

Libertyville SENIOR UPDATE



Libertyville Senior Center at the Libertyville Civic Center

Carla Slotarski, Program Manager
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libciviccenter.org/senior-center

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
+++++
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>

November 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)

THURSDAYS

Exercise ● Art in Around ● Game Day
● 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 get help with 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 for November.
No class on 11/27.



❖FIT AND STRONG❖

Exercises to assist with balance, core strength & arthritis.

Tuesdays at 1:00 PM

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.

White Crane
Wellness Center

Advance registration is required, space is limited.

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



Foot Clinic,

Thursday, November 7th

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

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

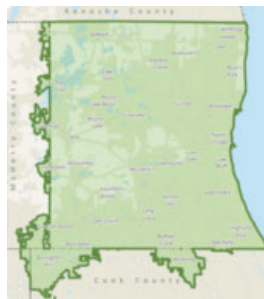
Services provided by:



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



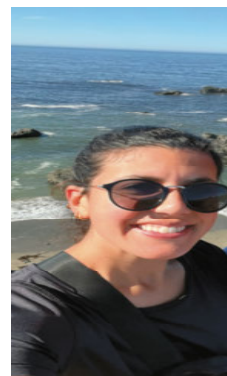
The bus service will run from 6 AM – 6 PM seven days a week, excluding holidays. One-way fare costs will vary between \$2.00 and \$6.00 depending on how far you travel.

Ride Lake County is sponsored by Lake County and Pace Suburban Bus
lakecountyil.gov/563/Ride-Lake-County

Carla's Corner

Happy November!

In the spirit of the season, I am thankful to you all for my warm welcome to the Senior Center, it has been such a fun few weeks meeting and getting to know you all. We have many fun activities planned this month, including Veterans Day and traditional Thanksgiving luncheons with entertainment. We will be out and about with a Museum Meet Up to see the Bob Ross exhibit at Dunn Museum and bus trip to Chicago for the "A Beautiful Noise" show. This month's picture is from a recent family trip I took to beautiful Sonoma, California. I enjoyed the change of scenery of the mountains and Pacific coast - very different from Chicago!



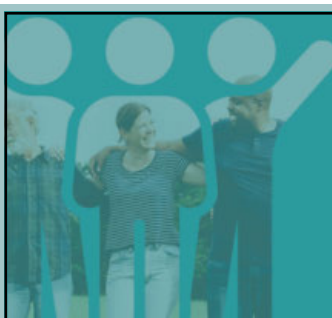
We have some fun holiday activities planned for the rest of the year, we hope to see you soon at the Senior Center, "The Gathering Place."

Carla Slotarski

Senior Center Manager

847-247-7659

libertyvilleseniorcenter@gmail.com



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Programs



Veterans Day Luncheon and Concert featuring: **MELODIES OF AMERICA** Monday, November 11 at Noon

Enjoy a musical journey from New York to California and everywhere in between with classics and patriotic favorites sung by John Ludy and Nicole Puleo of LudyTunes. Featuring songs by Frank Sinatra, Nat King Cole, Neil Diamond, Aretha Franklin, and more!

Lunch will be: BBQ pulled pork sandwiches, pasta salad, cole slaw, roasted potatoes and dessert.
Veterans Eat Free, all others \$10



Register by noon on Friday, November 8th to attend.



Brought to us by the Cook Library, Assure Home Health, and Assure Home Assist.

If you would like to attend the music portion only, you must register with the Cook Memorial Library at: cooklib.org/events

Libertyville Township Food Pantry Needs Your Help!

Donations will be collected in the lobby of the Senior Center through November 26th.



The Township Food Pantry is a 501c3 organization, which means they operate solely on donations. No tax dollars are used to purchase any food, household items, or grocery store gift cards that the Libertyville Township Food Pantry distributes to its clients. The Food Pantry is sustained entirely by residents, civic organizations, schools, and businesses, who generously donate food items, grocery store cards, and cash.

Right now, they are struggling to keep shelves stocked. During the height of the pandemic, they were serving approximately 100 of our Township families per week. That number has grown to over 130 families per week.

The Township Food Pantry serves only Township residents, which covers parts of Mundelein, Vernon Hills, Green Oaks, Lake Bluff, Lake Forest, Waukegan, and all of Libertyville.

*They are in need of rice, canned vegetables and fruit, canned stew and chili, canned tuna and chicken, macaroni & cheese, pasta, ground coffee, and shelf stable milk.
We always need paper grocery bags!*

Donations can also be made Mon-Friday between the hours of 8:30 a.m. and 4:30 p.m. at our office located at 359 Merrill Court, Libertyville Call 847-816-6800 if you have any questions.

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.

2:45 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 Table Top Games



Mahjong, board games, card games & more!

TERRIFIC TUESDAYS

9:00 AM to 11:00 AM Pickleball
Canlan Sports Libertyville 1950 US Rt. 45

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.



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

**November
2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00 Exercise 10:00 Art Club 10:00 Ping Pong 11:30 Pass the Trash
4 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	5 9:00 Exercise 9:00 Pickleball 11:45 Food 4 Thought Noon Bridge 1:00 Fit and Strong 2:00 Tech Tuesday 2:30 Ping Pong	6 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Level 2 Line Dancing 2:45 Chair Yoga	7 9:00 Exercise 10:00 Art in Around 1:00 Game Day 1:30—Foot Clinic	8 9:00 Exercise 10:00 Art Club 10:00 Ping Pong 11:30 Slice N Dice
11 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 Noon- Veterans Day—Melodies of America 1:00 Canasta 2:30 Learn to Dance	12 9:00 Exercise 9:00 Pickleball Noon Bridge 1:00 Fit and Strong 2:00 Tech Tuesday 2:30 Ping Pong	13 9:00 Exercise 10:00 Dominoes 1:00 Level 2 Line Dancing 2:45 Chair Yoga	14 9:00 Exercise 10:00 Art in Around 1:00 Game Day 2:00 Museum Meet Up- Dunn Museum	15 9:00 Exercise 10:00 Art Club 10:00 Ping Pong Noon—Birthday Bash
18 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	19 9:00 Exercise 9:00 Pickleball Noon: Bridge 1:00 Fit and Strong 2:00 Tech Tuesday 2:30 Ping Pong	20 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Level 2 Line Dancing 2:00 Financial Advice 2:45 Chair Yoga “A Beautiful Noise” Trip	21 9:00 Exercise 10:00 Art in Around 1:00 Game Day 2:00 Legal Advice	22 9:00 Exercise 10:00 Art Club 10:00 Ping Pong
25 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 1:00 Canasta Noon—Thanksgiving Lunch, Lecture & Gift Basket Sale 2:30 Learn to Dance	26 9:00 Exercise 9:00 Pickleball Noon: Bridge 1:00 Fit and Strong 2:00 Tech Tuesday 2:30 Ping Pong	27 9:00 Exercise 10:00 Dominoes 1:00 Level 2 Line Dancing No Chair Yoga	28 Thanksgiving CLOSED 	29 CLOSED 

Food and Fun

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



Friday, November 15th, at Noon

Meatloaf with gravy, mashed potatoes, fresh vegetables, side salad, dinner rolls, and of course birthday cake!

At 1 PM, prepare to be dazzled by Dave Stritter, also known as "Magic Dave". Dave is an award-winning magician with over 25 years of professional experience. He delights audiences with his talent, wit, and charm, entertaining people of all ages!

\$14, Register by noon on Wednesday, November 13th to attend.



Pass the Trash!

**11:30 am on Friday,
November 1st**

**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.**



Slice and Dice!

**11:30 am on Friday,
November 8th**

\$5 includes pizza, dessert and soda.

Register by noon on 11/7 to attend.

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



THANKSGIVING LUNCH AND LECTURE!

Monday, November 25th, at Noon

"Anatomy of a Holiday"

When did Thanksgiving become a national holiday? 1621? 1863? 1944? The answer is complicated. Joyce Haworth will tell the whole story: The long history of Thanksgiving before 1621. Enjoy a new look at the holiday you thought you knew!



Lunch will be a traditional meal of turkey, stuffing with gravy, mashed potatoes, carrots, and cranberry relish. Served with side salad, dinner rolls, and pie for dessert.

\$15, please register by noon on Friday, November 22nd to attend.

Gift Basket Sale- November 25th from 11am-1pm

Finish some of your holiday shopping & help others while you do! Faith Community United Church of Christ will be on hand selling holiday gift baskets, hostess gifts, & stuffed animals with books wrapped at extremely reasonable prices. All proceeds fund Birthday Bags for the Senior Volunteer Care Network.

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, November 21st.

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.

Financial Advice November 20th, 2-4 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're considering,

Call the Senior Center to sign up for a
30-minute complimentary session.

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

New Day Game Day — Every Thursday @ 1 PM ***New Day***

We will now play in the A or C Room and will have various
tables set up to play. 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!



Tuesday Morning Pickleball

**Drop in / Meet up at Canlan Sports complex,
1950 US 45, Libertyville. 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!

POKER 101 Mondays at 10:00 AM

Have you always wanted to learn to play poker?

We will have an experienced poker player on hand to teach you the mechanics
of the game and help you learn winning strategies with other beginners.

Lessons are free but bring a stack of pennies to understand the
artistry of betting.

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.

*Christmas Dinner Party hosted by the
St. Joseph Retirees and Wannabees
White Deer Run Golf Club, Vernon Hills, IL
Saturday, December 14, 2024 5:30-9:30 pm
Reservation Deadline - November 29*

Meal choice of: London Broil, Breast of Chicken Dijon,
Seared filet of Salmon, or Grilled vegetable Ravioli
Entertainment by: Daniel Cronson, guitarist, and Vernon
Hills High School Chamber Choir
\$45 per person, Cash bar
Checks payable to: St. Joseph Church
Provide info to Dick Jacob at: seebeejake@comcast.net,
Include name and meal selection for each person for
which you are paying.



*Tuesday,
November
5th @
11:45 AM*

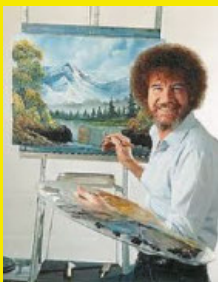
Meet us for lunch out, enjoy
some fun, thought provoking
questions and great
conversations.

*Meet up at Culver's in
Libertyville where everyone
will order and pay for their
own meal.*

Museum Meet Up!

Thursday, November 14th, Dunn Museum.
1899 Winchester Rd., Libertyville 2:00PM

“Art for Everyone” Bob Ross Exhibit. As seen on
TV! Immerse yourself in soothing landscapes
and happy “little trees” at a special exhibit
featuring American Artist Bob Ross. This exhibit



features 75 original works that
display Ross' gentle approach to
painting and philosophy of
spreading happiness through art.
\$3 resident, \$6 nonresident (Lake
County). You pay for yourself at
the Museum.

Please register by Tuesday,
November 12th.

Holiday Party Rooms
for Rent
right here at the



Libertyville Civic
Center

See John or Anne for information or
libciviccenter.org



We are accepting financial
donations big or small
to benefit the
Senior Center.

You can make a
tax deductible donation online:
libciviccenter.org/senior-center or by
check payable to
Libertyville Civic Center, a
registered non profit 501(c)(3)
organization.
Thank you!

Museum of Science and Industry Bus Trip Tuesday, December 3rd

Bus leaves at 9:15 am and returns at 3:30 pm
Explore rich holiday traditions from around the globe
with Christmas Around the World and Holidays
of Light exhibits. Lunch, a theater show, and
transportation are included.

\$50 Register in person at the Senior Center.



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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 DECEMBER ACTIVITIES

~ Museum Trip ~

~ Birthday Bash ~

~ Holiday Party ~

Call or stop in for more information.

“The Gathering Place”

135 W. Church St., Libertyville

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.