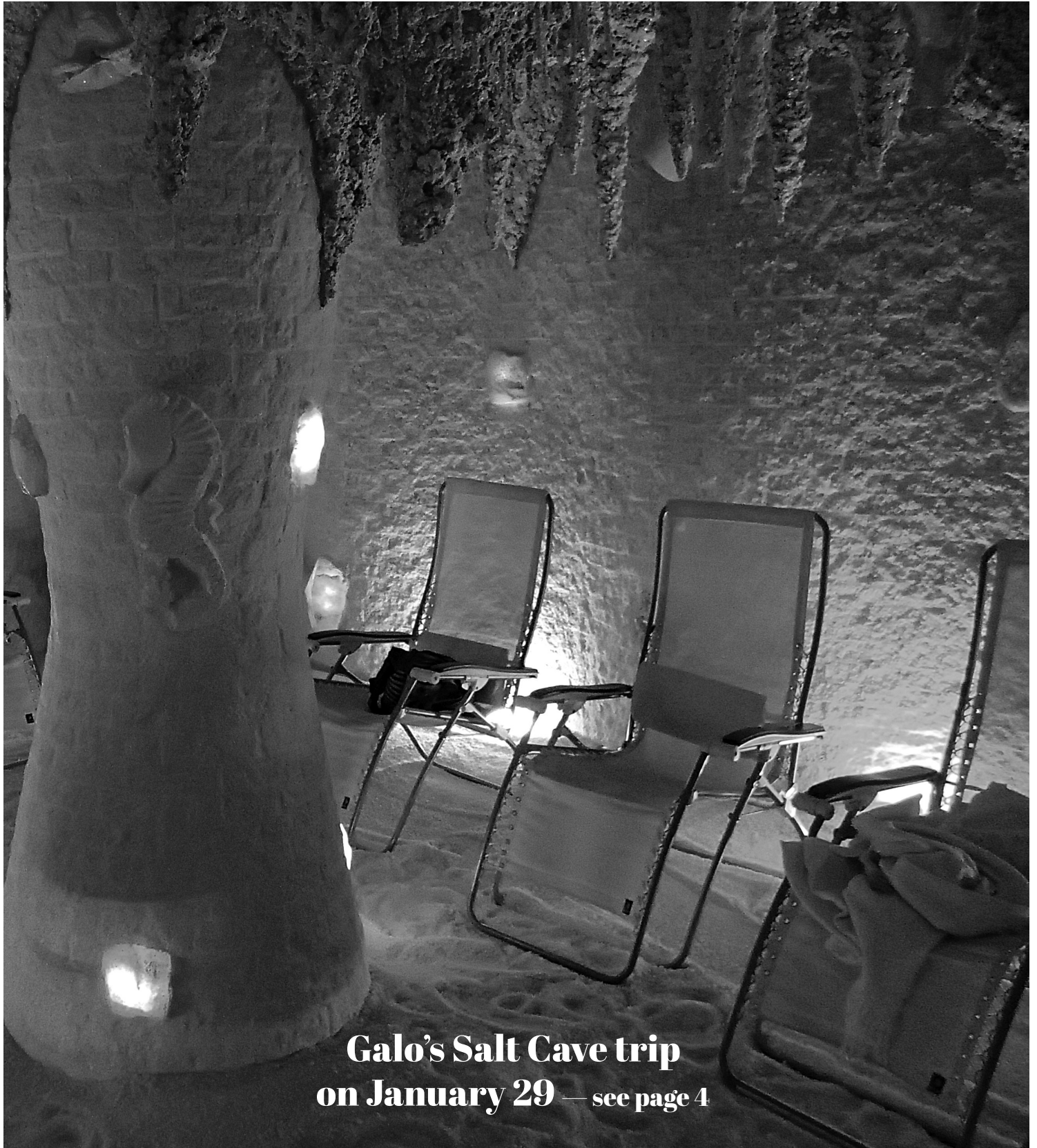




PRIME Times

Winter 2018-19

for Active Skokie Adults ages 60+



**Galo's Salt Cave trip
on January 29 — see page 4**

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

EXERCISE DEMO DAY

April 5 at the Oakton Community Center

Call (847) 674-1500, ext. 2700 for more information.



Interested in a senior exercise class? Try them all out for free!
Classes will be previewed in 20 minute increments beginning at 10 a.m.

Tai Chi Chih

Tai Chi Chih explores moving meditation, relaxing the body, refreshing the mind, and promoting health & longevity. Improve your weight, blood pressure, balance, flexibility and coordination. Please register in advance.

Instructor: Alla Meerson

Age: 50+

Location: Oakton Center

Beginner

454562-01 Tu 1/8-3/26 9:30-10:45A \$48/\$60

Intermediate

454562-02 Tu 1/8-3/26 11A-12:15P \$48/\$60

Easy Does It

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

455460-01 M,F 1/7-3/29 10:15-11:15A \$5/\$6

Cardio Tone

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. Certified instructors Katrina Klosowiak & Janis Argianis

455461-11 M,F 1/7-3/29 9-10A \$72/\$90

455461-12 M 1/7-3/25 9-10A \$48/\$60

455461-13 F 1/11-3/29 9-10A \$48/\$60

455461-14 M,F 1/7-3/29 10:15-11:15A \$72/\$90

455461-15 M 1/7-3/25 10:15-11:15A \$48/\$60

455461-16 F 1/11-3/29 10:15-11:15A \$48/\$60

Zumba Gold

Combining high energy music with unique and easy to follow moves, Zumba Gold is designed for the active adult. Improve coordination and increase energy with this fun workout. Instructor: Leslye Jones-Beaty.

455466-01 Tu 1/8-3/26 10-11A \$48/\$60

Chair Pilates

Strengthen your core muscles and stretch in this no impact balance of mind and body exercise class. Modified activities will accommodate physical abilities. Instructor: Pnina Zygmant.

455463-01 M 1/7-3/25 1-2P \$48/\$60

Stretch and Strength

Stretching and strengthening are keys to maintaining a healthy exercise routine. Includes light weights and chair exercises. Instructor: Pnina Zygmant.

455464-01 W 1/9-3/27 1-2P \$48/\$60

Combo Chair Pilates & Strength

Combines elements of both senior Chair Pilates and Stretch & Strength classes. Includes chair workout. Instructor: Pnina Zygmant.

455465-01 F 1/11-3/29 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 accommodates varying physical abilities. Instructor: Janis Argianis

455462-01 Th 1/10-3/28 10:15-11:15A \$48/\$60

Active Adult Parties at Oakton Community Center



December 11 • 12-2P Oakton Community Center

Wear your most festive sweater and accessories to this year's holiday party. The afternoon will consist of live entertainment, lunch buffet, bingo and prizes. Register by December 6.

361262-01 • \$12/\$15

Valentine's Day Bingo Party

THURSDAY, FEBRUARY 14 FROM 1-2:30P
AT THE OAKTON COMMUNITY CENTER



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

461261-01 • \$8/\$10

Saint Patrick's DAY PARTY

Thursday, March 12
from 12-2P
at the
Oakton Community Center

Join the Skokie seniors for an afternoon of lunch, bingo, and live entertainment. Prizes will be awarded for bingo! Buffet lunch will be included. Registration deadline is March 7.

461262-01 • \$12/\$15



Halim Time & Glass Museum ◀NEW!!

This world class collection of historic timepieces, stained glass windows, and other decorative arts, will take your breath away. We will visit two exhibits that bring to life renowned American stained-glass artists of the 19th & 20th century with a docent guided tour. Then we will have a buffet lunch at That Little Mexican Café in Evanston. Museum admission, guided tour, transportation and lunch are included.

470652-01 Th 1/3 9:30A-3P \$52/\$65

Galo's Salt Cave & Jolly Inn

Experience the magical world of Galo's Salt Cave in Chicago, where the air is saturated with particles of iodine and salt. Rest and enjoy 45 minutes of pure relaxation in the 70 degree cave with 35% humidity. Bring an extra pair of socks and dress in loose fitting clothing. Lunch will be next door at the Jolly Inn, which serves a traditional buffet of Polish entrées, half of the group will eat first and the other half will sit in the salt cave, and then switch. Transportation, lunch and admission to the salt cave included.

470651-01 Tu 1/29 11A-3P \$34/\$43

Illinois Holocaust Museum Tour ◀NEW!!

Visit the third largest Holocaust Museum in the world. We will receive a docent guided tour of the Karkomi Exhibit as it seamlessly weaves survivor narratives, personal belongings, photographs and videos into a moving and responsive experience. We will also see the new Interactive Survivor Experience, which uses 3D life-like images of Holocaust survivors to answer the group's questions. We will begin the day with lunch, followed by our guided tour. Admission, transportation from the Oakton Center, and lunch all included.

470654-01 W 2/6 11:30A-4:30P \$30/\$38

Dining 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 lunch in this living classroom. The seasonal lunch menu will include a first course, main course, and dessert. This delectable meal is not to be missed!

470653-01 Tu 2/26 11A-3P \$40/\$50

Feed My Starving Children ◀NEW!!

You will volunteer for a one-of-a-kind experience, which will impact hundreds of children in just two hours. You will hand-pack rice, soy, dried vegetables and a nutritionally complete blend of vitamins and minerals into bags which are then sealed, boxed, placed on pallets and shipped to their incredible partners working hard to reach the neediest children around the world. No jewelry is allowed in the packing facility, except for wedding bands. After packing meals, we will head to Westwood Tavern for lunch. The fee is for transportation and lunch. Donations to Feed My Starving Children will also be accepted.

470655-01 Th 3/7 8:30A-3P \$35/\$44

Carrington Tour ◀NEW!!

We will take a tour of this independent living community in Lincolnwood, followed by a lunch created by their very own chef.

470657-01 W 3/20 10A-3P \$6/\$8

Tristan Crist Magic Show ◀NEW!!

Lake Geneva's original magic and illusion theatre featuring Illusionist Tristan Crist. Magic up close and personal like you've never seen before! Witness large illusions in an intimate setting, every seat is close to the action. Sixty minutes of live magic and comedy. Audience participation is encouraged! We will have lunch first and then head over to the venue for the performance. Lunch, ticket, and transportation all included.

470656-01 Tu 3/26 10A-6P \$65/\$81



Look for our Mayflower Extended Trip: New England and Cape Cod Autumn Foliage!
Information available in our spring program guide.

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.

Brunch Café — Niles

Contemporary breakfast and lunch served all day long.

433161-01 Tu 1/8 11:30A-2P \$5/\$6

Coopers Hawk — Wheeling

Upscale new American fare.

433161-02 Tu 2/5 11:30A-2P \$5/\$6

Cherry Pit Café — Deerfield

Creative spins on classic dishes.

433161-03 Tu 3/5 11:30A-2P \$5/\$6

Dining Out Trips

Join us as we venture to various restaurants in the Chicagoland area. Fee includes transportation only. Cost of dinner is on your own.

Gale Street Inn — Chicago

Casual spot serving signature ribs and American fare.

470862-01 Th 1/17 4:30-8P \$5/\$6

Elliott's Seafood Grille & Chop House — Chicago

Steak, seafood, and pasta in an elegant setting.

470862-02 Th 2/21 4:30-8P \$5/\$6

Machu Pichu — Chicago

Grilled steaks and Peruvian specialties.

470862-03 Th 3/28 4:30-8P \$5/\$6



Monthly Mall Trips

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

Gurnee Mills Mall — Gurnee

433162-01 T 1/22 10A-4P \$5/\$7

IKEA — Schaumburg

433162-02 Tu 2/12 10A-4P \$5/\$6

Fashion Outlets — Rosemont

433162-03 Tu 3/19 10A-4P \$5/\$6



Laramie Card Club

Thursdays, 9 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)

Free Adult Programs

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

Humanities Discussion Group

Different topics are discussed weekly and speakers are invited to address the group on different current events. No membership required!

Drop in M 9:30-11:30A

German Conversational Group

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.

Drop in Th 1-2:30P

Medicare 101

For those new to Medicare or close to their enrollment date, or for Medicare beneficiaries who never really understood their coverage. This program will review the basics of Medicare coverage from A to D, 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.

430264-01 Th 2/7 1-2P

430264-02 Th 3/14 1-2P

Auditions for Still Acting Up Senior Performance Group



Do you enjoy singing and performing? Still Acting Up is looking for energetic seniors to learn and perform the group's all original musical revues! Please contact the Still Acting Up group at stillactingup@skokieparks.org for more information about auditioning.



Still Acting Up cast 2018

Programs & Classes

AARP Smart Driver Course

In this classroom refresher course, you must attend both days of the class, which are held on 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 day of class; please bring a check make out to AARP. Call (847) 674-1500, ext. 2700 for additional information.

415246-01	Tu,Th	1/22-1/24	9A-1P	\$15/\$20
415246-02	Tu,Th	2/19-2/21	9A-1P	\$15/\$20
415246-03	Tu,Th	3/19-3/21	9A-1P	\$15/\$20

Canasta Lessons

Learn the basics of this classic card game and play with other players. Please register at least one week in advance of the first class. Instructor: Estelle Greenberg.

430263-01	W	1/9-1/30	11A-12:15P	\$15/\$19
430263-02	W	2/6-2/27	11A-12:15P	\$15/\$19
430263-03	W	3/6-3/27	11A-12:15P	\$15/\$19

Mah Jong Lessons

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

Intermediate

430268-01	Th	1/10-1/31	11A-12:15P	\$15/\$19
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Advanced

430268-02	Th	2/7-2/28	11A-12:15P	\$15/\$19
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Beginner

430268-03	Th	3/7-3/28	11A-12:15P	\$15/\$19
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State Street, That Great Street

A block-by-block remembrance of the iconic department stores that once made downtown Chicago very special. Presented by local historian Eric Bonsky.

415244-01	W	2/20	1-2P
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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 Ben Ellenson, Caregiver Specialist if you would like to attend at (847) 424-5661 or email: bellenson@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.

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

3rd Monday of every month • 1:30 to 3 p.m.

Join with others who are hearing impaired to share knowledge and experiences. Discussion on assistive devices and guest speakers scheduled throughout the year. Please contact Human Service Department at (847) 933-8308 to confirm dates and times.

At Skokie Public Library (5125 Oakton St.)

Low Vision Support Group

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

Connect with those who are low vision impaired to discuss the latest research, assistive devices and updates on low vision. Share experiences and ideas. Guest speakers and displays are scheduled when available throughout the year.

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.



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.



Jan. 2 Book Club

Comedy starring Diane Keaton and Jane Fonda

Jan. 16 Life of the Party

Comedy starring Melissa McCarthy and Gillian Jacobs

Jan. 30 The Mountain Between Us

Drama/Adventure starring Kate Winslet and Idris Elba

Feb. 13 Oceans 8

Suspense/Adventure starring Sandra Bullock and Anne Hathaway

Feb. 27 The Spy Who Dumped Me

Action/Comedy starring Mila Kunis and Kate McKinnon

Mar. 13 The Miracle Season

Drama starring Helen Hunt and Erin Moriarty

Mar. 27 Mamma Mia! Here We Go Again

Musical/Comedy starring Meryl Streep and Amanda Seyfried

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