



# LIBERTYVILLE SENIOR UPDATE



February 2026

## LIBERTYVILLE SENIOR CENTER AT THE LIBERTYVILLE CIVIC CENTER

### Carla Slotarski, Senior Center 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

### Knights of Columbus #3674

James Patula.....847-828-5456

### St. Joseph Catholic Church

Bob Bachochin.....224-688-2219  
Cecelia DesLauriers.....847-408-0688

### United Methodist Church

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

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/senior-center](http://libciviccenter.org/senior-center)**



**INSIDE THIS ISSUE**

Carla's Corner.....2  
 Monthly Calendar.....3  
 Registration Information.....4  
 Weekly Activities.....6  
 Trips & Special Events.....7  
 Programs.....8-10  
 Health Services.....11  
 Social Services.....12  
 Upcoming Activities.....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](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!

**CARLA'S CORNER**

Dear Senior Center Members,

I wanted to start by saying a big THANK YOU to everyone who came out to our surprise baby shower here in December. My husband and I are so grateful for all of the support from everyone that day, and throughout the past several months. We hope you visit the Senior Center in February for events like: Birthday Bash, Valentine's Day Party, bus trip to Drury Lane to see On Your Feet!, and a Knowledge & Nibbles event. This month's picture is from our first annual Family Fun Holiday event with many of our area seniors and their families. We had a blast!



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.



**TOGETHER WE THRIVE**

To fulfill our mission at the Libertyville Senior Center (LSC): offering a gathering space, essential services, and engaging activities and programs for individuals 55 and older, the following etiquette from all members is expected:

- ✓ Treat all members, guests, and staff with respect, courtesy, and kindness.
- ✓ Avoid using abusive, threatening, or offensive language.
- ✓ Refrain from making discriminatory comments or gestures for all individuals, regardless of race, gender, religion, or other protected characteristics.
- ✓ Use equipment and facilities responsibly.
- ✓ Keep the Center clean and litter-free.
- ✓ Report any damage to the facility immediately to the Center staff.
- ✓ Avoid loud or disruptive behavior that disturbs other participants.
- ✓ Do not engage in physical altercations or harassment.
- ✓ Follow all safety guidelines and procedures.
- ✓ Report any medical emergencies to staff immediately.
- ✓ Only use spaces and resources designated for your activity.

**LSC reserves the right to discontinue the participation of any individual in any program, event, or facility if it is considered by the LSC staff, or board of directors, that continued participation of the individual is not in the best interest of themselves or others.**



# CALENDAR OF EVENTS



# FEBRUARY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:10 Exercise <b>2</b></p> <p>10:00 Homeless Mat Making</p> <p>10:00 Poker 101</p> <p>Noon Pinochle</p> <p>Noon Birthday Bash</p> <p>1:00 Canasta</p> <p>2:30 Learn to Dance</p>	<p>9:00 Pickleball <b>3</b></p> <p>9:10 Exercise</p> <p>Noon Bridge</p> <p>2:30 Ping Pong</p>	<p>9:10 Exercise <b>4</b></p> <p>10:00 Dominoes</p> <p>10:00 Poker</p> <p>1:00 Level 2 Line Dancing</p> <p>1:00 Games Galore</p> <p>2:45 Chair Yoga</p>	<p>9:10 Exercise <b>5</b></p> <p>10:00 Art Club</p> <p>1:00 Games Galore</p> <p>1:30 Foot Clinic</p>	<p>9:10 Exercise <b>6</b></p> <p>10:00 Ping Pong</p> <p>10:00 Fluid Movement</p> <p>11:45 Food 4 Thought</p> <p>3:00 Learn to Draw w/ John</p>
<p>9:10 Exercise <b>9</b></p> <p>10:00 Homeless Mat Making</p> <p>10:00 Poker 101</p> <p>Noon Pinochle</p> <p>1:00 Canasta</p> <p>1:00 Level 1 Line Dancing</p> <p>2:30 Learn to Dance</p>	<p>9:00 Pickleball <b>10</b></p> <p>9:10 Exercise</p> <p>Noon Bridge</p> <p>2:00 Tech Tuesday</p> <p>2:30 Ping Pong</p>	<p>9:10 Exercise <b>11</b></p> <p>10:00 Dominoes</p> <p>1:00 Level 2 Line Dancing</p> <p>1:00 Community Cuts &amp; Care</p> <p>1:00 Games Galore</p> <p>2:45 Chair Yoga</p>	<p>9:10 Exercise <b>12</b></p> <p>10:00 Art Club</p> <p>1:00 Games Galore</p>	<p>9:10 Exercise <b>13</b></p> <p>10:00 Fluid Movement</p> <p>Noon Valentine's Party</p> <p>3:00 Learn to Draw w/ John</p>
<p>9:10 Exercise <b>16</b></p> <p>10:00 Homeless Mat Making</p> <p>10:00 Poker 101</p> <p>Noon Pinochle</p> <p>1:00 Canasta</p> <p>1:00 Level 1 Line Dancing</p> <p>2:30 Learn to Dance</p>	<p>9:00 Pickleball <b>17</b></p> <p>9:10 Exercise</p> <p>Noon Bridge</p> <p>2:30 Ping Pong</p>	<p>9:10 Exercise <b>18</b></p> <p>10:00 Dominoes</p> <p>10:00 Poker</p> <p>10:30 Drury Lane Theatre Bus Trip</p> <p>1:00 Level 2 Line Dancing</p> <p>1:00 Games Galore</p> <p>2:00 Financial Advice</p> <p>2:45 Chair Yoga</p>	<p>9:10 Exercise <b>19</b></p> <p>10:00 Art Club</p> <p>10:30 Ping Pong</p> <p>1:00 Games Galore</p> <p>2:00 Legal Advice</p> <p>2:00 Movie Showing</p>	<p>9:10 Exercise <b>20</b></p> <p>10:00 Ping Pong</p> <p>10:00 Fluid Movement</p> <p>11:30 Slice N Dice</p> <p>1:00 Book Club</p> <p>3:00 Learn to Draw w/ John</p>
<p>9:10 Exercise <b>23</b></p> <p>10:00 Homeless Mat Making</p> <p>10:00 Poker 101</p> <p>Noon Pinochle</p> <p>1:00 Canasta</p> <p>1:00 Level 1 Line Dancing</p> <p>2:30 Learn to Dance</p>	<p>9:00 Pickleball <b>24</b></p> <p>9:10 Exercise</p> <p>Noon Bridge</p> <p>2:30 Ping Pong</p>	<p>9:10 Exercise <b>25</b></p> <p>10:00 Dominoes</p> <p>1:00 Level 2 Line Dancing</p> <p>1:00 Games Galore</p> <p>2:45 Chair Yoga</p>	<p>9:10 Exercise <b>26</b></p> <p>10:00 Art Club</p> <p>11:00 Knowledge &amp; Nibbles: Integrated Home Health &amp; Visiting Angels</p> <p>1:00 Games Galore</p>	<p>9:10 Exercise <b>27</b></p> <p>10:00 Ping Pong</p> <p>10:00 Fluid Movement</p> <p>11:30 Pass the Trash</p> <p>3:00 Learn to Draw w/ John</p>

**REGISTRATION & DONATION INFORMATION**



**REGISTER NOW**

To register for events online, visit:  
[https://schedulesplus.com/libertyville.](https://schedulesplus.com/libertyville)

During your first visit, please create an account using your name, address, email address, and phone number. After that, log in using the last 7 digits of your phone number to view the event calendar and register. Credit card payments are accepted, but they incur additional fees for the Senior Center. Cash or check payments are preferred.

When attending events, please check in using your 7-digit phone number at the computer station to help us track participation. You can also check in from our website by clicking the link "Online Check In" at: [https://www.libciviccenter.org/senior-center.](https://www.libciviccenter.org/senior-center)

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!*



**ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?**

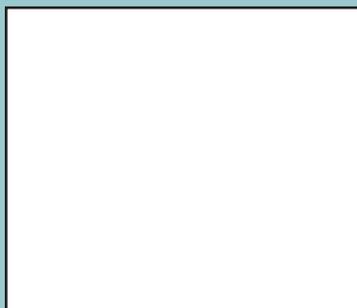
To advertise here visit [lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

**Ed the Plumber**  
**Ed the Carpenter**  
**847.492.1444**  
 Best Work  
 Best Rates  
**PARISHIONER DISCOUNT**

Call about our Pre-Planning program

Mark & Brian McMurrough,  
 Directors  
**Libertyville**  
 (847) 362-2626  
[www.libertyvillefuneralhome.com](http://www.libertyvillefuneralhome.com)

**Woody's Tree Service**  
 Professional Tree Trimming  
 Removals • Stump Grinding • Firewood  
 FULLY INSURED  
 ASK FOR MARK 847-362-5545  
 PO Box 91 Libertyville, IL 60048  
[woodys@woodystreeservice.comcastbiz.net](mailto:woodys@woodystreeservice.comcastbiz.net)  
[woodystreeserviceonline.com](http://woodystreeserviceonline.com)



**NEVER MISS OUR NEWSLETTER!**

**SUBSCRIBE**

Have our newsletter emailed to you.

Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

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



Call to book your  
**FREE Hearing Evaluation!**  
1-888-387-3068 • VERNON HILLS, IL



## SHORT STAFFED?

Place an ad here to find new local talent for your business.

CALL 800-477-4574

## Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

### AD CREATOR STUDIO



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

## FREE AD DESIGN

with purchase of this space.

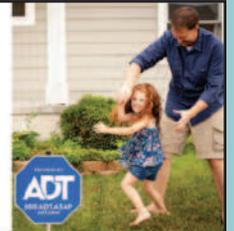
CALL 800-950-9952



## ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider

SafeStreets

833-287-3502

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Alicia White**

[awhite@4LPi.com](mailto:awhite@4LPi.com)

(800) 950-9952 x9783

## WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
[careers@4lpicom.com](mailto:careers@4lpicom.com) or  
[www.4lpicom.com/careers](http://www.4lpicom.com/careers)

**THRIVE**  
LOCALLY



**WEEKLY ACTIVITIES AT THE SENIOR CENTER**  
 REGISTRATION IS NOT REQUIRED UNLESS SPECIFIED

**EVERYDAY:** 9:10 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 the Senior Center 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.

**WILD WEDNESDAYS**

**10 AM Dominoes**

Come play Mexican Train dominoes and enjoy some fun and conversation with others.

**1 PM Games Galore**

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!

**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 Club**

Get your creative juices flowing! Join us in this multi-media art club. We focus on fun, camaraderie, and creativity.

**1 PM Games Galore**

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!

**Terrific Tuesdays**

**9-11 AM Pickleball**

Join in and learn and/or play with others. Please contact the Senior Center if you need equipment. Beginners welcome. **Meet at Canlan Sports Complex, 1950 US-45, Libertyville.** Canlan fees apply.

**Noon Bridge**

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

**2 PM Tech Tuesday**

Do you need help with your phone, tablet, or computer? Call the Senior Center to schedule a 30-minute appointment. Advanced registration required.

**2:30 PM Ping Pong**

All are welcome! We have two tables set up for your Ping Pong adventures.

**Fantastic Fridays**

**10 AM Ping Pong**

Come take a swing and play with others in this classic fun game!

**10 AM Fluid Movement**

Brought to you by White Crane Wellness. Fluid Movement is a gentle program that blends Tai Chi and stretching to improve mobility, flexibility, and reduce stiffness through slow, flowing motions. Registration is required, space is limited.

**3 PM Learn to Draw with John**

A learn to draw art class taught by the one and only John Kirkpatrick Jr. 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. \$20 per month.

**TRIPS & SPECIAL EVENTS**

**BIRTHDAY BASH**

**MONDAY, FEBRUARY 2ND  
AT NOON**

Lunch will be breaded pork loin with gravy, roasted potatoes, Grecian style green beans, and salad from Catered Productions, plus birthday cake for dessert!

Join Erik Donner for a high-energy tribute to his father, Ral Donner, and the legends of early rock including Elvis, Buddy Holly, Chuck Berry, and more. It is sure to be a nostalgic afternoon full of unforgettable hits!

**\$16, register by noon on Friday, January 30th to attend**

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.



**Valentine's Day Party**

**Friday, February 13th**

**Noon**

Come celebrate the season of love with friends!

**\$16, please register by 2/10 at noon**

We will enjoy lunch from Pizza Italia-baked mostaccioli with breaded chicken breast, garlic bread, Caesar salad, and dessert!

At 1:00pm, we will enjoy "Mushy Love Songs" from the 50s, 60s, and 70s by performer Daniel Rausch! Daniel has been involved in several musical groups throughout Chicago, including Mosaic Soul and the Chicago Artist's Choral!

**MOVIE SHOWING-  
"EXES OF  
CHRISTMAS PAST"**

COME WATCH THIS CHRISTMAS LOVE STORY ON OUR BIG SCREEN, YOU MAY EVEN RECOGNIZE WHERE SOME OF THE SCENES WERE SHOT!

**THURSDAY, FEBRUARY  
19<sup>TH</sup> AT 2:00PM**

**THIS 2025 FILM WAS PRODUCED  
BY LAKE COUNTY LOCALS AND  
PARTLY SHOT IN DOWNTOWN  
LIBERTYVILLE**

FREE ADMISSION,  
LIGHT  
CONCESSIONS  
WILL BE PROVIDED

PLEASE REGISTER  
TO ATTEND BY 2/18  
AT NOON



**Driehaus  
Museum  
Bus Trip**



**Thursday, March 19th**

Join us as we visit The Driehaus Museum, located in downtown Chicago! The museum has two exciting exhibits that we will privately tour: Tiffany Lamps: Beyond the Shade and The Land of Oz: Beyond the Page.

After our visit, we will head to Pizano's Pizza for a delicious pizza lunch! Lunch includes a variety of thin and deep dish pizza, salad, unlimited soft drinks, and coffee.

**Cost: \$75, trip is non-refundable**

The bus will leave the Senior Center at 8:30am and return at approximately 3:15pm.

Stop by the Senior Center to register today!

# TRIPS & PROGRAMS



**Friday, February 6th**

**11:45 AM**

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

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



## Slice N Dice

**FRIDAY, FEBRUARY 20TH**

**11:30 AM**



**\$6 INCLUDES PIZZA, DESSERT, AND SODA.**



REGISTER BY NOON ON THURSDAY, FEBRUARY 19TH TO ATTEND.

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



# BOOK CLUB

Join us for a monthly program where we discuss a book chosen by the group. Led by Kari from White Crane Wellness, the group will vote on which book to read for future meetings.

**February Meeting:** February 20<sup>th</sup> at 1:00 pm  
Book being discussed: All Creatures Great and Small by James Herriot (Part 1 – Read Through Chapter 31)

**March Meeting:** March 27<sup>th</sup> at 1:00 pm  
Book being discussed: Before We Were Yours by Lisa Wingate

**April Meeting:** April 24<sup>th</sup> at 1:00 pm



**FREE!**



## KNOWLEDGE & NIBBLES

**Thursday, February 26<sup>th</sup> at 11:00am**

Integrated Home Healthcare, Palliative, and Hospice has been proudly providing compassionate, personalized care to seniors and their families as a privately held, family-owned organization since 2007.

Visiting Angels of Libertyville is a non-medical home care agency proudly supporting seniors throughout Lake County.

Together, they will present a session titled "How to Avoid Senior Scams".



Free, light refreshments will be provided. Please register by 2/24 at noon to attend.

# PROGRAMS

## PASS THE TRASH

Friday, February 27th

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!



**TUESDAY MORNING**

**PICKLEBALL**



9:00 AM-11:00 AM



Canlan Sports Complex  
1950 US 45, Libertyville  
\*Canlan fees apply.

THE HOTTEST NEW CRAZE IN SPORTS FOR SENIORS IS PICKLEBALL. JOIN IN, LEARN, AND/OR PLAY WITH OTHERS. PLEASE CONTACT THE SENIOR CENTER IF YOU NEED EQUIPMENT. BEGINNERS WELCOME!



## Poker

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.



## PINOCHLE

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 THE SENIOR CENTER AT 847-247-7659.



## LEARN TO DRAW WITH JOHN KIRKPATRICK JR.

FRIDAYS AT 3 PM

This is a fun, one-hour learn to draw class. Drawing supplies are provided.

Cost: \$20 per month



# PROGRAMS

## FINANCIAL ADVICE

WEDNESDAY, FEBRUARY 18TH  
2-3 PM

Larry Pershing, CFP, RMA, is a financial planner. Schedule a 1:1 session 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**

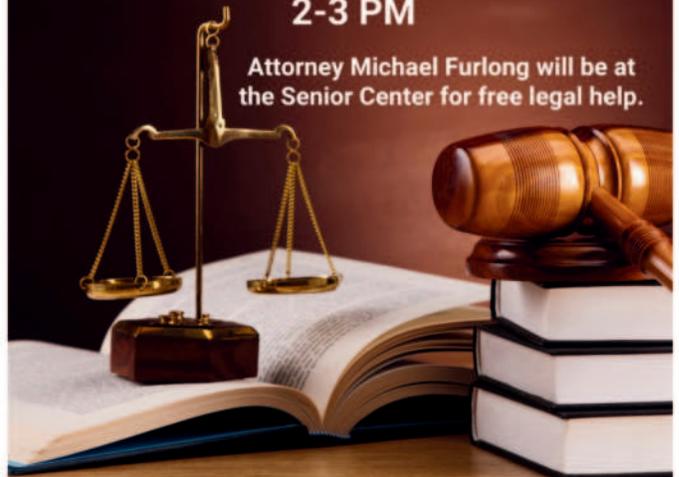


Register online or call the Senior Center at 847-247-7659 to sign up for a 30-minute complimentary session.

## LEGAL ADVICE

THURSDAY, FEBRUARY 19TH  
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 complimentary 15-minute appointment.



**LIBERTYVILLE SENIOR CENTER**

# Art Club

**EVERY THURSDAY  
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!*



# VOLUNTEERS NEEDED

**WE ARE LOOKING FOR KITCHEN HELP FOR OUR PARTIES AT THE SENIOR CENTER TWICE PER MONTH.**

**KITCHEN HELPERS WILL:**

- PORTION FOOD
- SERVE FOOD AT TABLES AND ON THE BUFFET LINE
- CLEAR TABLES
- CLEAN AND PUT AWAY DISHES

**HOURS ARE APPROXIMATELY 11:15AM - 2:15PM AND INCLUDES A COMPLIMENTARY LUNCH**

**FOR MORE INFORMATION OR TO VOLUNTEER PLEASE CONTACT THE SENIOR CENTER AT 847-247-7659.**



# HEALTH SERVICES



**Thursday, February 5th**

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

Services are provided by:



Call or stop in to the Senior Center for more information or to make a 30-minute appointment.

## 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**



## COMMUNITY CUTS & CARE



**Wednesday, February 11th**



Appointments can be made for a complimentary hair cut or basic manicure. Services provided by Tricoci University students of Libertyville. Call or stop in the Senior Center to make an appointment.



## Fluid Movement

**Fridays, 10:00 - 11:00am**

**Dates: January 30- March 6**

Fluid Movement is a gentle program that blends Tai Chi and stretching to improve mobility, flexibility, and reduce stiffness through slow, flowing motions. Movements can be done seated or standing. **This is a progressive program; we ask that you plan to attend all 6 classes in the session. A \$10 donation to White Crane is encouraged, but not required.**

Registration is required. Space is limited, stop by or call the Senior Center to register.



**WEDNESDAYS AT 2:45 PM**

45 minutes alternating between sitting and standing alongside/holding a chair for stability. Taught by Sharon of Essential Journey Yoga.

\$20 per month. Please select the program under the "Packages" tab or stop by the Senior Center to register.



## 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 MARCH EVENTS



**\*March Birthday Bash - March 9th**



**\*Knowledge & Nibbles: New Perspectives & Comfort Keepers- March 13th**



**\*St. Patrick's Day Party- March 17th**



**\*Driehaus Museum Bus Trip- March 19th**

## IMPORTANT NOTICES

### **\*Activities Registration Notice\***

Please be aware that activities or events that include food and/or payment 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.

### **\*Bus Trip 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. \*Please park on the 3<sup>rd</sup> level of the Church Street Parking Garage for all trips.

### **\*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.