats) in front of the Civic Center. There
will be reserved picnic tables for the group.

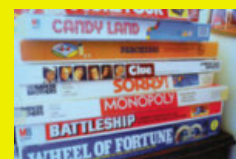
Everyone will order and pay for their own meal.

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 Jong,
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
come with friends!



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.



Tuesday Morning Pickleball

Drop in / Meet up at O'Plaine Park in Gurnee,
O'Plaine Rd 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!

Financial Advice Wednesday, June 19th

Larry Pershing, CFP®, RMA®, is a
financial planner.

If you have questions about Social
Security, taxation in
retirement, preparing for
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.



Monthly Music Meetup! (Jam Session)

Thursday, June 20th 1:00 PM

Do you play an instrument or used to, and
want to pick it back up? Come for some fun!

We will have a limited number of instruments onsite so if you
have any at home, please bring them with you.



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 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.

Mini Golf @ Par King

\$5 per person, subsidized by the Senior Council. Enjoy 18 holes of golf plus drinks, snacks and prizes.
10 AM meet up at Par King!

Wednesday, June 12th.
21711 N. Milwaukee Ave,
Lincolnshire, IL

Must register by Noon on 6/7 to attend.



Fireside Theater Matinee

\$100, bus leaves at 9 AM on
Friday, June 28th

Includes lunch with choice of: chicken
piccata, braised pork belly or shrimp
tempura & broccoli cauliflower salad &
blueberry crisp.

Limited Seats available, sign up today!

CONGRATULATIONS!

2024 Libertyville Senior Council



David Recker—Knights of Columbus
Chris Hinrichsen—Advocate Condell Medical
Center

Jim Komp—St. Joseph Catholic Church

Connie Loef—MainStreet Libertyville

Gary Coutre—Libertyville Township

Mary Gay Kay—Town and Country Garden
Club

Betsy Davison—First Presbyterian Church

Robbie Levensbaum—Lambs Farm

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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 JULY ACTIVITIES

~~Pool Party~ Birthday Bash~Dessert in the Park~
~AARP Driving Class

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.