



**Cedar Creek Winery Trip**  
on **July 9** — see page 4

## Exercise

All Active Adult Exercise Classes are for ages 60 + and take place at the Oakton Community Center.

### Oakton Tai Chi Chih

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

#### Beginner

**254562-01** Tu 6/12-8/28 9:15-10:30A \$48/\$60

#### Intermediate

**254562-02** Tu 6/12-8/28 10:45A-12P \$48/\$60

### Easy Does It

Join us for the stretching and bending of both the upper and lower body. Class is taught by a volunteer senior instructor.

**255460-01** M,F 6/11-8/31 10:15-11:15A \$4/\$5

### Cardio Tone

This low impact aerobics and sculpting class is designed for mature adults who want a full body workout with a variety of exercises. Work every muscle group with light weights and low impact aerobics moves. Certified instructors Katrina Klosowiak and Janis Argianis

**255461-10** M,F 6/11-8/31 9-10A \$72/\$90

**255461-11** M 6/11-8/27 9-10A \$48/\$60

**255461-12** F 6/15-8/31 9-10A \$48/\$60

**255461-13** M,F 6/11-8/31 10:15-11:15A \$72/\$90

**255461-14** M 6/11-8/27 10:15-11:15A \$48/\$60

**255461-15** F 6/15-8/31 10:15-11:15A \$48/\$60

### Chair Pilates

Strengthen your core muscles and stretch in this non-impact balance of mind and body exercise class. Modified activities will accommodate physical abilities. Instructor: Pnina Zygman.

**255468-01** M 6/11-8/27 1-2P \$48/\$60

### Stretch & Strength

Stretching and strengthening are keys to maintaining a healthy exercise routine. Includes light weights and chair exercises. Instructor: Pnina Zygman. No class July 4th.

**255469-01** W 6/13-8/29 1-2P \$44/\$55

### Combo Chair Pilates and Stretch & Strength

Combines elements of both Chair Pilates and Stretch and Strength classes.

**255470-01** F 6/15-8/31 12-1P \$48/\$60

### 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 Argianas

**255463-01** Th 6/14-8/30 10:15-11:15A \$48/\$60

### 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. No Class July 4th. Certified Instructors: Renee Weingard & Debbie Jiminez

Age: 50+ Location: Skokie Water Playground

**255464-01** M 6/11-8/13 9-10A \$60/\$75

**255464-02** W 6/13-8/15 9-10A \$54/\$68

**255464-03** F 6/15-8/17 9-10A \$60/\$75

**255464-04** M,W,F 6/11-8/17 9-10A \$130/\$163

### Forever Young

Feel light on your feet in this fun class! Light weights and easy aerobic moves will keep your energy levels high. No class July 4th. Instructor: Pnina Zygman

**233684-01** W 6/13-8/29 9:30-10:30A \$44/\$55

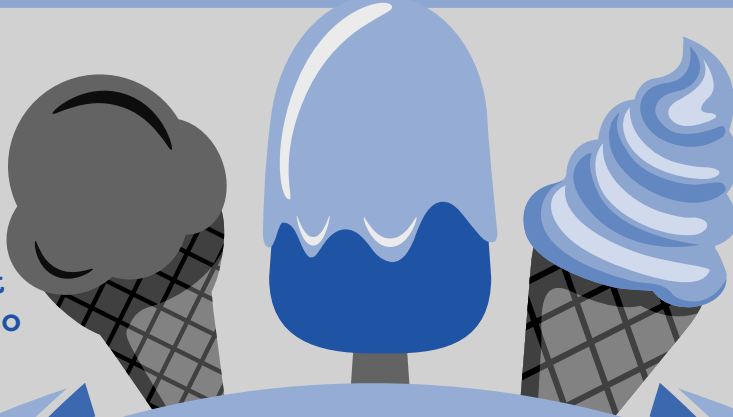
### Zumba Gold

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. Certified instructor: Leslye Jones-Beaty

**255462-01** Tu 6/12-8/28 10-11A \$48/\$60

# 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: \$8  
Non-resident: \$10  
Ages: 60+

SOCIAL & BINGO

WEDNESDAY, JUNE 19 1- 2:30 PM

TUESDAY  
JULY 24  
12-2 PM



SPONSORED BY:



SKOKIE

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

Residents: \$12  
Non-residents: \$15

Register: #261262-01

Registration deadline is July 17.

## Day Trips

All Day Trips are for ages 60 + and depart from the Oakton Community Center. Cancellations must be made at least seven days in advance to receive a refund.

### Emerson Creek Backroads Vintage Market

Enjoy the ride to Emerson Creek in Oswego as we discover their Backroads Vintage Market. You can find vintage, salvaged, repurposed and handmade goods in the refurbished barn. These one-of-a-kind items will not only preserve history but also add style and uniqueness to your home. Vintage wares include furniture, fashion, reimagined handmade goods, architectural salvage and more. Price includes admission to the market and transportation. Lunch is available at the Emerson Creek Tea Room for a fee as well as limited tea room menu at the market.

**270270-01** W 6/13 10:30A-5P \$15/\$19

### Lake Geneva Mailboat

Take the most unique cruise on Lake Geneva, the US Mailboat, as it delivers the mail! In addition to front row shoreline views, the unique mail delivery will have you on the edge of your seat. Following the cruise, we will enjoy lunch at Bakers House. Snack bar and coffee will be available on the boat. After lunch enjoy some free time to explore and shop in downtown Lake Geneva. Some walking is necessary for this trip.

**270266-01** W 6/27 7A-6P \$68/\$85

### Cedar Creek Winery and Settlement **←NEW!!**

Located just north of Milwaukee and situated on the beautiful Cedar Creek, this town offers the perfect blend of old and new. You will be charmed by the delightful mix of unique shops, cozy cafes, art galleries and museums, many nestled inside meticulously maintained historic buildings, and all within walking distance of one another. Upon our arrival, we will stop for lunch at Crème and Crepe. Lunch will include a house salad, choice of one entrée crepe, one dessert crepe and non-alcoholic beverage. Then we will visit the Cedar Creek Winery for a tour and tasting. After that, there will be free time on your own to shop and explore this delightful city.

**270269-01** M 7/9 9A-7P \$40/\$50

### Swedish Days Festival

Kickoff 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. Some walking is necessary for this trip.

**270262-01** Th 6/21 9:30A-5P \$15/\$19



## Lagunitas Brewery Tour and Lunch

Join us for a visit to one of Chicago's great breweries, Lagunitas. We will receive a tour of the brewery, a tasting of their beer, and lunch. Please register 1 week in advance.

**270263-01** W 7/18 12-4:30P \$35/\$44

## Dancing Horses in Lake Delavan ◀NEW!!

A visually stunning array of horse breeds will perform alongside their trainers in this fantastic cavalcade of equestrian artistry. Upon arrival we will eat a hot lunch of salad, rolls, turkey, pasta, vegetable, beverage and dessert. After lunch, sit back, relax, and enjoy the dancing Horses, and end with the Exotic Bird Show. Fully climate-controlled venue perfect for all seasons.

**270265-01** W 8/8 9:30A-5P \$62/\$78

## 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 in a great spot to socialize and play the ponies. Please register by August 3.

**270267-01** Th 8/16 11A-5P \$40/\$50

## Wisconsin State Fair

The annual Wisconsin State Fair features 30 free 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 delicious summer treat at Kopp's Famous Frozen Custard! Fee includes transportation and gate admission only. Lots of walking will be done on this trip!

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

## Hamilton ◀NEW!!

The modern story of one of America's founding fathers, Alexander Hamilton, an immigrant from the West Indies who became George Washington's right hand man during the Revolutionary War and the new nation's first treasury secretary. Featuring a score that blends hip-hop, jazz, blues, rap, and R&B. Lunch will be served at the Oakton Center at 11 a.m. Motor coach transportation to Chicago's CIBC Theater and back also included. Seats are located in the rear balcony.

**270268-01** W 8/22 11A-6P \$130/\$163

## 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.

### Cafe Fourteen—Palatine

Omelets, waffles, sandwiches and salads

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

### Lake House—Lake Bluff

Contemporary grill with New American fare

**233161-02** Tu 7/10 11:30A-2P \$5/\$6

### Steingold's of Chicago

Counter service Jewish delicatessen and café.

**233161-03** Tu 8/14 11:30A-2P \$5/\$6

## 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.

### Luella's Southern Kitchen—Chicago

Southern comfort food.

**270862-01** Th 6/14 4:30-8P \$5/\$6

### Trezeros Kitchen and Tap—Mount Prospect

Italian-American cuisine.

**270862-02** Th 7/26 4:30-8P \$5/\$6

### Fred's Garage—Winnetka

American classics in a renovated service station.

**270862-03** Th 8/23 4:30-8P \$5/\$6



## Monthly Mall Trips

Travel to a new shopping spot each month. Fee includes transportation only.

### Deer Park Town Center

**233162-01** Tu 6/19 9A-5P \$6/\$8

### Pleasant Prairie Outlet Mall—WI

**233162-02** Tu 7/17 9:30A-5P \$6/\$8

### Aurora Premium Outlet Mall

**233162-03** Tu 8/28 9:30A-5P \$6/\$8



# 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)

## Programs & Classes

All classes are for ages 60 + and are located at the Oakton Community Center.

### Mah Jong Lessons

Instructor 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. No class August 16th.

#### Beginner

**215240-01** Th 6/14-7/5 11A-12:15P \$15/\$19

#### Intermediate

**215240-02** Th 7/12-8/2 11A-12:15P \$15/\$19

#### Continuing

**215240-03** Th 8/9-9/6 11A-12:15P \$15/\$19

### Canasta Lessons

Try your hand at this classic card game. We will learn the basics of Canasta and meet other players. Please register at least one week in advance of this class. Instructor: Estelle Greenberg. No class July 4, 11 and August 15.

**215241-01** W 6/13-7/18 11A-12:15P \$15/\$19

**215241-02** W 8/1-8/29 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 6/19-6/21 9A-1P \$15/\$20

**215246-02** Tu,Th 7/17-7/19 9A-1P \$15/\$20

**215246-03** Tu,Th 8/21-8/23 9A-1P \$15/\$20

### Pinterest Craft Class

Join the Oakton staff to make a creative seasonal craft we found on the popular website, Pinterest! All the supplies that you need to make this craft are included in the cost of the class, so just bring yourself and maybe a friend. Then get ready to create!

**233683-01** Tu 8/21 1-3P \$12/\$15



## Free Adult Programs

### 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.

### Medicare 101

Are you new to Medicare or close to your enrollment date? Have you been a Medicare beneficiary for some time but never really understood your coverage? This program will review the basics of Medicare coverage from A to D. This program will give an overview of the Medicare program and share information to help inform you with health care decisions in the future. Please register at least one week in advance to meet class minimum.

**215243-01** Th 6/21 1-2P

**215243-02** Th 8/23 1-2P

### Cell Phone 101

If you have questions on how to operate your new or old cell phone, come by the Oakton Center for this introductory class on how to use your cell phone. Staff will try to answer questions you may have. Learn to send text messages, download apps, and add new contacts to your phone.

**215245-01** M 8/27 1-3P

### 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!

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

All classes meet at Village Hall, 5127 Oakton St. unless otherwise noted.

### 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.

### Family Caregiver Support Group

Fourth Wednesday of every month • 10 a.m. to 11:30 a.m. Please contact Laretta Hart, L.P.C. Caregiver Specialist if you would like to attend at (847) 424-5661 or email: [lhart@nssc.org](mailto:lhart@nssc.org). If you are caring for an older adult (spouse/partner, mom or dad) join this group if you would like to meet and discuss your caregiving issues and concerns.

At North Shore Senior Center.

(161 Northfield Rd, Northfield) Rm. G

### Senior Health Insurance Program (SHIP) Medicare/Part D/Claims/Appeals

Consultations available for new and existing Medicare beneficiaries to learn about their health care benefits: (847) 933-8208

### Hearing Loss Support Group

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

Share ideas, and learn about equipment and devices used to help those with a hearing impairment. Guest speakers participate when available. Please contact Juanita Davis at (847) 933-8208 for dates and times. At Skokie Public Library (5125 Oakton St.)

### Medicare Supplement Claims Assistance/ Senior Health Insurance Program

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

### Low Vision Support Group

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

At the Skokie Public Library

### Rules of the Road

Review for driver's examination

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

### Skokie Senior Men's Group

Wednesdays • 9:30 a.m.

At Weber Leisure Center (9300 Weber Park Pl.)



Weber Leisure Center  
9300 Weber Park Place  
Skokie, Illinois 60077

www.SkokieParks.org

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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 Three Billboards Outside**  
**13 Ebbing, Missouri**  
Drama starring Frances McDormand, Sam Rockwell, Woody Harrelson
- June Roman J. Israel, Esq.**  
**27** Crime/Drama starring Denzel Washington and Colin Farrell
- July I, Tonya**  
**11** Drama starring Margot Robbie and Allison Janney
- July The Post**  
**25** Drama starring Tom Hanks and Meryl Streep
- August LadyBird**  
**8** Comedy/Drama starring Saoirse Ronan and Laurie Metcalf
- August Wonder**  
**22** Drama/Family film starring Julia Roberts, Jacob Tremblay and Owen Wilson

**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. 6) • 9:30A–12P  
German Conversation Group • 1–2:30P  
(first & third Thursdays)

**Friday**

Open Lounge

**Saturday**

Open Lounge

**Sunday**

Open Lounge