

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
20 minute increments beginning at 10 a.m.



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

See Senior Exercise classes on page 7

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

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 Day Trips

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

Walnut Room

The world famous Walnut Room has been a Chicago tradition since 1907. Join us on this winter adventure as we board Skokie's Yellow Line train straight into the Macy's basement just a few floors below the restaurant. We will include two hours of free time to shop as you like. Lunch, a Skokie staff chaperone, and Ventra card transportation included.

470652-01 M 1/9 10A-5P \$50/\$63

Tony 'n Tina's Wedding

Dust off your dancing shoes and get ready to take part in this hilarious interactive dinner theater experience. Tony 'n' Tina's Wedding invites guests to the brand new Chicago Theater Works for an afternoon of laughs, dancing, and pasta dinner! Price includes transportation, lunch, and wedding cake for dessert!

470655-01 W 1/18 11A-4P \$70/\$88

Dining Room at Kendall College

Experience contemporary and exquisite dining on the Kendall College campus with extraordinary views of the Chicago skyline. Culinary arts and hospitality management students will prepare and serve lunch in this living classroom. Lunch will include a first course, main course, and dessert. Menu is seasonal and not available at time of printing.

470651-01 Tu 1/24 11A-3P \$40/\$50

"Stayin' Alive" at Drury Lane

Take a trip back into the '70s at the Drury Lane production of Saturday Night Fever. Featuring favorite Bee Gees hits such as "Stayin' Alive" and "More Than a Woman," this classic will have you dancing in the aisle. Transportation, ticket and lunch included. Lunch will include soup of the day, with a choice of pecan crusted tilapia or roast beef for an entrée. Please give your choice of lunch at time of registration.

470654-01 Th 2/2 10A-6P \$75/\$94

Pinstripes—Northbrook

Join other Skokie seniors in a competitive game of bowling. We will have the lanes to bowl for 90 minutes and enjoy a personal pizza, unlimited soft drinks and brownies for dessert!

470653-01 W 2/22 10A-2P \$25/\$31

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

Galó's Salt Cave and Jolly Inn

Experience the magical world of Galó'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 entrees. Transportation included.

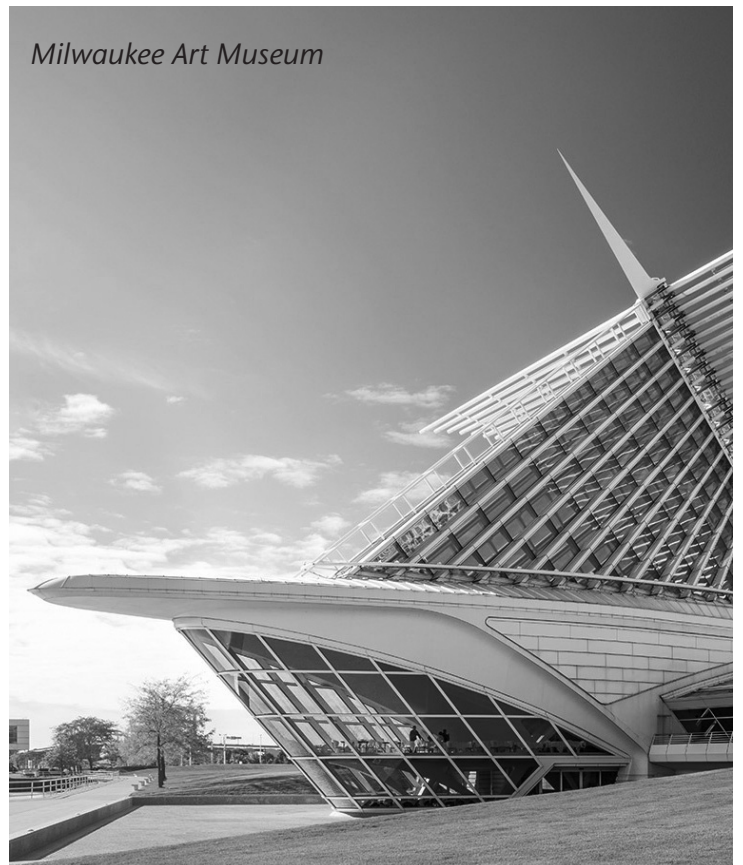
470656-01 Th 3/16 11A-3P \$30/\$38

Art in Bloom at Milwaukee Art Museum

Shake off the winter doldrums at the beloved Art in Bloom festivities at the Milwaukee Art Museum. View stunning art-inspired floral installations in the newly renovated collection galleries, as well as botanic and landscape features. Browse marketplaces filled with flowers, clothing, beauty products, garden accessories, and more from local vendors and artisans. Lunch is available for purchase at a few different locations within the museum. Price includes admission to museum and transportation. Join us on this unique trip as we celebrate art through flowers.

470657-01 Th 3/23 8:15A-4P \$40/\$50

Milwaukee Art Museum



Valentine's DAY



**Tuesday, February 14
10 – 11:30 a.m.**

BINGO PARTY



Celebrate Valentine's Day with a little candy, bingo and refreshments.

Please register at least one week in advance.

Resident: \$8
Non-resident: \$10

Registration #
461261-01



Senior Spring Fling

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





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. Fees below indicate AARP members/non-members. Call (847) 674-1500 ext. 2700 for additional information.

January

415246-01 Tu,Th 1/17-1/19 9A-1P \$15/\$20

February

415246-02 Tu,Th 2/14-2/16 9A-1P \$15/\$20

March

415246-03 Tu,Th 3/21-3/23 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 this class.

430263-01 W 2/1-2/22 11A-12:15P \$15/\$19

430263-02 W 3/1-3/22 11A-12:15P \$15/\$19

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

Beginner

430268-01 Th 2/2-2/23 11A-12:15P \$15/\$19

Intermediate

430268-02 Th 3/2-3/23 11A-12:15P \$15/\$19

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!

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.

Medicare 101

Beth Lindley, Social Worker and SHIP Coordinator for the Village of Skokie Human Services will give you an overview of the Medicare program and share information which will help you with health care decisions in the future. Please register in advance.

430264-01 Th 2/23 1-2P free

Medicare and More

Beth Lindley, Social Worker and SHIP coordinator for 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 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 go to access these programs. Please register at least one week in advance for this class.

430265-01 Th 3/23 1-2P free

Medicare Part C: Advantage Plan

Medicare Part C is an alternative to traditional Medicare with Supplemental Coverage. So is it an advantage or not? The answer has very individual implications and for some, it could be a savvy way to stretch your health coverage budget. Beth Lindley, Social Worker and SHIP Coordinator for the Village of Skokie Human Services will review this program which is often met with skepticism or confusion. Please register at least one week in advance to meet the class minimum.

430260-01 Th 1/26 1-2P free

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

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.

The Original Granny's—Wheeling

Breakfast and lunch served all day

433161-01 Tu 1/3 11:30A-2P \$5/\$6

Boston Fish Market—Des Plaines

Fresh fish and seafood

433161-02 Tu 2/7 11:30A-2P \$5/\$6

Manny's Deli—Chicago

Counter service delicatessen

433161-03 Tu 3/7 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.

House of Szechwan—Des Plaines

Asian cuisine

470862-01 Th 1/26 4:30-8P \$5/\$6

Jay Lovell's—Highwood

American comfort food

470862-02 Th 2/16 4:30-8P \$5/\$6

Mesa Urbana—Northbrook

Authentic Mexican cuisine

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

Monthly Mall Trips

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

Woodfield Mall—Schaumburg

433162-01 Tu 1/10 10A-4P \$5/\$6

IKEA—Schaumburg

433162-02 Tu 2/28 10A-4P \$5/\$6

Fashion Outlets—Rosemont

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



Senior Exercise

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

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.

Please register in advance. Instructor: Alla Meerson

Age: 50 + Location: Oakton Center

Beginner

454562-01 Tu 1/3-3/21 9:15-10:30A \$48/\$60

Intermediate

454562-02 Tu 1/3-3/21 10:30-11:45A \$48/\$60

Senior Exercise I

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

455460-01 M,F 1/2-3/24 10:15-11:15A \$4/\$5

Senior Exercise II

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

455461-11 M,F 1/2-3/24 9-10A \$60/\$75

455461-12 M 1/2-3/20 9-10A \$36/\$45

455461-13 F 1/6-3/24 9-10A \$36/\$45

455461-14 M,F 1/2-3/24 10:15-11:15A \$60/\$75

455461-15 M 1/2-3/20 10:15-11:15A \$36/\$45

455461-16 F 1/6-3/24 10:15-11:15A \$36/\$45

Zumba Gold

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

455466-01 Tu 1/3-3/21 10-11A \$48/\$60

455466-02 M 1/2-3/20 5:30-6:30P \$48/\$60

Senior Chair Pilates

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

455463-01 M 1/2-3/20 1-2P \$48/\$60

Senior Stretch and Strength

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

455464-01 W 1/4-3/22 1-2P \$48/\$60

Combo Senior Chair Pilates and Stretching

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

455465-01 F 1/6-3/24 12-1P \$48/\$60

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. Includes a chair workout. Certified Instructor: Janis Argianis

455462-01 Th 1/5-3/23 10:15-11:15A \$48/\$60





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.

Free Movie & Popcorn Days

- Dec 14** **Big Fat Greek Wedding 2**
Comedy/Romance starring Nia Vardolos and John Corbett
- Jan. 4** **Ghostbusters**
Action/Comedy starring Melissa McCarthy & Kristen Wiig
- Jan. 18** **Me Before You**
Romance/Drama starring Emily Clarke & Sam Claflin
- Feb. 1** **The Jungle Book**
Family Film Starring Neel Sethi and Idris Elba
- Feb. 15** **Spy**
Comedy/Action starring Melissa McCarthy and Jason Statham
- March 1** **Pitch Perfect 2**
Comedy/Musical starring Anna Kendrick & Rebel Wilson
- March 15** **The Revenant**
Suspense/Drama starring Leonardo DiCaprio & Tom Hardy
- March 29** **Race**
Drama starring Stephan James & Jeremy Irons

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. 1)* • 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