

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
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
Bonnie Cerveney.....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

Libertyville Senior Center
847-247-7659
libseniorcenter@sbcglobal.net

July 2021



**If you have been vaccinated and you are past the 2 week waiting period a face covering is not required in the building.
If you have not been vaccinated we ask that you wear a mask that covers your mouth and nose while in the Civic Center Building.**

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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.

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

THURSDAYS

Exercise ● Art-in-Around ● Poker (1st, 3rd)
● Legal Advice (3rd)

FRIDAYS

Exercise ● 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 — July 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.



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



July, 8th and 29th

Call, email or stop in to make an appointment for either one of our July foot clinics!

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

5:45 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:

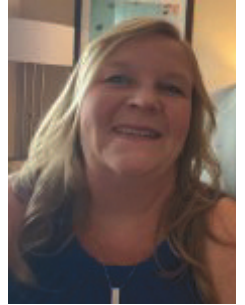
- Advocate Condell Outpatient Services Grayslake
- College of Lake County Grayslake
- Greenleaf Avenue Medical Offices
- Lake County Health Department North Chicago Health Center
- Northwestern Grayslake Outpatient Services
- Vernon Hills Route 60 Shopping Area (Milwaukee Ave and Townline Rd Destinations)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



Message from the Senior Center Manager

Happy Independence Day!

The heat of summer has arrived and with it also more freedoms! I hope that you are finally getting out and about, and hitting some of your favorite restaurants, and getting back to some of your previous activities! We are trying to keep as many things in the great outdoors as we can, not only to be safe, but mask free as well.



Since July is always the celebration of our country's independence, it is fitting that our events this month have some coordination including some independence on your part as well. We encourage you to meet others at off site activities and create your own social environments.

Hope to see you soon at the Senior Center!

Jennifer West

Senior Center Manager

847-247-7659

libsiorcenter@sbcglobal.net

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

Parties & Programs



BALLPARKS AND BASEBALL

WHITE SOX VS. THE TWINS

THURSDAY, JULY 1ST, 1PM

\$5

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CHIPS, DRINKS AND MORE!



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Cool Jazz on a Hot Afternoon
Tuesday, July 20th
Cook Park, 1 PM

Join us for some music to your ears in the great outdoors
in conjunction with Cook Memorial Public Library District



Jazz Performance by Petra van Nuis

A Chicago-based jazz vocalist who has been described in Downbeat Magazine as having "a light, gorgeous, and fairly delicate voice...a gift for melody and plenty of rhythmic confidence."

Bring your own chair.

Rain Location is in the C Room at the Senior Center.



Friday, July 30th, 1:30 PM

**Join us outside at the Senior Center for
conversation and a cold sweet treat!**

**Free but must register by
Noon on Wednesday 7/28**



BROOKDALE
— SENIOR LIVING SOLUTIONS —

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!

Tech Help Tuesdays!



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

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

Live Line Dancing is Back!

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



Art in Around

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

Thursdays, 10 am

Walk Ins are welcome!

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

**July
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Exercise 10:00 Poker 10:00 Art in Around 1:00 Ballparks and Baseball: White Sox vs the Twins	2 9:00 Exercise 10:00 Ping Pong
5 CLOSED	6 9:00 Exercise 9:15 Massage 10:30 Walking Group Noon: Bridge 1:00 Lecture Series: Healthy Aging through the Lifespan 2:00 Tech Tuesdays	7 9:00 Exercise 10:00 Dominoes 1:00 Line Dancing 2:30 Chair Yoga	8 9:00 Exercise 10:00 Art in Around 1:30 Foot Clinic	9 9:00 Exercise 10:00 Ping Pong 11:30 Lunch in the Park
12 9:00 Exercise 10:00 Homeless Mat Making 10:30 Sit & Be Fit 1:00 Canasta 1:30 Show and Tell	13 9:00 Exercise 10:30 Walking Group Noon: Bridge 1:00 Angel Gowns 2:00 Tech Tuesdays IPAD Lessons	14 9:00 Exercise 10:00 Dominoes 1:00 Line Dancing 2:30 Chair Yoga	15 9:00 Exercise 10:00 Art in Around 10:00 Poker 2:00 Legal Advice	16 9:00 Exercise 10:00 Ping Pong
19 9:00 Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit 1:00 Canasta 1:00 Brain Games	20 9:00 Exercise 9:15 Massage 10:30 Walking Group Noon: Bridge 1:00 Music in the Park	21 9:00 Exercise 10:00 Dominoes 1:00 Line Dancing 2:30 Chair Yoga	22 9:00 Exercise 10:00 Art in Around	23 9:00 Exercise 10:00 Ping Pong
26 9:00 Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit 1:00 Canasta	27 9:00 Exercise 9:30 Botanic Garden Trip 10:30 Walking Group Noon: Bridge 2:00 Tech Tuesdays	28 9:00 Exercise 10:00 Dominoes 1:00 Line Dancing 2:30 Chair Yoga	29 9:00 Exercise 10:00 Art in Around 1:30 Foot Clinic	30 9:00 Exercise 10:00 Ping Pong 1:30 Ice Cream Social

Fun and Learning

Monthly Educational Series
sponsored by



Tuesday, July 6th, 1 PM

July Topic:

Healthy Aging Through the Lifespan

This presentation reviews some of the latest research on how to age well, whatever your current age. It will also explore theories of aging, how much difference lifestyle makes and what lifestyle factors have the greatest impact on how we age.

This presentation will be led by
Carol Cummings, RN, BSN,
Senior Director Optimum Life and Engagement
Join us in person or via Zoom

Email us to register if you would like the zoom link

IPAD Lessons



*Curious about technology, but
afraid to give it a try?*

Tuesday July 13th 2 PM

**Borrow one of our IPAD's or bring your
own if you have one!**

**Please register in advance so we have
enough equipment available.**

Brain Games

**Come exercise your brain with
some teasers and trivia!**

Monday, July 19th, 1 PM



**with Kay Reissig
from Shepherd
Premier Senior Living**

Show and Tell!

Free Keepsake
included

Be ready to share one of your major unique memories,

*plus bring with you one of your favorite personal pictures and you
will go home with a keepsake to share with your family or friends.*



Hosted by Betty Giannasi of Legacy for Family

Monday, July 12th, 1:30 PM

Registration required by 7/9

Activities/Programs

Registration is not required for activities unless specified below.

REST in
HIS Arms
Angel Gowns



**Tuesday, July 13th
1-3 PM**

We are looking for
Volunteers to pin and cut
patterns on donated
wedding dresses.

No sewing experience
needed as we are only
cutting the fabrics.

Supplies are provided. We
just need your smiling
face and happy hands to
come enjoy the company
of others and cut out
simple, baby sized dress
patterns.

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.



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 July 15th.

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



**Bridge is
Back!**

**Tuesdays at
Noon**

**No food or drinks will be provided.
Each person is allowed to bring a
beverage in their own container.**

**Please call Delores (847-362-6387) at
least one day in advance to sign up if
you would like to play so we know
how many tables to set up.**

If you have been vaccinated and are past the 2 week waiting
period a face covering are optional. If you have not been
vaccinated we ask that you wear a mask that covers your
mouth and nose while in the Civic Center Building.

Senior Center Get Togethers

Lunch in the Park Friday, July 9th, 11:30 AM

Meet at the Senior Center to walk over and lunch with others for the Lunch in the Park event hosted by MainStreet Libertyville in Cook Park.

Bring your own chair, browse the food vendors for what tastes good to you and enjoy the music of *Moon and the Man*

Drop ins are welcome but if you register in advance you will receive a sweet treat compliments of the Libertyville Senior Council!



Sole Mates!

Walking Group
Every Tuesday at 10:30 am



This new activity is going to happen every week so you can get your steps in and meet others while doing it.
Come once a month, twice a month, randomly or every Tuesday.
Whatever is good for you!

Each month will be a different place to walk so you can discover the beauty of the surrounding area as well!

July location will be Old School Forest Preserve
July 6th, 13th, 20th, and 27th

Chicago Botanic Garden

Tuesday, July 27th

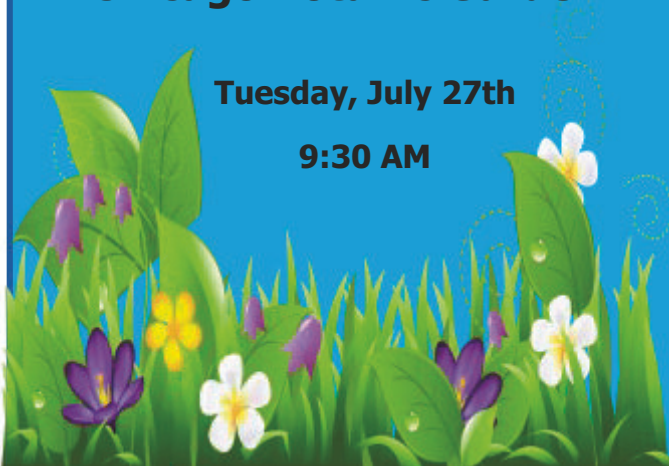
9:30 AM

Meet at the Senior Center, drive yourself and/or we will coordinate car pooling to see the beautiful Chicago Botanic Garden.

\$10 per car,
Butterflies and Blooms
optional exhibit is \$7 per person

Please register and let us know if you can drive or prefer to ride.

We must have enough drivers or trip will be cancelled



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UPCOMING AUGUST ACTIVITIES



If you have been vaccinated and are past the 2 week waiting period a face covering is not required. If you have not been vaccinated we ask that you wear a mask that covers your mouth and nose while in the Civic Center Building.

Arlington Race Track Trip
Baseball and Ball Parks: Cubs vs White Sox
Libertyville Days Festival
Health and Wellness Fair with Music

