

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
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>

April 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 ● Beginner Line Dancing ● Learn to Dance

TUESDAYS

Exercise ● Pickleball ● Bridge ● Tech Help
Fit and Strong ● Ping Pong

WEDNESDAYS

Exercise ● Dominoes ● Intermediate 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 4 Wednesdays of classes in March

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.

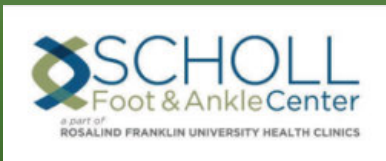


Foot Clinic Appointments for April 4th.

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

Message from the Senior Center Manager

Dear Senior Center Members,

April showers bring May flowers and we are going to shower you with lots of fun this month before we take you to see flowers next month! Two Lunch N Learns, a Birthday Bash with a Diva show, and an ever-growing number of weekly events keep our calendar jammed packed.

I am back to a boring selfie picture of myself for this month since I have sadly missed the last two trips with the Senior Center, but we have an amazing trip to the Lilac Festival in Lombard coming up that is sure to give me the perfect photo op. We will also be heading to see Blue Man Group, the Brewers vs. Cubs baseball game and Starved Rock soon. To see if there are seats available for these exciting trips, stop in regularly or register online. Please check to make sure your e-mail address is in our software system, so you can get weekly updates and reminders.


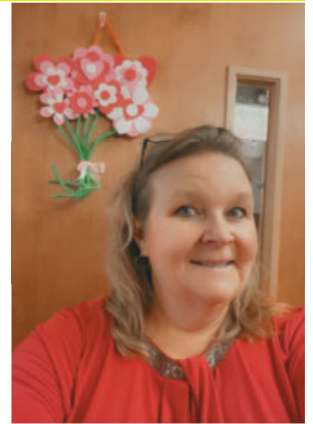
We hope to see you soon at the Senior Center! "The Gathering Place."

Jennifer West

Senior Center Manager

847-247-7659

libertyvilleseniorcenter@gmail.com



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THRIVE
LOCALLY



Programs

Pass the Trash!

Noon on Monday, April 29th

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,
April 19th



\$5 includes pizza, dessert and soda.

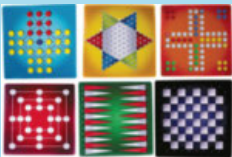
Register by noon on 4/18 to attend.

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

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!



LINE DANCING CLASSES AT THE SENIOR CENTER

Come and join the fun!

Mondays

1 - 2 pm Beginner Level 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 Beginner Level Line Dancing. This class is for beginners only 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 learning to dance.

Wednesdays

1 - 2:30 pm Intermediate 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 Beginner 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 Beginner Level Line Dancing. This class is for beginners only, and 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
Intermediate 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)

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'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

April
2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 11:30 Lunch and Learn 1:00 Canasta 1:00 Beg. Line Dancing 2:30 Learn to Dance	2 9:00 Exercise 9:00 Pickleball Noon Bridge 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong	3 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Int. Line Dancing 1:00 Game Day 2:30 Chair Yoga	4 9:00 Exercise 10:00 Art in Around 1:30—Foot Clinic NO Tai Chi	5 9:00 Exercise 10:00 Art Club 10:00 Ping Pong 10:30 Museum Meet Up: American Sailor Museum
8 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 Noon Birthday Bash 1:00 Canasta 2:30 Learn to Dance	9 9:00 Exercise 9:00 Pickleball Noon Bridge 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong	10 9:00 Exercise 10:00 Dominoes 1:00 Int. Line Dancing 1:00 Game Day 2:30 Chair Yoga	11 9:00 Exercise 10:00 Art in Around 1:00 Tai Chi 2:15 Grief Group	12 9:00 Exercise 10:00 Art Club 10:00 Ping Pong 1:00 Music Meetup: Jam Session
15 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 1:00 Canasta 1:00 Beg. Line Dancing 2:30 Learn to Dance	16 9:00 Exercise 9:00 Pickleball Noon Bridge 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong	17 9:00 Exercise 10:00 Dominoes 10:00 Poker 11:00 Int. Line Dancing 1:00 Game Day 2:00 Financial Advice 2:30 Chair Yoga Blue Man Group Trip	18 9:00 Exercise 10:00 Art in Around Noon—Lunch N Learn: Real Estate 1:00 Tai Chi 2:00 Legal Advice	19 9:00 Exercise 10:00 Art Club 10:00 Ping Pong Noon Slice N Dice
22 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 1:00 Canasta 1:00 Beg. Line Dancing 2:30 Learn to Dance	23 9:00 Exercise 9:00 Pickleball Noon: Bridge 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong	24 9:00 Exercise 10:00 Dominoes 1:00 Int. Line Dancing 1:00 Game Day 2:30 Chair Yoga	25 9:00 Exercise 10:00 Art in Around 1:00 Tai Chi 2:15 Grief Group	26 9:00 Exercise 10:00 Art Club 10:00 Ping Pong 11:45 Food 4 Thought
29 9:00 Exercise 10:00 Homeless Mat Making 10:00 Poker 101 Noon Pass the Trash 1:00 Canasta 1:00 Beg. Line Dancing 2:30 Learn to Dance	30 9:00 Exercise 9:00 Pickleball Noon: Bridge 1:00 Fit and Strong 2:00 Tech Tuesdays 2:30 Ping Pong			

Food and Fun

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

Monday, April 8th, at Noon!



Serving boneless breast of chicken marsala served with roasted red skinned potatoes with buttered brussels sprouts, garden side salad, and dinner roll from Catered Productions, plus birthday cake for Dessert!

\$14, Register by noon on Friday, 4/5 to attend lunch.

At 1 PM, enjoy Diva Tunes!, "Lady" Nicole Puleo. Your favorite songs by the Epic Divas from the past 11 decades: Etta James, Patsy Cline & more.

Lunch 'n Learn: Organ Donation

Presented by Gavin Dillon of the IL Secretary of State



Get educated about the benefits of organ/tissue donation. To promote awareness about the importance of organ/tissue donation, the Secretary of State's office provides resources for educating yourself and others about donation.

Monday, April 1st, 11:30 AM \$10 includes

Italian Beef sandwich, mostaccioli, garden salad from Pizza Italia plus dessert.

Must register by noon on March 28th to attend.

Thursday, April 18th at Noon



Your Next Move: A Smooth Transition

A discussion of the buying, selling, and moving process
Presented by: Realtors of The Jackson Sanderson Group
With Berkshire Hathaway HomeServices
Organizer/Stager, Jennifer Lala of Live Simple with Lala
Mark Paiser, Lake County Movers

\$5 Includes lunch and dessert

Must register by Noon on 4/16 to attend.

BERKSHIRE HATHAWAY
HOMESERVICES

CHICAGO



Save the Date! Friday, May 17th, 5-8 PM
Senior Prom at the Libertyville Senior Center!



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 April 18th



Grief Support Group April 11th and 25th

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 help make connections with others experiencing similar things. This will be a casual discussion group intended to encourage healing in the stages of grief.



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.

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!

NEW LOCATION!

Financial Advice Wednesday, April 17th

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, April 12th, 1:00 PM

Do you play an instrument or used to, and want to pick it back up?

We will have a limited number of instruments onsite so if you have any at home, please bring them with you.

This will be a relaxed environment for people to talk about and play many kinds of music together - just for fun!



Out and About

Advance registration is required unless specified differently below.

Blue Man Group Trip

Wednesday, April 17th



\$110 Includes Backstage On Stage Q&A session, one hour performance, plus a fabulous Chicago Style lunch and bus transportation.

Bus Leaves at 9:15 AM and will return at approximately 3:15 PM.

First Presbyterian Church of Libertyville

Join Us for the Exciting "Lunch & Learn" Program Series 2024!

Are you ready for a year of enlightening experiences and engaging conversations? Look no further! Our "Lunch & Learn" program series is back with a fantastic lineup of events designed to inspire, educate, and entertain. Mark your calendars and invite your friends!

Tuesday, April 15: The Gift of Humor

Laugh your way to a brighter day with Rosemary Monahan as she explores how humor can transform and uplift our lives.

Time: 12:00 - 1:30 p.m. | Location: Social Hall | Lunch: \$12 |

For RSVPs, inquiries, and more information, visit our website at www.firstpreslibertyville.org or the church office at 847-362-2174



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.



Friday
April 26th
@ 11:45 AM

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

Meet at Wicked Egg
536 N. Milwaukee Ave.
Libertyville, IL

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



Museum Meet Up @ 10:30 AM on April 5th National Museum of the American Sailor

2531 Sheridan Rd, Great Lakes, IL

Located at Bldg 42 next to gate 1 at GL Naval Base The National Museum of the American Sailor's exhibits tells the stories of enlisted sailors from colonial America to those serving today. Starting with boot camp basics and looking back at the triumphs and challenges of a naval force constantly in flux.

Free, registration is required in advance.
Option to stop at Buckley's for lunch afterwards.

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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 MAY ACTIVITIES

- ~Lunch N Learn~
- ~Birthday Bash~
- ~Lilac & Sculpture Park Trip~
- ~Cubs/Brewers Game Trip~
- ~Senior Prom~

**Call or stop in for more information.
“The Gathering Place”
135 W. Church St., Libertyville
847-247-7659**

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.