

Libertyville SENIOR UPDATE



SENIOR COUNCIL MEMBERS & CONTACT INFORMATION

Libertyville Senior Center

Jennifer West

135 W. Church Street

847-247-7659

libseniorcenter@sbcglobal.net

libciviccenter.org/senior-center

Fun and Lunch Bunch

First Presbyterian Church of
Libertyville

Jim King847-744-0066

Knights of Columbus #3674

James Patula.....847-362-1810

United Methodist Church

St. Joseph Catholic Church

Charlotte Doyle...847-858-4656

Pat Carey.....847-494-4380

+++++

Bonnie Cerveny...847-778-2774

Bob Killackey.....847- 367-6211

Annie Samuel.....847-362-4835

Penelope Boukidis...847-362-8403

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

January 2020

January brings the snow!!!

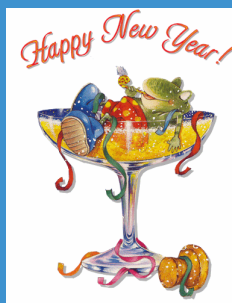


Happy New Year!!!



Long Grove Confectionary
Trip

Veteran's Day Program



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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



The Senior Center opens at 9 am most week days. Please feel free to drop in for a cup of coffee and friendly conversation.

Activities/Programs

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 ● Birthday Bash (2nd Mon) ●
Canasta 1st & 3rd

TUESDAYS

Exercise ● Bridge ●
Chair Yoga ● Massage (3 times a month)

WEDNESDAYS

Exercise ● Dominoes ●
Wood Carving ● Angel Gown Project (2nd)
● Line Dancing ● Poker (1st & 3rd)

THURSDAYS

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

FRIDAYS

Exercise ● Diner ● Bunko (2nd & 4th) ● Hot Topics

EXERCISE

Group exercise along with the Silver Foxes DVD.

SIT & BE FIT

Gentle chair and band exercise, promoting flexibility & strength.

DOMINOES

Double 12
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.

WOOD CARVING

Bring your own supplies and work alongside other carvers.

LINE DANCING

Instructed line dancing for fun and fitness, both beginning and advanced..

Health Services

CHAIR MESSAGES (January 7th, 14th, 21st)

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. In case of an emergency, the therapist's discretion will be used.*

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



YOGA



FREE for the month of January
sponsored by:

Sign up today!



CHAIR YOGA led by Sharon of Essential Journey Yoga,
TUESDAYS AT 11AM, Jan. 7th, 14th, 21st, 28th. JOIN US FOR THIS
INCREDIBLE YOGA EXPERIENCE. Must pre-register.

LIBERTYVILLE TOWNSHIP FOOD PANTRY

We are now collecting donations for the Libertyville Township Food Pantry. Items in need are: Canned items, Dry Goods, Cereals, Paper Products, Canned Vegetables/Fruits. The donation box is located in the Civic Center lobby near the stairwell.



Feeding the Community

HEALTH SCREENINGS!

3rd Tuesday of Every Month
January 21st 1PM FREE

Have your heart rate & blood pressure tested as well as glucose levels to make sure you are on the right track for good senior health. The onsite nurse can answer basic health questions or refer you to the right place if you need more answers.

Sign up today by calling or stopping by the Senior Center.

Sponsored by: Wellshire Lincolnshire and Warren Barr Lincolnshire



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

Happy New Year!

It is hard to believe that 2020 is here and a new decade is beginning. The New year is always a time for change and new beginnings so we are making some good changes here at the Senior Center. The biggest of these is we will no longer be hosting the Diner a set three days per week. Instead, we have committed to offering lunches on any weekday that we can offer a great program paired with a lunch.



Thanks to the generosity of our Libertyville Senior Council, we will be offering at least one trip per month this year. I encourage you to let me know what places you would love to visit. We do have some exciting ones already in the works; Potowatomi Casino, Chicago Wolves Hockey game, Windy City Bulls Basketball game and the Domes in Milwaukee. The Council has also approved transportation costs for three Marriott Lincolnshire Theatre shows and a possible Fireside Theater show as well, so stay tuned for all the details.

All of our popular and favorite activities like Line Dancing, Dominoes, Bunco, Art in Around Foot Clinic, Health Screenings, Bingo, Movies and more will continue. I hope to see you soon at the Senior Center!

Jennifer West, Program Manager, Libertyville Senior Center, 847-247-7659

Parties, Programs & Lunches

All Parties, Programs and Lunches are held at the Libertyville Senior Center,
135 W. Church St.

The Libertyville Senior Center "The Gathering Place," offers an atmosphere of good fellowship with programs, activities and nourishing meals prepared by local restaurants and caterers for anyone 55+.

Meals are served periodically throughout the month.

Please reference the schedule on page 7. The cost includes coffee and dessert.

Please register and pay for meals at least 3 days in advance.

Menu is located on page 7.

Late Lunch and Lecture Using Essential Oils to Support Health & Wellness

January 20th - 12:30 Lunch, 2:00 Lecture

Sharon Gaughan is a yoga & essential oils educator, and an independent distributor for Young Living Essential Oils. You are invited to join her on this Monday afternoon for an introduction to essential oils-and for the opportunity to experience some of these oils firsthand. The focus of the presentation will be on how to use essential oils safely and effectively to support health and wellness.



BIRTHDAY BASH

Steve Justman presents the music & influence of
Peter, Paul & Mary & the Kingston Trio
Monday, January 13th



Enjoy a wonderful lunch, listen to some great music, dancing, special dessert, and have lots of fun.

Lunch starts at 12:00 from **Catered Productions**: Meat or Veggie Lasagna w/ Garlic Bread, Cauliflower Au Gratin & Tossed Salad plus Birthday Cake with entertainment starting at 1 p.m. Cost is \$7.00.

Sponsored by Cook Memorial Library and Subsidized by the Senior Council of Libertyville

Registration and payment due by January 10th.

Hawaiian Luau !

January 24th 12:00

Put on your Hawaiian shirt or grass skirt and join us for our fantastic annual Hawaiian Luau!

Catered Productions will be bringing in Teriyaki Glazed Chicken Kabobs, Long Grain & Wild Rice, Fresh Spinach Salad, Fresh Fruit & Dinner Roll.

Entertainment Provided By: the Barry Wood Trio



JANUARY MENU - \$7 PER MEAL

WEDNESDAYS - BOX IT OR BAG IT LUNCH

Drop in with your own bagged lunch, or purchase a boxed lunch from the Senior Center at least two days in advance. Coffee and water will be available during this help-yourself luncheon. Boxed lunch includes your choice of Ham, Turkey, Beef, or Chicken Salad Sandwich on White or Wheat Bread, a Fresh Fruit Cup, a Bag of Potato Chips, and a Homestyle Cookie.



<p>Thursday, January 9th 10:30 am</p> <p>Brain Games and Brunch!</p> <p>Lunch provided by Catered Productions French Toast w/ Sliced Bananas and Caramelized Walnuts, Scrambled Eggs, Spiral Sliced Honey Ham or Hickory Bacon, Bagels w/ Cream Cheese or Preserves and Fresh Fruit</p>	<p>Monday, January 13th 12:00 pm</p> <p>Birthday Bash and Entertainment!</p> <p>Lunch provided by Catered Productions Meat or Veggie Lasagna w/Garlic Bread Cauliflower Au Gratin and Tossed Salad PLUS Birthday Cake!!</p> <p>Steve Justman presents the music and entertainment influenced by Peter, Paul and Mary and the Kingston Trio</p>
<p>Monday, January 20th 12:30 pm</p> <p>LATE Lunch and Lecture! Essential Oils</p> <p>Lunch provided by Clucker's Chicken Pulled Chicken Rosemary Red Potato's Grilled Veggies</p>	<p>Friday, January 24th 12:00 pm</p> <p>Hawaiian Luau!</p> <p>Lunch provided by Catered Productions Teriyaki Glazed Chicken Kabobs, Long Grain and Wild Rice, Fresh Spinach Salad, Fresh Fruit and Dinner Roll</p> <p>Entertainment by The Barry Wood Trio</p>
<p>Monday, January 27th 12:00 pm</p> <p>BINGO! By Bank Financial</p> <p>Lunch provided by Rosati's Italian Beef Sandwich Fries Caesar Salad</p>	<p>Thursday, January 30th 12:00 pm</p> <p>Local Lunch Date</p> <p>Lunch provided by Jimmy's Char House Grecian Style Pork Chops Mashed Potatoes, Garden Salad & Bread Desserts by Warren Barr & the Wellshire</p>

Calendar of Events

JANUARY
2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Closed! Happy New Year!	2 9:00 Exercise 10:00 Art in Around 1:00 Wood Carving 1:30 Movie Matinee	3 9:00 Exercise 10:00 Hot Topics and Toddys
6 9:00 Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit 1:00 Canasta	7 9:00 Exercise 9:15 Massages 11:00 Chair Yoga 12:00 Bridge	8 9:00 Exercise 10:00 Dominoes 12:00 Box or Bag Lunch 1:00 Wood Carving 1:00 Line Dancing	9 9:00 Exercise NO Art in Around 10:00 Brain Games & BRUNCH 1:00 Wood Carving 1:30 Movie Matinee	10 9:00 Exercise 10:00 Hot Topics and Toddys 11:00 Challenge of Change Lecture
13 9:00 Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit 12:00 Birthday Bash - The Music & Influence of Peter, Paul & Mary & The Kingston Trio	14 9:00 Exercise 10:00 Massages 11:00 Chair Yoga 12:00 Bridge 1:30 Chocolate Bingo by Victory Lakes	15 9:00 Exercise 10:00 Dominoes 10:00 Poker 12:00 Box or Bag Lunch 1:00 Wood Carving 1:00 Line Dancing 1:00 Angel Gowns	16 9:00 Exercise 10:00 Art in Around 1:00 Wood Carving 1:30 Movie Matinee 2:00 Legal Advice	17 9:00 Exercise 10:00 Hot Topics and Toddys 1:00 Bunko
20 9:00 Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit 12:30 LATE LUNCH & Lecture 2:00 Essential Oils talk 1:00 Canasta	21 9:00 Exercise 9:15 Massages 11:00 Chair Yoga 12:00 Bridge 1:00 Free Health Check Up	22 9:00 Exercise 10:00 Dominoes 12:00 Box or Bag Lunch 1:00 Wood Carving 1:00 Line Dancing	23 9:00 Exercise 10:00 Art in Around 1:00 Wood Carving 1:00 Foot Clinic 1:30 Movie Matinee	24 9:00 Exercise 10:00 Hot Topics and Toddys 12:00 LUNCH Hawaiian Luau-Barry Wood Trio
27 9:00 Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit 12:00 LUNCH and Bingo 1:00 Bingo	28 9:00 Exercise 10:00 Casino Trip 11:00 Chair Yoga 12:00 Bridge	29 9:00 Exercise 10:00 Dominoes 12:00 Box or Bag Lunch 1:00 Wood Carving 1:00 Line Dancing	30 9:00 Exercise 10:00 Art in Around 12:00 LUNCH 1:00 Wood Carving 1:30 Movie Matinee	31 9:00 Exercise 10:00 Hot Topics and Toddys 1:00 Bunko

Trips, Outings & Special Events

marriott
THEATRE



Marriott Theatre Lincolnshire Performances

Transportation to and from the theatre in a comfortable coach-style bus. Bus leaves the Senior Center at 12 noon and stops at Libertyville Towers at 12:05 pm. Transportation provided by the Senior Council of Libertyville. Tickets cost \$40.00 each

Register and pay at the Senior Center.

NO REFUNDS WILL BE GIVEN

Limited # of tickets per show.

February 12th



August 26th



December 9th



CASINO BUS TRIP!

Tuesday, January 28th

Fun Filled trip to

Potawatomi Casino

Half price buffet available with ID
and Players Card,

1pm Bingo Session Available
comfortable 40 passenger bus
departs Senior Center at 10am and
returns by 4:30 PM

Only \$10



Brunch, Brain Games & Laughter "Therapy"

**with Kay Reissig from Shepherd Premier Senior
Living Thursday, Jan. 9th, 10:30 a.m.**

Stimulating your brain not only helps with memory, but helps with pain management, fatigue, and helps you focus! Genuine laughter, providing benefits to both the physical and emotional "heart" Kay Reissig with Shepherd Premier, a certified trainer for the Chronic Disease Self-Management program through Stanford University, will facilitate this interactive presentation. Come join us for some fun!!



UPCOMING SPORTING EVENT TRIPS

\$20 Each

Chicago Wolves Hockey - Thursday, February 20th, 10 am and returns by 3 pm, (includes free Wolves hat.)

Windy City Bulls Basketball - Wednesday, March 4th, bus departs Senior Center at 9:45 am & returns by 3 pm

HOT TOPICS AND TODDYS !!!

Every Friday, 10AM

Join us for a discussion on hot topics in the news. Light snacks, coffee & tea will be served. Thought provoking views & opinions are welcome for what is currently happening in the world.



Activities/Programs



BINGO !!!
Monday, Jan. 27th
1:00pm.
Sponsored by:

BankFinancial



Welcome Michael!
Legal Advice

Attorney Michael Furlong will be at the Senior Center for free legal help. Appointments start at 2 p.m. and are 15 minutes. Registration is required. Please call the Senior Center at 847-247-7659 to register for a January 16th 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

POKER PLAYERS



The Libertyville Senior Center Poker group is looking for Poker 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

BUNCO, FRIDAY
Jan. 17th,
31st
1PM

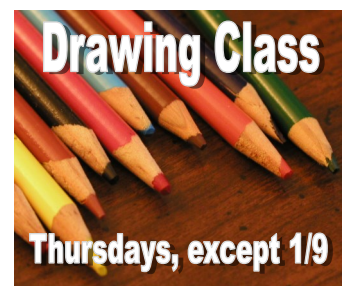


Line Dancing
Come join the fun.

Every Wednesday in Room C
Beginner Class
1:00 - 1:30 p.m.
 Beginners class will focus on learning popular party/wedding dances like the electric slide, cha cha slide, and cupid shuffle.

Intermediate/Advance
Classes 1:30 - 2:30 p.m.

Art in
Around -
Drawing
Class 10 am
to 11am
All are
welcome!



Rest in His Arms
ANGEL GOWN PROJECT
Wednesday, Jan 15th stop
in anytime between
1 - 3 pm

Volunteers needed to cut patterns on donated wedding dresses for baby sized burial gowns. NO sewing experience needed.



The FOOT CLINIC
WILL BE Thursday,
Jan. 23rd

Sign up today!



- CANASTA -

January 6th, & 20th
1 pm



FUN!

Here at the
Senior Center in
partnership with

Cook Memorial Public Library

District: Movie Matinee every

Thursday at 1:30 pm. List of movies available at the Senior Center or at Cook Library.



Programs & Special Events



First Presbyterian Church Lunch Bunch 3rd Tuesdays at 12 p.m.
(Sept—May) For more info: Julie Snyder (jsnyder@comcast.net / 847-223-0890)
Everyone is welcome to join in the fun & fellowship each month! A catered lunch
(\$8.00 per person) is served at noon. Call the First Presbyterian church office
(847-362-2174) by the Friday before to reserve your spot.



Jan 21 • Libertyville: The First Hundred Years with Jenny Barry
Host: Gene Craig

Learn about Libertyville's history including early settlement, the coming of the railroad, the
Fire of 1895, and growth and development in the 20th century. Jenny Barry is president of
the Libertyville-Mundelein Historical Society.

-THE CHALLENGE OF CHANGE-

STRATEGIES TO FINDING PEACE

Friday, Jan. 10th, 11am

Change is a constant in today's world. Join us and explore how change
can affect one's quality of life and learn healthy living tips that can help
you continue finding joy and peace in your everyday life.



This program is presented by Journey Care which is the largest provider of palliative, supportive and end of
life care in Illinois. It is a combined organization of Horizon Hospice & Palliative Care, Journey Care and
Midwest Palliative 7 Hospice Care Center

Chocolate Lovers Bingo Sponsored by: Victory Lakes



*Join us for an amazing game of Bingo with a chocolate twist
on Tuesday, January 14th, 1:30 p.m.*

**Chocolate give aways!
PLAY FOR FREE!!!**



WELCOME MICHAEL FURLONG !

**Attorney Michael Furlong is joining the Senior Center family! Michael will be taking over
“Legal Advice” from Patrick Hart. We are so lucky and fortunate to
have Michael donate his time to help with legal questions. 15 minutes
appointments will be on the 3rd Thursdays, starting at 2pm. Please
call the Senior Center at 847-247-7659 for a no cost appointment.**



135 W. Church St. • Libertyville IL 60048

Non-Profit
Organization
U.S. Postage
PAID
Permit No.
Libertyville, IL 60048



UPCOMING EVENTS

Please register by calling or stopping by the Senior Center office.

February Events

- Monday, February 3rd - Birthday Bash
- Wednesday, February 12th - Marriot Lincolnshire "Grease"
- Friday, February 14th - Valentine's Day Party and Lunch
- Tuesday, February 18th - Health Check Up
- Thursday, February 20th - Chicago Wolves Hockey Game
- Tuesday, February 25th - Mardi Gras Bingo and Lunch
- Thursday, February 27th - Foot Clinic

March Events

- Monday, March 2nd - Polish Fest
- Wednesday, March 4th - Windy City Bulls Game
- Thursday, Friday, March 5th & 6th AARP Driving Class
- Monday, March 9th - Birthday Bash
- Tuesday, March 17th - St. Pat's Party
- Thursday, March 26th - Foot Clinic
- Tuesday, March 31st - Bank Financial Bingo

