



Senior Scene

Fall 2016

Travel

Gulf Shore Breezes—Motorcoach Trip

Departs: November 12 • Includes: 8 Days, 12 Meals
Enjoy 3 nights at the fabulous Perdido Beach Resort on the beautiful Gulf of Mexico in Orange Beach, Alabama. Visit U.S. Space and Rocket Center in Huntsville, Alabama upon arrival and a dolphin cruise off the coast before we depart. Spend 2 nights in Nashville, Tennessee, America's "Music City". Tour the Country Music Hall of Fame and new Country Music Museum and enjoy a narrated city tour of Nashville.

Double \$1539, Single \$2088,

*Not included in price: Cancellation Waiver and Insurance of \$60.

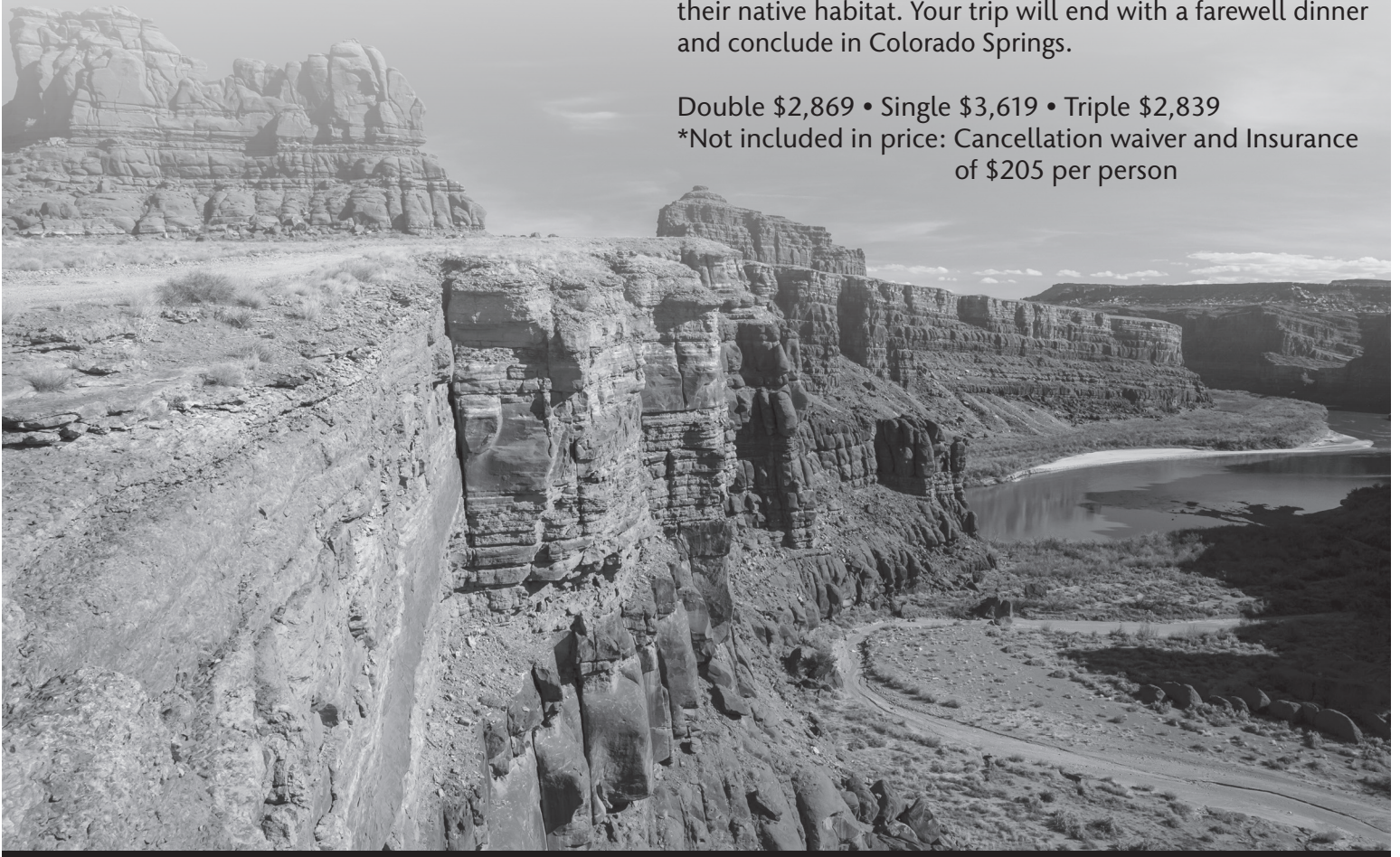
The Colorado Rockies featuring National Parks & Historic Trains A Collette Vacations Tour

September 24–October 2, 2016 • 9 days, 12 meals

Experience Colorful Colorado as we begin our travels in Denver and head to Rocky Mountain National Park. You will see some astounding views from numerous State and National Parks on your trip: Arches National Park, Dead Horse State Park, Canyonlands State Parks, and Mesa Verde National Park before you return to Grand Junction. Relax and enjoy the company of your fellow travelers at a winemaker's dinner at a lovely vineyard on one of the night stays. Then it's "all aboard" the Durango & Silverton Narrow Gauge Railroad. This 1881 coal-fired, steam powered locomotive was built to haul silver and gold ore. The next train we will hop onboard is the Pike's Peak Cog Railway, the world's highest cog railroad, for an 8.9 mile journey of magnificent views and perhaps animals in their native habitat. Your trip will end with a farewell dinner and conclude in Colorado Springs.

Double \$2,869 • Single \$3,619 • Triple \$2,839

*Not included in price: Cancellation waiver and Insurance of \$205 per person



Senior Day Trips

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

Mamma Mia! at the Paramount

The international musical phenomenon, Mamma Mia!, features hit songs by the group ABBA that will have you dancing in your seat all night. Transportation, show and lunch at Ballydoyle Pub included.

370649-01 W 9/7 10A-5P \$78/\$98

Shipshewana Motorcoach and Brown Bag Tour

Start with an all-you-can-eat family style Amish lunch at the Blue Gate Restaurant. Then our group will visit unique, locally-owned shops along the scenic Amish Country back roads, where you will get a special treat to fill your "Brown Bag." We will then shop for two hours at a fall crafters fair and in the shops of downtown Shipshewana. Price includes lunch, motorcoach transportation, and Brown Bag Tour.

370650-01 F 9/30 8A-8:30P \$92/\$115

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

Lance Lipinski & the Lovers—The Diplomat, Elmhurst

Lance was last seen playing Jerry Lee Lewis in Chicago's "Million Dollar Quartet." Now catch him with his band "The Lovers," paying tribute to the music of the '50s and '60s! Show includes lunch (minestrone soup, salad, rolls, Grecian chicken with potato and vegetable, dessert and coffee, tea or soda). Register by September 20.

370651-01 M 10/3 11A-3P \$59/\$74

Fire Pitt Fish Boil at Lake Geneva

Join us for a fabulous fall afternoon of leisurely shopping and sights in beautiful Lake Geneva. After free time and shopping we will head to the Fire Pitt in Trevor, WI, 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, cole slaw and dessert. Price includes transportation and a 4 p.m. dinner.

370652-01 F 10/7 11A-7P \$35/\$44

Dracula at the Peabody Estate—Oakbrook

Begin the afternoon with lunch at Claimjumpers, followed by a performance of "Dr. Seward's Dracula," a show that picks up after the death of Dracula. Lunch, ticket and transportation included in price.

370653-01 Th 10/20 11A-6P \$69/\$86



Senior Day Trips (continued)

Barnum and Bailey Circus—Rosemont

Experience “the greatest show on earth!” Trip includes admission ticket and transportation.

370654-01 F 11/4 9:30A-5P \$20/\$25

High Tea with Gerri—Long Grove

The art of the afternoon tea lives on through the tasteful creations of High Tea with Gerri. Gerri presents an authentic English Tea prepared fresh on the day of our visit! The first course includes an artful presentation of eight varieties of sandwiches followed by Gerri’s scones, apple –rhubarb pie, and an array of pastries along with freshly brewed tea served in antique china tea cups. Truly a delicious experience you don’t want to miss.

370655-01 W 11/9 11A-4:30P \$48/\$60

Autumn Festival at the Odeum in Villa Park

More than 400 artists and vendors offer traditional, country and contemporary works—from home decor to hand crafted gifts. Food and drinks available for purchase. Price includes admission and transportation only.

370656-01 F 11/18 10A-5P \$16/\$20

Holiday Gift & Craft Fair at Arlington Racetrack

Now in its 36th year, the Lambs Farm Holiday Lights Gift and Craft Fair features a dazzling array of more than 500 booths with gifts and crafts from around the nation. Grab lunch at the food court or bring your own. Price includes transportation and fair ticket.

370657-01 F 12/2 10A-5P \$16/\$20

Christmas at White Fence Farm in Joliet

Join us for an old fashioned Christmas filled with song, joy and cheer! Lunch will include White Fence Farm’s famous chicken entrée, which also includes several delicious sides, a beverage, and dessert. Lunch, live entertainment and transportation included.

370658-01 W 12/7 10:30A-5P \$50/\$63

Holiday Lights and Trolley Tour

Enjoy the holidays on this heated trolley tour of the festive lights and sights of Chicago. This entertaining narrated tour will take you down the magnificent mile, past State Street windows, and by Millennium Park’s 40-foot tree. We will then stop at Christkindlemarket and Hershey’s Chocolate World for hot chocolate and sweet treats!

370659-01 Th 12/15 5:30-9:30P \$40/\$50

Senior Parties at Oakton

Oktoberfest

September 23 • 6:30-8:30 p.m.



Dust off your lederhosen and celebrate fall and all things Bavarian with a

traditional German buffet and live polka music provided by Eddie Korosa Jr! Register at least one week in advance.



361263-01 • \$15/\$19

Senior HALLOWEEN Party

October 25 12-2P

Join us for a frighteningly fun afternoon of live entertainment by Peter Miletic, bingo, and a chicken, pasta and a salad buffet. Prizes will be awarded for the costume contest. Register by October 18.

361261-01 • \$12/\$15

SENIOR HOLIDAY SWEATER PARTY

December 6 • 12-2P

Wear your most festive sweater and accessories! Enjoy live holiday entertainment by Edizon Dayao, a chicken and beef buffet, bingo and prizes. Register by December 1.

361262-01 • \$12/\$15

Senior Programs



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 various local gift shops. Please pre-register for this class at least one week in advance. No class November 24.

Beginning

315243-01 Th 9/8-9/29 11A-12:15P \$15/\$19

Continuing

315243-02 Th 10/6-10/27 11A-12:15P \$15/\$19

Intermediate

315243-03 Th 11/3-12/1 11A-12:15P \$15/\$19

Canasta Lessons

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

333684-01 W 9/14-10/5 11A-12:15P \$15/\$19

333684-02 W 11/9-11/30 11A-12:15P \$15/\$19

333684-03 W 12/7-12/28 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. Fee: members/non-members. Call (847) 674-1500 ext. 2700 for additional information.

315246-01 Tu,Th 9/20-9/22 9A-1P \$15/\$20

315246-02 Tu,Th 10/18-10/20 9A-1P \$15/\$20

315246-03 Tu,Th 11/15-11/17 9A-1P \$15/\$20

315246-04 Tu,Th 12/20-12/22 9A-1P \$15/\$20

Take Charge of your Arthritis

This six-week lecture series, developed by Stanford University, focuses on chronic arthritis and includes discussions on dealing with fatigue, pain, stress, and emotional problems such as depression, anger, fear and frustration, exercising for strength and endurance, healthy eating, medication, and effective communication with health care providers. Participants make action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Participants share ways to deal with arthritis. The fee includes registration, materials, books, and a relaxation CD.

333683-01 M 11/7-12/12 1-3:30P \$65/\$81

Laughter Yoga

Laugh throughout this aerobic exercise class to remove the negative effects of stress, increase oxygen supply to cells, boost the immune system and to make you feel good! Certified instructor Phylis Sugar will lead you in laughter and breathing exercises. There is no joke telling, just joyful unconditional laughter. Please bring water. Please register at least one week in advance.

330267-01 Sa 9/10 12-1P \$7/\$9

330267-02 Sa 10/8 12-1P \$7/\$9

330267-03 Sa 11/12 12-1P \$7/\$9

330267-04 Sa 12/10 12-1P \$7/\$9

Free Senior Programs

Medicare 101

Beth Lindley, Social Worker and SHIP coordinator for the Village of Skokie will give you an overview of the Medicare program and share information that will help you with health care decisions in the future. Please register at least one week in advance.

330261-01 Th 9/15 1-2P free

Medicare and More

Beth Lindley, Social Worker and SHIP coordinator for the Village of Skokie will review the array of entitlement programs that may help stretch a budget, if eligible. If you are not already enrolled in 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 access these programs. Please register at least one week in advance for this class.

330262-01 Th 10/20 1-2P free

Medicare Part D Seminar

Beth Lindley, Social Worker and SHIP coordinator for the Village of Skokie will share an overview of the Part D program design, as well as how to be proactive and savvy about your coverage decisions. Register at least one week in advance.

330263-01 Th 11/10 1-2P free

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 1–2:30 p.m. at the Oakton Center.

Humanities Discussion Group

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!

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.

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.

Medicare Supplement Claims Assistance/ Senior Health Insurance Program

By appointment only

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.

Senior Dining and Shopping Trips

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.

Sweet Caroline's Crab-n-que—Hoffman Estates

Southern style seafood and BBQ.

370862-09 Th 9/15 4:30-8P \$5/\$6

Reza's—Chicago

Mediterranean/Persian cuisine.

370862-10 Th 10/27 4:30-8P \$5/\$6

Heng Wing—Palatine

Family-friendly Cantonese cuisine.

370862-11 Th 11/10 4:30-8P \$5/\$6

Rocco Vino's—Harwood Heights

Creative pastas and pizzas in a relaxed setting.

370862-12 Th 12/22 4:30-8P \$5/\$6

Lunch Bunch

Join us as we travel to a new lunch location every month. Fee includes transportation only. Cost of lunch is on your own.

Smoque—Chicago

Counter service BBQ known for their ribs and brisket.

333161-09 Tu 9/6 11:30A-2P \$5/\$6

The Blossom Cafe—Norridge

All-American comfort food.

333161-10 Tu 10/4 11:30A-2P \$5/\$6

Seasons 52—Schaumburg

Fresh, seasonal dishes in a sophisticated atmosphere.

333161-11 Tu 11/1 11:30A-2P \$5/\$6

Sunrise Grill—Des Plaines

A best kept secret in the northwestern suburbs.

333161-12 Tu 12/13 11:30A-2P \$5/\$6

Monthly Mall Trips

Travel to new shopping spot every month.

Yorktown Mall—Lombard

333162-01 Tu 9/13 9:30A-4P \$5/\$6

Pleasant Prairie Outlet—Pleasant Prairie, WI

333162-02 Tu 10/18 9:30A-5P \$6/\$8

Gurnee Mills Outlet—Gurnee

333162-03 Tu 11/8 9:30A-4P \$5/\$6

Fashion Outlets—Rosemont

333162-04 Tu 12/20 9:30A-4P \$5/\$6



Free Flu Shots

at the Oakton Community Center

Wednesday, September 28 • 10A-1P

Monday, October 10 • 4-7P

Wednesday, October 19 • 4-7P

Monday, October 31 • 10A-1P



Proof of residency and appointments are required. Appointments will be given on a first-come first-served basis and will be accepted beginning September 6. Residents can make an appointment online at www.skokie.org or by calling the Skokie Health Department at (847) 933-8252.

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:



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

Senior Exercise

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

Senior Chair Pilates

Strengthen your core muscles to improve alignment. Stretch and strengthen in this no-impact balance of mind and body exercise. Modified activities will accommodate varying physical abilities. Instructor: Pnina Zygman

355468-01 M 9/12-12/12 1-2P \$56/\$70

Senior Stretch & Strength

Stretching and strengthening are keys to maintaining a healthy exercise routine. Includes light weights, with optional mat work as well. Instructor: Pnina Zygman

355469-01 W 9/14-12/14 1-2P \$56/\$70

Combo Chair Pilates

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

355470-01 F 9/16-12/16 12-1P \$56/\$70

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 and coordination. Instructor: Alla Meerson

Beginner

354563-01 Tu 9/13-12/13 9:15-10:30A \$56/\$70

Intermediate

354563-02 Tu 9/13-12/13 10:30-11:45A \$56/\$70

Senior Exercise

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

355462-01 M,F 9/12-12/16 10:15-11:15A \$4/\$5

Senior Exercise—Advanced

Join us for more advanced stretching and bending of both the upper and lower body. You will work every muscle group using light weights, low impact aerobics, and chair workouts. Certified instructors: Katrina Klosowiak and Janis Argianis

355465-01 M,F 9/12-12/16 9-10A \$70/\$88

355465-02 M 9/12-12/12 9-10A \$42/\$53

355465-03 F 9/16-12/16 9-10A \$42/\$53

355465-04 M,F 9/12-12/16 10:15-11:15A \$70/\$88

355465-05 M 9/12-12/12 10:15-11:15A \$42/\$53

355465-06 F 9/16-12/16 10:15-11:15A \$42/\$53

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 and includes a chair workout. No Class November 24.

Instructor: Janis Argianis

355463-01 Th 9/15-12/15 10:15-11:15A \$52/\$65

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

355464-01 W 9/14-12/14 9:30-10:30A \$56/\$70

Zumba Gold

Zumba moves for active adults is a Latin dance-based aerobic class. Certified instructor: Leslye Jones-Beaty

355466-01 Tu 9/13-12/13 10-11A \$56/\$70

355466-02 M 9/12-12/12 5:30-6:30P \$56/\$70





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
- Access to the Lounge Monday–Friday: 8:30 a.m.–7 p.m., Saturday & Sunday: 9 a.m.–6 p.m.
 - Lounge includes big screen TV, computers and books

Free Movie & Popcorn Days

- Sept 7 Joy**
Drama/Comedy starring Jennifer Lawrence & Bradley Cooper
- Sept 21 Hello My Name Is Doris**
Comedy/Romance starring Sally Field and Max Greenfield
- Oct 5 Max**
Family/Adventure starring Lauren Graham and Thomas Hayden Church
- Oct 19 Concussion**
Drama starring Will Smith and Alec Baldwin
- Nov 2 Spotlight**
Drama starring Mark Ruffalo and Michael Keaton
- Nov 16 The Walk**
Drama starring Joseph Gordon Leavitt and Charlotte Le Bon
- Nov 30 Daddy's Home**
Comedy starring Will Ferrell and Mark Wahlberg
- Dec 14 Big Fat Greek Wedding 2**
Comedy/Romance starring Nia Vardolos and John Corbett

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 • 8:30A–7P

Saturday

Open Lounge • 9A–6P

Sunday

Open Lounge • 9A–6P