

Libertyville SENIOR UPDATE



Libertyville Senior Center at the
Libertyville Civic Center
Jennifer West, Program Manager
135 W. Church Street
847-247-7659
libseniorcenter@sbcglobal.net
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
Charlotte Doyle...847-858-4656

++++
Penelope Boukidis...847-362-8403
Suren Kanani.....847-367-7412
Bob Killackey.....847- 367-6211
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
libseniorcenter@sbcglobal.net

January 2022



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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@sbcglobal.net to be added to our email distribution list.

We look forward to hearing from you!

Morning Coffee

Coffee, tea and water is available each day. Please feel free to drop in for a cup of coffee and friendly conversation.



Touchless water dispensers are now 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. 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 ●
Homeless Mat Making ● Canasta ● Learn to Dance

TUESDAYS

Exercise ● Bridge ● Walking Group ●
Tech Help

WEDNESDAYS

Exercise ● Dominoes ● Line Dancing ●
Chair Yoga ● Poker (1st, 3rd) ● Pinoche (2nd, 4th)

THURSDAYS

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

FRIDAYS

Exercise ● Ping Pong ● Art Club ● Bingocize

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.

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.

ART IN AROUND

Free drawing class with instruction from our very own John Kirkpatrick

Health Services



Every Friday @ 1:30 PM

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 lay leader from:

Free—Win Prizes



Start the New Year with FREE Chair Yoga

Taught by Sharon of Essential Journey Yoga

WEDNESDAYS @ 2:30 PM

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



Thursday, January 13th

Call, email or stop in to make an appointment for free nail trimming, corn or bunion repair and general foot issues.

Services 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 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

RideLakeCounty/Central DIAL A RIDE MONDAY - FRIDAY

5:30 am—6:45 pm (No service on some holidays)

Call 1-800-201-6446 between the hours of 6 am and 6 pm to reserve a ride. Please call at least 24 hours in advance. Reservations may be made 7 days in advance for work, medical appointments and CLC trips.

Cost of one-way fare: \$3.00 for trips under 10 miles \$6.00 for trips over 10 miles Service is open to Seniors (ages 60+) and individuals with disabilities who live in Fremont, Libertyville, and Shield Townships including the Villages of Libertyville and Mundelein.

Eligible passengers can travel between and within the Townships, Villages and to additional destinations listed:

- Advocate Condell Outpatient Services Grayslake
- College of Lake County Grayslake
- Greenleaf Avenue Medical Offices
- Lake County Health Department North Chicago Health Center
- Northwestern Grayslake Outpatient Services
- Vernon Hills Route 60 Shopping Area (Milwaukee Ave and Townline Rd Destinations)
- Wal-Mart Supercenter Fountain Square
- West Lake Forest Metra Station
- VA Medical Center



Message from the Senior Center Manager

Happy New Year Senior Center Members!

Hard to believe that 2022 is really here! A new year brings new activities to our senior center. I am excited to offer new weekly classes like Learn to Dance, Bingocize and Art Club as well as monthly events of Coffee with a Cop and teaching the card game Pinoche.

We encourage you to try something different in this new year. Most of our activities have seniors willing to teach others so we hope you will come try one of our activities you have never been to before. It could mean new friends and new experiences as we look to a better world in 2022.

You will also be happy to hear that the new year is bringing back some old favorites like the Birthday Bashes, Lunch and Learns, and a bus trip to Milwaukee Domes.

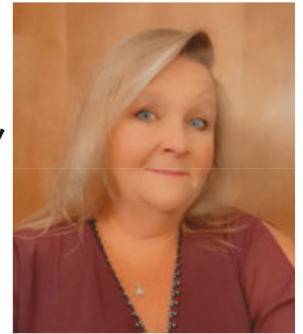
See you soon at the Senior Center, "The Gathering Place."

Jennifer West

Senior Center Manager

847-247-7659

libsiorcenter@sbcglobal.net



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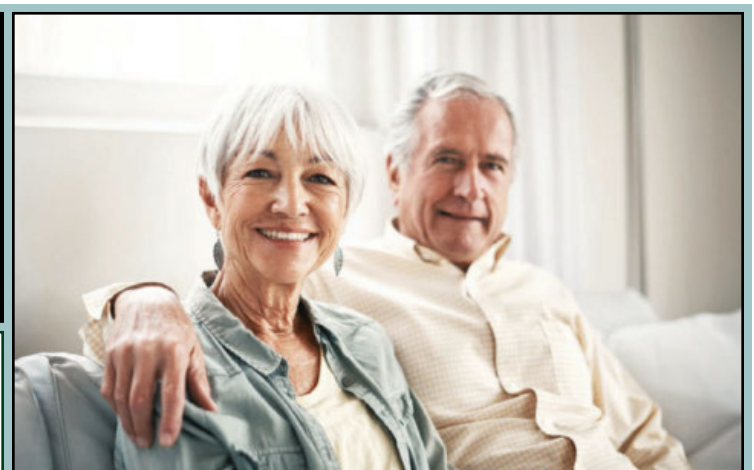
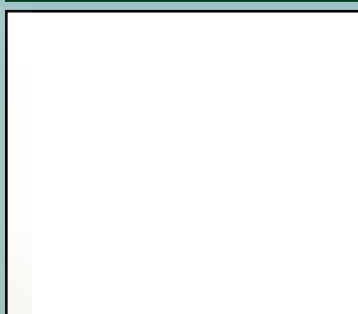
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Senior Council of Libertyville, Libertyville, IL B 4C 01-1185

New at the Senior Center



Learn to Dance

Mondays at 2:30 PM beginning January 10th

Learn line dancing and other basic dance steps and calls that also apply to the waltz, square dancing and more.

This class is for beginners!

Intermediate and advanced dancers should participate in the Wednesday afternoon class. (See page 7.)



Coffee with a Cop ***Thursday, January 13th,*** ***10 AM***



Once a month, join us for a visit with an officer from the Libertyville Police Department. Enjoy free coffee and snacks while you keep up to date on important happenings in the community.



Pinocle

Beginners thru experts are all welcome!

January 12th and 26th, 1 PM

Join us as we get this classic card game played again at the Senior Center bi-monthly. Have you always wanted to learn? There will be seasoned players teaching the game. Do you play already, but are looking for a new day, time or group to play with? Anyone interested in learning/playing is welcome to drop by.

Every Week at the Senior Center

Marvelous Mondays!

10 AM Homeless Mat Making
Cut, Ball or Crochet, no experience necessary!

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
Beginners only are welcome!



Line Dancing Wednesdays

1:00-2:30 PM

Intermediate/ Advanced

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.

Beginning class is offered on Mondays at 2:30 PM,
(see page 6 for more information.)

TUESDAYS

Sole Mates Walking Group



10:30 AM



Indoors for Winter—come join us for the Just Walk! video with Leslie Sansone for 2-3 miles of fun and fitness!

Bridge at Noon

*Please call Delores (847-362-6387)
at least 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 with Jennifer between the hours of 2 and 4 PM.



Thursdays

Walk Ins are welcome!

10 AM Art in Around

A Learn to Draw Art Class With
John



1:30 PM Movie Matinees

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



FRIDAYS

Ping Pong!

COME TAKE A SWING AT IT!

Fridays at 10 AM

OR

The tables can be used other days and times, during Senior Center hours, when other activities don't interfere.

10:30 AM ART CLUB

Get your creative juices flowing with this free program led by our very own resident artist John Kirkpatrick.



Calendar of Events

January
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Exercise 10:00 Homeless Mat Making 10:30 Sit & Be Fit 1:00 Canasta	4 9:00 Exercise 10:30 Walking Group Noon: Bridge 2:00 Tech Tuesdays	5 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Line Dancing 2:30 Chair Yoga	6 9:00 Exercise 10:00 Art in Around 1:30 Movie Matinee	7 9:00 Exercise 10:00 Ping Pong 10:30 ART CLUB Noon Lunch N Learn: Understanding Senior Living Options 1:30 Bingocize
10 9:00 Exercise 10:00 Homeless Mat Making 10:30 Sit & Be Fit Noon Birthday Bash 1:00 Canasta 2:30 Learn to Dance	11 9:00 Exercise 10:30 Walking Group Noon: Bridge 2:00 Tech Tuesdays	12 9:00 Exercise 10:00 Dominoes 1:00 Pinocle 1:00 Line Dancing 2:30 Chair Yoga	13 9:00 Exercise 10:00 Coffee with A Cop 1:30 Movie Matinee 1:30 Foot Clinic	14 9:00 Exercise 10:00 Ping Pong 1:30 Bingocize
17 9:00 Exercise 10:00 Homeless Mat Making 10:30 Sit & Be Fit 1:00 Canasta 2:30 Learn to Dance	18 9:00 Exercise 10:30 Walking Group Noon: Bridge Noon Slice N' Dice: Left Right Center 2:00 Tech Tuesdays	19 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Line Dancing 2:30 Chair Yoga	20 9:00 Exercise 9:30 Mitchel Park Domes Trip Departs 10:00 Art in Around 1:30 Movie Matinee 2:00 Legal Advice	21 9:00 Exercise 10:00 Ping Pong 10:30 ART CLUB 1:30 Bingocize
24 9:00 Exercise 10:00 Homeless Mat Making 10:30 Sit & Be Fit 1:00 Canasta 2:30 Learn to Dance	25 9:00 Exercise 10:30 Walking Group Noon: Bridge 1:00 Pass the Trash	26 9:00 Exercise 10:00 Dominoes 1:00 Pinocle 1:00 Line Dancing 2:30 Chair Yoga	27 9:00 Exercise 10:00 Art in Around 1:30 Movie Matinee	28 9:00 Exercise 10:00 Ping Pong 10:30 ART CLUB Noon Lunch N Learn: Scams and Safety 1:30 Bingocize
31 9:00 Exercise 10:00 Homeless Mat Making 10:30 Sit & Be Fit 1:00 Canasta 2:30 Learn to Dance				

Food and Fun

Trip to Milwaukee Mitchell Park Domes

\$35 includes ticket to Mitchell Park Horticultural Conservatory, transportation plus lunch at the historic Katie's Diner.

Thursday January 20th

Bus leaves at 9:30 AM, returns by 4 PM

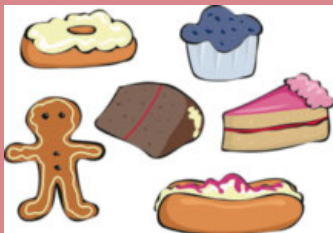


Trip subsidized in part by Libertyville Senior Council.

Pass the Trash

Tuesday,
January 25th, 1 PM

Bring a favorite dessert or
appetizer to share
and we will play a card
game called
Pass the Trash!



No skill required, just good
old fashioned fun!

FREE

Beverages will be provided, just
bring a snack to share.

Slice and Dice!



Tuesday,
January 18th, Noon

New Game this Month!
"Left Right Center"
A dice game of luck
and fun.

**\$5 Includes pizza, soda and
Desserts.**

Must register by Noon on 1/13.

Activities/Programs

Registration is not required for activities unless specified below.

Men's Bowling

**Fairhaven Lanes
711 E. Hawley St.
Mundelein**

**Mondays and
Thursday's 9 AM**

**Cost: \$1.75 per game
(\$5.00 for 3 games)**



What: Open bowling - No commitment to show up & can play 1 to 3 games. Play on Monday or Thursday or both. Teams formed from guys playing that day.

Who: Open to anyone who wants to bowl without being committed to play or pay into a league annual prize fund.

We have members with low and high handicaps. During winter months between 25 and 40 bowlers show up per day.

Questions? Call Bob Killackey at 847-367-6211

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 January 20th.

**First Presbyterian
Lunch Bunch**
3rd Tuesdays at
12 PM (Sept—May)



Jan 18th * New Year: Living with Vitality and Wellness
with Kim Ramos, RN
Host: Amy Heinrich

Everyone is welcome to join in the fun & fellowship each month! A catered lunch (\$9 per person) is served at noon.

Call the church office (847-362-2174) by the Friday before to reserve a spot.



SENIOR CENTER ART CLUB

FREE!!!

Due to popular demand, we are adding another art program. The "Senior Center Art Club" Friday's from 10:30 - 11:30 AM) and will be a collaborative, creative classroom.

No sign up needed-walk in's are welcome!

See you on Fridays!



The Poker group is looking for players.

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



Thursdays at 1:30 PM

See movie title selections flyer available at the Senior Center for more information.
In Conjunction with:



May bring your own refreshments.

Lunch and More

FREE!

Lunch n' Learn **Understanding Senior Living Options**

Presented by:

**Friday, January 7th,
Noon**



Enjoy your choice of a McDonald's Happy Meal and then listen to important options and facts you should know before you are faced with changing your living arrangements.

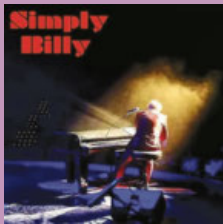
**Register by
January 6th
to attend.**

January Birthday Bash, Monday, January 10th, Noon

Come celebrate yourself or others born this month with a buffet lunch, cake and entertainment!



\$12 Includes: Panko Encrusted Breast of Chicken Ala Kiev served with Long Grain & Wild Rice, Broccoli, Carrot & Cauliflower Medley, Side Salad & dinner roll from Catered Productions.



Entertainment by Brian Harris as SIMPLY BILLY, the tribute show that brings the incredible songwriting, vocals and pianistic virtuosity of Billy Joel.

Must Register by Noon on 1/7 to attend.

Lunch n' Learn **Friday January, 28th, Noon**

\$5

With the Libertyville Police Department

**Picnic Basket Mini Croissant sandwich,
pasta salad, fruit, chips, and dessert.**

Lunch subsidized by Libertyville Senior Council

Must register to attend by Noon on Tuesday 1/25



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UPCOMING FEBRUARY ACTIVITIES

**Birthday Bash
Valentines Day Celebration
Lunch N' Learn - Banking Scams
Bingocize**

Call or stop in for more information.

847-247-7659

libseniorcenter@sbcglobal.net

135 W. Church St., Libertyville

“The Gathering Place”

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.**