

# Libertyville SENIOR UPDATE



## SENIOR COUNCIL MEMBERS & CONTACT INFORMATION

### Libertyville Senior Center

Jennifer West

135 W. Church Street

.....847-247-7659

libseniorcenter@sbcglobal.net

### Fun and Lunch Bunch

First Presbyterian Church of  
Libertyville

Jim King.....847-744-0066

### Knights of Columbus #3674

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

### United Methodist Church

Ruth Morgenthaler847-816-3368

### 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

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

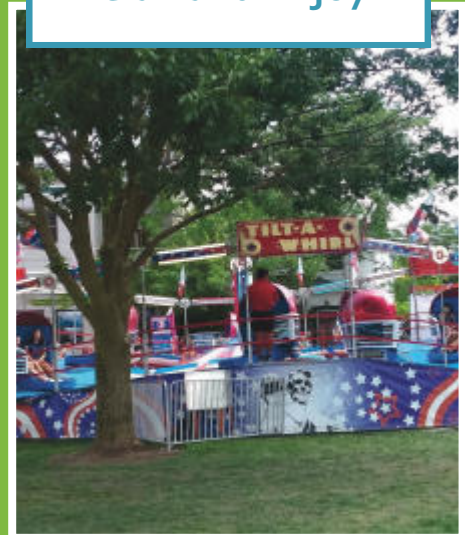
**Libertyville Senior Center:**  
**847-247-7659**

## August 2019

“Summertime and the living is easy”



Relax and Enjoy!



“Life is like a summer rose, that  
opens to the morning sky”

## Inside This Issue:

Activities/Programs.....	2
Health Services .....	3
Message from Jennifer .....	4
Parties & Program Lunches...	6
Calendar of Events .....	7
Libertyville Diner Menu .....	8
Trips.....	9
Programs & Special Events	10
Programs & Special Events	11
Upcoming Events.....	12

### 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



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—fee applies to Diner and Massage

## MONDAYS

Exercise ● Sit and Be Fit ●  
Homeless Mat Making ● Libertyville Diner  
● Birthday Bash (2nd Mon)

## TUESDAYS

Exercise ● Bridge ● Massage (Twice a Month)  
● Cancer Research Specialist Anant Kulkarni (4th) ●  
Matter of Balance

## WEDNESDAYS

Exercise ● Dominoes ●  
Wood Carving ● Libertyville Diner

## THURSDAYS

Exercise ● Art-in-Around (1st & 3rd) ● Bingo (3rd)  
● Wii bowling (2nd & 4th) ●  
Poker (1st & 3rd)

## FRIDAYS

Exercise ● Libertyville Diner ● \*NEW\* Bunko (1st & 3rd)

### EXERCISE

Group exercise along with the Silver Foxes CD.

### SIT & BE FIT

Gentle chair and band exercise, promoting flexibility & strength.

### MAT MAKING

Crocheting mats out of ordinary plastic bags to benefit the homeless.

### DOMINOES

Double 12  
All are welcome.

### WOOD CARVING

Bring your own supplies and work alongside other carvers.

### ART-IN-AROUND

Instructed drawing class for all ability levels.

# Health Services

## August 6th & 20th (Tuesday) - MASSAGES (NO MASSAGES IN SEPTEMBER)

Appointments are required for a fully clothed therapeutic chair massage. The fee is \$12.00 and is collected at the time of service. **Missed appointments will be billed. Cancellations must be received 24 hours before the scheduled appointment.** In case of an emergency, the therapist's discretion will be used. Please call 847-247-7659 to schedule your appointment.

Another Great Trip  
Refer to page 6 for more information



### The Largest & Most Attended Senior Expo in Chicagoland

24th Annual Senior Lifestyle Expo  
**August 20 & 21, 2019 | 9 AM - 2 PM**  
Drury Lane Theatre & Conference Center  
100 Drury Lane  
Oakbrook Terrace, IL 60181

[www.SeniorLifestyleExpo.org](http://www.SeniorLifestyleExpo.org)

## 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**

## Matter of Balance

Concerns about falling? Join us for an action-oriented 8-week workshop designed to help you avoid falls and improve balance and stability!

8 week class, every Tuesday starting July 9th at 10am. Program is FREE! Participate in at-least (6) of the (8) classes and receive a \$20 gift card.



## 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

# Message from the Senior Center Manager

Hello Summer!

I hope you are getting out and enjoying the great weather and the wonderful things Libertyville has to offer. We have another action packed month of activities for you in August so I hope you can try and join us for some of the fun.



We have two trips this month. The first is on August 8th to Arlington Race Track to see the horse races. Our second one is a trip to the Senior Lifestyle Expo on August 21st where you can attend an education seminar, see entertainment, receive health screenings, gather wellness information, and explore many other great opportunities. Call or stop in today to sign up for these great trips that include transportation. Seats are limited.

Our Cubs watch parties have been popular. I encourage you to stop by and see a few innings of a game and enjoy ballpark favorites like hot dogs, peanuts and popcorn at the two events this month. If ice cream is more your thing, then come to the Ice Cream Social sponsored by the Senior Council on the afternoon of August 20th.

See you soon at the Senior Center!

Jennifer West, Program Manager

 <p><b>ELM REALTORS</b> <b>Carol August</b> (847)226-6182 carol.august@gmail.com</p>	<p><b>“MR. FIX-IT”</b> Electrical * Carpentry Doors * Painting Miscellaneous Maintenance <i>If you don't see it listed, ASK!</i> <b>Frank Zavaski</b> (847) 767-7737 fzjz@wwdb.org A Division of: FZ Sales &amp; Services</p>	 <p><b>Nicasa</b> Behavioral Health Services</p> <p>Worried about your gambling, or that of a loved one? We're here to help.</p> <p>Free and confidential services. Call 847-546-6450 and ask for a free gambling consultation.</p>	
 <p>➤ Reach the Senior Market <b>ADVERTISE HERE</b></p> <p><b>CONTACT</b></p> <p>Contact Peter Van Doren to place an ad today! pvandoren@4LPi.com or (800) 950-9952 x2572</p>	<p>Call today to connect with a <b>SENIOR LIVING ADVISOR</b> INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE</p> <p>A Place for Mom has helped over a million families find <b>senior living solutions</b> that meet their <b>unique needs</b>.</p> <p><i>There's no cost to you!</i> <b>(888) 612-8951</b> We're paid by our partner communities</p>  <p>◀ <b>Joan Lunden</b>, journalist, best-selling author, former host of <i>Good Morning America</i> and senior living advocate.</p> 		



Call about our Pre-Planning program



Mark & Brian McMurrough,  
Directors

Libertyville  
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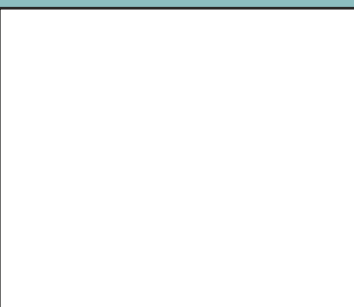
**Randy Plotner**  
Graduate Gemologist (GIA), ISA

[gempactvaluation.com](http://gempactvaluation.com)  
[Randyplotner.gg@gmail.com](mailto:Randyplotner.gg@gmail.com)

**779.800.9356**

**HELP PROTECT YOUR FAMILY & HOME**  
CALL NOW! 1-888-891-6806

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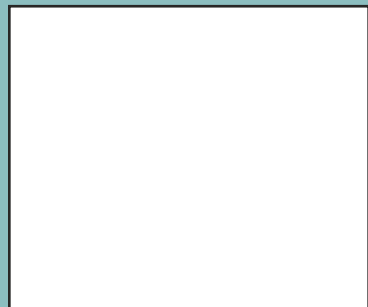
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## Parties, Programs & Lunches

### *Libertyville Diner*

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

The Libertyville Diner offers an atmosphere of good fellowship as well as nourishing meals 3 days a week prepared by local restaurants and caterers for anyone 55 and above.

Meals are served at **NOON** most **Mondays, Wednesdays and Fridays**. The cost includes coffee and dessert. Please register and pay for meals at least 3 days in advance.

### **ITALIAN THEMED BIRTHDAY BASH**

#### **Musical guest, Dave "Elvis" Ehlert (3 Crooner's tribute) Monday August 12th**

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: Spaghetti and Meatballs, Green Beans, Salad & Garlic Bread with entertainment to follow from 1-3 p.m. Cost is \$7.00. **Subsidized by the Senior Council, Sponsored by Gurnee Manor Assisted Living.**

#### **Western BBQ & Sing Along with ERNIE GARNER! Friday, August 23rd!**

Enjoy a great meal from Catered Productions: BBQ Chicken, Roasted Red Skinned Potatoes, Baked Beans & Slaw. Music and sing a longs with Ernie after lunch.

**Sponsored by: Brookdale Senior Living**



#### *Save the Date*



[www.SeniorLifestyleExpo.org](http://www.SeniorLifestyleExpo.org)

**The Largest & Most  
Attended Senior Expo  
in Chicagoland**

24th Annual Senior Lifestyle Expo  
**August 20 & 21, 2019 | 9 AM - 2 PM**  
Drury Lane Theatre &  
Conference Center  
100 Drury Lane  
Oakbrook Terrace, IL 60181

Join us on Wednesday, August 21st for an Educational Seminar. Stroll over to the entertainment stage for music, receive screenings and other important health and wellness information. You will be dazzled by the innovation at the Tech Connect Ballroom. Over 130 exhibitors. Leave the Senior Center

at 10:30am return 3pm. \$10 includes ticket to expo & transportation. We will be stopping for lunch, but will be at your own expense. This event is open to the public if you wish to go on your own.

# Libertyville Diner Menu - AUGUST 2019

MONDAY	WEDNESDAY	FRIDAY
<p><b>Please Make Checks Payable to Libertyville Civic Center. We request lunch reservations be made 3 days in advance.</b></p>	<p><b>All meals served at noon \$7 per meal</b> <b>Includes Dessert, Coffee &amp; Water</b></p>	<p><b>No Diner</b> <b>1:20pm Cubs Watch Party</b> <b>\$2 Hotdogs, Popcorn &amp; Peanuts</b></p>
<p><b>5</b></p> <p><b>Sunset</b> Spiral Baked Ham Mashed Sweet Potatoes Steamed Broccoli</p>	<p><b>7</b></p> <p><b>Making Choices: Lunch N Learn FREE - Menu TBD &amp; provided by Heartland Hospice Care &amp; The Spring of Vernon Hills</b></p>	<p><b>9</b></p> <p><b>Fodrak's</b> Grilled Tilapia Mac &amp; Cheese Garden Salad</p>
<p><b>12</b></p> <p><b>Birthday Bash</b> <b>Catered Productions</b> Spaghetti &amp; Meatballs Green Beans, Salad &amp; Garlic Bread <b>Sponsor: Gurnee Manor Assisted Living</b></p>	<p><b>14</b></p> <p><b>Fodrak's</b> Pork Tenderloin Greek Potato Greek Salad</p>	<p><b>16</b></p> <p><b>Hong Kong Chop Suey</b> Sweet and Sour Chicken Pork Fried Rice and Egg Roll</p>
<p><b>19</b></p> <p><b>Pizza Italia</b> Lasagna Italian Dinner Salad And Garlic Bread</p>	<p><b>21</b></p> <p><b>Clucker's Charcoal Chicken</b> Pulled Pork Red Beans and Rice Peanut Slaw</p>	<p><b>23</b></p> <p><b>Western BBQ &amp; Sing Along</b> <b>Catered Productions</b> BBQ Chicken, Roasted Red Skinned Potatoes, Baked Beans &amp; Slaw</p>
<p><b>26</b></p> <p><b>Rosati's</b> Slice of Pizza Caesar Salad Fries</p>	<p><b>28</b></p> <p><b>Jimmy's Char House</b> Wood Roasted Chicken Garlic Mashed Potatoes Garden Salad &amp; Bread</p>	<p><b>30</b></p> <p><b>Fodrak's</b> Gyro Greek Salad</p>

# Calendar of Events

**AUGUST  
2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 9:00a Exercise 10:00 Art in Around 1:00 Poker 1:00 Wood Carving <b>Foot Clinic</b>	<b>2</b> 9:00a Exercise <b>1:20 Cubs Watch Party vs. Brewers</b>
<b>5</b> 9:00a Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit <b>12:00 Diner</b>	<b>6</b> 9:00a Exercise <b>10:00 Matter of Balance</b> 12:00 Bridge	<b>7</b> 9:00a Exercise 10:00 Dominoes <b>12:00 Diner</b> <b>1:00 Lunch and Learn, Making Choices</b> 1:00 Wood Carving	<b>8</b> 9:00a Exercise 10:00 Legal Advice 10:00 Wii Bowling / Bags 1:00 Wood Carving 1:00 Canasta <b>Arlington Race Track Trip</b>	<b>9</b> 9:00a Exercise <b>12:00 Diner</b> <b>1:00 Bunko</b>
<b>12</b> 9:00a Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit <b>12:00 Diner</b> <b>1:00 Birthday Bash Italian Themed</b>	<b>13</b> 9:00a Exercise 9;15 Massage <b>10:00 Matter of Balance</b> 12:00 Bridge	<b>14</b> 9:00a Exercise 10:00 Dominoes <b>10:00 Angel Gowns</b> <b>12:00 Diner</b> 1:00 Wood Carving	<b>15</b> 9:00a Exercise 10:00 Art in Around 1:00 Poker 1:00 Wood Carving <b>Marriott Trip—Darling Grenadine - Bus leaves at noon</b>	<b>16</b> 9:00a Exercise <b>12:00 Diner</b>
<b>19</b> 9:00a Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit <b>12:00 Diner</b> <b>1:00 Chicago Lighthouse Lecture</b>	<b>20</b> 9:00a Exercise <b>10:00 Matter of Balance</b> 12:00 Bridge	<b>21</b> 9:00a Exercise 10:00 Dominoes <b>12:00 Diner</b> <b>10:30 Senior Lifestyle Expo Trip</b> 1:00 Wood Carving	<b>22</b> 9:00a Exercise 10:00 Wii Bowling / Bago 1:00 Wood Carving 1:00 Canasta <b>1:20 Cubs Watch Party vs Washington</b>	<b>23</b> 9:00a Exercise <b>12:00 Western BBQ—Ernie Garner Performs - Sponsor: Brookdale Senior Living</b>
<b>26</b> 9:00a Exercise 10:00 Homeless Mat making 10:30 Sit & Be Fit <b>12:00 Diner</b>	<b>27</b> 9:00a Exercise <b>10:00 Matter of Balance</b> 12:00 Bridge <b>1:00 Speaker Ananat Kulkarni (Prostate Cancer specialist)</b> <b>1:00 - 2:30 Ice Cream Social</b>	<b>28</b> 9:00a Exercise 10:00 Dominoes <b>12:00 Diner</b> 1:00 Wood Carving <b>1:00 Bingo Sponsored: Bank Financial)</b>	<b>29</b> 9:00a Exercise 10:00 Art in Around 1:00 Poker 1:00 Wood Carving <b>1:10 White Sox Watch Party</b>	<b>30</b> 9:00a Exercise <b>12:00 Diner</b>



# Trips & Outings



## Marriott Theatre Lincolnshire Performance & Box Lunch (optional)



August 15th

October 17th

Join us at the Senior Center for a Boxed Lunch served at 11 am, then 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.

Lunch costs \$8 - Tickets cost \$37.00 each

Register and pay at the Senior Center.

**NO REFUNDS WILL BE GIVEN**

Limited # of tickets per show.

## 28TH ANNUAL WINDY CITY TOUR DATES

Due to popular demand! There will be Two tours this year! October 2 & 9, 8:45am - 7pm  
Led by Dick Jacob

Reservations begin Mon. Sept 9 at St. Joseph parish office, 121 E. Maple Ave, Lib. Cost includes lunch: \$60/person. Checks payable to St. Joseph Church. Coach bus departs from parking lot at Hulbert Ct & Park Place at 8:45am returning at 7:00pm. Wear comfortable shoes and bring a light coat for the sunset stop.

“Visit a suburban church remarkably connected to one in Chicago by the disastrous Chicago fire. Also visit that church, the 1st in the city to have electric lights; it’s still using them. In a sense some same history in 3 different places. See over 8300 Toby Jugs, the world’s largest collection; the spectacular Elk’s National Veterans Memorial, it’s go enough opulence for a sultan’s palace; a hidden away history of early Chicago done in large tiles, and an even earlier history done in mosaic tiles in a building lobby. Walk through a plaza full of phot ops; bring your camera. Lunch at 2:00 is in the historic Union League Club followed by a 30-minute stroll around this area of architectural significance which includes the city’s tallest brick building which was the first in Chicago to have electric lights. Other highlights include a church on Michigan Ave. and a walk along the river.  
Don’t miss this trip !

## **SOLD OUT!**

Call to be added to a waiting list.

### Another Great Trip—September 17th

The Sanfilippo “Place de la Musique”

Known worldwide for its magnificent collections of beautifully restored antique music machines, phonographs, arcade & gambling machines, chandeliers art glass, the world’s largest restored theatre pipe organ, the most spectacular European salon carousel in

existence, street & tower clocks, steam engines & other functional mechanical antiques, displayed within a breathtaking French Second Empire setting. The 44,000 square foot mansion is stunning.

Be prepared to be amazed!

Bus will leave Senior Center 12:30 & return 5:30 Cost \$26. Sorry, no refunds. Register at the Senior Center  
[www.sanfilippofoundation.org](http://www.sanfilippofoundation.org)



## “LETS ALL GO TO THE RACES!”

### Trip to Arlington Race track!



August 8th we are hitting the racetrack. \$13 Includes transportation, admission with reserved box seat, and program. Bus leaves the Senior Center at 11:30 am and returns at 4:30pm. Lunch not included but can be purchased at the race track.

Sign up at the Senior Center today!

# Activities/Programs



**BINGO !!!!**  
**Wednesday, August**  
**28th 1:00pm..**  
**Sponsored by: Bank**  
**Financial**



No Line Dancing for the months of July and August



**Legal Advice**  
 Attorney Patrick Hart will be at the Senior Center for free legal help. Appointments start at 10:00 a.m. and are 15 minutes. Registration is required. Please call the Senior Center at 847-247-7659 to register for a August 8th appointment.

**2nd & 4th**  
**Fridays**

**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. Interested seniors please contact Hal Halen at 847-918-8909

**Wii Bowling w / John**  
**Every 2nd and 4th**  
**Thursdays 10am**



**1st & 3rd Thursdays**



**Drawing Class**

**Rest in His Arms**

**ANGEL GOWN PROJECT**

**Wed. Aug. 14th stop in anytime between 10am - 1pm**

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



**“IS IT CANCER?”** Many middle-aged men will have urinary and/or prostate troubles. As part of the evaluation of such problems, a test called PSA is carried out. It is useful to know, the results of the test do not always mean that cancer is present. To understand these issues, come to the meeting at the Senior Center. Cancer Research Specialist, Anant Kulkarni will be holding this once a month program that will concentrate on Prostate Cancer information. This program will take place every 4th Tuesday, from 1:00pm to 2:00pm (August 27th)

**THE NEXT FOOT CLINIC**  
**WILL BE AUGUST 1ST..**

**Sign up today !!!!!**



# Programs & Special Events



## Monday, August 12th - Italian Themed Birthday Bash

Cost is \$7 Featuring **Dave “Elvis” Ehlert**

Dave will be performing his “3 Crooners Show” Songs by Dean Martin, Frank Sinatra and Tony Bennett! This is a can't miss event !

Lunch by: CATERED PRODUCTIONS/Spaghetti and Meatballs, Green Beans, Salad and Garlic Bread - Sponsored by Gurnee Manor Assisted Living



## Monday, August 19th 1pm

### VISION CARE SPECIALISTS.



Melissa Wittenberg, Senior Director of Lighthouse North, will share a bit about the programs & services that are available at Lighthouse North for people of all ages experiencing vision loss. Discussion to include occupational & psychological counseling services pertaining to vision loss and optimizing your remaining vision.

## Cubs & Sox Watch Parties



Come join us Fri., Aug. 2nd and Thurs., Aug 22nd( Cubs), and Thurs., Aug. 29th(Sox) to watch the game on the big screen. 1:00PM - Hot Dogs, peanuts, popcorn, water and soda offered.



### \* LUNCH AND LEARN \*

“Making choices: Importance of Advance Directives” Join us for a FREE lunch and lecture about goals and preferences for your future healthcare. This program can help you decide what is important to you and what you want as well as what your loved ones should know about your decisions. Wednesday, August 7th, 12:00 (noon)

Sponsored by:



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## UPCOMING EVENTS

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



### September Events

- Thursday, September 5th, 1:30 - Movie Matinee!
- Monday, September 9th - Birthday Bash - Featuring Greg Spizzirri
- Thursday, September 12th - Legal Advice
- Thursday, September 12th - Foot Clinic
- Tuesday, September 24th, 2pm - Healthy Living for your brain and body lecture

### October Events

- Wednesday, October 9th, 10am - Medicare Lecture
- Thursday, October 10th - Legal Advice
- Monday, October 14th - Birthday Bash - Musical guest Randy Walker
- Thursday, October 17th - Marriott Trip - Oliver
- Wednesday, October 23rd, 2pm Essential Vitamins & Minerals for the Mature Adult  
Lecture
- Wednesday, October 30th - Halloween Party