



Senior Scene

A publication for Skokie's senior citizens

Winter 2011-12

Senior Extended Trip

Spain Costa Del Sol (9 Days/11 Meals)

Experience the scenic wonders of the Andalusia region of Spain! From the coastline of the Costa del Sol, to the rich architectural heritage of Granada, you are sure to experience a variety of cultures that makes Spain one of the three most visited countries in the world. Enjoy a city tour of Malaga, the birthplace of Pablo Picasso, with spectacular views of the coastline and Torremolinos. Explore the mountainous region of Ronda, the birthplace of modern bullfighting, or a full day excursion to Seville, where you will wander through narrow alleyways and courtyards filled with tiled fountains, wrought iron gates, and fresh flowers. The trip will end with a trip to Granada and an excursion to The Alhambra, a magnificent architectural treasure.

This trip requires you to have a valid U.S. Passport, not to expire within 6 months of the trip. Also receive free airport transfers provided by Mayflower and \$45 in Mayflower Money!

Departure Date: November 7, 2012

Twin room (per person)	\$1,299
Twin room plus air (per person)	\$2,429
Single room	\$1,698
Single room plus air	\$2,828

Additional travel protection plan is available for \$199.

For additional information, please call Imelda with Mayflower Tours at (630) 435-8221 or Lisa at (847) 674-1500 ext. 2725.



HAPPY BIRTHDAY!

ELVIS

TUESDAY, JANUARY 31
1-2:30 PM \$12 RES \$15 NON-RES

Singer. Musician. Actor. Icon. Celebrate the life of the legendary performer who changed the face of rock and roll. See the King like never before in this dazzling collection of film clips, from "Jailhouse Rock" to his thrilling concert film, "That's The Way It Is," and many more! We will serve popcorn during the presentation. It is Elvis' birthday month, so we will share a birthday cake at the end of the party to celebrate. Please register by January 24. #461261-01



Sociable Senior Spring Party

Join the Skokie Seniors for an afternoon of lunch, bingo and entertainment. Prizes will be awarded for bingo! Lunch will include a corned beef and cabbage buffet. Registration deadline is March 8.

Age: 55 + Location: Oakton Center

Code	Days	Dates	Time	R	N
461261-01	Tu	3/15	12-2P	\$12	\$15



Contents

Clubs	3 - 5	Exercise.....	6
Day Trips	4	Free Movie Day.....	2
Defensive Driving	3	Senior Programs	2
Dining Out	3	Parties.....	1
Lunch Bunch	3	Travel.....	1
Drop-in Programs	2		

Senior Lounge

Available to Skokie Residents 55 & better. Located at the Oakton Community Center

- Access to the Lounge Mon–Sat: 8:30 a.m.–4 p.m.
- Lounge includes big screen TV, pool table, computers and books

Free Drop-in Programs	
Monday	Class
9:30-11:30 a.m.	Humanities Discussions
12-3:30 p.m.	Mah Jongg Club
9:30-11:30 a.m.	Knitting
Tuesday	Class
11-2 p.m..	Wii Like to Lunch (video games)
Wednesday	Class
9 a.m.-1 p.m.	Oakton Card Club
1 p.m.	Movie Day (see right)
1-3:30 p.m..	Mah Jongg Club
Thursday	Class
9 a.m.-2 p.m..	Laramie Card Club
Friday	Class
9 a.m.-3:30 p.m.	Open Lounge
Saturday	Class
9 a.m.-3:30 p.m.	Open Lounge

Free Movie and Popcorn Days

Free movie and popcorn for seniors: Wednesdays at 1 p.m..

at the Oakton Community Center.

January 4 **The Hangover** (2009 Comedy)

January 18 **Bridesmaids** (2011 Comedy)

February 1 **Hachi-A Dog's Tale** (2009 Family Drama)

February 15 **Jumping the Broom** (2011 Romantic Comedy)

February 29 **Knight and Day** (2010 Action/Comedy)

March 7 **The Help** (2011 Drama)

March 21 **One Day** (2011 Romantic Comedy)

Call Lisa at (847) 674-1500, ext. 2725 for more information regarding drop-in programs

Village of Skokie Senior Programs

All classes are located at the Smith Center, 5120 Galitz, and are drop-in and free unless otherwise noted.

For additional information, please call (847) 933-8208.

Rules of the Road

Review for driver's examination
First Monday of every month • 9:15 a.m. to 12 p.m.

Needlework

Socialization & Needlework
Tuesdays • 10:30 a.m.-12 p.m.

Woodcarving Club

Tuesdays • 9:30 a.m. to 11:30 a.m.
Amateurs are welcome

Low Vision Support Group

2nd Tuesday of every month • 1:30 to 3 p.m.

Hearing Loss Support Group

2nd Thursday of every month • 1:30 to 3 p.m.

FOCUS (For Optically Challenged Upbeat Sorts)

2nd Wednesday of every month • 7 to 8:30 p.m.
A low vision support group targeting Baby Boomers
(but all interested are welcome to attend).
Meeting place: Annex Room, Skokie Village Hall

Conversational Yiddish

Anyone interested in conversing in Yiddish is welcome.
No fee or registration required.
3rd and 4th Tuesday of every month • 1:30 p.m.

Medicare Supplement Claims Assistance/ Senior Health Insurance Program

By appointment only
Second Tuesday of the month • 9:30 a.m. to 12 p.m.

Simple Will/Durable Power of Attorney/ Living Will Program

This is for low-income seniors who meet the income requirements. Call for details and, if you qualify, to be put on a waiting list. (We must have at least 7-8 people interested before an attorney will come to our office.)
There is a fee charged by the Attorney for this program.

Skokie Senior Men's Discussion Group

Meets at Weber Leisure Center.
Wednesdays • 9:30 a.m.

Chess

Wednesdays & Fridays • 12 to 4:30 p.m.

Stamp Club

1st & 3rd Wednesday of each month • 1:30 p.m.

News and Views Discussion Group

Fridays • 10 a.m.

Music & Laughter (formerly known as Men's Discussion Group)

Fridays • 1:30 p.m.

Conversational German

1st & 3rd Thursdays of every month • 1:30 p.m.

Bright Ideas ESL Class

Mondays and Thursdays • 9:15 to 11:15 a.m.
Registration required

U.S. Citizenship Class

Anyone interested in studying to take the U.S. citizenship test is welcome to join this group which meets at the Smith Activities Center on Thursdays at 1 p.m.
Please call (847) 933-8208 to sign up for this class.

Lunch Bunch

Join us as we head to different lunch locations. The fee includes transportation only. Cost of lunch is on your own.

Age: 55 + Departs: Oakton Center

Code	Days	Dates	Time	R	N
Sabatino's—Chicago					
433161-01	Tu	1/10	11:30A-2P	\$5	\$7
Viceroy—Chicago					
433161-02	Tu	2/7	11:30A-2P	\$5	\$7
Birchwood Kitchen—Chicago					
433161-03	Tu	3/6	11:30A-2P	\$5	\$7

Dining Out Trips

Join us as we venture to various restaurants in the Chicagoland area. The fee includes transportation only. Cost of dinner is on your own.

Age: 55 + Departs: Oakton Center

Code	Days	Dates	Time	R	N
Celtic Knot—Evanston					
470862-01	Th	1/19	4:30-8P	\$5	\$7
Kona Grill—Lincolnshire					
470862-02	Th	2/16	4:30-8P	\$5	\$7
Basilico—Norridge					
470862-03	Th	3/15	4:30-8P	\$5	\$7



Monthly Mall Trips

Need to get your errands done? Love to shop and want to make some shopping buddies? Join the Sociable Seniors as we head to area malls to shop till we drop. Transportation is included in the cost of the trip.

Age: 55 + Location: Oakton Center

Code	Days	Dates	Time	R	N
Woodfield Mall - Woodfield					
433162-01	Tu	1/24	10A-4P	\$5	\$7
Yorktown Mall - Lombard					
433162-02	Tu	2/21	10A-4P	\$5	\$7
Hawthorne Mall - Vernon Hills					
433162-03	Tu	3/15	10A-4P	\$5	\$7

Laramie Card Club

Play bridge and other card games, enjoy refreshments and chat. Foursomes and new walk-ins welcome. Prices based on a one year membership. Call (847) 674-1500, ext. 2700 for more information.

Age: 55 + Location: Oakton Center

Days	Time	R	N
Th	9A-2P	\$16	\$20

AARP Defensive Driving Winter

Please come to the Oakton Community Center to register and reserve a spot for this driving refresher course. You must attend both days of the class. A fee is paid to the instructor on the day of the class. Please bring a check the day of the course made out to AARP. The fee is \$12 for AARP members and \$14 for non members. Call (847) 674-1500, ext. 2700 for additional information.

Age: 55 + Location: Oakton Center Meeting Room

	Code	Days	Dates	Time
January	415246-01	Tu,Th	1/17-1/19	9A-1P
March	415246-03	Tu,Th	3/20-3/22	9A-1P



Sign up to receive the Park District's quarterly newsletter *Senior Scene* via e-mail. Subscribe online or at any facility

Senior Day Trips

All trips depart from Oakton Community Center. Cancellations must be given 7 days prior to the trip in order to receive a refund.

Rivers Casino

Check out the newest casino in town! Rivers Casino is the newest gaming destination in Illinois. Opening its doors in 2011, this state-of-the-art casino blends a fresh and contemporary approach to high action gaming, full of the newest slots, seasoned favorites and the hottest table action in the state, including blackjack, craps, baccarat and roulette. Rivers Casino is the perfect place to satisfy your appetite at Hugo Frog's Bar and Chop House, the Lotus Lounge, Cube, the Coffee Spot, the Canopy Buffet, MianBar, or FLIPT. This trip includes transportation only; gaming and lunch are on your own. Please register by January 9.

Age: 55 + Location: DesPlaines, IL

Code	Days	Dates	Time	R	N
470651-01	M	1/16	10A-3P	\$5	\$7

Gypsy at Drury Lane

Winner of three Tony Awards, "Gypsy" is considered by many critics to be the greatest American musical ever written. "Gypsy" is based on the memoirs of Gypsy Rose Lee, a famous burlesque dancer. This show tells the story of Rose, an overbearing stage mother who is determined to break into the big time by pushing a vaudeville career onto her two daughters. Price includes show, lunch, and transportation. Lunch will include a house salad and your choice of baked tilapia filet or roast sirloin of beef, bread, dessert, and beverage. Please give your lunch choice at time of registration. Registration deadline is February 1.

Age: 55 + Location: Drury Lane—Lincolnshire, IL

Code	Days	Dates	Time	R	N
470653-01	W	2/29	10:15A-5P	\$54	\$67

Chicago Auto Show

The Chicago Auto Show is the largest auto show in North America, utilizing 1.2 million square feet of the McCormick Place complex. Exhibitions include: domestic and imported passenger cars and trucks; sport utility vehicles, and experimental or concept cars. Attendees will also see numerous accessories and auto-related exhibits, competition vehicles and project, antique and collector cars. Price includes ticket and transportation. Please register by February 6.

Age: 55+ Location: McCormick Place—Chicago, IL

Code	Day	Date	Time	R	N
470652-01	M	2/13	10A-4P	\$16	\$20

Yu's Mandarin

In this visit to Yu's mandarin, chefs will come into the dining room to thrill you with a show of the senses. You'll see the flames, hear the sizzle and smell the aroma as they cook for you. Just taste how incredibly delicious it is! Price includes transportation only. Please register by March 9.

Age: 55+ Location: Depart from Oakton Community Center

Code	Days	Dates	Time	R	N
470655-01	F	3/16	4:30-10P	\$5	\$7

Chicago Wolves Game

Join us on this trip to watch the Chicago Wolves take on the Milwaukee Admirals in this exciting hockey match up! Trip includes admission, transportation, and parking. Don't forget to bring some extra money for a hot dog or nachos for dinner! Seats are in section 109. Hurry tickets are going fast! Registration deadline is March 5.

Age: 55+ Location: Allstate Arena, Rosemont, IL

Code	Day	Date	Time	R	N
470654-01	W	3/14	5P-10P	\$22	\$27



Gratitude Club

This once-a-month discussion group, facilitated by licensed, clinical social worker Sharon Rosman, is for people who are interested in shifting their awareness from everything that's wrong, negative or missing in their life, to a heightened appreciation for everything that is going right. Learn how to stop complaining and search for the positive aspects of your life. Join the club and find out how learning to be grateful can improve the quality, maybe even the quantity, of your life. Please pre-register for this discussion group.

Age: 55 + Location: Oakton Center

Code	Days	Dates	Time	R	N
415244-01	Tu	1/3	11A-12:30P	\$3	\$5
415244-02	Tu	2/7	11A-12:30P	\$3	\$5
415244-03	Tu	3/6	11A-12:30P	\$3	\$5

Free Senior Programs

NOOK™ News You Can Use!

Representatives from the Barnes and Noble Village Crossing store will share the latest and greatest information about their electronic readers, the NOOK™ Simple Touch and the NOOK™ Color. Electronic readers are easy to use and have many benefits for seniors! You can personalize the font style and size to make it easier for you to read. Hundreds of thousands of free titles are available and you can download free rental books from public libraries. The NOOK™ is also lightweight and able to hold many books at one time, making it perfect for travel! Sign up early for this free seminar, registration deadline is January 5.

Age: 55 + Location: Oakton Center

Code	Days	Dates	Time	Fee
430260-01	Th	1/12	1-2P	Free

Fall Prevention

Falls can be life-changing events with devastating consequences including injury and loss of independence. Many falls in the elderly occur during transition periods; moving from sitting to standing, reaching to sit, or turning to walk. It is so important to review safety precautions, especially during those transition times, to minimize risk for fall and subsequent injury. Furthermore, there are numerous exercises to encourage strength and stability that can promote a healthy lifestyle. Join us as Mindy Haglund, MSW and Laura Westerkamp, PT, DPT from Advocate Lutheran General Hospital go over simple ways to stay safe, strong and independent in your home. Please register by February 16.

Age: 55 + Location: Oakton Center

Code	Days	Dates	Time	Fee
430264-01	Th	2/23	1-2P	Free

Gratitude Club

This once-a-month discussion group, facilitated by licensed, clinical social worker Sharon Rosman, is for people who are interested in shifting their awareness from everything that's wrong, negative or missing in their life, to a heightened appreciation for everything that is going right. Learn how to stop complaining and search for the positive aspects of your life. Join the club and find out how learning to be grateful can improve the quality, maybe even the quantity, of your life. Please pre-register for this discussion group.

Age: 55 + Location: Oakton Center

Code	Days	Dates	Time	R	N
315244-01	Tu	9/6	11A-12:30P	\$3	\$5
315244-02	Tu	10/4	11A-12:30P	\$3	\$5
315244-03	Tu	11/1	11A-12:30P	\$3	\$5
315244-04	Tu	12/6	11A-12:30P	\$3	\$5



Living Wills and Power of Attorney

Advance directives are the legal documents that allow you to decide what should be done if you become unable to make decisions for yourself. Preparing an advance directive is simple and inexpensive. Eric Parker, lawyer with the law firm Stotis and Baird Chartered, will go over the basic decisions to be made and explain the process of preparing an advance directive. In addition to the legal documents, we will talk about related issues like, how to discuss these decisions with your family, and choosing an agent to make decisions for you. Eric Parker will present. Please register by March 8.

Age: 55 + Location: Oakton Center

Code	Days	Dates	Time	Fee
430265-01	Th	3/15	1-2P	Free

Women's Discussion Group

Join other Skokie seniors as we discuss current events and anything else on our minds.

Age: 55 + Location: Oakton Center

2nd & 4th Wednesday of each month • 1:30 to 3 p.m. at Oakton Community Center

AARP Defensive Driving Fall

This course is a classroom refresher course for drivers 55 and over. Please come to the Oakton Community Center to register and reserve a spot. A fee is paid to the instructor on the day of class. Classes are held on Tuesdays and Thursdays in the meeting room at the Oakton Community Center. You must attend both days of the class. Please bring a check the day of the course made out to AARP. The fee is \$12 for AARP members and \$14 for non-members of AARP. Call (847) 674-1500 ext. 2700 for additional information. Classes are Tuesday and Thursday, 9A-1P.

Age: 55 + Location: Oakton Center

September	November
315246-01 9/20-9/22	315246-03 11/15-11/17
October	December
315246-02 10/18-10/20	315246-04 12/13-12/15





Weber Leisure Center
9300 Weber Park Place
Skokie, Illinois 60077

www.SkokieParkDistrict.org

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TO: LOCAL RESIDENTS
SKOKIE, IL

Senior Exercise

Oakton Tai Chi Chih

Open your eyes to the world of Tai Chi Chih. This moving meditation class is designed for seniors. Tai Chi Chih relaxes the body, refreshes the mind, promotes health and longevity. This class can have a significant impact on your life, including, weight and blood pressure control, improved balance, flexibility & coordination.

Age: 50 + Location: Oakton Center

Code	Days	Dates	Time	R	N
454562-01	Tu	1/3-3/20	10:15-11:15A	\$60	\$72

Senior Exercise II

Senior exercise classes are taught by our certified ACSM and AFA instructors, including Diane Garvey and Katrina Klosowiak.

Age: 55 + Location: Oakton Center

Code	Days	Dates	Time	R	N
455461-11	M,F	1/2-3/23	9-10A	\$48	\$60
455461-12	M	1/2-3/19	9-10A	\$24	\$30
455461-13	F	1/6-3/23	9-10A	\$24	\$30
455461-14	M,F	1/2-3/23	10:15-11:15A	\$48	\$60
455461-15	M	1/2-3/19	10:15-11:15A	\$24	\$30
455461-16	F	1/6-3/23	10:15-11:15A	\$24	\$30

Senior Chair Pilates

Pilates strengthens your core muscles to improve alignment and delivers non-impact stretching and strengthening in a balanced mind/body exercise. The instructor will modify activities to accommodate physical abilities. Class taught by Pnina Zygman.

Age: 55 + Location: Oakton Center

Code	Days	Dates	Time	R	N
455463-01	M	1/2-3/19	1-2P	\$72	\$86

Senior Stretch and Strength

Stretching and strengthening are two very important aspects to maintaining a healthy exercise routine. This class uses light weights and optional mat work is done as well. Class taught by Pnina Zygman.

Age: 55 + Location: Oakton Center

Code	Days	Dates	Time	R	N
455464-01	W	1/4-3/21	1-2P	\$72	\$86

Senior Dance Fitness

Dance fitness keeps you light on your feet and feeling young. Enjoy various dances to your favorite music genres, including Swing, Disco, Latin, Big Band and Rock & Roll. Chair workout includes leg strength, balance, and flexibility. This class is taught by our AAFA, Zumba, NDEITA, AAHF, certified instructor, Diane Garvey.

Age: 55 + Location: Oakton Center

Code	Days	Dates	Time	R	N
455467-01	W	1/4-3/21	10-11A	\$67	\$85



For more information on the classes in this newsletter and other programs offered for seniors, contact the Skokie Park District Senior Program Coordinator, Lisa Boldt at (847) 674-1500, ext. 2725.