

## Travel



### The Colorado Rockies featuring National Parks & Historic Trains A Collette Vacations Tour

September 24–October 2, 2016 • 9 days, 12 meals  
Experience Colorful Colorado as we begin our travels in Denver and head to Rocky Mountain National Park. You will see some astounding views from numerous State and National Parks on your trip: Arches National Park, Dead Horse State Park, Canyonlands State Parks, and Mesa Verde National Park before you return to Grand Junction. Relax and enjoy the company of your fellow travelers at a winemaker's dinner at a lovely vineyard on one of the night stays. Then it's "all aboard" the Durango & Silverton Narrow Gauge Railroad. This 1881 coal-fired, steam powered locomotive was built to haul silver and gold ore. The next train we will hop onboard is the Pike's Peak Cog Railway, the world's highest cog railroad, for an 8.9 mile journey of magnificent views and perhaps animals in their native habitat. Your trip will end with a farewell dinner and conclude in Colorado Springs.

Double \$2,869 • Single \$3,619 • Triple \$2,839

\*Not included in price: Cancellation waiver and Insurance of \$205 per person

## Laramie Card Club

Thursdays, 9:30 a.m.–12 p.m. at the Oakton Center

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.



sponsored by:



\$16/\$20  
(annual membership fee)

### Auditions for Still Acting Up!

Still Acting Up! is a performance group of seniors. Do you enjoy singing and performing? Still Acting Up is looking for energetic seniors to learn and perform the group's all original musical revues! For more information about auditioning, call (847) 674-1500, ext. 2725.

## Senior Exercise

All classes are for ages 55 and above, and are located at the Oakton Community Center unless otherwise noted.

### Senior Exercise I

Join us for both stretching and bending of the upper and lower body. You will work every muscle group in a sequential manner to tone and strengthen. Class is taught by a volunteer instructor.

Age: 45 +

**155461-01** M,F 4/4-5/27 10:15-11:15A \$4/\$5

### Senior Exercise II

Join us for more advanced stretching and bending of both the upper and lower body. Includes light weights, low impact aerobics, and chair workouts. Every muscle group is worked in a sequential manner in order to tone and strengthen the entire body. Certified instructors: Katrina Klosowiak and Janis Argianis.

**155462-01** M,F 4/4-5/27 9-10A \$48/\$60

**155462-02** M 4/4-5/23 9-10A \$24/\$30

**155462-03** F 4/8-5/27 9-10A \$24/\$30

**155462-04** M,F 4/4-5/27 10:15-11:15A \$48/\$60

**155462-05** M 4/4-5/23 10:15-11:15A \$24/\$30

**155462-06** F 4/8-5/27 10:15-11:15A \$24/\$30

### Forever Young

Feel young on your feet again in this highly energetic exercise class. Light weights, easy aerobic moves, and entertaining music will keep your energy levels high. Instructor: Pnina Zygman

**155463-01** W 4/6-5/25 9:30-10:30A \$32/\$40

### Total Body Fitness for Seniors

Tone your entire body through easy aerobic moves and improve your functional strength, balance and flexibility. This class accommodates a wide range of physical abilities. Certified Instructor: Janis Argianis

**155464-01** Th 4/7-5/26 10:15-11:15A \$32/\$40

### Zumba Gold

Fill your morning with an exciting fitness class! Zumba is a Latin dance-based aerobic exercise. This class also includes a great chair workout. Certified Instructor: Leslye Jones-Beaty

**155467-01** Tu 4/5-5/24 10-11A \$32/40

### Senior Chair Pilates

Strengthen your core muscles to improve alignment. Stretch and strengthen in this non-impact balance of mind/body exercise. (Modified activities will accommodate varying physical abilities.) Instructor: Pnina Zygman

**155468-01** M 4/4-5/23 1-2P \$32/\$40

### Senior Stretch & Strength

Stretching and strengthening are key to maintaining a healthy exercise routine. Includes light weights and optional mat work. Instructor: Pnina Zygman

**155469-01** W 4/6-5/25 1-2P \$32/\$40

### Combo Chair Pilates and Stretching

This senior class combines elements of both Chair Pilates and Stretching and Strengthening for seniors. Instructor: Pnina Zygman

**155470-01** F 4/8-5/27 12-1P \$32/\$40

### Oakton Tai Chi Chih

Designed for seniors, Tai Chi Chih explores moving meditation, relaxing the body, refreshing the mind, and promoting health and longevity. Improve your weight, blood pressure, balance, flexibility & coordination. Instructor: Alla Meerson

#### Beginners Tai Chi Ch

**154562-01** Tu 4/5-5/24 9-10:15A \$32/\$40

#### Intermediate Tai Chi

**154562-02** Tu 4/5-5/24 10:15-11:30A \$32/\$40

### Seniors Staying Active

Exercise all parts of the body using only your body weight and follow up with stretching and relaxation. Develops physical strength, balance, coordination, and self confidence,

Age: 16 + Location: Skatium Scooter Room

**154951-01** Tu,Th 4/5-6/2 9:30-10A \$36

### Adult Pickleball

Pickleball is a fast paced racquet sport that is growing quickly in the community. Combining the games of tennis, badminton, and table tennis, this unique sport provides a fun and engaging activity. It is played on a badminton court with a lower net and can be played in singles or doubles. You will learn skills such as lobbing, volley exchanges, and slamming. The class will be an instructor led, free-play environment. Paddles and balls will be provided. For more information on the sport of pickleball visit [www.usapa.org](http://www.usapa.org).

Age: 18 + Location: Weber Leisure Center

**150546-01** W 4/6-5/25 11:45A-12:30P \$28/\$35

**150546-02** Th 4/7-5/26 7:15-8P \$28/\$35

# Spring fling

**Tuesday, March 22  
12-2 p.m.  
at the Oakton Center**

Spring is in the air! Join the Skokie seniors for an afternoon of lunch, bingo, and live entertainment. Prizes will be awarded for bingo. Lunch will include a chicken and beef buffet. Registration deadline is March 17.

461262-01 • \$12/\$15



# EXERCISE DEMO DAY

**April 1 at the Oakton Community Center**

Try out samples of the senior exercise classes for free!

Starting at 10 a.m., classes will be held in 20 minute increments.

Join in or just view, it's up to you!

(Waivers must be signed on site by all viewers and participants.)



Call (847) 674-1500, ext. 2700  
for more information.

## Senior Day Trips

All Senior Day Trips are for ages 55 + and depart from the Oakton Community Center.

### Lunch Bunch

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

#### Cuba 312—Chicago

Contemporary Cuban cuisine

433161-03 Tu 3/1 11:30A-2P \$5/\$6

#### Rise N Dine Cafe—Wheeling

Breakfast, brunch, and lunch comfort foods

133161-01 Tu 4/5 11:30A-2P \$5/\$6

#### Pilot Pete's—Schaumburg

American comfort food with runway views

133161-02 Tu 5/3 11:30A-2P \$5/\$6

### Dining Out Trips

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

#### Mirabell—Chicago

Traditional German cuisine

470862-03 Th 3/24 4:30-8P \$5/\$6

#### Texas Coral Grill & Saloon—Harwood Heights

Traditional steakhouse and barbeque

170863-01 Th 4/21 4:30-8P \$5/\$6

#### Biaggi's—Deerfield

Casual Italian restaurant

170863-02 Th 5/19 4:30-8P \$5/\$6



### Fitzgerald's Fish Boil & Lake

Travel to Lake Geneva for a leisurely afternoon of shopping and sightseeing. Then we will head to Fitzgerald's Genoa Junction Restaurant and Gift Shop for their popular fish boil dinner. Fee includes transportation and dinner.

170651-01 Th 4/14 12-8:30P \$35/\$44

### White Fence Farm

Enjoy the famous chicken for lunch at White Fence Farm, which also includes several sides, a beverage, and dessert. Then settle in for the musical presentation "Sentimental Journey". Take a trip down memory lane with Doris Day, Rosemary Clooney, Dinah Shore and more! Entertainer Susan Currier will warm your heart in this memorable show with songs from the 40's, 50's and 60's.

170652-01 W 4/20 10A-5P \$50/\$63

### Chocolate Fest-Long Grove

You are invited to indulge in irresistible, luscious chocolate at Long Grove's Annual Chocolate Festival! From chocolate dipped fresh strawberries and chocolate donuts to brownies and fudge, this trip will be filled with chocolaty treats, live music, great food and distinctive shopping in charming Historic Downtown Long Grove. Price includes transportation and admission fee to festival.

170653-01 F 5/20 10A-4P \$10/\$13

### Donny & Marie

From recording artists to television stars to Vegas headliners, Donny & Marie are the epitome of entertainment superstars. Don't miss out on this popular show, located at the Paramount Theatre in Aurora. Tickets are located on the main floor. Before the show, we will enjoy lunch at Ballydoyle Pub. Fee includes, transportation, lunch and show ticket.

170654-01 Th 5/26 10A-6P \$125/\$156

### Monthly Mall Trips

Trip Includes transportation only.

#### Fashion Outlets—Rosemont

433162-03 Tu 3/8 10A-4P \$5/\$6

#### Chicago Premium Outlets—Aurora

133162-01 Tu 4/12 9:30A-5P \$5/\$6

#### Pleasant Prairie Outlets—Pleasant Prairie, WI

133162-02 Tu 5/10 9:30A-5P \$5/\$6



## Senior Programs

All classes are for ages 55 +, and are located at the Oakton Community Center.

### Medicare and More

Social Security benefits don't go very far to cover the cost of living. Beth Lindley, Social Worker with the Village of Skokie Human Services will review the array of entitlement programs that may help stretch a budget, if eligible. If you are not already enrolled the Benefits Access Program, LIHEAP, Lifeline, Medicare Savings Program or the Low Income Subsidy (Extra Help), you will learn about program requirements and where to go to access these programs. Please register at least one week in advance to meet the class minimum.

**430265-01** Th 3/24 1-2P free

### Humanities

Different topics are discussed weekly and speakers are invited to address the group on different current events. This group meets at the Oakton Community Center, Mondays at 9:30 a.m. No membership required!

### German Conversational Group

A group of native speakers to beginners. Share experiences, culture, memories and backgrounds while practicing German. Join us for a fun and educational time! Group meets every first and third Thursday of the month from 1 to 2:30 p.m. at the Oakton Center.

### AARP Smart Driver Course

In this classroom refresher course for drivers 55 and over, you must attend both days of the class, which are held on Tuesdays and Thursdays. Visit the Oakton Center to register and reserve a spot. AARP member and non-member fees are paid to the instructor on the day of class; please bring a check make out to AARP. \*The fee is \$15 for AARP members and \$20 for non-members. Call (847) 674-1500, ext. 2700 for additional information.

**415246-03** Tu,Th 3/22-3/24 9A-1P \$15/\$20\*

**112561-02** Tu,Th 4/19-4/21 9A-1P \$15/\$20\*

**112561-03** Tu,Th 5/17-5/19 9A-1P \$15/\$20\*

## Free Village of Skokie Programs

All classes meet at 5127 Oakton St. unless otherwise noted.

### Rules of the Road

Review for driver's examination

First Monday of every month • 9:15 a.m. to 12 p.m.

### Low Vision Support Group

2nd Tuesday 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

### Family Caregiver Support Group

Join others who are caring for an older adult to discuss caregiving issues and concerns. Because the focus is on the caregiver, caregivers can openly discuss their own difficulties in a caring, non-judgmental atmosphere. Group meets on the fourth Wednesday of each month 10–11:30 a.m.

### Chess

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

### Stamp Club

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

### 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

### Skokie Senior Men's Discussion Group

Meets at Weber Leisure Center.

Wednesdays • 9:30 a.m.



Weber Leisure Center  
 9300 Weber Park Place  
 Skokie, Illinois 60077

www.SkokieParks.org

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TO: LOCAL RESIDENTS  
 SKOKIE, IL

# Senior Lounge

4701 Oakton St.

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

- Access to the Lounge Monday–Friday: 8:30 a.m.–7 p.m., Saturday & Sunday: 9 a.m.–6 p.m.
- Lounge includes big screen TV, computers and books

## Free Drop-in Programs

### Monday

Humanities Discussions • 9:30–11:30A  
 Mah Jong Club • 12–3:30P

### Tuesday

Mah Jong Club & Canasta • 11A–2P

### Wednesday

Movie Day *(see right)* • 1P  
 Mah Jong Club • 1–3:30P

### Thursday

Laramie Card Club *(see below)* • 9:30A–12P  
 German Conversation Group • 1–2:30P  
*(first & third Thursdays)*

### Friday

Open Lounge • 8:30A–7P

### Saturday

Open Lounge • 9A–6P

### Sunday

Open Lounge • 9A–6P

## Free Movie & Popcorn Days

Wednesdays at 1 p.m. at the Oakton Center

### Mar. 2 Wild

Drama starring Reese Witherspoon & Laura Dern

### Mar. 16 Furious 7

Action starring Vin Diesel & Paul Walker

### Mar. 30 Southpaw

Drama starring Jake Gyllenhaal & Rachel McAdams

### April 13 Pitch Perfect 2

Comedy starring Anna Kendrick & Rebel Wilson

### April 27 I'll See You in My Dreams

Romance starring Blythe Danner & Martin Star

### May 11 The Intern

Comedy starring Robert De Niro & Anne Hathaway

### May 25 Bridge of Spies

Drama starring Tom Hanks & Mark Rylance