

Libertyville SENIOR UPDATE



September 2020

Libertyville Senior Center

Jennifer West, Program Manager
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847-247-7659
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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

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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

**Libertyville Senior Center
847-247-7659**



**Ah, September! You are the doorway
to the season that awakens my soul.**



**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

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 ● Mrs. Maisel

TUESDAYS

Exercise ● Massage ● Tech Help

WEDNESDAYS

Exercise ● Dominoes ● Chair Yoga
Wood Carving ● Angel Gown Project (2nd)

THURSDAYS

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

FRIDAYS

Exercise ● Friendship Fridays (Coffee talk and games)
● Tai Chi

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



We hope to return to providing this service soon to accompany your conversations!
Be advised water fountains are not available in the building either.
Feel free to bring your own beverages.

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.

FRIENDSHIP FRIDAYS
Hanging out with friends, playing games and enjoying social time.

Health Services

CHAIR MASSAGES — September 1st, 8th, 15th

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)*



CHAIR YOGA

Sharon is Back starting Sept. 9th
Live on the Big Screen!

YOGA

NEW DAY and TIME!! 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.

Donate to the Libertyville Township Food Pantry

Drop off items at the Libertyville Township Office at 359 Merrill Ct. Libertyville. (847-816-6800) Items in need are: TOILET PAPER, paper bags, pasta, pasta sauce, rice, canned tuna, mac & cheese, bar soap, paper towels and personal care items.



HEALTH SCREENINGS!

September 15th, 1 pm
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 beginning at 1 pm, 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

Welcome to the Fall Season!

With the change in season, let's hope there is good change in the world as well! We have been getting into a new rhythm here at the Senior Center. We are trying to find the things you all value most but also doing our best to keep you safe at the same time. I believe those that have stopped in for some of our fun will agree we are doing the best we can during this pandemic.



We are trying some new things here so be sure to check out the info on our Tech Help Tuesdays, Tai Chi, and Mondays with the Marvelous Mrs. Maisel. If there is a program we have not brought back that you would love to see, please let us know. The Senior Center is for you, so we want to make sure we are meeting your needs. Some times we need to hear what those things are. Don't hesitate to give us your thoughts and ideas.

We of course love it when you drop in and see us, but we are also taking registrations for all activities via the phone or email as well.

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.



HAPPY SUPER SEPTEMBER BIRTHDAY!

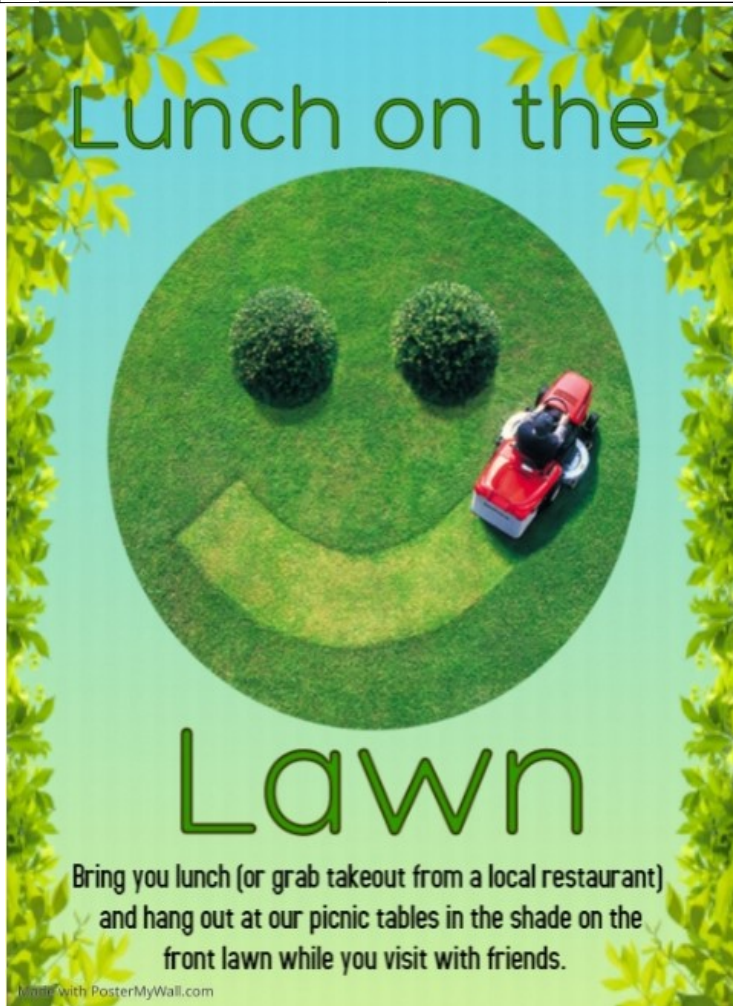
Call, Email or Stop in and give us your September birthdate to receive a birthday gift from us!

2020 Birthday Bash parties sponsored by:

**THE SPRINGS OF
VERNON HILLS**

ALZHEIMER'S SPECIAL CARE CENTER

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



**MUSIC IN THE LOT!
FRIDAY, SEPT 11TH, 1:30 PM
IN THE SENIOR CENTER
PARKING LOT**



Steve Justman - The Roots of America

An extremely well researched show that connects with the POWER of music.

Warm, pleasing vocals and expert musicianship. Steve has a huge repertoire of music that will have you singing and dancing along.

Registration with the Senior Center preferred. Shaded tent seating provided. May bring your own chair.

New this Month!

Mondays with "The Marvelous Mrs. Maisel"

1 PM - Bring your own snacks

This comedy-drama series follows the 1950's life of Midge Maisel as she lives what people believe is a 'perfect married life' but discovers she has a knack for stand up comedy.

This Amazon Prime series has everyone talking, has received critical acclaim and won multiple awards.

Each Episode is approximately 50-55 minutes, Rated 16+

Watch an episode with us every Monday and then chat with others to decide what might happen next week.



Tech Help Tuesdays!

Do you need help loading an app on your phone? Adding a contact or changing settings? Want to attach a file to an email or need help with a program on your lap top?



Tuesdays from 2-4 PM

**Make an appointment and Jennifer will help you figure out your technology.
Help with iPhone and Android Phones as well as tablets and basic computers questions.**

Tai Chi for Arthritis and Fall Prevention

This Tai Chi is a group exercise program designed to increase range of motion, strength, flexibility and overall wellness. Exercises offered are appropriate for people of all fitness levels, including those with arthritis.

Fridays at 1 PM

Live Streamed at the Senior Center



**To participate from your home register at 773-271-9001
or mflores@whitecranewellness.org**

Calendar of Events

**SEPTEMBER
2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Exercise 9:15 Massages 11:00 Dogs on the Bluff 2:00 Tech Tuesdays	2 9:00 Exercise 10:00 Dominoes 1:00 Wood Carving 1:00 Brain Games	3 9:00 Exercise 10:00 Art in Around 10:00 Poker 11:30 Ted Talk—"How to live to be 100+" 12:30 Cub's Watch Party 1:00 Wood Carving	4 9:00 Exercise 10:00 Friendship Fridays Bunco and/or Card Games, Socialize, chat, discuss current events. 1:00 Tai Chi
7 CLOSED 	8 9:00 Exercise 10:00 Massages 2:00 Tech Tuesdays	9 9:00 Exercise 10:00 Dominoes 1:00 Wood Carving 1:00 Angel Gowns 1:00 Chair Yoga	10 9:00 Exercise 11:30 Ted Talk—"The Transformative Power of Classical Music" 1:00 Wood Carving 1:30 Foot Clinic	11 9:00 Exercise 10:00 Friendship Fridays 1:00 Tai Chi 1:30 Steve Justman: "Musical Memories Program"
14 9:00 Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit 1:00 Marvelous Mrs. Maisel 1:00 Canasta	15 9:00 Exercise 9:15 Massage 10:00 Senator McConchie Sec. of State Mobile Unit 1:00 Health Screening 2:00 Tech Tuesdays	16 9:00 Exercise 10:00 Dominoes 1:00 Wood Carving 1:00 Chair Yoga	17 9:00 Exercise 10:00 Art in Around 10:00 Poker 11:30 TedTalk, "Body Language" 1:00 Wood Carving 1:00 White Sox Watch Party 2:00 Legal Advice	18 9:00 Exercise 10:00 Friendship Fridays 1:00 Tai Chi
21 9:00 Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit 1:00 Marvelous Mrs. Maisel	22 9:00 Exercise 2:00 Tech Tuesdays	23 9:00 Exercise 10:00 Dominoes 1:00 Wood Carving 1:00 Chair Yoga TBD— St. Joseph's Trivia Event	24 9:00 Exercise 10:00 Art in Around 11:30 Ted Talk—"The Surprising Science of Happiness" 1:00 Wood Carving 1:30 Foot Clinic	25 9:00 Exercise 10:00 Friendship Fridays 1:00 Tai Chi
28 9:00 Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit 1:00 Marvelous Mrs. Maisel 1:00 Canasta	29 9:00 Exercise 1:00 Ice Cream Social 2:00 Tech Tuesdays	30 9:00 Exercise 10:00 Dominoes 1:00 Wood Carving 1:00 Chair Yoga		

Trips, Outings & Special Events

Dogs on the Bluff Public Art Display Walking Tour



Tuesday,
September 1st
11 AM

Meet up with Jennifer and others at the Lake Bluff History Museum to begin an outdoor walking tour of these beautifully painted pups located throughout downtown Lake Bluff. Stay for lunch on your own afterwards at one of the many nice restaurants.

*Must drive yourself or coordinate a ride with others, transportation not provided by the Senior Center.

TED TALKS are influential videos from expert speakers on education, business, science, tech and creativity. Please join us on **Thursdays at 11:30** for these short, entertaining video presentations that cover many interesting topics.

Please see calendar on page 8 for titles.

TED



UPCOMING EVENTS

HOSTED BY SENATOR DAN McCONCHIE

VISIT MY WEBSITE TO STAY UP TO DATE!

www.senatormcconchie.com



VIRTUAL MEDICARE 101

THURSDAY, SEPTEMBER 10 | 10 A.M. – 11:30 A.M.
TUESDAY, OCTOBER 6 | 10 A.M. – 11:30 A.M.

Join a **FREE WEBINAR** on your computer from the comfort of your home. MEDICARE can be a complex and confusing program. Join with Senator Dan McConchie and AARP for Medicare 101! Please visit www.senatormcconchie.com for instructions on how to register for this online event. You will have the opportunity to ask live questions and get answers during the webinar.

NEW AND CURRENT BENEFICIARIES WELCOME

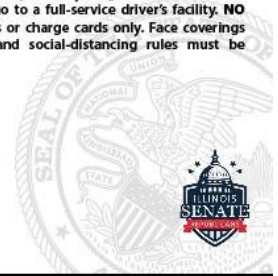


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SECRETARY OF STATE MOBILE UNIT

TUESDAY, SEPTEMBER 15 | 10 A.M. – 2 P.M.
LIBERTYVILLE SENIOR CENTER
135 CHURCH STREET
COMMUNITY ROOM C (ON THE MAIN FLOOR)
LIBERTYVILLE, IL 60048

GET: License plate stickers, Illinois ID cards, driver's license renewals for persons younger than 75. Folks 75 and older must go to a full-service driver's facility. **NO REAL IDs.** Checks or charge cards only. Face coverings must be worn and social-distancing rules must be followed.



**Marriott Theatre Lincolnshire
performances have been cancelled
for this year.
Our trips for their shows will be
rescheduled in 2021.**

marriott | 
T H E A T R E

Activities/Programs

Registration is not required for activities unless specified below

Friendship Fridays! Card Games or Bunco

Every Friday, 10AM

Come hang out with your friends, bring a cup of coffee! Socialize and discuss current events or play games like Kings in the Corner or Bunco or come teach others a new game you play and love!

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

Please feel free to bring your own.



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 an September 17th 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 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



FOOT CLINIC IS BACK!

Call or Stop in for info and reservations

TWICE A MONTH!
THURSDAY, SEPTEMBER 10TH,
1:30PM
THURSDAY, SEPTEMBER 24TH,
1:30PM



St. Joseph's Church Retirees and Wannabees Group, with support from the Senior Council, will be hosting a virtual trivia event September 23. Registration will be required, and details will be forthcoming. Save the date and stay tuned for additional details. Participants will need access to a computer to join in a Zoom format. Prizes to be awarded.



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.



- CANASTA -
Mondays, 1 PM

Sept. 14th, 28th

Senior Center Happenings

Brain Games

with Kay Reissig from Shepherd Premier Senior Living

Wednesday, September 2nd , 1 PM

*Keep your brain in shape with these fun games,
puzzles and trivia questions.*



CUBS WATCH PARTY on the BIG SCREEN!

Thursday, September 3rd, 12:30

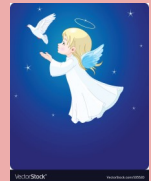
Cubs are taking on the Pirates in this afternoon game
So come cheer on the Cubs to a W!

Feel free to bring your own snacks.



Angel Gowns Project

Wednesday, September 9th
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.*



White Sox Watch Party on the Big Screen!

*Join us for some baseball on Thursday, Sept 17th at 1 pm for the
White Sox vs the Twins. Baseball is back!
Bring your own snacks or beverages!
FREE RAFFLE DRAWING!*



Ice Cream Social

Tuesday, September 29th

Free

Drop in between 1 and 3 pm

Socialize while social distancing in the parking lot of the Civic Center

**Rain location will be inside*



135 W. Church St. • Libertyville IL 60048

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



UPCOMING EVENTS

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.

October Events

A Day of Desserts
Terrific Tuesdays
National Senior Health and Fitness Day

November Events

Veteran's Day Observation
Thanksgiving Special Event