

Libertyville SENIOR UPDATE



Libertyville Senior Center

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Libertyville Senior Council

First Presbyterian Church of Libertyville

Jim King847-744-0066
Elli Baston.....847-757-1401

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 Cerveny.....847-778-2774
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

***To protect each other, face masks must be worn while at the Senior Center.**

JUNE 2020

June, the gateway to summer!



JUNE



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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.

Health precautions currently prevent us from having Coffee and Tea available each day.



We hope to be back soon to daily coffee & conversations!

Activities/Programs

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 ● Movie Matinee

TUESDAYS

Exercise ● Massage
Chair Yoga ●

WEDNESDAYS

Exercise ● Dominoes
Wood Carving ● Angel Gown Project (3rd)

THURSDAYS

Exercise ● Art-in-Around ● Healthy Steps in Motion
● Legal Advice (3rd) ● Poker (3rd) ● Wood Carving

FRIDAYS

Exercise ● Bunko ● Hot Topics & Toddy's ● Card Games

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.

WOOD CARVING

Bring you own supplies and work alongside other carvers.

HOT TOPICS

Open discussion on timely "hot" topics. Thought provoking views and opinions are welcome!

Health Services

CHAIR MASSAGES (Dates TBD)

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)*



Free CHAIR YOGA

YOGA

Class will be offered via DVD on the Big Screen
TUESDAYS AT 11AM

We reserve the right to limit the number of participants so please pre-register to ensure your spot. Walk-ins allowed if space available.

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, Bars of Soap, toothpaste. The donation box is located in the Civic Center lobby near the stairwell.



HEALTH SCREENINGS!

Coming Back in July
Walk Ins Welcome

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.

Walk Ins are Welcome,
or sign up today by calling or stopping by the Senior Center.

Sponsored by: Wellshire Lincolnshire
and
Warren Barr Lincolnshire



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

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

Finally it's June!

Summer is almost here! With all that has been going on in the world this year winter seemed to last forever. I can honestly say this is the most I have ever wanted to see summer arrive!

As you can imagine, as we write the June Senior Update, times are still uncertain but we wanted to layout some activities in the event we are open and ready to resume operations. We will not host any lunches or large parties during this month, and there may be major restrictions on how many people can attend each activity. There may be some modifications from how our normal programming used to take place, so please be patient as we work out ways to handle these new regulations and restrictions, and how we can go about fairly offering as much as we safely can. We do ask that you check our web page, emails and voicemails to make sure the activities listed will actually take place, depending on our sponsors restrictions as well.

Once the Senior Center re-opens we will begin to take registrations and payments for all activities in person and via the phone or email. We can't wait to see all your faces again so we hope you join us to get back to what will certainly be a new normal. Please be advised, that face coverings will be required to enter the Civic Center and participate in Senior Center activities.

Hope to see you soon at the Senior Center!

Jennifer West



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 and menu on page 7. The cost includes coffee and dessert.

Please register and pay for meals at least 3 days in advance. Meals cost \$7 each.



HAPPY BIRTHDAY TO OUR PATRONS BORN IN JUNE!

Call, Email or Stop in and give us your June birthdate to receive a birthday gift from us!

2020 Birthday Bash parties sponsored by:

We will be back to parties and celebrations as soon as it is safe to do so!

THE SPRINGS OF
VERNON HILLS

ALZHEIMER'S SPECIAL CARE CENTER

Brain Games

with Kay Reissig from
Shepherd Premier Senior Living

Date TBD



Monday Movie Matinees

1 PM - bring your own snacks

"Wonder", Rated PG, 2017 1h 53m

"A Quiet Place", PG-13, 2018 1h 30m

"Mission Impossible: Fallout", PG-13, 2018 2h 28m



HEALTHY STEPS IN MOTION!

Healthy Steps in Motion (HSIM) is an exercise program designed for people of all fitness levels. The program is a one-hour session for eight weeks, and is taught by certified instructors; it starts with a warm-up, followed by strength & balance exercises and ends with a cool down-stretch.

Free

Thursday for 8 weeks! 11 am to Noon

Dates To Be Determined, Call or stop in for Info

White Crane Wellness Center
Senior Wellness Center and Adult Day Program

Live. Life. Healthy

Due to COVID-19 we will not be serving food in June

We encourage you to support local restaurants and businesses. Here are some of the restaurants that have supported the Senior Center over the years, and are offering pick up and/or delivery services.



536 N Milwaukee Ave
(847)-362-2582



501 N Milwaukee Ave
(847)-367-8336



1043 N Milwaukee Ave
(847)-816-9500



277 Peterson Road
(847)-367-7400

*Thank you to our
Libertyville
food & restaurant
partners!*



327 S Milwaukee Ave
(847)-816-8111



541 N Milwaukee Ave
(847)-367-6703



345 N Milwaukee Ave
(847)-362-6688



101 W Rockland Rd
(224)-206-7282

Calendar of Events

JUNE
2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

5

Activities at the Senior Center will resume as soon as it is safe to do so. Looking forward to seeing everyone at the Libertyville Senior Center, "The Gathering Place" very soon.

**Please call 847-247-765 or email
libciviccenter@sbcglobal.net
if you have questions.**

**Please let us know if you wish to be added to our email list for
timely updates and helpful and enjoyable information.**

22

9:00 Exercise
10:00 Homeless Mat making
10:30 Sit & Be Fit
1:00 Movie Matinee
"Mission Impossible"
1:00 Canasta

23

9:00 Exercise
9:15 Massage
11:00 Chair Yoga on DVD

24

9:00 Exercise
10:00 Dominoes
1:00 Wood Carving
1:00 Brain Games

25

9:00 Exercise
10:00 Art in Around
1:00 Wood Carving

26

9:00 Exercise
**10:00 Hot Topics and
Toddy's**
1:00 Friendship Fridays
Bunco and/or
Card Games

29

9:00 Exercise
10:00 Homeless Mat making
10:30 Sit & Be Fit
1:00 Drumming Circle

30

9:00 Exercise
11:00 Chair Yoga on DVD

Trips, Outings & Special Events



Marriott Theatre Lincolnshire Performances

Transportation to and from the theatre in a comfortable coach-style bus. Bus leaves the Senior Center at 12 Noon. 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.

August 26th



December 9th



Possible Programing—Give us your thoughts!

TV Talk Club - Similar to a book club but you get to watch instead of read! We are looking to televise shows on our big screen and then visit with others about what you think and like or don't like about it.

If you have a TV series you would like to watch, but haven't yet, let Jennifer know which one.

Musical Time - Did you use to play, or own an instrument? Are you a former band director or music teacher? The Senior Center owns a beautiful hand bell set they would love to use.

We are looking to start a scheduled musical hour. Contact Jennifer and let her know if and how you would love to participate.

Where would you like to go?

Possible Upcoming Trips:

Glessner House Trip
Arlington Race Track
Lake Geneva Mail Boat
Elegant Farmer and Train Ride
Fireside Dinner Theater

See Future Updates for Details and Registration

HOT TOPICS AND TODDYS!!

Every Friday, 10AM

Join us for a discussion on hot topics in the news. Thought provoking views & opinions are welcome for what is happening in the world.

Due to safety precautions we will not provide drinks or snacks.

Please feel free to bring your own, but we ask that you not share them.

Drumming Circle

Monday, June 29th

1 PM

Good for the Body and Soul!

Come drum to the rhythm of the beat or just listen along to the sounds of hand drums and other great instruments.



Free
Register by
6/24



Activities/Programs

Registration is not required for activities unless specified below



Wednesday
Date TBD
1 pm

Free to play!

Friendship Fridays! Card Games or Bunco

Come play and make new friends!

Play classics like Rummy, Kings in the Corner, Euchre and More

Or come teach others a new game you play and love.

FREE



FRIDAYS
at 1PM



Welcome Michael!
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 June date (TBD) 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



Art in Around

A Learn to Draw
Art Class

Thursdays 10 - 11 am

Rest in His Arms ANGEL GOWN PROJECT

Date TBD
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 re-scheduled
as soon as possible.

Call or Stop in for info!



LIBERTYVILLE SENIOR COUNCIL ANNUAL HALL OF FAME CEREMONY

Postponed to Thursday,
September 17th

For over 2 decades, the Senior Council continues to recognize the valuable volunteers from many local organizations that support Senior Citizens.



- CANASTA -
Mondays, 1 PM

Help Is Not Far Away

Help Us!

It is with great sadness that we report Libertyville Days Festival has been cancelled this summer. This event was our largest and only fundraiser for the Civic Center Foundation & Senior Center.



Without that revenue we are looking for creative ways to fundraise this year. We are going to possibly host a Rummage Sale, Spaghetti Dinner, Casino Night, Beer and Music Festival or other smaller events. If you have a great idea we would love to hear them! We are accepting financial donations big or small. You can make donations online at www.libciviccenter.org or with a check made payable to Libertyville Civic Center.

Help Others!



United Way of Lake County

To apply for a variety of volunteer opportunities, You can call 211 or go to 211lakecounty.org and click on COVID-19 volunteer opportunities on the main page.

Ryerson Mask Project

Do you sew? If so you can help! They are making masks for health care providers
<https://www.brushwoodcenter.org/events/on-going/face-mask-drive>

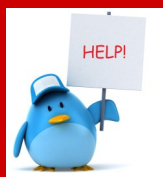
No Sewing Experience, No problem!

Our Angel Gown Project has been making masks but needs volunteers to cut fabric. Contact Jennifer and she can get you the fabric and pattern to simply cut and then the fabric will be forwarded on to their sewing team.

Help Yourself!

Essential Supply was created to combat COVID-19 by empowering community delivery organizations to serve our senior and immunocompromised neighbors across America. If you need assistance they have a hotline: 1-855-964-3663 or their website can be found at: essentialsupply.org

Lake County 211 is here to help as well. United Way Lake County offer a variety of services and programs to help you if homebound. Call 211 or visit their website 211lakecounty.org



135 W. Church St. • Libertyville IL 60048

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



UPCOMING EVENTS

July Events

Cubs Watch Parties
Ice Cream Social
Bags (Cornhole) Tournament
Show and Tell

August Events

Western BBQ
Rummage Sale Fundraiser
Marriott Lincolnshire Trip West Side Story



*Please note that in an effort to protect each other, face masks should be worn while in the Senior Center. We also ask that you utilize the hand sanitizer dispensers available as you enter the building.