

Oakton Community Center Active Adults

AUGUST 2020

IMPORTANT

INFO:

- **8/15 Resident Registration—online only**
- **8/22 Non-Resident Registration—online only**
- **Week of 9/14: Fitness Classes Begin**
- **Movie & Popcorn (free for members \$1 non members)**
- **9/9 POMS**
- **9/23 The Lion King**
- **All 2020 AARP classes cancelled**
- **9/24 Medicare 101**

Fall Program Guide Updates

With the changes happening all around us, we have created this newsletter to make sure you have our most up-to-date information. If you know anyone who is NOT on our email list receiving this, please get them Aryn's info (abfletcher@skokieparks.org/847.933.4969) so we can add them.

We have canceled ALL of our trips that are listed in the Fall brochure. We have decided for the safety of all of our participants, it is best not to pile on our bus but instead to plan activities at or around Oakton Community Center. This newsletter is broken into sections by class types that we offer and include everything you can register for when registration opens. Each month we'll send out updates and new classes and programs. Take a look and try something new! Be on the lookout for our 'POP UP' programs and classes throughout the month.

Our lounge will be open starting 9/1 by reservation only. Start your annual membership now for only \$25R/\$31NR. Come in and check out what we have to offer. We will be posting updates on our Facebook page and also be sending it out via email. You can pick-up a hard copy of this newsletter at Oakton.

Lunch & Entertainment

Lunch & Movie 9/17 12pm

We will enjoy a boxed lunch from McAlister's Deli while watching Grease.

Register online, space is limited. 333161-09 R\$15 NR\$19. We will contact you for your order by September 10.

Go! Skokie Pop-Up Activities

Wednesday Walkers @ 10:15am every Wednesday in September. Meet at the Oakton Park Shelter for a 1 mile walk around the park. Starts 9/9 weather permitting. Registration not required, just show up!

Historic Skokie Walking Tour 9/14
Meet at Lincoln and Oakton for a guided walking tour of downtown Skokie. We will finish with lunch at The Village Inn (price of lunch is on your own). Contact Aryn if you plan to attend.



Fall Active Adults Fitness Classes (see skokieparks.org for full descriptions)

MONDAYS:	TUESDAYS:	WEDNESDAYS	THURSDAYS	FRIDAYS
Chair Pilates IP 355468-01	Zumba Gold 10A IIA 355466-01	Forever Young 9:30A 355464-01	Total Body Fitness 9A 355463-01	Cardio Tone 9A or 10:15A 355465
Easy Does It 10:15A 355462-01	Tai Chi Chih 9:30A OR IIA 354563	Stretch & Strength IPM 355469-01	Stretchability IIA 355467-01	Easy Does It 10:15A 355462-01
Cardio Tone 9A or 10:15A 355465				Chair Pilates & Stretch 12P 355470-01

September 2020 Lounge Activities

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
7 Labor Day-closed	8 MahJong & Canasta I Ia Arts & Crafts	9 Wed. Walkers 10:15am Movie & Popcorn (POMS) 1pm Board Games	10 Bridge Club 9a-12p Brain Games	11 FREE Exercise Demo Day 10am BINGO 10am
14 Skokie Walking Tour 10am Humanities Club 9:30a Mah Jong Club 12pm	15 MahJong & Canasta I Ia Arts & Crafts	16 Wed. Walkers 10:15am Board Games	17 Bridge Club 9a-12p Brain Games Boxed Lunch & Movie 12pm	18
21 Humanities Club 9:30a Mah Jong Club 12pm	22 MahJong & Canasta I Ia Arts & Crafts	23 W. Walkers 10:15am Movie & Popcorn (The Lion King) 1pm Board Games	24 Bridge Club 9a-12p Brain Games Medicare 101	25 BINGO 2pm
28 Humanities Club 9:30a Mah Jong Club 12pm	29 MahJong & Canasta I Ia Arts & Crafts	30 Wed. Walkers 10:15am		

FREE

Registration Required

Lounge Activities

BINGO Parties



Halloween
Bingo Party

10/27 12-2P

Entertainment & Lunch

361261-01

R\$15/NR\$19



Birthday Party
Bingo

11/17 11A-12:30P

Pizza & Sweet Treats

315244-01

R\$13/NR\$15



Holiday Sweater Party

12/15 12-2P

Entertainment & Lunch

361262-01

R\$15/NR\$19