

PRIME Times

Programs for Skokie Active Adults 60+

Summer 2025

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Oakton Community Center
4701 Oakton St., Skokie

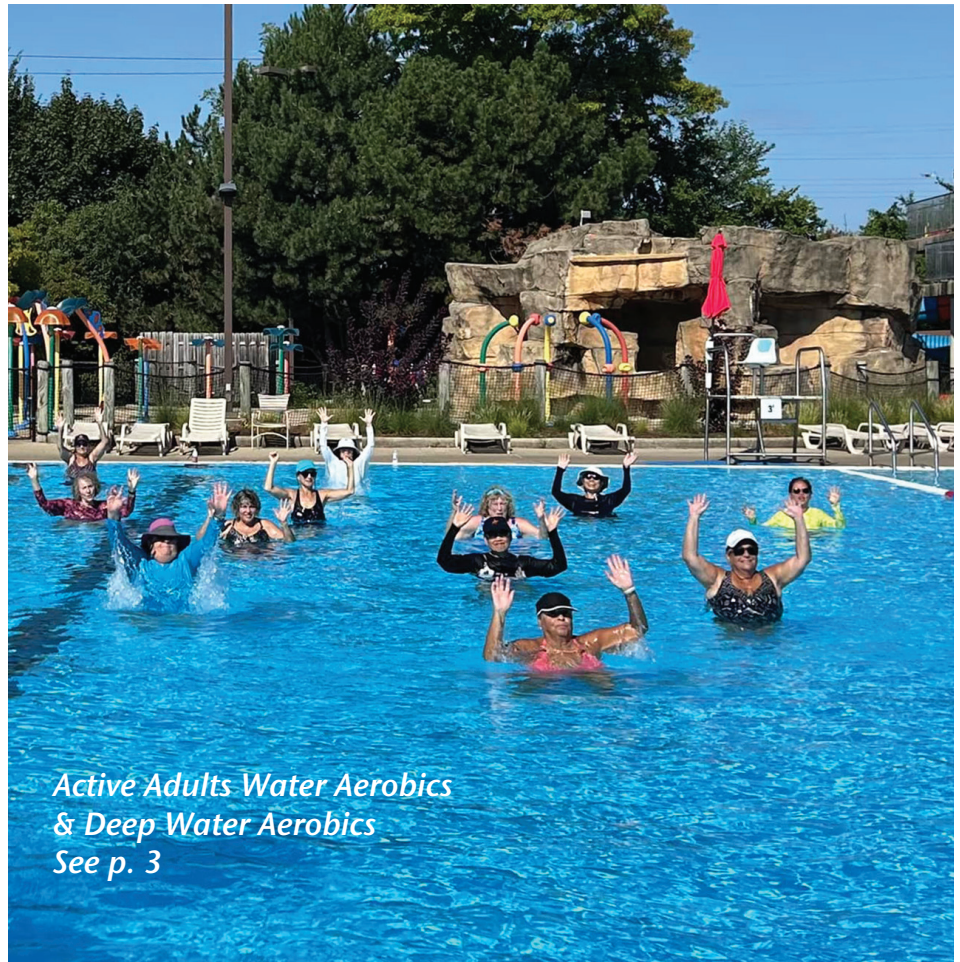
Registration Begins

Residents
May 15 at 8:30 a.m.

Non-Residents
May 22 at 8:30 a.m.

Register for programs and classes at
www.skokieparks.org

Use the provided 8-digit codes to locate
programs in our registration page.



*Active Adults Water Aerobics
& Deep Water Aerobics
See p. 3*



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, Monday 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.

Icon
key:



One day
program



Significant
walking



New offering

Programs & Classes

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

Mah Jong Lessons

Learn the basics of this classic game and meet others learning the game, too! 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. Instructor: Dalya Horwitz

Beginning

215240-01	Th	6/5-6/26	11A-12:30P	\$25/\$32
215240-03	Th	7/10-7/31	11A-12:30P	\$25/\$32
215240-05	Th	8/7-8/28	11A-12:30P	\$25/\$32

Continuing

215240-02	Th	6/5-6/26	1-2:30P	\$25/\$32
215240-04	Th	7/10-7/31	1-2:30P	\$25/\$32
215240-06	Th	8/7-8/28	1-2:30P	\$25/\$32

Canasta Lessons

Learn the basics of Canasta, while learning to play Triple Play, a variety of the Canasta game that uses seven decks of cards. Fun and easy to play, and best described as Canasta on steroids, once you learn Triple Play, you will be able to play other variations of Canasta. Played with two to six players.

Instructor: Rosemary Tate

215241-01	M	6/2-6/23	10-11:30A	\$25/\$32
215241-03	M	7/7-7/28	10-11:30A	\$25/\$32
215241-05	M	8/4-8/25	10-11:30A	\$25/\$32

AARP Smart Driver TEK

Smart Driver TEK is a free go-minute workshop offered by AARP. Learn how to use the latest high-tech safety features in your current car, what technology to look for when shopping for a new car, and the safety benefits of blind spot warning systems, forward collision warnings, lane departure warnings, smart headlights, and more. You do not need to be an AARP member to attend this program. Pre-registration is required.

215247-01	W	6/4	10-11:30A	free
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LOOKING FOR NEW CLASS IDEAS AND INSTRUCTORS!

Do you have a talent or hobby you would like to share (painting, knitting, needlework, crochet, etc)? Do you have experience as an instructor?

Please email Janeen at jagorelick@skokieparks.org if you have a class idea you would like to offer!



Exercise at Oakton for Ages 60+

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

Location: Oakton Community Center

Beginning

254562-01 Tu 6/3-8/26 12:30-1:45P **\$95/\$119**

Continuing

254562-02 Tu 6/3-8/26 11A-12:15P **\$95/\$119**

Easy Does It

Join us for the stretching and bending of both the upper and lower body. Class will not meet on July 4. Class is taught by a volunteer senior instructor.

Location: Oakton Community Center

255460-01 M,F 6/2-8/29 10:15-11:15A **\$10/\$13**

Cardio, Strength & Stretch

This low impact aerobics and body sculpting class is designed for mature adults who want a full body workout combined with great music and a variety of exercises. You will work every muscle group using light weights, low impact aerobics, and chair workouts. Sign up for all three days and receive a ten percent discount. Class will not meet on July 4. Certified instructor: Janis Argianas

Location: Oakton Community Center

255461-01 M,W,F 6/2-8/29 9-10A **\$250/\$310**

255461-02 M 6/2-8/25 9-10A **\$95/\$119**

255461-03 W 6/4-8/27 9-10A **\$95/\$119**

255461-04 F 6/6-8/29 9-10A **\$88/\$109**

BeMoved

BeMoved offers a dance experience designed for people of all fitness levels and abilities focusing on strength, flexibility and balance. It is gentle on the body and easy to follow, with no dance experience necessary. Instructor: Joanie Bayhack

Location: Oakton Community Center

255465-01 Tu 6/3-8/26 10-11A **\$95/\$119**

Zumba

Combining high energy music with unique and easy-to-follow moves, Zumba is designed for the active adult including beginners. Improve coordination and increase balance with this fun workout. Class will not meet on July 4. Certified instructor: Ruben Zapata

255462-01 F 6/6-8/29 1:30-2:30P **\$88/\$109**

Dynamic Strength & Balance

This class offers a combination of standing and chair exercises with low impact cardio movement, standing balance work and seated work using bands, hand weights and balls.

The last 10-minutes of class will offer both seated and standing stretching. The class is perfect for those that want a combination workout. Use of the chair is optional. Instructor: Joanie Bayhack

Location: Oakton Community Center

255463-01 Th 6/5-8/28 2:15-3:15P **\$95/\$119**

Move & Groove Line Dance NEW

Get your feet moving and your body grooving as you flow to the rhythms of soul, pop, Latin, and a little bit of country. This beginner class is an introduction to line dance and perfect for those returning to, or just beginning, their dance journey. Emphasis will be on proper step techniques and how to combine them, foot placement, and learning to flow with the music. Line dancing is a fun way to exercise your brain, work on balance, improve your stamina and memory all with low impact to your joints. If you can count to eight, you can line dance! Instructor: Pat Bernard

Location: Oakton Community Center

255470-01 Tu 6/3-8/26 6-7P **\$95/\$119**

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 make-ups for missed classes. Instructor: Renee Weingard M,F & Deborah Jimenez W

Location: Skokie Water Playground

255464-01 M 6/9-8/11 9-10A **\$90/\$113**

255464-03 W 6/11-8/13 9-10A **\$90/\$113**

255464-04 F 6/6-8/15 9-10A **\$90/\$113**

Deep Water Aerobics

By suspending the body in deep water, you have a greater range of motion with fewer limitations. This class incorporates a balanced workout that includes warm-up, aerobic training and cool down. You will burn calories through low impact cardio exercise and muscle strengthening. We provide a noodle to support being suspended in the water. All participants must be able to swim in deep water. Instructor: Debbie Jimenez

Location: Devonshire Aquatic Center

255469-01 Sa 5/24-8/16 9-10A **\$117/\$146**

255469-02 Su 5/25-8/17 9-10A **\$117/\$146**



Day Trips



A Buddy Holly Tribute

The Marriott Theatre in Lincolnshire presents a dynamite Buddy Holly tribute featuring such hits as That'll Be the Day, Peggy Sue, Oh Boy, Rave On and featuring cast members from the blockbuster 2023 hit Buddy: The Buddy Holly Story. Watch frontman Zachary Stevenson as he presents Buddy Holly so perfectly that you will think you are watching a genuine replica of the nerdy and hip young Texan. Above and beyond the music, this two-act concert gives context to the songs and pays tribute to Buddy's friends: The Big Bopper, Ritchie Valens, Dion and Eddie Cochrane. Fee includes transportation, lunch and the show.

270260-01 Tu 6/3 10A-5P **\$110/\$138**

Old Joliet Prison Tour

This docent guided tour of the Old Joliet Prison, which closed in 2002, was featured in the 1980 film, The Blues Brothers. You will see first-hand the inside of the cell blocks, the segregation building, inmate dining room and other areas. This tour includes about one mile of walking and some uneven ground as well as a few stairs. Fee includes transportation, the tour and lunch. Location: Joliet

270261-01 Tu 6/17 8:30A-4P **\$93/\$116**

Swedish Days

Known as the granddaddy of Illinois festivals, Swedish Days in Geneva, Illinois is a must stop. The music, foods, crafts, and shopping will be sure to please. Don't miss the shops in Geneva's historic district, including the Little Traveler. Fee includes transportation only. The cost of lunch is on your own. Some walking is necessary for this trip. Location: Geneva, Illinois

270262-01 Th 6/19 9A-5P **\$23/\$29**

Always...Patsy Cline

We'll take a bus to Drury Lane Theatre in Oakbrook, to a show featuring 27 of Patsy Cline's biggest hits! This is the ultimate love letter to one of the most celebrated and influential performers of the twentieth century. Fee includes transportation, lunch before the show, and the show. Location: Oakbrook Terrace

270263-01 W 6/25 10A-6P **\$109/\$136**

Treasure Hunt

This shopping trip is sure to please if you enjoy looking for that hidden treasure. There will be multiple stops, some new and some repeats, with antiques, vintage, collectibles and more. Fee includes transportation and lunch. Location: Aurora

270264-01 Th 7/10 9:30A-6P **\$49/\$61**



Lake Geneva & Fitzgerald's Fish Boil 🍷 1

Travel with us to beautiful Lake Geneva for a few hours of shopping and beautiful lakefront views. We will then drive to Fitzgerald's in Genoa City for their popular fish boil, which includes fresh boiled cod, BBQ chicken, boiled red potatoes, coleslaw, fresh rye bread, and dessert. Fee includes transportation, and dinner. Location: Lake Geneva, Wisconsin
270265-01 Th 7/17 10A-7P **\$51/\$64**

Milwaukee County Zoo 🍷 NEW 1

We will board a tram at the zoo and take a one hour guided tour, making three stops to explore each exhibit. Following our tour, we will have lunch. Fee includes transportation and the tram tour. The cost of lunch is on your own. Location: Milwaukee

Location: Oakton Community Center
270266-01 M 7/28 8A-5P **\$56/\$73**

Mystery Trip 🍷 NEW 1

If you are feeling adventurous, then our annual Mystery Trip to unknown destinations is for you! Join us as we venture to places that our Active Adult 60+ group has never been! Our day will begin boarding our two 14-passenger buses. Our first stop will be a water excursion. Lunch will follow. After lunch we will travel back to the 19th century. And lastly, the light will help you find your way.

270268-01 W 7/23 8A-7P **\$127/\$159**

The Great Shopping Spree 🍷 NEW 1

Join us for a day of shopping and leave the driving to us! Our stops will include vintage, antique, repurposed, and crafted item shops. Along the way, we will stop for lunch. Fee includes transportation, and lunch. Location: Bartlett, Bloomingdale, and Aurora.

270267-01 W 7/30 9A-6P **\$52/\$65**

Wisconsin State Fair 🍷 1

Located just outside of Milwaukee, the Wisconsin State fair features 30 free stages, numerous educational exhibits, plenty of shopping—both indoors and out—and hundreds of food and beverage options. On our way back from the fair, we will stop at Kopp's Frozen Custard for a sweet treat. Fee includes transportation and fair ticket. Location: West Allis, Wisconsin.

270269-01 M 8/4 9A-6P **\$30/\$38**

Sainte Genevieve Riverboat NEW 1

The Sainte Genevieve riverboat dates back to 1962 and has been fully restored. You will board the boat and embark on a two hour narrated tour on the Illinois River, which will include a delicious buffet lunch. Fee includes transportation, narrated boat tour, and lunch. Location: Ottawa

Location: Oakton Community Center

270270-01 Th 8/7 8:30A-4:30P **\$108/\$135**

White Sox Bingo & Game 🍷 NEW 1

Spend the day at Guaranteed Rate Field where we will enjoy an all-you-can-eat lunch, bingo, and cheer on the Chicago White Sox from our first baseline seats as they play the Detroit Tigers. Fee includes transportation, lunch, bingo, and the game. Location: Chicago

270271-01 W 8/13 10:15A-5P **\$86/\$107**

Batavia Boardwalk Shops 🍷 NEW 1

Batavia Boardwalk Shops are small seasonal pop-up shops which vary from year-to-year. The boardwalk consists of ten unique shops offering a variety of merchandise. We will also be within walking distance of downtown Batavia, with its antique, resale, and other local stores. Fee includes transportation and lunch. Location: Batavia

270272-01 F 8/15 9:30A-6P **\$45/\$56**

Milwaukee Boat Tour 1

Explore Milwaukee's past and present, from its rivers, harbors, and Lake Michigan. During this 90 minute tour, enjoy unforgettable views and a unique perspective of Milwaukee's history and architecture. Live narration is provided by experienced and entertaining tour guides and the captain. Following our tour, we will have a late lunch. Fee includes transportation, the boat tour, and lunch. Location: Milwaukee, WI.

270273-01 W 8/20 9:30A-6P **\$89/\$112**

Lunch Bunch + Dining Out

All trips are for ages 60+ and depart from the Oakton Community Center.



Dining Out Trips 1

Travel to various restaurants in the Chicagoland area. Fee includes transportation; the cost of dinner is on your own.

Season's 52—Schaumburg

Experience seasonal food prepared using rustic cooking techniques, like brick oven roasting and wood fire grilling.

270862-01 Th 6/26 4:30-8P **\$7/\$9**

Nite N' Gale—Highwood

Family restaurant serving classic American fare.

270862-02 Th 7/24 4:30-8P **\$7/\$9**

Bonefish Grill—Schaumburg

Contemporary grill offering a seafood-centric menu, plus steaks and cocktails.

270862-03 Th 8/28 4:15-8P **\$7/\$9**

Lunch Bunch 1

Experience a new lunch location every month. The fee includes transportation. Cost of lunch is on your own.

Boston Fish Market—Des Plaines

Offering the freshest fish available, a fish lover's dream!

233161-01 Tu 6/10 11:30A-2P **\$7/\$9**

Pauline's—Chicago

American comfort fare served up for a breakfast & lunch in a country diner setting.

233161-02 Tu 7/8 11:30A-2P **\$7/\$9**

Lazy Dog—Northbrook

Relaxed lodge-chic chain serving global comfort fare, including stir-fries, pot roast, and pastas.

233161-03 Tu 8/5 11:30A-2P **\$7/\$9**

Monthly Mall Trips 1

Monthly Mall Trips

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

Aurora Premium Outlet

233162-01 Tu 6/24 9:30A-4P **\$7/\$9**

Pleasant Prairie Outlet

233162-03 Tu 8/26 9:30A-4P **\$7/\$9**





1 **BEACH**
5 **PARTY**
7 **BINGO**

Tuesday, July 15 • 12–2 p.m.

Join us as we celebrate summer with a beach themed bingo party. A buffet lunch followed by live entertainment will be provided. We will end the afternoon with bingo and prizes!

3

Registration deadline: July 10.
\$17/\$21

Register at skokieparks.org
for program #261262



ICE CREAM
SOCIAL & BINGO

Tuesday, August 12 • 1-2:30 p.m.

Say goodbye to summer featuring delicious ice cream sundaes with as many toppings as you can fit in your dish! We will also play an hour of bingo with prizes. Please register by August 5.

\$14/\$17

Register at skokieparks.org
for program #261263

Active Adult 60+ Special Event



Live Well
AGE WELL
SKOKIE

Formerly known as Boomers & Beyond Resource Fair

Friday November 7
9 a.m.–1 p.m.
at Oakton Community Center

A Free Health & Wellness Event Open to All

The event will feature exhibitors from the community, interactive seminars, health and wellness screenings and more!



SENIOR LOUNGE

Active Adult Lounge Membership

The Lounge at the Oakton Community Center is available to members only. Membership offers unlimited use of the Lounge and coffee, a \$10 annual program voucher to use toward active adult exercise, parties or trips at the Oakton Center,

Annual Membership Fees: **\$28**/\$35

Reservations are required for use of the Lounge

Monday–Friday
8:30 a.m.–5:30 p.m.

Call to make your reservation. Hours are subject to change.



Skokie Health and Human Services Programs

Call (847) 933-8208 to schedule, or for more information



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

Senior Health Insurance Program (SHIP)

The Senior Health Insurance Program (SHIP) offers year-round community education and free health insurance counseling to Medicare beneficiaries. Human Services staff and volunteers assist with choosing and enrolling in Medicare plans, as well as troubleshooting Medicare issues and claims.

Simple Wills

Free legal consultations are provided with matters related to Simple Wills, Powers of Attorney and Living Wills. Follow-up is provided for a small fee. Appointments are available for low-income seniors residing in Suburban Cook County.

Benefits Access Application Assistance

Offered through the Illinois Department on Aging, the Benefit Access Program qualifies households for a Secretary of State License Plate Discount, Seniors Ride Free Transit Benefit and Persons with Disabilities Ride Free Transit Benefit. To be eligible, an applicant must be at least 65 years old or disabled and demonstrate low income.

Lending Closet

The Lending Closet offers Skokie residents short-term use of wheelchairs, walkers, canes and crutches at no cost. A valid ID showing Skokie residency is required for all loans.



Skokie Park District Activities for Ages 60+

Pickleball



Open Pickleball at the Weber Center

Check our spring guide for available dates and times.

Drop-in fees: **\$7/\$9**

Drop-In Pickleball in the Parks

Outdoor courts available on a seasonal basis at Gleiss, Hamlin, Laramie, Lauth, Lawler, Lockwood, Lorel, Oakton, Schack and Terminal parks. Please be reminded that at any time our outdoor locations may be reserve for lessons.

Classes: visit skokieparks.org/pickleball

Aquatics



Skokie Water Playground

4701 Oakton St.

(847) 929-8203

Visit [www.skokieparks.org/skokie-water playground](http://www.skokieparks.org/skokie-water-playground)

Devonshire Aquatic Center

4400 Greenwood Street

(847) 674-1500, ext. 3200

Visit www.skokieparks.org/devonshire-aquatic-center

Summer Group and Private Lessons, and lap swim.

Visit www.skokieparks.org/swimming

Fitness First Health Club



9300 Weber Park Place

(847) 929-7600

Visit www.skokieparks.org/fitness-first

Located at the Weber Leisure Center, the Fitness First health club is a fully-equipped, and state-of-the-art fitness center that includes cardio with TVs, free weights and weight machines, certified personal trainers, an indoor track and gym, spin studio, and much more.

For information, call or visit www.skokieparks.org/fitness-first

To see all Skokie Park District programs and events for all ages, go online to skokieparks.org/summer25

Emily Oaks Nature Center



4650 Brummel St.
Skokie, IL 60076
(847) 677-7001

Skokie's urban oasis includes a two-story interpretive center, walking trails through native wildflowers, grasses, oak trees, wildlife, and around a two-acre pond.

Visit www.skokieparks.org/emily-oaks-nature-center

Classes: visit www.skokieparks.org/nature

Golf



Weber Park Golf Course

Beautiful 9-hole, par-3 golf course, ideal for learning to play golf or working on your short game.

9350 Weber Park Pl.
(847) 929-8600

Visit www.skokieparks.org/weber-park-golf-course

Skokie Sports Park

Golf Range featuring TrackMan, Mini-Golf, Batting Cages, "The Bunker" Indoor Golf Simulator

3459 Oakton St.
(847) 929-8100

Visit www.skokieparks.org/skokie-sports-park

Skokie Heritage Museum



8031 Floral Ave.
(847) 929-8001

Learn about Skokie history. Sign up for senior yoga, private tours or workshops, and history, arts, and cultural programming. Would you like to volunteer or share a story about Skokie history with us? Email museum@skokieparks.org or call for information.

Visit skokieparks.org/skokie-heritage-museum



Weber Leisure Center
9300 Weber Park Place
Skokie, Illinois 60077

SkokieParks.org

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TRIPS | CLUBS | PARTIES | EXERCISE | CLASSES | FREE PROGRAMS For Skokie's Active Adults!

Monday

Movie & Popcorn: 1 p.m.

Laramie Bridge Club: 10:30 a.m.–1 p.m.

Mah Jong and Canasta are played
Monday–Friday.

Please contact
Janeen at (847) 933-4969
more information.



Sign up for our Newsletter!

Not on our newsletter mail list?
Email your address to Janeen at
jagorelick@skokieparks.org.



**FREE
EVENT**

MOVIE & POPCORN

Mondays • 1 p.m.

Classic movies and new releases will be shown. The schedule will be posted in our email newsletter the month prior. Movie schedule is also available at the Oakton Center or by scanning the QR code below!

