



Active Times

Summer 2017

Active Adult Programs for adults 60+

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.

Ages: 60+ Departure: Oakton Center

La Villa Banquets—Chicago

Family run Italian-American restaurant.

270862-01 Th 6/29 4:30-8P \$5/\$6

Beelow's Steakhouse—Highland Park

Steaks and fresh seafood.

270862-02 Th 7/13 4:30-8P \$5/\$6

Dragon Inn North—Glenview

Regional Chinese fare.

270862-03 Th 8/24 4:30-8P \$5/\$6

Lunch Bunch

Join us as we experience a new lunch location every month. The fee includes transportation only. Cost of lunch is on your own.

Ages: 60+ Location: Oakton Center

Rhapsody Café-Deerfield

Classic American diner.

233161-01 Tu 6/6 11:30A- 2P \$5/\$6

Stonewood Ale House-Schaumburg

Wood-grilled specialties.

233161-02 Tu 7/11 11:30A- 2P \$5/\$6

Garcia's-Chicago

Mexican food.

233161-03 Tu 8/1 11:30A- 2P \$5/\$6

Ice Cream

Here's the scoop. Kick off summer with delicious ice cream sundaes and as many toppings as you can fit in your dish! We will also play an hour of bingo with prizes.



Please register at least one week in advance.

#261263-01

Resident: \$7
Non-resident: \$9
Ages: 60+

TUESDAY, JUNE 20 1- 2:30 PM

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.

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

Day Trips

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

The Chairman's Board at White Fence Farm

A fabulous tribute to the 20th Century's most beloved performers. Peter Oprisko will channel stars both living and now gone. Experience his interpretation of tunes from legends such as Bing Crosby, Judy Garland, Tony Bennett and Frank Sinatra. Lunch will include White Fence Farm's famous chicken entree, which also includes several delicious sides, a beverage, and dessert. Lunch, live entertainment and transportation included.

270266-01 Th 6/22 10:30A-4:30P \$52/\$65

Swedish Days Festival in Geneva

Kick off festival season at the Midsommar Swedish Days Festival in Geneva. The music, food, crafts, and entertainment will be sure to please every age and taste. Don't miss the shops in Geneva's historic district. Price includes transportation only. Please bring extra money for lunch and shopping if desired. Some walking is necessary for this trip.

270262-01 F 6/23 9:30A- 5P \$15/\$19

Dining Room at Kendall College

Experience contemporary and exquisite dining on the Kendall College campus, with extraordinary views of the city. Culinary Arts and Hospitality Management students prepare and serve the meals. Lunch will include a first course, main course, and dessert. This delectable meal is not to be missed!

270269-01 Tu 6/27 10:30A-3P \$40/\$50

St. Charles Paddlewheel Riverboat

Cruise the scenic Fox River on a unique 65-foot paddlewheel riverboat. We will depart from Pottawatomie Park in historic St. Charles and enjoy a private charter that will include a 1-½ hour scenic cruise, with a chicken buffet lunch. The paddlewheel riverboat has an open aired upper deck with an enclosed lower deck. The cruise sails rain or shine! After the boat ride we will stop for some shopping in charming Geneva. This trip includes riverboat cruise, lunch, and transportation.

270265-01 W 7/5 9:30A-5P \$50/\$63

Red Geranium Lunch & Lake Geneva Shopping

Join us as we visit the charming Red Geranium just east of downtown Lake Geneva for a fulfilling lunch. We will dine on a choice of Parmesan Herb Crusted Lemon Sole or Grilled Chicken Angelina (marinated in thyme, rosemary, garlic, lemon, oregano then broiled and topped with bruschetta and asiago cheese). Each entree includes a house salad, chef's selection of vegetable, starch, rolls and butter, coffee, tea, or soda. Finish lunch off with their signature chocolate mousse for dessert. After lunch enjoy some free time to explore and shop in downtown Lake Geneva. Some walking is necessary for this trip.

270261-01 W 7/12 10A- 6P \$40/\$50

Dine & Design at Jacob Henry Mansion

You're invited to the Jacob Henry Mansion in Joliet for an afternoon of creativity! Paint Nite will guide you through simple steps to create a 16 x 20 painting that you get to take home! We will begin with a self-guided tour of The Jacob Henry Mansion, lunch, and painting party. Lunch will include: Ham and cheese croissant, homemade pasta salad, fresh seasonal fruit, and dessert. Coffee or tea included. Cash bar available for purchase while you paint. Please register at least one week in advance.

270263-01 Th 7/20 9:15A-3P \$60/\$75

Wisconsin State Fair

Lots of walking on this trip, the annual Wisconsin State Fair features 30 stages, numerous educational exhibits, plenty of shopping, and hundreds of food and beverage options. Don't forget to bring a little extra spending money for a stop on our way home for a delicious summer treat at Kopp's Famous Frozen Custard! Fee includes transportation and gate admission only.

270264-01 M 8/7 9A-6P \$25/\$31

Any trip cancellations must be made at least seven days in advance to receive a refund.

Extended Travel

Arlington Race Track

Enjoy a winning combination of box seats, lunch, and a \$2 betting voucher on this fabulous summer day. Seats are located near the finish line and are a great spot to socialize and play the ponies. Please register by August 3.

270267-01 Th 8/10 11A-5P \$35/\$44

Chicago Cubs Game

Join us as we venture to Wrigley Field to cheer on our 2016 World Series Champion Chicago Cubs as they play the Cincinnati Reds. We will be taking the yellow line train and transferring onto the red line into the city, so there will be plenty of standing and walking to the game as well as at Wrigley Field! Group coordinator may schedule the group to leave after 7th inning stretch to avoid a crowded train ride home. Be sure to bring money for food and souvenirs. Price includes cost of ticket, cost of public transportation, and park district staff chaperone. Seats are located in the 200 level of the first base side, terrace reserved outfield. Go Cubs Go!

270270-01 Th 8/17 10:30A-5P \$64/\$80



Monthly Mall Trips

Travel to a new shopping spot every month. Cost is for transportation only.

Ages: 60+ Location: Oakton Center

Michigan City—Indiana

233162-01 Tu 6/13 9A- 5P \$6/\$8

Pleasant Prairie—Wisconsin

233162-02 Tu 7/18 9:30A- 5P \$6/\$8

Aurora Premium Outlet Mall

233162-03 Tu 8/8 9:30A- 5P \$6/\$8

The Skokie Park District offers extended trips through Mayflower Tours. Tours packages may include meals, travel, and planned activities. Prices listed are for double occupancy rooms. Single rooms available for an additional fee. For more information or to sign up for a trip, please call (847) 933-4969.

Tournament of Roses Parade

Departure Date: December 30

This trip to California via air travel will have you experiencing a private gala to ring in New Year's Eve with dinner and dancing and live orchestra, reserved seating for the Tournament of Roses Parade, as well as a visit to the Queen Mary ocean liner.

5 days, 6 meals

\$1,549 per person twin room (airfare not included)

Crossing Lake Michigan Motorcoach Tour

Departure Date: September 24, 2017

This motorcoach trip with free home or local pick up will get you on a Ferry across Lake Michigan to spend some time at the Soaring Eagle Casino and Resort as well as time for shopping in Bay City, concluding with a tour of historic Temple Theater and the Air Zoo.

3 days, 4 meals

\$789 per person twin room

Jekyll Island, Savannah and Charleston

Departure Date: October 15, 2017

Roundtrip airport transfers will get you on your flight to start your trip off in Jekyll Island, Georgia, with visits to Savannah for 2 nights including dinner at the haunted Mrs. Wilke's Boarding House, time on Hilton Head Island in South Carolina, and finish your trip off with a guided tour of Charleston with a farewell dinner cruise on beautiful Charleston Harbor.

7 days, 9 meals

\$1,999 per person twin room (airfare not included)

Programs & Classes

All classes are for ages 60 + unless otherwise noted, and are located at the Oakton Community Center.

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.

Humanities Discussion Group

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!

Medicare 101

Beth Lindley, Social Worker and SHIP coordinator for the Village of Skokie Human Services will give you an overview of the Medicare program and share information which will help you with health care decisions in the future. Please register at least one week in advance.

215243-01 Th 6/15 1- 2P Free

Medicare Part D

Beth Lindley, Social Worker and SHIP coordinator for the Village of Skokie Human Services will share an overview of the Part D program design, as well as how to be proactive and savvy about your coverage decisions. Please register one week in advance.

215245-01 Th 8/17 1- 2P Free

Mah Jong Lessons

Estelle Greenberg has been playing Mah Jong for more than 45 years. Bring your own Mah Jong card to class, which can be purchased at many gift shops. Please pre-register for this class at least one week in advance.

Beginner

215240-01 Th 6/15-7/6 11A-12:15P \$15/\$19

Intermediate

215240-02 Th 7/13-8/3 11A-12:15P \$15/\$19

215240-03 Th 8/17-9/7 11A-12:15P \$15/\$19

Canasta Lessons

Learn the basics of this classic card game and play with others. Instructor: Estelle Greenberg. Please register at least one week in advance of this class. No class June 28.

215241-01 W 6/7-7/5 11A-12:15P \$15/\$19

215241-02 W 7/12-8/2 11A-12:15P \$15/\$19

215241-03 W 8/16-9/6 11A-12:15P \$15/\$19

AARP Smart Driver Course

In this classroom refresher course you must attend on both Tuesday and Thursday. Visit the Oakton Center to register and reserve a spot. AARP member and non-member fees are paid to the instructor on the first day of class; please bring a check made out to AARP. Fees below indicate AARP members/non-members. Call (847) 674-1500, ext. 2700 for additional information.

215246-01 Tu,Th 6/20-6/22 9A- 1P \$15/\$20

215246-02 Tu,Th 7/18-7/20 9A- 1P \$15/\$20

215246-03 Tu,Th 8/22-8/24 9A- 1P \$15/\$20

Chicago Restaurant Memories

Explore Henrici's, Blackhawk, Fritzel's, The Pump Room, and other legendary downtown restaurants. Local historian Eric Bronsky, who co-authored a book on the subject, will treat you to a visual tour of these fascinating places. Please register by June 14 to meet our class minimum.

233683-01 M 6/19 2- 3P Free



Chicago's iconic Pump Room

Indoor Beach Party

Tuesday, July 25 • Noon – 2 p.m.

Join us as we celebrate all the great things summer has to offer. A buffet lunch and live entertainment will be provided. We will end the afternoon with bingo and prizes!

Registration deadline is July 18.

Ages 60+

Resident: \$12

Non-resident: \$15

Reg. #261262-01



Free Village of Skokie Programs • Call (847) 933-8208 for more information

New Address: All classes meet at Village Hall, 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.

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.

Chess

5120 Galitz

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

Stamp Club

5120 Galitz

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

Medicare Supplement Claims Assistance/ Senior Health Insurance Program

Call (847) 933-8208 to make an appointment.

Conversational Yiddish

5120 Galitz

Anyone interested in conversing in Yiddish is welcome. No fee or registration required.

3rd and 4th Tuesday of every month • 1:30 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: Conference Room F, 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.

Hearing Loss Support Group

This group meets on the 3rd Monday of the month from 1:30 to 3 p.m. at the Skokie Public Library. The program's purpose is to share ideas, learn about equipment and devices that are used to help those with a hearing impairment. Guest speakers participate when available.

Active Adult Exercise

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

Oakton Tai Chi Chih

Designed for ages 60+, Tai Chi Chih explores moving meditation, relaxing the body, refreshing the mind and promoting health and longevity. Improve your weight, blood pressure, balance, flexibility and coordination.

Instructor: Alla Meerson

Beginning

254562-01 Tu 6/13-8/29 9:15-10:30A \$47/\$59

Intermediate

254562-02 Tu 6/13-8/29 10:30-11:45A \$47/\$59

Easy Does It (formerly Senior Exercise I)

Join us for the stretching and bending of both the upper and lower body. Class is taught by a volunteer senior instructor. No class July 4.

255460-01 M,F 6/12-8/28 10:15-11:15A \$4/\$5

Cardio Tone (formerly Advanced Senior Exercise)

This low impact aerobics and sculpting class is designed for mature adults who want a full body workout combined with great music and a variety of exercises. Certified instructors Katrina Klosowiak and Janis Argianis.

255461-10 M,F 6/12-9/1 9-10A \$72/\$90

255461-11 M 6/12-8/28 9-10A \$54/\$68

255461-12 F 6/16-9/1 9-10A \$54/\$68

255461-13 M,F 6/12-9/1 10:15-11:15A \$72/\$90

255461-14 M 6/12-8/28 10:15-11:15A \$54/\$68

255461-15 F 6/16-9/1 10:15-11:15A \$54/\$68

Chair Pilates

Strengthen your core muscles and stretch in this no-impact balance of mind and body exercise. Modified activities will accommodate varying physical abilities.

Instructor: Pnina Zygman

255468-01 M 6/12-8/28 1-2P \$54/\$68

Stretch & Strength for 60+

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

255469-01 W 6/14-8/30 1-2P \$54/\$68



Combo Chair Pilates: Stretch & Strength

Combines elements of both senior chair Pilates and stretching and strengthening. Instructor: Pnina Zygman

255470-01 F 6/16-9/1 12-IP \$54/\$68

Total Body Fitness

Tone your entire body through easy aerobic moves and improve your functional strength, balance, and flexibility. This class will accommodate varying physical abilities. Certified Instructor: Janis Argianis

255463-01 Th 6/15-8/31 10:15-11:15A \$54/\$68

Forever Young

Feel light on your feet again! Light weights, easy aerobic moves, and entertaining music will keep your energy levels high. Instructor: Pnina Zygman

233684-01 W 6/14-8/30 9:30-10:30A \$54/\$68

Zumba Gold

Combining high energy music with unique and easy to follow moves, Zumba Gold is designed for the active adult including beginners. Improve coordination and balance with this fun workout. No class July 4th. Certified instructor: Leslye Jones-Beaty

255462-01 Tu 6/13-8/29 10-11A \$54/\$68

Active Adult Water Aerobics

Cool off in a fun, calorie burning, muscle toning, low impact workout! Both men and women will benefit from workouts that incorporate cardiovascular conditioning and muscle toning through the natural resistance of water. Certified Instructor: Renee Weingard & Debbie Jimenez. Location: Skokie Water Playground

Ages: 60+ Location: Skokie Water Playground

255464-01 F 6/16-8/18 9-10A \$60/\$75

255464-02 W 6/14-8/16 9-10A \$60/\$75

255464-03 W,F 6/14-8/18 9-10A \$96/\$120



BOOMERS *and* BEYOND

RESOURCE FAIR

November 3, 2017 • 9 a.m. to Noon

Oakton Community Center • 4701 Oakton Street

- Wellness Screenings
- Medicare Consultation
- Door Prizes
- Brain Health
- Educational Programs
- Refreshments



Weber Leisure Center
9300 Weber Park Place
Skokie, Illinois 60077

www.SkokieParks.org

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*****ECRWSS*****

TO: LOCAL RESIDENTS
SKOKIE, IL

Active Adult Programs for adults 60+ are organized out of the Oakton Community Center's Lounge. The overall program features drop-in programs, exercise classes, Wednesday movies, card clubs, seasonal parties, health and wellness fairs, shopping trips, lunch and dinner outings, day trips, vacation getaways, and more, all at low rates and many free.

Lounge

Available to Skokie Residents 60 & better. Located at the Oakton Community Center offering a big screen TV, computers, card tables and books.

Lounge Hours

Monday–Friday: 8:30 a.m.–6 p.m.
Saturday & Sunday: 9 a.m.–5 p.m.



- June 14** **Bridget Jones's Baby**
Comedy/Romance starring Renee Zellweger & Colin Firth
- June 28** **Manchester By The Sea**
Drama starring Casey Affleck & Michelle Williams
- July 12** **Southside with You**
Drama/Romance starring Parker Sawyers & Tika Sumpter
- July 26** **Whiskey Tango Foxtrot**
Comedy/War film starring Tina Fey & Margot Robbie
- Aug. 9** **Lion**
Drama starring Dev Patel & Nicole Kidman
- Aug. 23** **La La Land**
Musical/Drama starring Ryan Gosling & Emma Stone

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 left) • 1P
Mah Jong Club • 1–3:30P

Thursday

Laramie Card Club (see p. 76) • 9:30A–12P
German Conversation Group • 1–2:30P
(first & third Thursdays)

Friday

Open Lounge

Saturday

Open Lounge

Sunday

Open Lounge