

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 King847-744-0066
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
Deb Oberst.....862-346-0704
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

May 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 ● Ping Pong

WEDNESDAYS

Exercise ● Dominoes ● Line Dancing ●
Chair Yoga ● Poker (1st, 3rd) ● Pinocle (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

White Crane Wellness Center
Senior Wellness Center and Adult Day Program



Chair Yoga

Taught by Sharon of Essential Journey Yoga

WEDNESDAYS @ 2:30 PM (No Class 5/25)
Free in the month of May

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



**Our Podiatry Students are
studying for their boards and will
return in July**

**Appointments are for free nail trim-
ming, corn or bunion repair and coun-
seling on general foot issues.**

Services provided by:



Ride Lake County

Ride Lake County is a new borderless countywide paratransit service, meaning seniors age 60+ and people with disabilities can get transportation to any area of Lake County for work, shopping, medical appointments, and more.

Riders will call the Pace Call Center to schedule trips in advance. All Ride Lake County vehicles are wheelchair accessible and provide curb-to-curb service from your desired pick up and drop off locations.

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.



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

Message from the Senior Center Manager

Hello Senior Center Members!

May brings us spring flowers and the unofficial start of summer and I think we are all ready for both! This month is packed full of some of our best classic events like the Hawaii Luau and planting party but also some new exciting options like our trip to the Tulip fields and Cinco De Mayo. I hope you will join us for some or all of these activities I have enjoyed planning this month.

For those of you that have been to the center the last couple of months you have surely noticed what I have. There is such a sense of community! The amount of social interactions, fun and games is like never before. Prior to Covid the center wasn't really a "drop in, hang out" kind of place but now people are in and out and hanging out every day. If you have not stopped in lately, come join a card game, a game of ping pong or just dance or exercise with us and hear the buzz and excitement that is in our building. It makes my heart happy and I believe the joy is contagious!

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

Jennifer West

Senior Center Manager

847-247-7659

libseniorcenter@sbcglobal.net



@properties



Carol August
(847) 226-6182
carolaugust@atproperties.com

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

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Senior Council of Libertyville, Libertyville, IL

B 4C 01-1185

Programs



Join us at Noon for a party on May 5th with a delightful Mexican lunch, games, goodies, prizes and more!

\$5

Register by 5/3 to attend

Sponsored in part by:



Coffee with a Cop Wednesday May 12th, 11 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.

Registration is encouraged but Walk-in's Welcome



Pansies, Pop and Parfaits Planting Party on Friday, May 13th, Noon \$3

The Town & Country Garden Club will provide the flowers, dirt and expertise to make your small pot look amazing and enjoy dessert and drinks while you wait.

Must register by 5/11 to attend and bring your own small planting pot no larger than 10 inch in diameter.



Monday, May 16th at Noon

We welcome everyone to come celebrate all those born in April with lunch, birthday cake and music!

\$12 Includes Boneless Chicken Breast Alfredo with Spinach Fettuccini, Sauteed Carrots with Cinnamon, Garden Side Salad, Dinner Roll & Birthday Cake!

Entertainment by Mark Dvorak: Just Something my Grandma Used to Sing!

Mark Dvorak from the Old Town School of Folk Music performs folk classics like "This Land Is Your Land", "Kisses Sweeter Than Wine", and "Oh Susannah" with standards from the American Songbook.

In conjunction with Cook Memorial Library

Sponsored by Libertyville Senior Council and:



Must register by 5/13 to attend the lunch.

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! Learn line dancing, and other basic dance steps.



Line Dancing Wednesdays

1:00-2:30 PM

**Experienced Beginners &
Intermediate/Advanced Dancers**

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.

TUESDAYS

Sole Mates Walking Group
10:30 AM



Outdoors at last!

Meet at **Old School Forest Preserve** to get your steps in with the company of others.

Rain Location is at the Senior Center

Bridge at Noon

*For advanced and regular players
Please call Delores (847-362-6387)
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

Newly added Ping Pong Day @ 2:30

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 shown in conjunction with the Cook Library.

No Movie on May 19th



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

**May
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Exercise 10:00 Homeless Mat Making 10:30 Sit & Be Fit 1:00 Canasta 2:30 Learn to Dance	3 9:00 Exercise 10:30 Tulip Festival Trip 10:30 Walking Group Noon: Bridge 2:30 Ping Pong	4 9:00 Exercise 10:00 Poker 10:00 Dominoes 1:00 Line Dancing 2:30 Chair Yoga	5 9:00 Exercise 10:00 Art in Around Noon Cinco De Mayo 1:30 Movie Matinee	6 9:00 Exercise 10:00 Ping Pong 10:30 Art Club 1:30 Bingocize
9 9:00 Exercise 10:00 Homeless Mat Making 10:30 Sit & Be Fit 11:45 Food for Thought 1:00 Canasta 2:30 Learn to Dance	10 9:00 Exercise 10:30 Walking Group Noon: Bridge 2:00 Tech Tuesdays 2:30 Ping Pong	11 9:00 Exercise 10:00 Dominoes 1:00 Pinocle 1:00 Line Dancing 2:30 Chair Yoga	12 9:00 Exercise 11:00 Coffee with a Cop 1:30 Movie Matinee	13 9:00 Exercise 10:00 Ping Pong Noon Planting Party 1:30 Bingocize
16 9:00 Exercise 10:00 Homeless Mat Making 10:30 Sit & Be Fit Noon Birthday Bash 1:00 Canasta 2:30 Learn to Dance	17 9:00 Exercise 10:30 Walking Group Noon: Bridge 2:00 Tech Tuesdays 2:30 Ping Pong	18 9:00 Exercise 10:00 Poker 10:00 Dominoes 1:00 Line Dancing 2:30 Chair Yoga	19 9:00 Exercise 10:00 Art in Around 1:00 Hall of Fame By invitation only 2:00 Legal Advice	20 9:00 Exercise 10:00 Ping Pong 10:30 Art Club Noon: Pass the Trash 1:30 Bingocize
23 9:00 Exercise 10:00 Homeless Mat Making 10:30 Sit & Be Fit 1:00 Canasta 2:30 Learn to Dance	24 9:00 Exercise 10:30 Walking Group Noon: Bridge 2:00 Tech Tuesdays 2:30 Ping Pong	25 9:00 Exercise 10:00 Dominoes 11:30 Lunch N Learn 1:00 Pinocle 1:00 Line Dancing	26 9:00 Exercise 10:00 Art in Around 1:30 Movie Matinee	27 9:00 Exercise 10:00 Ping Pong 10:30 Art Club Noon: Slice N' Dice: Farkle 1:30 Bingocize
30 Memorial Day CLOSED	31 9:00 Exercise 10:30 Walking Group Noon Hawaiian Luau Noon: Bridge 2:00 Tech Tuesdays 2:30 Ping Pong			

Food and Fun



Hawaiian Luau Monday, May 31st at Noon



\$12 includes Lunch from Catered Productions, dessert from Kona Ice plus Music and Dancing with Ernie Garner



Teriyaki Glazed Chicken Kebobs, Rainbow Tortellini Salad, Fresh Fruit Arrangement, Fresh Spinach Salad with Dressing on the side and Dinner Roll.
Reserve your seat by Noon on 5/27

Lunch n' Learn on May 25th 11:30 AM

Hearing, Hearing loss, & Modern Solutions

\$8

Sweet and Sour Chicken or Pork Chop Suey, Fried Rice and Egg Roll,
Catered from Hong Kong Chop Suey (not an individually wrapped lunch)

Hearing Solutions Lecture with Audiologist Natalie Rubin to discuss simple solutions and the new technology available today to hear clearly.

Free Hearing Screenings and Free Hearing Aid Cleanings
Please Register by Noon on 5/23 to attend the luncheon

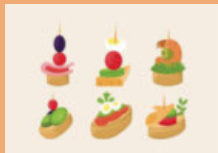


Pass the Trash

Friday, May 20th
Noon

FREE

Bring an appetizer or dessert to share and play an easy game with just one card!



Slice and Dice!
Friday, May 27th
Noon

A dice game of luck!

\$5 Includes pizza, soda and desserts.



First Presbyterian Lunch Bunch

3rd Tuesdays at 12 PM (Sept—May)

Everyone is welcome to join in the fun & fellowship each month!

A catered lunch from Catered Productions (\$10 per person) is served at noon.

May 17 • Triple Crown History & Hat Party

with Mary Russert

Host: Barb Gatewood



Activities/Programs

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
May 19th

The Poker group is
looking for players.



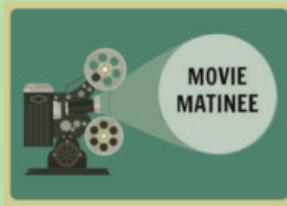
They currently meet the
1st & 3rd Wednesdays
@10 AM.

We now have 2 poker tables
so there is the opportunity for
Beginners and Experienced
players to play at
separate tables.

Donate

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

You can make
tax deductible donation online
at libciviccenter.org or by
check payable to Libertyville
Civic Center, a registered non
profit 501(c)(3) organization.



Thursdays at 1:30 PM

See movie title selections flyer
available at the Senior Center and the
library for more information.

In Conjunction with:



May bring your own refreshments.

No movie on 5/19

Libertyville Recreation 847-918-7275

SUMMER SENIOR FUN!

SENIOR POOL PASS
Memorial Day-Labor Day
Adler/Riverside Pools
\$65 Resident*
\$95 Non-residents
* Live in the Village of Libertyville

DAILY VISIT FEE
Adler Pool \$6R*/\$9NR
Riverside Pool \$5R*/\$8NR

Aquafit at Riverside Pool Days: Mon-Thur

This program is designed to increase your heartrate and work all the large muscle groups through the use of water. This water aerobics class is for anyone looking to get a good workout inside a pool. No advanced swimming skills required!
No class Monday, July 4th. Location: Riverside Pool 870 Country Club Drive

	Session 1 June 13-23 \$86R/\$101NR	Session 2 June 27-July 7 \$76R/\$91NR	Session 3 July 11-21 \$86R/\$101NR	Session 4 July 25-Aug 4 \$86R/\$101NR
9-9:45 am	12994	12995	12996	12997
10-10:45 am	12998	12999	13000	13001

Deep Water Aerobics Days: Mon-Thur

Are you ready for a challenge, but like to have fun?
Wearing buoyant belts, use the deep water to strengthen and tone your muscles.
Obtain a full cardio workout without stressing your joints.

No class Monday, July 4th. Location: Adler Pool Diving Well 1500 N Milwaukee Avenue

	Session 1 June 13-23 \$86R/\$101NR	Session 2 June 27-July 7 \$76R/\$91NR	Session 3 July 11-21 \$86R/\$101NR	Session 4 July 25-Aug 4 \$86R/\$101NR	Session 5 Aug 8-18 \$86R/\$101NR
7-8 am	13006	13002	13003	13004	13005

Out and About

Advance registration is required unless specified differently below



Tulip Festival Trip

A Sensory Trip to Richardson Adventure Farm and Lovin Oven Cakery

Tuesday, May 3rd

Bus leaves at 10:30 am and will return by 3:30 PM

Food Trucks will be on site for lunch on your own with picnic table seating.
Gift Shop has wine tastings, fudge, spring gifts, souvenirs and more!



\$30

Includes transportation, admission ticket plus dessert & beverage

\$60 Includes Tailgate Party, Ticket and Transportation
Limited Seats available so register today!

Cubs vs Brewers Baseball Trip!

Bus leaves at 9:30 AM will return after 5 pm

WEDNESDAY JULY 6TH

Must be able to walk moderate distances and stairs to register for this trip.



Monday May 9th, 11:45 am

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

Meet at Portillo's, 221 E. Townline Rd, Vernon Hills

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 in advance. Some activities do have participation limits so it is best to sign up as soon as possible.

UPCOMING JUNE ACTIVITIES



**Libertyville Days Festival
Birthday Bash
Mini Golf Outing**



**Call or stop in for more information.
135 W. Church St., Libertyville
847-247-7659
libseniorcenter@sbcglobal.net**

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.