

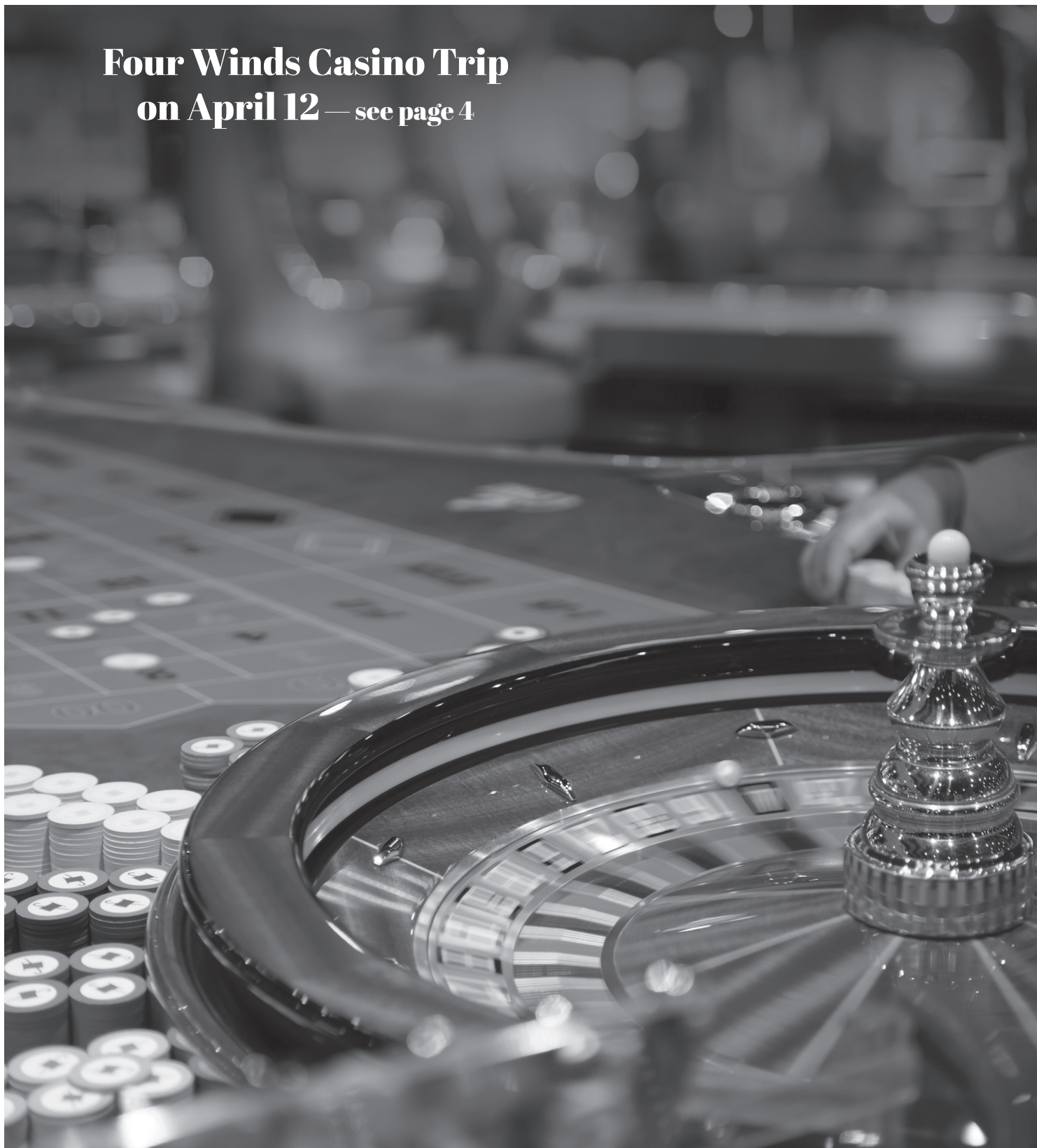


PRIME Times

Spring 18

for Active Skokie Adults ages 60+

**Four Winds Casino Trip
on April 12 — 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 & coordination. Instructor: Alla Meerson

Beginner

154562-01 Tu 4/3-5/29 9:15-10:30A \$36/\$45

Intermediate

154562-02 Tu 4/3-5/29 10:30-11:45A \$36/\$45

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. No class 5/28.

Age: 45+

155461-01 M,F 4/2-6/1 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 aerobic moves. Certified instructors Katrina Klosowiak and Janis Argianis. No class 5/28.

155462-01 M,F 4/2-6/1 9-10A \$51/\$64

155462-02 M 4/2-5/21 9-10A \$32/\$40

155462-03 F 4/6-6/1 9-10A \$36/\$45

155462-04 M,F 4/2-6/1 10:15-11:15A \$51/\$64

155462-05 M 4/2-5/21 10:15-11:15A \$32/\$40

155462-06 F 4/6-6/1 10:15-11:15A \$36/\$45

Forever Young

Feel light on your feet in this fun class! Light weights and easy aerobic moves will keep your energy levels high.

Instructor: Pnina Zygman

155463-01 W 4/4-5/30 9:30-10:30A \$36/\$45

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 Argianis

155464-01 Th 4/5-5/31 10:15-11:15A \$36/\$45

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

155467-01 Tu 4/3-5/29 10-11A \$36/\$45

Chair Pilates

Strengthen your core muscles and stretch in this non-impact balance of mind and body exercise class. Modified activities will accommodate varying physical abilities. No class on 5/28. Instructor: Pnina Zygman

155468-01 M 4/2-5/21 1-2P \$32/\$40

Stretch and Strength

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

155469-01 W 4/4-5/30 1-2P \$36/\$45

Combo Chair Pilates and Stretch

Combines elements of both senior chair Pilates and Stretch and Strength classes. Instructor: Pnina Zygman

155470-01 F 4/6-6/1 12-1P \$36/\$45

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.

sponsored by:



Skokie

\$16/\$20 (annual membership fee)

Exercise Demo Day

March 30 • 9:45A

at the Oakton Community Center

Sample Oakton's Exercise programs for free!
Classes will be previewed in 20 minute increments.

Schedule

9:45A—Cardio Tone
Katrina Klosowiak

10:35A—Total Body Fitness
Janis Argianas

11:25A—Tai Chi
All Meerson

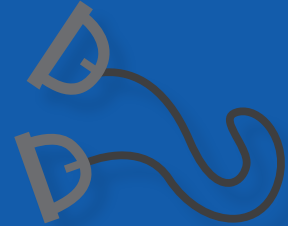
10:10A—Chair Pilates
Pnina Zygmán

11A—Forever Young
Pnina Zygmán

11:50A—Zumba Gold
Leslye Jones Beatty



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



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.

Brookfield Zoo & Lunch at Skadarliya **←NEW!!**

We will stop for lunch at Skadarliya after our time at the zoo. Price includes zoo admission and attractions, transportation, and lunch.

170655-01 W 3/28 8:30A-3:30P \$45/\$56

Four Winds Casino

You will receive a \$15 instant slot play and \$10 food voucher on the day of this trip to Four Winds Casino. Try your hand at Blackjack, craps or the slots. You will receive the food voucher for lunch to use at the buffet or one of their other restaurants in the casino. The bus will depart the casino at 2 p.m. to head back to Skokie. Registration is due no later than April 1.

170652-01 Th 4/12 8A-4P \$40/\$50

Tiki Terrace Hang Loose Wednesday **←NEW!!**

Transport yourself to the Polynesian Islands and experience the sights, sounds and tastes of the South Pacific. This authentic Hawaiian experience really is the total package including Hawaiian food, music and an action packed grand finale Luau show! Dinner will start off with Taro chips and Egg Rolls Bora Bora as appetizers, a side salad, followed by your choice of entrée, and finished off with a delectable dessert. Refillable beverages, tax and gratuity are included. Cash bar is available for purchase. Price includes dinner, live entertainment Luau show and transportation.

170651-01 W 4/18 4:30-8P \$40/\$50

Monthly Mall Trips

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

Chicago Premium Outlets: Aurora

133162-01 Tu 4/10 9:30A-5P \$6/\$8

Pleasant Prairie Outlet Mall: Wisconsin

133162-02 Tu 5/8 9:30A-5P \$6/\$8



Cinco De Mayo at Jacob Henry Mansion

Celebrate Cinco De Mayo, as you enjoy authentic Mexican cuisine and are serenaded by traditional live mariachis, complete with vocals and folk dancers. Enjoy a self-guided tour of the mansion upon arriving at the estate. Lunch begins with chips and salsa, salad, one beef and one chicken enchilada, Spanish rice, fiesta corn, and refried beans, dessert, and coffee or tea. Lunch, live entertainment, transportation and gratuity is all included in the price.

170654-01 W 5/2 9:15A-4P \$60/\$75

Chocolate Fest in Long Grove

You are invited to indulge in irresistible, luscious chocolate at Long Grove's Annual Chocolate Festival! From chocolate dipped fresh strawberries and chocolate donuts to brownies and fudge, this trip will be filled with chocolaty treats, chocolate demonstrations, live music, great food and distinctive shopping in charming Historic Downtown Long Grove. Price includes transportation and admission fee to festival.

170656-01 F 5/18 10A-4P \$12/\$15

Fish Boil & Lake Geneva Shopping

Travel to beautiful Lake Geneva for a leisurely afternoon of shopping and sightseeing. If time and weather allows, we will stop at Ginger Blossom on our way, a truly unique shopping destination. After our afternoon of free time to shop, we will head to Fitzgerald's Genoa Junction Restaurant in Genoa City, for their popular fish boil. Fee includes transportation and dinner of fresh cod, BBQ chicken, sweet red potatoes and onions, coleslaw, fresh rye bread, and dessert. Price includes transportation and a 4 p.m. dinner reservation.

170653-01 Th 5/31 11A-7P \$35/\$44



Lunch Bunch

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

Lola's Diner: Park Ridge

Traditional American Home Cooked Favorites.

133161-01 Tu 4/3 11:30A-2P \$5/\$6

Fannie's: Chicago

Gourmet Bakery and Lunch Café.

133161-02 Tu 5/1 11:30A-2P \$5/\$6

Dining Out Trips

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

The Maevery Public House: Lake Bluff

Elevated American Cuisine.

170863-01 Th 4/26 4-8P \$5/\$6

Boston Fish Market: Des Plaines

A favorite featuring fresh seafood.

170863-02 Th 5/17 4-8P \$5/\$6

Programs & Classes

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

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. No class 4/18.

113564-01 W 4/4-5/2 11A-12:15P \$15/\$19

113564-02 W 5/9-5/30 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 day of class; please bring a check made out to AARP.** Call (847) 674-1500 ext. 2700 for additional information.

112561-02 Tu,Th 4/17-4/19 9A-1P \$15/\$20

112561-03 Tu,Th 5/15-5/17 9A-1P \$15/\$20

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

115243-01 Th 4/5-4/26 11A-12:15P \$15/\$19

115243-02 Th 5/10-5/31 11A-12:15P \$15/\$19

Senior Spring Fling

Luncheon & Bingo

Oakton Community Center

Tuesday March 27 Noon – 2 p.m.

Spring is in the air! Join the Skokie seniors for an afternoon of lunch, bingo, and live entertainment. Prizes will be awarded for bingo! Lunch will include a chicken and beef buffet.

Registration deadline is March 19.

Resident: \$12

Non-resident: \$15

Registration #: 461262-01

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Free Adult Programs

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. Beth Lindley, Social Worker and SHIP Coordinator for the Village of Skokie Human Services will give an overview of the Medicare program and share information to help inform your health care decisions in the future. Please register one week in advance to meet our class minimum.

113562-01 Th 4/19 1-2P

German Conversational Group

The German Conversational Group meets on the 1st & 3rd Thursdays of each month from 1–2:30 p.m. Both native and beginner speakers share experiences, culture, memories and backgrounds related to Germany. Free program, no registration required.

Surviving on a Social Security Budget

Social Security benefits don't go very far to cover the cost of living. Beth Lindley, Social Worker with the Village of Skokie Human Services will review the array of entitlement programs that may help stretch a budget, if eligible. If you are not already enrolled the Benefits Access Program, LIHEAP, Lifeline, Medicare Savings Program or the Low-Income Subsidy (Extra Help), you will learn about program requirements and where to go to access these programs. Please register at least one week in advance to meet the class minimum.

115242-01 Th 5/17 1-2P

Humanities Discussion Group

Humanities Discussion Group meets Monday mornings from 9:30–11:30 a.m. Different topics are discussed each week. Free program, no registration required.



Tea Party

Tuesday, May 15 • 2–3:30P

Delight in simple finger foods, refreshments and play Bingo for prizes! Please register at least one week in advance.

161262-01 \$8/\$10



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. 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.



March **The Hero**

14 Drama starring Sam Elliott & Laura Prepon

March **Spiderman: Homecoming**

28 Drama starring Michael Keaton

April **Max 2**

11 Family film starring Lochlyn Munro and Fancesca Capaldi

April **The Glass Castle**

25 Drama starring Brie Larson, Woody Harrelson and Naomi Watts

May **Home Again**

9 Comedy/Romance starring Reese Witherspoon

May **The Big Sick**

23 Comedy/Romance starring Kumail Nanjiani, Zoe Kazan and Ray Romano

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

Friday

Open Lounge

Saturday

Open Lounge

Sunday

Open Lounge