

PRIME Times

Programs for Skokie Active Adults 60+

Winter 2026

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Registration Begins

Residents

December 15 at 8:30 a.m.

Non-Residents

December 22 at 8:30 a.m.

Register for programs and classes at
www.skokieparks.org

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

FREE

EXERCISE

DEMO DAY

Wednesday March 25

Beginning at 10 a.m.

Oakton Community Center

Sample Oakton's
Exercise programs
for free!

See exercise class
listings on pg. 3

Oakton Community Center

ACTIVE ADULTS 60+

Oakton Community Center
4701 Oakton St., Skokie

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.

AARP Smart Driver Course

In this classroom refresher course, you must attend both days of the class, Tuesdays and Thursdays. Visit the Oakton Community Center to register and reserve a spot. AARP member (\$20) and non-member (\$25) fees are paid to the instructor on the day of class. Please bring a check made out to AARP. Call (847) 933-4969 for more information.

415246-03 Tu,Th 3/24-3/26 12-4P see description

Canasta Lessons

Canasta is a fun card game played with many variations. In this class, you will learn them all from beginner to advanced. Instructor: Rosemary Tate

430263-01	M	1/5-1/26	10-11:30A	\$29/\$38
430263-03	M	2/2-2/23	10-11:30A	\$29/\$38
430263-05	M	3/2-3/23	10-11:30A	\$29/\$38

Medicare 101

This seminar is for those new to Medicare or close to their enrollment date or have been a Medicare beneficiary for some time but never really understood their coverage. We will discuss the basics of Medicare coverage from A to D, give an overview of the Medicare program, and share information to help inform those with health care decisions to made in the future. Please register at least one week in advance to meet class minimum.

430264-01	Th	2/12	1-2P	free
430264-02	Th	3/12	1-2P	free

RTA Transit Seminar

Join us for this free seminar given by Katherine Peterson, Mobility Outreach Coordinator, from RTA. Katherine will discuss accessibility features on buses and trains, trip planning, and safety tips for traveling. In addition, she will go over a one-on-one travel training program, Ventra, discounted fare programs, and transportation options in your area.

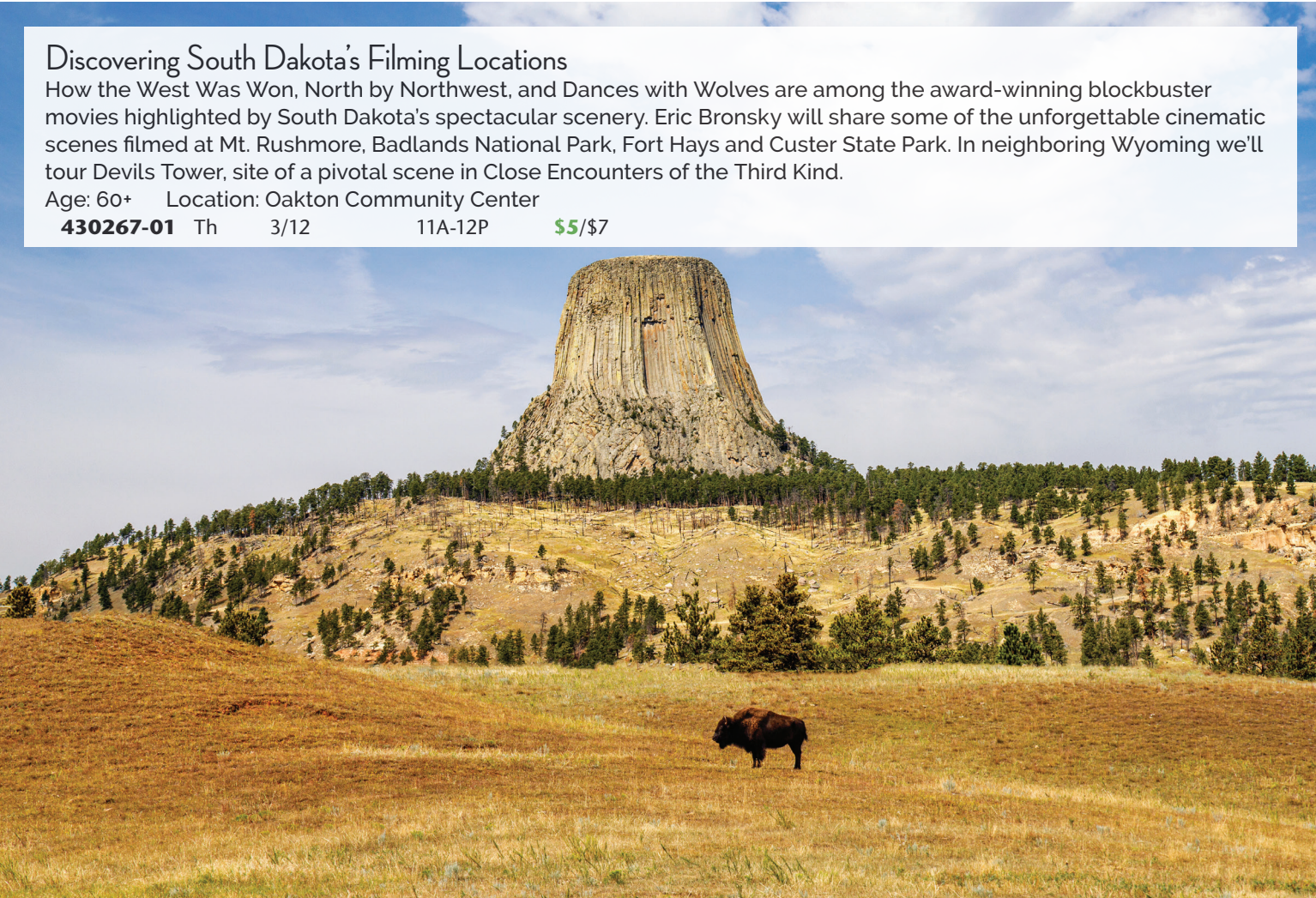
430260-01	Th	2/26	1-2P	free
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Discovering South Dakota's Filming Locations

How the West Was Won, North by Northwest, and Dances with Wolves are among the award-winning blockbuster movies highlighted by South Dakota's spectacular scenery. Eric Bronsky will share some of the unforgettable cinematic scenes filmed at Mt. Rushmore, Badlands National Park, Fort Hays and Custer State Park. In neighboring Wyoming we'll tour Devils Tower, site of a pivotal scene in Close Encounters of the Third Kind.

Age: 60+ Location: Oakton Community Center

430267-01	Th	3/12	11A-12P	\$5/\$7
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Exercise at Oakton for Ages 60+

All classes are for ages 60+ and are located 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. Please register in advance. Instructor: Alla Meerson

Beginning

454562-01 Tu 1/6-3/17 12:30-1:45P **\$81/\$100**

Continuing

454562-02 Tu 1/6-3/17 11A-12:15P **\$81/\$100**

Easy Does It

Join us for stretching and bending of both the upper and lower body. This class is taught by a volunteer active adult instructor.

455460-01 M,F 1/5-3/20 10:15-11:15A **\$10/\$13**

Cardio, Strength & Stretch

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. You will work every muscle group using light weights, low impact aerobics, and chair workouts. Sign up for all three days and receive a 10 percent discount. Certified instructor: Janis Argianas

455461-11 M,W,F 1/5-3/20 9-10A **\$217/\$270**

455461-12 M 1/5-3/16 9-10A **\$81/\$100**

455461-13 W 1/7-3/18 9-10A **\$81/\$100**

455461-14 F 1/9-3/20 9-10A **\$81/\$100**

Move & Groove Line Dance

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 is 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

455463-01 Th 1/8-3/19 6-7P **\$81/\$100**

BeMoved

A dance experience designed for people of all fitness levels and abilities, BeMoved focuses on strength, flexibility, and balance, and is gentle on the body and easy to follow. No dance experience is necessary. Instructor: Joanie Bayhack

455464-01 Tu 1/6-3/17 10-11A **\$81/\$100**

Dynamic Strength & Balance

This class offers a combination of standing and chair exercises. Featuring low impact cardio movement, standing balance work and seated work using bands, hand weights and balls. The last ten minutes of class will offer both seated and standing stretching. This class is perfect for those that want a combination workout. Use of the chair is optional. Instructor: Joanie Bayhack

455465-01 Th 1/8-3/19 2:15-3:15P **\$81/\$100**

Zumba

Featuring exotic rhythms set to high-energy Latin and international beats, before you know it, you are getting fit, and your energy level is soaring. It's easy, effective and totally exhilarating. Instructor: Ruben Zapata

455466-01 F 1/9-3/20 1:30-2:30P **\$81/\$100**

455466-02 W 1/7-3/18 10:15-11:15A **\$81/\$100**



Dear Evan Hansen at the Paramount Theatre



Shedd Aquarium

Discover the wonder of the aquatic animal world! See all that Chicago's Shedd Aquarium has to offer and enjoy a 4-D experience (exhibit to be determined closer to the visit). Fee includes transportation, admission, and the 4-D experience. Cost of lunch not included. You may bring your own lunch or purchase lunch at the Shedd. Please note that this trip involves a lot of walking.

Age: 60+ Location: Oakton Community Center

470651-01 W 1/14 9A-4P **\$63/\$81**

Lizzadro Museum of Lapidary Art

At the Lizzadro Museum in Oakbrook, you will see an extraordinary collection of gems, hardstone carvings, rocks and minerals from around the world. Our visit will include a short lecture, video, and self-led tour of the exhibits, with time to browse the museum shop. Fee includes transportation, museum entrance, and lunch.

Age: 60+ Location: Oakton Community Center

470652-01 Th 2/12 9A-3:30P **\$73/\$95**

Feed My Starving Children

Volunteer for a one-of-a-kind experience at Feed My Starving Children in Schaumburg, which will impact hundreds of children in just two hours of your time. You will hand pack rice, soy, dried vegetables, and a blend of vitamins and minerals into bags that are sealed, boxed, and shipped all over the world to reach the neediest of children. No jewelry is allowed in the facility packing room, except wedding bands. After packing, we will go to lunch at the Royal Buffet. The fee includes transportation and lunch. FMSC accepts donations.

Age: 60+ Location: Oakton Community Center

470653-01 Tu 2/24 8A-3P **\$41/\$54**

On Your Feet

The rhythm is gonna get you, as 'On Your Feet' at the Drury Lane Theatre in Oakbrook features the exhilarating music of the Miami Sound Machine! This celebration of Gloria Estefan's greatest hits will have you dancing in the aisles! Fee includes transportation, lunch and ticket for the show.

Age: 60+ Location: Oakton Community Center

470654-01 W 3/4 10A-6P **\$111/\$144**

Dear Evan Hansen

This Chicago area premiere of 'Dear Evan Hansen' at the Paramount Theatre is an honest and original story for all of us who just want to be seen. Evan Hansen's unforgettable journey demonstrates there is place for everyone to feel love and acceptance, even when you make mistakes. The show is a six-time Tony Award winner, including best musical, best book of a musical, and best original score.

Age: 60+ Location: Oakton Community Center

470655-01 W 3/11 10A-6P **\$102/\$133**

Milwaukee Public Museum

The Milwaukee Public Museum is a natural and human history museum in downtown Milwaukee. From the Hebior Mammoth in the Museum atrium to the hall of shells in their Living Ocean exhibit, three public floors are filled with wonders to pique your interest. Fee includes transportation, admission to the museum, and a late lunch/early dinner at Birchwood Grill, a delicious buffet, on our way home.

Age: 60+ Location: Oakton Community Center

470656-01 Th 3/19 8:30A-5P **\$71/\$92**

Motown and More @ White Fence Farm

If you are a fan of Motown music, then this show is a must see! We will travel to Romeoville to enjoy White Fence Farm's famous fried chicken, baked potato, homemade chicken gravy, corn fritters, coleslaw, pickled beets, cottage cheese, kidney bean salad, and choice of beverage. Following lunch, you will enjoy your favorite Motown hits and more in this interactive and exciting show. Fee includes transportation, lunch and the show.

Age: 60+ Location: Oakton Community Center

470658-01 W 4/15 10A-3:30P **\$75/\$98**



▪ Canadian Rockies & Glacier National Park Trip ▪ Discover Irish Splendor Trip

Travel with Collette

Wednesday February 18 at 1P, Luke Fontana from Collette will be giving a presentation at Oakton Community Center showcasing two trips, Canadian Rockies & Glacier National Park, August 30 – September 5, 2026 and Discover Irish Splendor, March 11-18, 2027. Please email Janeen at jagorelick@skokieparks.org, or call 847-933-4969, if you will be attending the presentation on February 18.



Lunch Bunch + Dining Out

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

Dining Out Trips

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

Great Beijing—Lincolnwood

Old school local restaurant featuring Mandarin dining in a relaxed setting.

470862-01 Th 1/22 4:30-8P **\$8/\$10**

Fat Rosie's—Lincolnwood

Mexican eats and cocktails in an upbeat and festive setting.

470862-02 Th 2/19 4:30-8P **\$8/\$10**

The Foxtail on the Lake—Des Plaines

Casual dining with stained glass windows, famous for their brick oven chicken.

470862-03 Th 3/26 4:30-8P **\$8/\$10**

Lunch Bunch

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

Que Bola Cuban Cafe—Des Plaines

Casual restaurant serving authentic Cuban comfort food.

433161-01 Tu 1/6 11:30A-2P **\$8/\$10**

Teddy's Diner—Elk Grove Village

Bright and friendly 50's style diner serving breakfast and dinner.

433161-02 Tu 2/3 11:30A-2P **\$8/\$10**

Jolly Inn—Chicago

Casual restaurant offering a buffet of traditional Polish fare

433161-03 Tu 3/3 11:30A-2P **\$8/\$10**



Monthly Mall Trips

Monthly Mall Trips

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

Gurnee Mills-Gurnee

433162-01 Tu 1/20 9:30A-4P **\$8/\$10**

IKEA-Schaumburg

433162-02 Tu 2/17 9:30A-4P **\$8/\$10**

Hawthorne-Vernon Hills

433162-03 Tu 3/24 9:30A-4P **\$8/\$10**



Valentine's Day Bingo Party

Tuesday, February 10 • 1–2:30 p.m.

Celebrate Valentine's Day with a little candy, a few sweets, bingo and refreshments.
Please register at least one week in advance.

Register for program # 461261-01

\$14/\$17



ST. PATRICK'S DAY BINGO Party

Tuesday, March 17 • 12–2 p.m.

Celebrate St Patrick's Day in style with a buffet lunch, bingo, and live entertainment. Prizes will be awarded for bingo. Please register by March 8 and don't forget to wear green!

Register for
program # 461262-01

\$17/\$21



ACTIVE ADULT LOUNGE

Active Adult 60+ 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

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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PERMIT NO. 238

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 the Active Adult Weekly Happenings Email!

Email Janeen at
jagorelick@skokieparks.org
to be added to the list.

MOVIE & POPCORN

Mondays • 1 p.m.

Classic movies and new releases will
be shown. The schedule will be posted
online and by scanning the QR code
below. The movie schedule is also
available at Oakton Community Center!



FREE
EVENT

