

Libertyville SENIOR UPDATE



Libertyville Senior Center at the
Libertyville Civic Center

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Libertyville Senior Council

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+++++
Suren Kanani.....847-367-7412
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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>

May 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 ● Level 2 Line Dancing
Chair Yoga ● Poker (1st, 3rd) ● Game Day

THURSDAYS

Exercise ● Art in Around ● Tai Chi
Grief Group (2nd & 4th) ● 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 2:30 PM

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

Taught by Sharon of



\$20 includes 5 Wednesdays of classes in May.

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

❖ 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.



Advance registration is required, space is limited.

Tai Chi for Fall Prevention

With Mari Jane of



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 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

Message from the Senior Center Manager

Dear Senior Center Members,

The month of May is Older Americans Month. I will happily celebrate all month long this occasion because I may be biased, but I believe we have the very best seniors at the Libertyville Senior Center. We seem to be getting more new members every month. Thanks for spreading the word about our great program!

My picture this month is from the solar eclipse event which was an opportunity that came up after the Senior Update printed. Make sure your email is in our software system, so you can be made aware of anything that comes up on the fly. We enjoyed the weather immensely that day just like we hope to at the third year of attending the Brewers vs. Cubs baseball game. We also have tickets available for the Fireside Theater trip in June, and the August I&M Canal trip to Starved Rock. To learn more about these exciting trips or any of the activities, stop in regularly to the Center. For your convenience, you may register for events online. Thank you to ClearSky for sponsoring last month's EggCepitioanl Celebration.

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

Jennifer West

Senior Center Manager



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THRIVE
LOCALLY



Programs

Pass the Trash!

Noon on Friday, May 24th

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,
May 3rd



\$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!

Picnic and Planting Party

Tuesday, May 7th at 11:30 am

\$15 includes lunch and dessert, plus you will go home with a 10-inch pot of beautiful planted flowers that you create, thanks to the **Town and Country Garden Club of Libertyville.**



You must attend the lunch to participate in the planting party.

Register by Noon on 5/3 to attend, limit of 35 spaces, payment must be made to register for event.



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 have been learned in the entry-level Learn to Dance Class. Dancers must have completed the Learn to Dance class before attending Level 1 Line Dancing and referred to the class by the Learn to Dance instructors. Space is limited.

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.

Fit and Strong @ 1 PM

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.

Ping Pong @ 2:30 PM

Drop in, all are welcome.



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.



Table Top Games 1:00 PM

Mahjong, board games, card games & more!

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.

1 PM Tai Chi

Improve physical and psychological health.

2:15 PM Grief Support Group

Casual discussion group intended to encourage healing. (2nd & 4th)

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

May
2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Level 2 Line Dancing 1:00 Game Day 2:30 Chair Yoga	2 9:00 Exercise 10:00 Art in Around Hall of Fame Ceremony (By Invitation Only) 1:00 Tai Chi	3 9:00 Exercise 10:00 Art Club 10:00 Ping Pong Noon—Slice N Dice
6 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	7 9:00 Exercise 9:00 Pickleball Noon Bridge 11:30 Planting Party 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong	8 9:00 Exercise 10:00 Dominoes 1:00 Level 2 Line Dancing 1:00 Game Day 2:30 Chair Yoga	9 9:00 Exercise 10:00 Art in Around 1:00 Tai Chi Lilac Trip 2:15 Grief Group	10 9:00 Exercise 10:00 Art Club 10:00 Ping Pong 11:30 Lunch N Learn At Brookdale
13 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 Noon Birthday Bash 1:00 Canasta 2:30 Learn to Dance	14 9:00 Exercise 9:00 Pickleball Noon Bridge 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong	15 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Level 2 Line Dancing 1:00 Game Day 2:00 Financial Advice 2:30 Chair Yoga	16 9:00 Exercise 10:00 Art in Around 1:00 Tai Chi 2:00 Legal Advice	17 9:00 Exercise 10:00 Art Club 10:00 Ping Pong 5:00 PM—Senior Prom
20 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 Noon—Lunch N Learn 1:00 Canasta 1:00 Level 1 Line Dancing 2:30 Learn to Dance	21 9:00 Exercise 9:00 Pickleball Noon: Bridge 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong	22 9:00 Exercise 10:00 Dominoes 1:00 Level 2 Line Dancing 1:00 Game Day 2:30 Chair Yoga	23 9:00 Exercise 10:00 Art in Around 11:45 Food 4 Thought 1:00 Tai Chi 2:15 Grief Group	24 9:00 Exercise 10:00 Art Club 10:00 Ping Pong Noon Pass the Trash
27 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	28 9:00 Exercise 9:00 Pickleball Noon: Bridge 1:00 Fit and Strong 2:30 Ping Pong	29 9:00 Exercise 10:00 Dominoes 1:00 Level 2 Line Dancing 1:00 Game Day 2:30 Chair Yoga	30 9:00 Exercise 10:00 Art in Around 1:00 Tai Chi Cubs vs Brewers Trip 	31 9:00 Exercise 10:00 Art Club 10:00 Ping Pong 1:00 Jam Session Music Meet Up

Food and Fun

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



**BIRTHDAY
BASH**

Monday, May 13th, at Noon!

Serving beef tenderloin pepper steak with long grain and wild rice, Asian vegetable stir fry, garden side salad, and dinner roll from Catered Productions, plus birthday cake!

At 1 PM, enjoy the Heartstrings Duo which features jazz vocalist Christy Bennett and guitarist Casey Nielsen.

A performance of varied and energetic reimagining of songs from the great American songbook and beyond—particularly the works of women. Sponsored by:



**lunch
& learn**

Monday, May 20th at Noon

\$12 Includes lunch from Hong Kong Chop Suey and dessert

Advancing Leaders Through Innovation:

Honoring Asian American Pacific Islander Heritage Month

The Federal Asian Pacific American Council (FAPAC) has designated the 2024 theme of AAPI (Asian American and Pacific Islander) Heritage Month as “Advancing Leaders Through Innovation,” continuing an arc begun in 2021. This presentation will spotlight the origins of AAPI Heritage Month and the contributions of a selection of AAPI leaders in our history.

Must register by Noon on 5/17 to attend.



***Pull your ball gown or tux out of storage and plan to attend
Senior Prom at the Libertyville Senior Center
brought to you in partnership with the Mundelein Regent Center!***

Friday, May 17th, 5-8 PM

***Receive a corsage or boutonniere, professional photo,
dinner and dancing with the music of the Always Young Band.***

\$25 a person, or purchase a reserved table for up to 10 people for \$300.

***Includes choice of grilled tuna or chicken piccata
with roasted red potatoes, green beans, garden side salad,
and dinner roll from Catered Productions, plus a
dessert bar to satisfy any sweet tooth!***



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 May 16th



Grief Support Group

2nd and 4th Thursdays at 2:15 PM

Everyone's response to loss is unique, but people facing loss and grief will experience many of the same challenges. This group is intended to help make connections with others experiencing similar things. This will be a casual discussion group intended to encourage healing in the stages of grief.

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, May 15th

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 complimentary session.



Monthly Music Meetup! (Jam Session) Friday, May 31st, 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.

First Presbyterian Church of Libertyville

Join Us for the Final "Lunch & Learn" Program Series of Spring 2024!

Tuesday, May 21: Explore the Chicago Botanic Gardens: Immerse yourself in the beauty of nature at the Chicago Botanic Gardens. Enjoy a private tram ride, delicious lunch, and the opportunity to discover the wonders of the gardens. Fee: \$25* (includes parking, admission, private tram ride, and lunch). *Cost: \$25 Early Bird through April 15) or \$30 Regular Rate through May 9. For RSVPs, inquiries, and more information, visit our website at www.firstpreslibertyville.org or the church office at 847-362-2174



Cubs vs Brewers Trip

Thursday, May 30th.

Bus leaves at 8:45am. This trip will require a significant amount of walking from the parking lot to our seats in the stadium as well as could include some stairs. Tailgate party includes food and drinks before we head into the stadium. If you would like to sit during the tailgate, please bring a bag chair/folding lawn chair with you. **\$100** includes game ticket, coach bus, tailgate food and beverages and John as your Chaperone Extraordinaire!



Lilac and Sculpture Park Trip

May 9th, \$40, boxed lunch included.
Bus leaves at 10 AM, returning at 6 PM.

Coach Bus trip to Sculpture Park in Schaumburg to explore this fun park full of artistic surprises. Enjoy an included box lunch and travel on to Lombard where we will then explore the rich history and horticultural wonders of Lilacia Park. Discover the unique features that make this park truly exceptional. Immerse yourself in a guided tour of Lilacia Park, led by an expert from the Lombard Historical Society.

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.

If interested, please register asap so we can determine the bus size needed.

Free Lunch 'n Learn @ Brookdale

Have you wondered what the benefits are of living in a retirement community?

Join us at Brookdale Hawthorn Lakes in Vernon Hills for a delicious lunch and hear directly from residents who enjoy the benefits and perks of living at Brookdale Hawthorn Lakes! You will be pleasantly surprised at the advantages and freedom you get.

The Brookdale bus will pick you up at the senior center to drive you to Brookdale, or feel free to drive yourself and meet there.

Lunch: veggie lasagna, garlic bread and salad

Friday, May 10th, 11:30 AM

Must register by noon on May 8th w/ Senior Center to attend.



**Thursday
May 23rd
@ 11:45 AM**

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

Meet at Antioch Pizza
820 S. Milwaukee Ave.
Libertyville, IL

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

135 W. Church St. • Libertyville IL 60048

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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 JUNE ACTIVITIES

~Lunch N Learn~

~Birthday Bash~

~Libertyville Days Festival~

~Fireside Theater Trip~

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.