

Senior Day Trips

All Senior Day Trips are for ages 55 + and depart from the Oakton Community Center.

Chicago at Drury Lane

The award-winning musical "Chicago" is finally back! The recipient of six Tony Awards, two Olivier Awards, a Grammy and thousands of standing ovations, this razzle dazzle musical is the longest running American musical in Broadway history. Filled with fame, fortune, and all that jazz, this edge-of-your-seat story features one show-stopper after another. Lunch, ticket and transportation included. Lunch will include soup of the day and a choice of sautéed tilapia or bistro steak, each served with roasted shallot mashed potatoes followed by dessert, includes a beverage of coffee or iced tea. Please register at least 3 weeks in advance for this trip.

170651-01 Th 4/6 10A-5P \$65/\$81

Four Winds Casino

Try your luck at Four Winds Casino, where you will receive a \$15 instant slot play and \$10 food voucher on the day of this trip. 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. Registration is due no later than April 1.

170652-01 Th 4/20 8A-4P \$40/\$50

Cinco De Mayo at Jacob Henry Mansion

Celebrate Cinco De Mayo as you enjoy authentic Mexican cuisine and are serenaded by traditional live mariachi's, complete with vocals and folk dancers. Enjoy a self-guided tour of the mansion upon arriving at the estate. Lunch begins with chips & 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 5/3 9:15A-4P \$60/\$75

Cancellations must be made at least seven days in advance to receive a refund.

Fire Pitt Fish Boil and Lake Geneva

Join us for a wonderful spring afternoon of leisurely shopping and sights in the beautiful Lake Geneva. After free-time and shopping, we will head to the Fire Pitt in Trevor, Wisconsin, for an all-you-can-eat lumberjack fish boil and chicken dinner. Dinner includes North Atlantic Cod with no bones and no skin, red potatoes, sweet onions, coleslaw and dessert. Price includes transportation and a 4 p.m. dinner reservation.

170653-01 F 5/12 11A-7P \$35/\$44

Garfield Park Conservatory

Visit one of the nation's premier conservatories with six multi-faceted greenhouses. This hidden gem is a tropical paradise all year long right here in the Midwest! You will receive a guided tour of the vast plant collection on this trip. We will stop for lunch after our tour of the conservatory.

170655-01 Tu 5/23 8:30A-3P \$35/\$44



Extended Travel



Tournament of Roses Parade

Featuring the Queen Mary, Gala New Year's Eve Party. Los Angeles, Hollywood, Grauman's Chinese Theater, J. Paul Getty Museum and the Ronald Reagan Presidential Library.

12/30-1/3

\$1,549 per person twin room (airfare not included)

\$2,058 per person single room (airfare not included)

Crossing Lake Michigan Motorcoach Tour

Featuring the Soaring Eagle Casino and Resort, downtown Bay City, the Historic Temple Theater and the Air Zoo.

9/24-9/27

\$789 per person twin room

\$988 per person single room

Jekyll Island, Savannah and Charleston

Featuring the Jekyll Island Club Hotel, Golden Isle, St. Simons Island, Fort McAllister Historic Park, Savannah, Histon Head, Beaufort and Charleston.

10/15-10/22

\$1,999 per person twin room (airfare not included)

\$2,928 per person single room (airfare not included)

Senior Dining and Shopping



Lunch Bunch

Join us as we head to a different lunch location every month. The fee includes transportation only. Cost of lunch is on your own.

Kuma's—Schaumburg

Gourmet burgers

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

Chef Ping—Rolling Meadows

Authentic Chinese Food

133161-02 Tu 5/9 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.

Guanajuato—Glencoe

Contemporary Mexican Cuisine

170863-01 Th 4/27 4:30-8P \$5/\$6

Port Edward's—Algonquin

Nautical Themed Seafood

170863-02 Th 5/25 4:30-8P \$5/\$6



Monthly Mall Trips

Travel to a new shopping spot every month. Cost is for transportation only.

Fashion Outlets—Rosemont

433162-03 Tu 3/14 10A-4P \$5/\$6

Chicago Premium Outlet

133162-01 Tu 4/25 9:30A-5P \$6/\$8

Pleasant Prairie Outlet

133162-02 Tu 5/16 9:30A-5P \$6/\$8

Senior Spring Fling

Oakton Community Center
Tuesday March 21 • 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 14.

Resident: \$12
Non-resident: \$15

Registration #
461262-01

 **matherlifeways**[®]
Ways to Age Well

CINCO DE MAYO CELEBRATION

Thursday, May 4 at the Oakton Community Center from 6–8 p.m.

Celebrate Cinco De Mayo with live entertainment and a delicious Mexican buffet.
Register at least one week in advance.

161262-01 • \$15/ \$19

Senior Programs

AARP Smart Driver Course

In this classroom refresher course you must attend 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 the class; please bring a check made out to AARP. Fee: members/non-members. Call (847) 674-1500 ext. 2700 for additional information.

I12561-02	Tu,Th 4/18-4/20	9A-1P	\$15/\$20
I12561-03	Tu,Th 5/16-5/18	9A-1P	\$15/\$20

Mah Jong Lessons

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 local gift shops. Please pre-register for this class at least one week in advance.

Beginner

I15243-01	Th 4/6-4/27	11A-12:15P	\$15/\$19
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Continuing

I15243-02	Th 5/4-5/25	11A-12:15P	\$15/\$19
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Canasta Lessons

Try your hand at this classic card game, learning the basics of and meeting other players. Please register at least one week in advance of this class.

I13564-01	W 4/5-4/26	11A-12:15P	\$15/\$19
I13564-02	W 5/10-5/31	11A-12:15P	\$15/\$19

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)



Free Senior Programs

Humanities

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!

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 free 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.

I 13562-01 Th 4/20 1-2P

Medicare Part C

Medicare Part C is an alternative to traditional Medicare with supplemental coverage. Is it an advantage or not? The answer has very individual implications when making decisions about one's health coverage budget. Beth Lindley, Social Worker and SHIP Coordinator for the Village of Skokie Human Services will review the details of this program, which is often met with skepticism or confusion.

I 15242-01 Th 5/18 1-2P

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.

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

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

Rules of the Road

Review for driver's examination

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

Low Vision Support Group

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

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.

Chess

5120 Galitz

Wednesdays & Fridays • 12 to 4:30 p.m.

Stamp Club

5120 Galitz

1st and 3rd Wednesday of each month • 1:30 p.m.

Medicare Supplement Claims Assistance/ Senior Health Insurance Program

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

Conversational Yiddish

5120 Galitz

Anyone interested in conversing in Yiddish is welcome. No fee or registration required.

3rd and 4th Tuesday of every month • 1:30 p.m.

FOCUS (For Optically Challenged Upbeat Sorts)

2nd Wednesday of every month • 7 to 8:30 p.m.

A low vision support group targeting Baby Boomers (but all interested are welcome to attend).

Meeting place: Conference Room F, Skokie Village Hall

Family Caregiver Support Group

Join others who are caring for an older adult to discuss caregiving issues and concerns. Because the focus is on the caregiver, caregivers can openly discuss their own difficulties in a caring, non-judgmental atmosphere. Group meets on the fourth Wednesday of each month 10–11:30 a.m.

Hearing Loss Support Group

This group meets on the 3rd Monday of the month from 1:30 to 3 p.m. at the Skokie Public Library. The program's purpose is to share ideas, learn about equipment and devices that are used to help those with a hearing impairment. Guest speakers participate when available.

EXERCISE DEMO DAY

March 31 at the Oakton Community Center

Interested in a senior exercise class? Try them all out for free!
Classes will be previewed in 25 minute increments beginning at 10 a.m.

10 AM Total Body Fitness

10:30A Zumba Gold

11A Advanced Senior Exercise

11:30A Forever Young and Chair Pilates

12P Laughter Yoga

12:30P Tai Chi Chih



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



Senior Exercise

All classes are for ages 55 and above, and are located at the Oakton Community Center unless otherwise noted.

Oakton Tai Chi Chih

Designed for seniors, 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

I54562-01 Tu 4/4-5/30 9:15-10:30A \$36/\$45

Intermediate

I54562-02 Tu 4/4-5/30 10:30-11:45A \$36/\$45

Senior Exercise I

Join us for both stretching and bending of the upper and lower body. You will work every muscle group in a sequential manner to tone and strengthen. Class is taught by a volunteer instructor. No class on 5/29.

I55461-01 M,F 4/3-6/2 10:15-11:15A \$4/\$5

Senior Exercise II

Join us for more advanced stretching and bending of both the upper and lower body. Includes light weights, low impact aerobics, and chair workouts. Every muscle group is worked in a sequential manner in order to tone and strengthen the entire body. Certified instructors Katrina Klosowiak and Janis Argianis. No class on 5/29.

I55462-01 M,F 4/3-6/2 9-10A \$42/\$53

I55462-02 M 4/3-5/22 9-10A \$20/\$25

I55462-03 F 4/7-6/2 9-10A \$23/\$29

I55462-04 M,F 4/3-6/2 10:15-11:15A \$42/\$53

I55462-05 M 4/3-5/22 10:15-11:15A \$20/\$25

I55462-06 F 4/7-6/2 10:15-11:15A \$23/\$29

Forever Young

Feel light on your feet again! Light weights, easy aerobic moves and entertaining music will keep your energy levels high. Instructor: Pnina Zygman

I55463-01 W 4/5-5/31 9:30-10:30A \$36/\$45

Senior Exercise

All classes are for ages 55 and above, and are located at the Oakton Community Center unless otherwise noted.

Total Body Fitness for Seniors

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

I55464-01 Th 4/6-6/1 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. No class on 5/29. Certified

Instructor: Leslye Jones-Beaty

I55467-01 Tu 4/4-5/30 10-11A \$36/\$45

I55467-02 M 4/3-5/22 5:30-6:30P \$32/\$40

Senior Chair Pilates

Strengthen your core muscles to improve alignment. Stretch and strengthen in this non-impact balance of mind/body exercise. (Modified activities will accommodate varying physical abilities.) No class on 5/29. Instructor: Pnina Zygman

I55468-01 M 4/3-5/22 1-2P \$32/\$40

Senior Stretch & Strength

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

I55469-01 W 4/5-5/31 1-2P \$36/\$45

Combo Chair Pilates Stretch and Strength

Combines elements of both senior chair Pilates and stretching and strengthening. Instructor: Pnina Zygman

I55470-01 F 4/7-6/2 12-1P \$36/\$45

Laughter Yoga

This aerobic exercise utilizes laughter as a tool to remove the negative effects of stress, increase oxygen supply to cells, and boost the immune system. And, it just makes you feel good! Certified instructor Phylis C. Sugar will lead you in laughter and breathing exercises. There is no joke telling, just joyful unconditional laughter. Please bring water. Sessions will be held the second Saturday of the month. Please register at least one week in advance to help meet our class minimum.

I15251-01 Sa 4/8 12-1P \$7/\$9

I15251-02 Sa 5/13 12-1P \$7/\$9

International Folk Dancing

This class is for people who love to move to music. In no time at all you'll be dancing a Greek Syrto, a Romanian Sirba, an Israeli Hora and many other dances from all over the world. There are no prerequisites and no dance experience needed to join this very social group. A great place to meet people and make new friends.

Age: all Location: Weber Leisure Center

Drop-in W 8-10P \$5/person per class

Adult Pickleball

Pickleball is a fast paced racquet sport that is growing quickly in the community. Combining the games of tennis, badminton, and table tennis, this unique sport provides a fun and engaging activity. It is played on a badminton court with a lower net and can be played in singles or doubles. You will learn skills such as lobbing, volley exchanges, and slamming. The class will be an instructor led, free-play environment. Equipment including paddles and balls will be provided. For more information on the sport of pickleball visit www.usapa.org.

Age: 18 + Location: Weber Leisure Center

I50546-01 W 4/5-5/24 12-12:45P \$28/\$35

I50546-02 Th 4/6-5/25 6:45-7:30P \$28/\$35



Weber Leisure Center
9300 Weber Park Place
Skokie, Illinois 60077

www.SkokieParks.org

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*****ECRWSS*****

TO: LOCAL RESIDENTS
SKOKIE, IL

Senior Lounge

4701 Oakton St.

Available to Skokie Residents 55 & better. Located at the Oakton Community Center
offering big screen TV, computers, card tables and books

Lounge Hours: Monday–Friday: 8:30 a.m.–6 p.m. & Saturday & Sunday: 9 a.m.–4 p.m.



March 29 **Race**

Drama starring Stephan James and
Jeremy Irons

April 12 **Sully**

Drama starring Tom Hanks and
Laura Linney

April 26 **The Meddler**

Comedy/Drama starring Susan
Sarandon and Rose Byrne

May 10 **Mother's Day**

Comedy starring Jennifer Aniston
and Julia Roberts

May 24 **Florence Foster Jenkins**

Comedy/Drama starring Meryl
Streep and Hugh Grant

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

Friday

Open Lounge • 8:30A–6P

Saturday

Open Lounge • 9A–4P

Sunday

Open Lounge • 9A–4P