

# 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 King.....847-744-0066  
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  
Pat Carey.....847-494-4380  
+++++  
Penelope Boukidis...847-362-8403  
Suren Kanani.....847-367-7412  
Bob Killackey.....847- 367-6211  
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  
libseniorcenter@sbcglobal.net

## **November 2021**



**2020-21 Libertyville Senior Council  
Hall of Fame Inductees**

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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@sbcglobal.net](mailto: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

## TUESDAYS

Exercise ● Massage ● Bridge ● Walking Group ●  
Tech Help

## WEDNESDAYS

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

## THURSDAYS

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

## FRIDAYS

Exercise ● Ping Pong

### 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 — November 2nd and 16th

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 847-247-7659 or stop by to make an appointment.**



## CHAIR YOGA at the SENIOR CENTER Taught by Sharon of Essential Journey Yoga **WEDNESDAYS at 2:30 PM**

**You Must Register to Attend - \$20 for the month**

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

**LIVE & IN PERSON**



## **Thursday, November 11th**

**Call, email or stop in to make an appointment!**

**Services provided by:**



## **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**

## **EXERCISE CLASS!**



**Join us every Monday - Friday at 9:00am for exercise! Walk-ins Welcome!**



## **RideLakeCounty/Central DIAL A RIDE MONDAY - FRIDAY**

**5:30 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

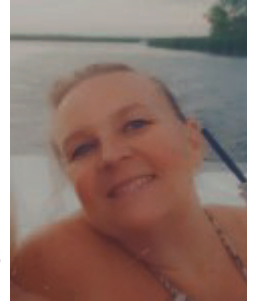




# Message from the Senior Center Manager

Hello Senior Center Members!

We have made it to fall and the season to be thankful! I am thankful my family and friends have continued to stay safe and healthy this year. I hope you can say the same. I am thankful for the time I spend with them and with all of you at our varied events here at "The Gathering Place". I am thankful we get to continue our programming and activities and continue to expand our activities as things continue to get better thru this pandemic.



I am very excited that our partnership with the library is back and we will be having Movie Matinees again on Thursday afternoons. Please continue to share your thoughts and ideas on what events and activities we offer here at the Senior Center.

Hope to see you soon at the Senior Center!

*Jennifer West*

Senior Center Manager

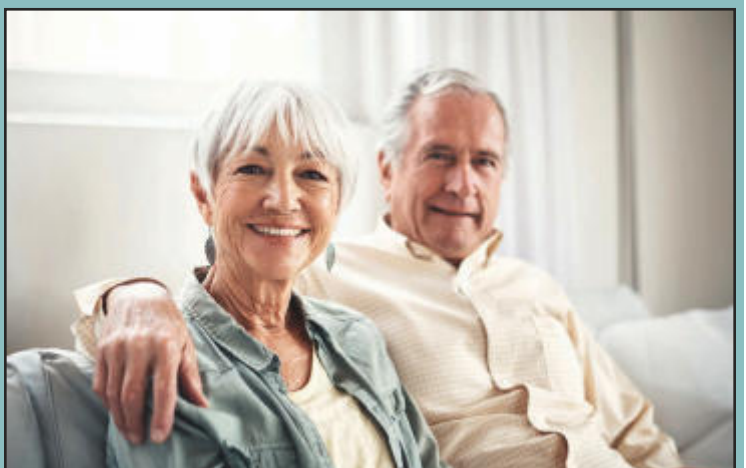
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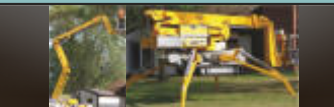
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Senior Council of Libertyville, Libertyville, IL A 4C 01-1185



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

## Parties & Programs



**Veterans Day Remembrance**  
**Thursday, November 11th, 10:30 AM**

**Join us for continental breakfast and a presentation on women in the military**

**FREE Continental Breakfast for all but must register by Noon on 11/8**

**Sponsored in part by**  
**Libertyville Senior Council and**

**STORYPOINT**  
Senior Living

### **Pass the Trash and Treats!** **Friday, November 12th, 1 PM**

**Bring a favorite dessert or appetizer to share and we will learn a new game called**

**Pass the Trash!**  
(Also known as Screw Your Neighbor)

**No skill required, just old fashioned fun!**

**FREE—Beverages will be provided**



### **Thanksgiving Feast to Go!**

Are you ready to gobble up a traditional Turkey Dinner but don't want to cook? We have a Thanksgiving meal packed and ready to heat when you are ready to eat!

Prepared by Catered Productions and available for  
**pick up** on Tuesday November 23rd,  
from 1-3 pm at the Libertyville Senior Center.

**\$12 per meal includes:**

Turkey with dressing, mashed potatoes and gravy, green beans, fresh cranberry relish, garden salad, dinner roll and Pumpkin Pie for dessert.

Please order and pay by 1 pm on Friday November 19th.

# 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!

### 1pm Canasta

Beginners and experts both welcome!



## Line Dancing

### Wednesdays

#### 1-1:30 Beginners

Beginners class will focus on learning popular party/wedding dances like the electric slide, cha cha slide, and cupid shuffle.

#### 1:30-2:30 Beginners/Intermediate

## 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 show in conjunction  
with the Cook Library



## Tuesdays!

### Sole Mates Walking Group



10:30 AM



Indoors for Winter—come join us  
for the Just Walk Video with Leslie  
Sansone for 2-3 miles of fun and  
fitness!

### Bridge at Noon

*Please call Delores (847-362-6387)  
at least 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?

**Tuesdays from 2-4 pm** Call to  
schedule a 30 minute  
appointment with Jennifer.



## 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

**November  
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:00 Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit 1:00 Canasta	<b>2</b> 9:00 Exercise 9:15 Massage 10:30 Walking Group Noon: Bridge 2:00 Tech Tuesdays	<b>3</b> 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Line Dancing 2:30 Chair Yoga	<b>4</b> 9:00 Exercise 10:00 Art in Around 1:30 Movie Matinee: <i>In the Heights</i>  5:30 PM Vernon Hills High School Play: James and the Giant	<b>5</b> 9:00 Exercise 10:00 Ping Pong Noon Slice and Dice: Farkle
<b>8</b> 9:00 Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit 1:00 Canasta	<b>9</b> 9:00 Exercise 10:30 Walking Group Noon: Bridge 2:00 Tech Tuesdays	<b>10</b> 9:00 Exercise 10:00 Dominoes 1:00 Line Dancing 2:30 Chair Yoga	<b>11</b> 9:00 Exercise 10:00 Art in Around 10:30 Veterans Day Breakfast and Program 1:30 Foot Clinic 1:30 Movie Matinee: <i>Nomadland</i>	<b>12</b> 9:00 Exercise 10:00 Ping Pong 1 PM Pass the Trash and Treats!
<b>15</b> 9:00 Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit 1:00 Canasta	<b>16</b> 9:00 Exercise 9:15 Massage 9:30 Volo Auto Museum Trip 10:30 Walking Group Noon: Bridge 2:00 Tech Tuesdays	<b>17</b> 9:00 Exercise 10:00 Dominoes 10:00 Poker 1:00 Line Dancing 2:30 Chair Yoga	<b>18</b> 9:00 Exercise 10:00 Art in Around 1:30 Movie Matinee: <i>Here Today</i> 2:00 Legal Advice	<b>19</b> 9:00 Exercise 10:00 Ping Pong 1:00 Give a Little, Get a Little Bingo
<b>22</b> 9:00 Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit 1:00 Canasta	<b>23</b> 9:00 Exercise 10:30 Walking Group Noon: Bridge 1-3 PM Holiday Lunch to Go Pick Up	<b>24</b> 9:00 Exercise 10:00 Dominoes 1:00 Line Dancing 2:30 Chair Yoga	<b>25 Thanksgiving</b> 	<b>26</b>  CLOSED
<b>29</b> 9:00 Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit 1:00 Canasta 1:00 Brain Games and Gyros	<b>30</b> 9:00 Exercise 10:30 Walking Group Noon: Bridge			

## Food and Fun

### Give a Little, Get a Little



Friday, November 19th, 1 PM

Up to 5 cards per participant

EVERY DONATED FOOD ITEM FROM THE LIST BELOW GETS YOU AN EXTRA BINGO CARD

Please help us support the Libertyville Township food pantry by donating these most needed items:

Tuna	Chili	Soups	Baked Beans	Spaghetti Sauce	Peanut Butter
Canned Vegetables/Fruit	Paper Products	Macaroni & Cheese	Cereals (Hot or Cold)		
Coffee	Milk (Powdered, Evaporated or Condensed Only)	Rice			

(Receive 1 card per person for attending then maximum of 4 more cards - 1 per food item.)

Sponsored by: Libertyville Senior Council

### Slice and Dice!

**Friday,  
November 5th  
@ Noon**



**Join us this month as we learn  
Farkle**

**A fun dice-rolling risk-taking game**

**\$5 includes Rosati's Pizza, soda  
and dessert.**

**Please make your reservation by  
Noon on 11/4**

### Brain Games and Gyros



**Optional Lunch: \$10**

**Fodrak's Gyros and Greek  
Salad, Soda and  
Dessert**

**Monday, November 29th,**

**Lunch at Noon, followed by some  
brain teasers and trivia.**

**Hosted by Kay at:**



# Activities/Programs

Registration is not required for activities unless specified below.

## Save the Date!

**What: St Joseph Retiree & Wannabes  
Christmas Dinner Party**

**When:** Wednesday,  
12/16/2021

**5:00 – 10:30 p.m.**

**Where:** White Deer Run Golf Club  
250 W. Gregg's Parkway  
Vernon Hills, IL 60061

**Dinner Cost: \$45.00**

Entrees:

London Broil

Breast of Chicken Dijon

Seared Fillet of Salmon

Grilled Vegetable Ravioli

Also includes:

Classic Caesar Salad,

Asparagus, Squash & Carrots,

Double Baked Potato,

Chocolate Layer Cake with

Raspberry Sauce,

Coffee, Tea, Soda

## Cash Bar

**Entertainment:**

5:45 - Magicians

7:00 – Dinner.

7:30 - Carolers

10:30 – End

**Payment** by Give Central or  
check payable to St. Joseph  
Church, Libertyville. Questions to  
Joyce Quilty at 847-987-1939.

**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  
November 18th**

## \*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



**Thursday Movie Matinees are back at the Senior Center  
in conjunction with the Cook Memorial Library**

*In the Heights* (143 min; Rated PG-13)

**Thursday, November 4 • Libertyville Civic Center, 135 W Church St, Libertyville, IL**

**Friday, November 5 • Aspen Drive Library, Vernon Hills**

Film version of Lin-Manuel Miranda's hit Broadway musical in which Usnavi, a sympathetic New York bodega owner, saves every penny every day as he imagines a better life. With Anthony Ramos, Corey Hawkins, Leslie Grace.

*Nomadland* (107 min; Rated R for some nudity)

**Thursday, November 11 • Libertyville Civic Center, 135 W Church St, Libertyville, IL**

**Friday, November 12 • Aspen Drive Library, Vernon Hills**

A woman in her sixties, after losing everything in the Great recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad. Oscar-winning Best Picture and Best Actress 2020. With Frances McDormand, David Strathairn, Linda May.

*Here Today* (117 min; Rated PG)

**Thursday, November 18 • Libertyville Civic Center, 135 W Church St, Libertyville, IL**

**Friday, November 19 • Aspen Drive Library, Vernon Hills**

When veteran comedy writer Charlie Burnz meets New York street singer Emma Payge, they form an unlikely yet hilarious and touching friendship that kicks the generation gap aside and redefines the meaning of love and trust. With Billy Crystal, Tiffany Haddish, Chad Jennings.

**No movie matinees November 25 or November 26. Happy Thanksgiving!**

## Donate

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

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



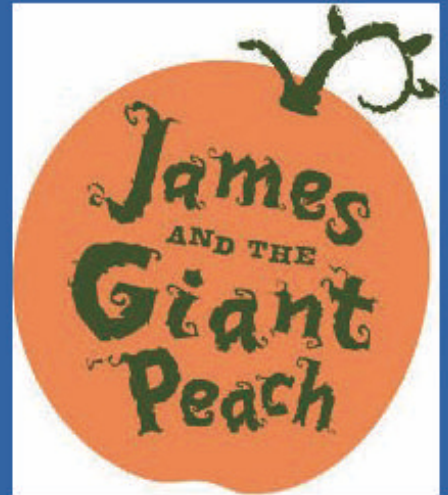
## The Senior Center is Going Places

### ***Vernon Hills High School Presents James and the Giant Peach***

***Thursday November 4th,  
5:30 PM***

***VHHS Auditorium, 145 Lakeview Parkway, Vernon Hills***

***Free to District 128 Seniors, ticket is required so stop in  
the Senior Center to get your ticket today.***



**Let's take a ride to Volo Auto Museum**

**Tuesday, November 16th**

**Bus Leaves at 9:30 am, Return 3 pm**

**\$30 Includes Ticket and Transportation  
to see more than just cars!**

**33 Unique Exhibits on display include everything from a self-playing orchestra to a Disney gallery, their vast collection of pop culture and Americana artifacts offers visitors a stroll down memory lane.**

**Plus you will have the option to relax and enjoy lunch in an homage to pizza parlors of the 80's and 90's at *Show Biz Pizza***



### **New Exercise Option!**

**Every Tuesday at 10:30 am**

**Get your steps in, even in winter!**



**Join us at the Senior Center to Just Walk! with Leslie Sansone  
Each week will be a different walk video until we can be outdoors again!**

**This workout is where fitness meets fun!**

135 W. Church St. • Libertyville IL 60048

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## UPCOMING DECEMBER ACTIVITIES



**Holiday Magic Show  
Christmas Surprise Bingo  
Art Club**

**Call or stop in for more information.  
847-247-7659**

**[libseniorcenter@sbcglobal.net](mailto:libseniorcenter@sbcglobal.net)  
135 W. Church St., Libertyville**

**“The Gathering Place”**