

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

Knights of Columbus #3674
James Patula.....847-362-1810

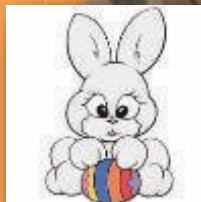
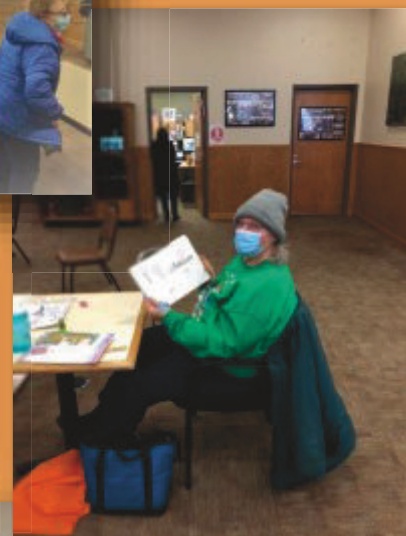
United Methodist Church
Jack Hanson.....847-334-4894

St. Joseph Catholic Church
Charlotte Doyle...847-858-4656
Pat Carey.....847-494-4380
+++++
Penelope Boukidis...847-362-8403
Bonnie Cerveney.....847-778-2774
Suren Kanani.....847-367-7412
Bob Killackey.....847- 367-6211
Annie Samuel.....847-362-4835
Rich Monahan.....847-227-7722

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
libseniorcenter@sbcglobal.net

April 2021



**To help protect each other, face masks will be required
when entering the Senior Center and for most activities.
Please plan on bringing your own face mask.**

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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!

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

TUESDAYS

Exercise ● Massage ● Tech Help

WEDNESDAYS

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

THURSDAYS

Exercise ● Art-in-Around ● Line Dancing
● Legal Advice (3rd)

FRIDAYS

Exercise ● Zoom Coffee Chat ● Ping Pong

Health precautions currently prevent us from having coffee, tea and water available each day.



Touchless water dispensers are now available in the building.

Feel free to bring your own beverage or refillable bottle.

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 N AROUND

Free drawing class with instruction from our very own John Kirkpatrick.

Health Services

CHAIR MESSAGES — April 6th and 20th

Appointments are required for a 15 minute fully clothed therapeutic chair massage. The fee is \$12.00 and is collected at the time of service. *Please call to cancel 24 hours before the scheduled appointment to avoid being charged. (Therapist's discretion used in cases of emergencies.)*

Call 847-247-7569 or stop by 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 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
(847)918-8880



CHAIR YOGA

Taught by Sharon of Essential Journey Yoga
Live on the Big Screen and via Zoom

WEDNESDAYS at 1 PM
FREE - You Must Register to Attend



45 Minutes alternating between sitting and standing alongside/holding a chair for stability. Includes a wide variety of movements.

Please drop off your donations for the Libertyville Township Food Pantry at the Libertyville Township Office at 359 Merrill Ct. Libertyville. (847-816-6800)
Items in high demand include: Tuna, Ramen Noodles, Rice.



EXERCISE CLASS!



Join us every Monday - Friday at
9:00am for exercise! Walk in's
Welcome!



RideLakeCounty/Central DIAL A RIDE MONDAY - FRIDAY

5:45 am—6:45 pm (No service on some holidays)

Call 1-800-201-6446 between the hours of 6 am and 6 pm to reserve a ride. Please call at least 24 hours in advance. Reservations may be made 7 days in advance for work, medical appointments and CLC trips.

Cost of one-way fare: \$3.00 for trips under 10 miles \$6.00 for trips over 10 miles Service is open to Seniors (ages 60+) and individuals with disabilities who live in Fremont, Libertyville, and Shield Townships including the Villages of Libertyville and Mundelein.

Eligible passengers can travel between and within the Townships, Villages and to additional destinations listed:

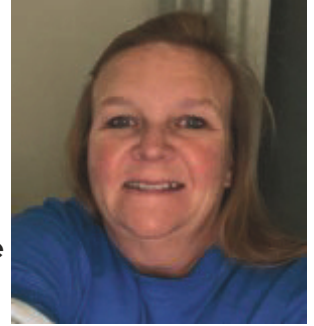
- Advocate Condell Outpatient Services Grayslake
- College of Lake County Grayslake
- Greenleaf Avenue Medical Offices
- Lake County Health Department North Chicago Health Center
- Northwestern Grayslake Outpatient Services
- Vernon Hills Route 60 Shopping Area (Milwaukee Ave and Townline Rd Destinations)
- Wal-Mart Supercenter Fountain Square
- West Lake Forest Metra Station
- VA Medical Center



Message from the Senior Center Manager

Hello April,

It is crazy to think it has been a full year since the pandemic shut us down and we had to re-think how we were living and interacting. I am so thankful we are beginning to see the light at the end of the tunnel and can get back to some of the things we loved the most about the Senior Center. I am also happy we have evolved some of our activities at the Senior Center to include those still at home. Now that the weather is getting better, we will be trying to do more outside, like our Walk in the Park.



We hope you will consider stopping in to write, or sending us a note of thanks to our outgoing Mayor, Terry Wepler. He was instrumental in the Senior Center being what it is today. We are excited to host a farewell reception for him this month as he leaves his Village position, and hope you will consider joining us for this event.

Hope to see you soon at the Senior Center!

Jennifer West

Senior Center Manager

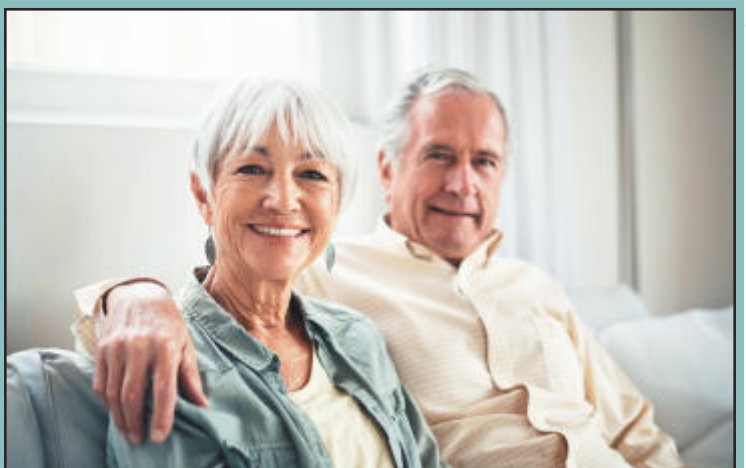
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www.libertyvillefuneralhome.com

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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

Parties, Programs & Lunches

Have you been in the Senior Center and received your Welcome Back Gift that will be perfect to use every time you are in the building?



**Monthly Educational Series sponsored by
Tuesday, April 13th, 10 AM**



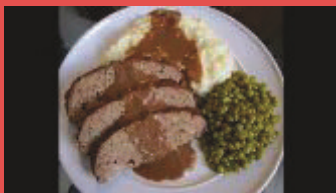
April Topic: Eat Well to Live Well

When the New Year kicks off, we all strive to eat healthier. But nutritional needs change as we get older. Join two registered dietitians to discuss what you need to know about nutrition for older adults. Should you try out that fad diet everyone's doing? Are there certain foods that can help with your pain—or your brain? We'll answer these questions and more.

Join us in person or via Zoom

Tax Relief Lunch To Go!

How about a good old fashioned All American meal after the stress of taxes is over?



**Friday, April 16th,
Pick Up between 10:30 am and Noon**

Mom's Meatloaf, mashed potatoes, steamed broccoli, side salad, dinner roll and apple pie for dessert.

Packaged cold by Catered Productions to reheat when you are ready to eat.

\$10

Order by Noon on Tuesday, April 13th



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!

Tech Help Tuesdays!



Do you need help
loading an app on
your phone or tablet?
Or adding a contact or
changing settings?

Tuesdays from 2-4 PM

Call to schedule a 30 minute
appointment with Jennifer.

Line Dancing

Thursday's from 2:00 - 3:00 PM

Instruction provided by Dance With Janet

Join us in person (limit of 10) or via Zoom

Advance Registration is required for both in person or if you would like to attend via Zoom.

Free!! Thanks to the sponsorship of the Libertyville Senior Council



Art in Around

**A Learn to Draw
Art Class
With John**

Thursdays, 10 am

Walk Ins are welcome!

Or join via Zoom

Meeting ID: 860 9479 0908

Passcode: 456514



Ping Pong !



*The Senior Center
now has a Ping Pong Table,
so come take a swing at it!*

Every Friday at 10 AM

Or

*The table can be used other days and
times when other activities don't
interfere. If you want to play just drop in
with friends!*

Calendar of Events

**April
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Exercise 10:00 Art in Around 1:30 Foot Clinic 2:00 Line Dancing	2 CLOSED GOOD FRIDAY
5 9:00 Exercise 10:00 Homeless Mat Making 10:30 Sit & Be Fit 1:00 Canasta	6 9:00 Exercise 9:15 Massage 2:00 Tech Tuesdays	7 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Chair Yoga	8 9:00 Exercise 10:00 Art in Around 2:00 Line Dancing	9 9:00 Exercise 10:00 Ping Pong 10:30 Zoom Coffee Chat w/ Jennifer
12 9:00 Exercise 10:00 Homeless Mat Making 10:30 Sit & Be Fit 1:00 Canasta	13 9:00 Exercise 11:00 Brookdale Lecture Series: Eat well to Age Well 2:00 Tech Tuesdays	14 9:00 Exercise 10:00 Dominoes 1:00 Chair Yoga	15 9:00 Exercise 10:00 Art in Around 2:00 Legal Advice 2:00 Line Dancing	16 9:00 Exercise 10:00 Ping Pong 10:30 to Noon Pickup Tax Relief Lunch
19 9:00 Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit 1:00 Canasta	20 9:00 Exercise 9:15 Massage 10:00 Walk in the Park 2:00 Tech Tuesdays	21 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Chair Yoga	22 9:00 Exercise 10:00 Art in Around 1:30 Foot Clinic 2:00 Line Dancing	23 9:00 Exercise 10:00 Ping Pong 11:00 Brain Games
26 9:00 Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit 1:00 Canasta	27 9:00 Exercise 10:30 AM Special Goodbye to Mayor Wepler 2:00 Tech Tuesdays	28 9:00 Exercise 10:00 Dominoes 1:00 Chair Yoga	29 9:00 Exercise 10:00 Art in Around 2:00 Line Dancing	30 9:00 Exercise 10:00 Ping Pong 1:00 Bingo

Help Others & Help Yourself

Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are getting worked out, here's what you can be sure of:

- You can't pay to put your name on a list to get the vaccine. **That's a scam.**
- You can't pay to get early access to the vaccine. **That's a scam.**
- Nobody legit will call about the vaccine and ask for your Social Security, bank account, or credit card number. **That's a scam.**

Ignore any vaccine offers that say different, or ask for personal or financial information.

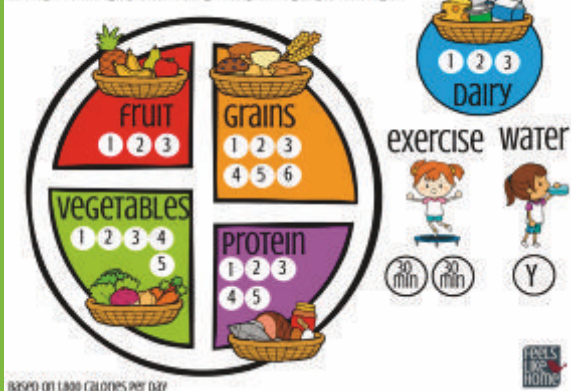
Learn more at

ftc.gov/coronavirus/scams

consumerresources.org/beware-coronavirus-scams



MY HEALTHY CHECKLIST



Bingo!

Friday, April 30th
1 PM



You will receive 1

Free Card for coming and then 1 additional card for each item you bring from the list below (Maximum of 5 Cards)

PADS Lake County Donations Current Wish List

- Hand sanitizer
- Latex gloves
- Laundry PODS
- Lysol Wipes and Lysol Spray
- Grocery store gift cards
- Paper Plates and bowls
- Underwear, All sizes—Men and Women
- Men/Women's sweatpants and sweatshirts

PADS Lake County is a community-based organization that provides trauma-informed support, resources, and shelter to individuals and families experiencing a housing crisis.

BankFinancialSM

Brain Games

with Kay Reissig from
Shepherd Premier Senior Living

Friday, April 23rd 11 AM

Come exercise your brain with some teasers and trivia!



Activities/Programs

Registration is not required for activities unless specified below.



April 1st and 22nd
1:30 - 3 PM

*Call or stop in for more
information and reservations*

Services provided by:



Foot and ankle issues can reduce your quality of life and even your ability to perform simple tasks, but patients in the Chicago area have access to some of the best-trained podiatrists in the world. The Scholl Foot & Ankle Center is a clinical teaching site for the Dr. William M. Scholl College of Podiatric Medicine, which has educated approximately one-third of the nation's podiatric physicians.

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.



FREE Legal Advice

Attorney Michael Furlong will be at the Senior Center for free legal help. Appointments start at 2 pm and are 15 minutes. Registration is required. Please call the Senior Center at 847-247-7659 to register for a April 15th appointment.

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.



The Libertyville Senior Center
Poker group is looking for Players.

They meet the 1st & 3rd
Thursdays May - September and
1st & 3rd Wednesdays
October - April @10 am.

Interested seniors please contact
Hal Halen at 847-918-8909

2021 Countryside Senior Men's Golf League



**The 2021 season will soon be here &
a few new members are needed.**

Monday mornings, 18 hole league play

5/3/21 to 9/27/21

**Play alternates between traditional
& prairie courses at Countryside.**

Membership cost is \$30

**Call Bob Killackey at 847-367-6211 for more
info or**

Email: RKillackey@yahoo.com

Senior Center Happenings



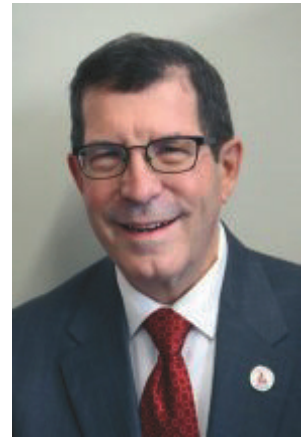
A Walk in the Park! ***Tuesday, April 20th, 10 am***

Join us as we discover the beautiful parks Libertyville has to offer!

This month we will walk the paths at Butler Lake
Meet in the parking lot of the
Crawford Warming House at 817 W. Lake St.

A Very Special Goodbye! **April, 27th 10:30 AM**

Please join us at the Senior Center or via Zoom at a farewell reception for Libertyville's Mayor Terry Weppler. Terry has served as Mayor for the past 12 years and has been instrumental in the growth and development of the Libertyville Senior Center. Not only as Mayor, but through his involvement as a Libertyville Civic Center board member and Senior Center volunteer, Terry has repeatedly demonstrated his heartfelt dedication to the Senior Community of Libertyville.



Please RSVP to attend this special event in person as space is limited.

Prior to the event please consider writing a thank you note to Terry, which will be collected and presented along with others to him during the reception. Stationary will be provided here, or feel free to write a note and mail it to or drop it off at the Senior Center.



ZOOM COFFEE CHAT WITH JENNIFER! **10:30 AM on Friday, April 9th**

We love seeing your faces in person but Zoom will do too!
Join us for a live Zoom session with our very own Jennifer....
discuss current events, the weather or which of her children
is currently her favorite.

Zoom Meeting ID: 814 6292 5180 Passcode: 158407

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UPCOMING MAY ACTIVITIES

Please note that in an effort to protect each other, face masks will be required to enter the Senior Center and for most activities. Please plan on bringing your own masks. We also ask that you utilize the hand sanitizer dispensers available as you enter the building.

**Planting Party
Mother's Day Celebration
Walk in the Park**



Please call or stop by for more information.

847-247-7659

libseniorcenter@sbccglobal.net

135 W. Church St., Libertyville

"The Gathering Place"

