



# LIBERTYVILLE SENIOR UPDATE

March 2025

## LIBERTYVILLE SENIOR CENTER AT THE LIBERTYVILLE CIVIC CENTER

### Carla Slotarski, Program Manager

135 W. Church Street  
847-247-7659  
libciviccenter.org/senior-center

**Online Calendar and Registration:**  
<https://schedulesplus.com/libertyville>

## LIBERTYVILLE SENIOR COUNCIL

### First Presbyterian Church of Libertyville

Rich Monahan.....847-227-7722  
Mike Castner.....847-650-0253

### Knights of Columbus #3674

James Patula.....847-362-1810

### St. Joseph Catholic Church

Bob Bachochin.....224-688-2219  
Cecilia DeLauriers.....847-408-0688

### United Methodist Church

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

Suren Kanani.....847-691-4560  
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**  
**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!

**CARLA'S CORNER**

Dear Senior Center Members,

For me, March brings optimism and joy that winter is ending and spring will be here soon. The Senior Center will be full of fun with events like our Birthday Bash, Mardi Gras Party, St. Patrick's Day party and two presentations about resources available to you in Lake County. This month's picture is from our January bus trip to the Garfield Park Conservatory. The greenery perfectly matches our colors for this month's update!



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

*Carla*

**WELCOME TO THE SENIOR CENTER**

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.\*



**DONATE & SPONSOR**

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!**



# CALENDAR OF EVENTS

# MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Exercise <b>3</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 Exercise <b>4</b></p> <p>9:00 Pickleball</p> <p>Noon Bridge</p> <p>1:00 Mardi Gras Party</p> <p>3:00 Ping Pong</p>	<p>9:00 Exercise <b>5</b></p> <p>10:00 Dominoes</p> <p>10:00 Poker</p> <p>1:00 Level 2 Line Dancing</p> <p>1:00 Mahjong</p> <p>2:45 Chair Yoga</p>	<p>9:00 Exercise <b>6</b></p> <p>10:00 Art n Around</p> <p>1:00 Game Day</p> <p>1:30 Foot Clinic</p>	<p>9:00 Exercise <b>7</b></p> <p>10:00 Art Club</p> <p>10:00 Ping Pong</p> <p>11:45 Food 4 Thought</p>
<p>9:00 Exercise <b>10</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 Exercise <b>11</b></p> <p>9:00 Pickleball</p> <p>Noon Bridge</p> <p>1:00 Fit &amp; Strong</p> <p>2:00 Tech Tuesday</p> <p>2:30 Ping Pong</p>	<p>9:00 Exercise <b>12</b></p> <p>10:00 Dominoes</p> <p>1:00 Level 2 Line Dancing</p> <p>1:00 Mahjong</p> <p>2:00 Financial Advice</p> <p>2:45 Chair Yoga</p>	<p>9:00 Exercise <b>13</b></p> <p>10:00 Art n Around</p> <p>1:00 Game Day</p>	<p>9:00 Exercise <b>14</b></p> <p>10:00 Art Club</p> <p>10:00 Ping Pong</p> <p>11:30 Pi Day</p> <p>Slice N Dice</p>
<p>9:00 Exercise <b>17</b></p> <p>10:00 Homeless Mat Making</p> <p>10:00 Poker 101</p> <p>Noon Pinochle</p> <p>Noon St. Patrick's Day Party</p> <p>1:00 Canasta</p> <p>2:30 Learn to Dance</p>	<p>9:00 Exercise <b>18</b></p> <p>9:00 Pickleball</p> <p>Noon Bridge</p> <p>1:00 Fit &amp; Strong</p> <p>2:00 Tech Tuesday</p> <p>2:30 Ping Pong</p>	<p>9:00 Exercise <b>19</b></p> <p>10:00 Dominoes</p> <p>10:00 Poker</p> <p>11:00 Lunch N Learn- ADRN</p> <p>1:00 Level 2 Line Dancing</p> <p>1:00 Mahjong</p> <p>2:45 Chair Yoga</p>	<p>9:00 Exercise <b>20</b></p> <p>10:00 Art n Around</p> <p>1:00 Game Day</p> <p>2:00 Legal Advice</p>	<p>9:00 Exercise <b>21</b></p> <p>10:00 Art Club</p> <p>10:00 Ping Pong</p> <p>11:30 Pass the Trash</p>
<p>9:00 Exercise <b>24</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 Exercise <b>25</b></p> <p>9:00 Pickleball</p> <p>Noon Bridge</p> <p>1:00 Fit &amp; Strong</p> <p>2:00 Tech Tuesday</p> <p>2:30 Ping Pong</p>	<p>9:00 Exercise <b>26</b></p> <p>10:00 Dominoes</p> <p>1:00 Level 2 Line Dancing</p> <p>1:00 Mahjong</p> <p>2:45 Chair Yoga</p>	<p>9:00 Exercise <b>27</b></p> <p>10:00 Art n Around</p> <p>1:00 Game Day</p>	<p>9:00 Exercise <b>28</b></p> <p>10:00 Art Club</p> <p>10:00 Ping Pong</p> <p>1:00 Lifescape Presentation</p>
<p>9:00 Exercise <b>30</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 Exercise <b>31</b></p> <p>9:00 Pickleball</p> <p>Noon Bridge</p> <p>1:00 Fit &amp; Strong</p> <p>2:00 Tech Tuesday</p> <p>2:30 Ping Pong</p>		<p>Happy St. Patrick's Day</p>	

# REGISTRATION INFORMATION

To register for events online from home visit:



<https://schedulesplus.com/libertyville>



The first time you visit the site you will have to register yourself with your

- Name
- Address
- 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.



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

## WEEKLY ACTIVITIES AT THE SENIOR CENTER

REGISTRATION IS NOT REQUIRED UNLESS SPECIFIED

**EVERYDAY:** 9 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 Carla 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.

### Terrific Tuesdays

**9-11AM Pickleball**

Join in and learn and/or play with others. Equipment provided, beginners welcome. Meet at Canlan Sports Complex, 1950 US-45, Libertyville. Canlan fees apply.

**Noon Bridge**

For experienced players. Please call Delores at 847-362-6387 one day in advance to register.

**1 PM Fit and Strong**

Exercises to assist with balance, core strength, & arthritis. Exercises can be done seated or standing. Advance registration is required. Space is limited.

**2 PM Tech Tuesday**

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

**2:30 PM Ping Pong**

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

### WILD WEDNESDAYS

**10 AM Dominoes**

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

**1 PM Mahjong**

Walk-ins welcome.

**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 N Around**

A learn to draw art class. 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.

**1 PM Game Day**

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!

### Fantastic Fridays

**10 AM Art Club**

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

**10 AM Ping Pong**

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

## TRIPS & SPECIAL EVENTS

### BIRTHDAY BASH

MONDAY, MARCH 10TH  
AT NOON

Lunch will be chicken breast alfredo with egg noodles, buttered broccoli, salad, and birthday cake for dessert!

One of the most sought-after entertainers in Chicagoland, Jane Allyson, is a true delight and an energetic, highly talented vocalist. Her 1:00pm show will feature top hits from the 40s - 90s with a few Irish favorites added for the holiday. Get ready to hit the dancefloor, learn fun facts about each song and play "Name That Tune"!

**\$15, Register by noon on Friday, March 7th to attend**

Event sponsored by:



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.

### MARDI GRAS PARTY

Tuesday, March 4th  
1:00 - 2:30pm

Join us for an afternoon of fun, games, and food! We will have appetizers, King cake, crafts, Bingo with prizes, balloon twisting and more!

**\$10, please register by 2/28 at noon**

### St Patrick's Day Party

MONDAY, MARCH 17TH  
NOON

JOIN US FOR A LUNCH OF: CORNED BEEF BRISKET, CABBAGE, RED SKINNED POTATOES, CARROTS, SALAD, AND IRISH SODA BREAD.

AFTER LUNCH, WE WILL ENJOY A PRESENTATION BY JIM GIBBONS CALLED "LUCK OF THE CHICAGOLAND IRISH".

GIBBONS WILL EXPLAIN HOW CHICAGOLAND'S IRISH HISTORY AND HERITAGE, ST. PATRICK'S DAY PARADES, FOOD, AND IRISH SETTLERS THEMSELVES, WERE ALL ESTABLISHED HERE IN CHICAGO!

**\$15, register by 3/14 at noon**

### Shen Yun Bus Trip



Thursday, April 24th

Bus will leave at 12:15pm and return at approximately 5:15pm.

**\$100, register in-person at the Senior Center.**

Ancient stories and legends, ethnic and folk traditions, villains and heroes will come to life on stage through classical Chinese dance, live music, and stunning digital backdrops.



This trip is non-refundable. Please park on the 3rd level of the Church Street Parking garage. The Civic Center lot is needed for others attending events at the Senior/Civic Center throughout the day.

# PROGRAMS



**Friday, March 7th**  
**11:45 AM**

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

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



**Pi Day Slice N Dice**  
**FRIDAY, MARCH 14TH**

**11:30 AM**



\$5 INCLUDES PIZZA, PIE, AND SODA.



REGISTER BY NOON ON THURSDAY, MARCH 13TH TO ATTEND.

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



## LET'S LUNCH & LEARN TOGETHER

**Wednesday, March 19th**  
**11:00 AM**

**Aging and Disability Resource Network (ADRN) Presents:**

Waukegan Township Patricia A. Jones Center is now offering referral assistance to those aged 60 or better as well as those who are disabled, ages 18-59. They offer referral services for: mortgage, rent, utilities, transportation, food, Benefit Access, Senior Health Insurance Program (SHIP) and more.

You will learn about the resources and support available for seniors and individuals with disabilities in Benton, Libertyville, Newport, Shields, Warren, Waukegan, Zion, and surrounding areas.

Cost: Lunch is \$10, provided by Cafe Zupas. Choice of sandwich when you register, please register by 3/17 at noon.

Walk-ins are welcome for the lecture only which will begin at 11am.



## COMMUNITY RESOURCE PRESENTATION

**Friday, March 28th**  
**1:00 PM**

### Adult Protective Services (APS) – Safeguarding Vulnerable Adults

Adult Protective Services (APS) works to protect vulnerable adults from abuse, neglect, and exploitation. In 2024, Lake County's APS agency transitioned to Lifescape. Join us to learn about Lifescape, the services they provide, and how to report suspected abuse or neglect. If you or someone you know is at risk, APS investigates concerns and offers the support needed to ensure safety and well-being.

Dessert and coffee bar will be provided as refreshments. Cost: \$5, please register by 3/26 at noon.

White Crane Wellness Center  
Senior Wellness Center and Adult Day Program





# PROGRAMS

## PASS THE TRASH

Friday, March 21st

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!



### 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 CARLA AT 847-247-7659.



**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.



**TUESDAY MORNING**

**PICKLEBALL**

 9:00 AM-11:00 AM  
 Canlan Sports Complex  
1950 US 45, Libertyville

THE HOTTEST NEW CRAZE IN SPORTS FOR SENIORS IS PICKLEBALL. JOIN IN, AND LEARN AND/OR PLAY WITH OTHERS. EQUIPMENT PROVIDED, BEGINNERS WELCOME!

# PROGRAMS



**LIBERTYVILLE SENIOR CENTER**

## Art Club

**EVERY FRIDAY  
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!*

## MEN'S & WOMEN'S BOWLING



**What:**  
Open bowling  
\*No commitment needed  
\*Can play 1 to 3 games  
\*Play on Mondays or Thursdays 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

**Mondays & Thursdays**

**9 AM**

Fairhaven Lanes  
711 E. Hawley St., Mundelein

## FINANCIAL ADVICE

**WEDNESDAY, MARCH 12TH  
2-3 PM**

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 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, MARCH 20TH  
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 15 minute appointment.

# HEALTH SERVICES



## EXERCISE

EVERYDAY AT 9AM



Join Richard Simmons and the Silver Foxes on the big screen to exercise, stretch and keep up your core strength with some heart rate-raising activities. Group exercise along with the Silver Foxes DVD.



## Fit & Strong

Tuesdays at 1:00PM



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. Exercises can be done seated or standing.

FREE

Last Day of Program is 4/1, no class on 3/4

White Crane Wellness Center

## Chair Yoga



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/month, please select program under the "Packages" tab or stop in the Senior Center to register.



## Thursday, March 6th

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

Services are provided by:



Call, email, or stop in to the Senior Center for more information or to make an 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, 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**



# 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 APRIL EVENTS



**\*Lunch N Learn- April 9th**



**\*April Birthday Bash- April 14th**



**\*Bus Trip to Shen Yun- April 24th**

# IMPORTANT NOTICES

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

Please be aware that activities or events that include food and/or payment of any kind require a minimum 2 days advanced registration. Some activities do have participation limits so it is best to sign up as soon as possible.

### **\*Trips Registration 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.

### **\*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.