



# Waukegan Township Park Place Preview

## March April, 2019

### **Celebrate At Park Place with Complimentary Cookies and Punch**

Celebrate St. Patrick's Day on **Friday, March 16th at Park Place - 9:00am to 4:00pm**. Join us for complimentary punch and cookies in celebration of St. Patrick's Day. Saint Patrick's Day, or the Feast of Saint Patrick is a cultural and religious celebration held on March 17th, the traditional death date of Saint Patrick (c. AD 385–461), the foremost patron saint of Ireland. Let's celebrate St. Patrick's Day together!

Park Place will celebrate Earth Day on **Friday, April 27 - 9:00am to 4:00pm**. Join us for complimentary punch and earth shaped cookies. Earth Day is a day held to demonstrate and promote environmental awareness and calls for the protection of our planet. Did you know that it's celebrated in more than 193 countries each year? Feel free to drop by Park Place and join in the celebration!



**Park Place is an  
official voting site.**

**February 26, 2019** - Consolidated  
Primary Election  
**April 2, 2019**, Primary Election.  
Polls will be open from 6am to 7pm.

If we are to function as happy, productive individuals we must take very seriously our total Health and Wellness. This means not only taking care of our physical well-being, but including taking care of our financial and mental stability. Keeping up to date on the latest tax information will help relieve stress and assist you with a greater understanding of how your retirement plan works. **Check out the latest Tax Tips for seniors on page 6 and the upcoming Health & Wellness Workshops on page 4.**

### **Understanding The Risk Factors for Mental Illness**

One of the ongoing problems with diagnosis and treatment of mental illness in seniors is the fact that older adults are more likely to report physical symptoms than psychiatric complaints. However, even the normal emotional and physical stresses that go along with aging can be risk factors for mental illnesses, like anxiety and depression.

The Geriatric Mental Health Foundation lists a number of potential triggers for mental illness in seniors:

- Alcohol or substance abuse
- Change of environment, like moving into assisted living
- Dementia-causing illness (e.g. Alzheimer's disease)
- Illness or loss of a loved one
- Long-term illness (e.g., cancer or heart disease)
- Medication interactions
- Physical disability
- Physical illnesses that can affect emotion, memory and thought
- Poor diet or malnutrition

If you notice a change in your mental state, Please contact your Personal Care Physician and/or the Lake County Health Department. Their staff provides treatment, training and support services to persons experiencing problems related to emotional and mental illness, or drug and alcohol addiction. Park Place offers a variety of Enhancement Groups to help you connect with people facing similar challenges and who are likely to have a common purpose to understand one another. The Park Place Memory Café meets every second Wednesday 1:30 pm - 3:00 pm. Share your stories and socialize with others who have concerns about their memory or the memory of a loved one. During a time of loss remember that You are not alone. For a full list of **Enhancement Group dates and times please see page 5.**

### **Fun Fact**

**Education levels are increasing:** Among people ages 65 and older in 1965, only 5 percent had completed a bachelor's degree or more. By 2014, this share had risen to 25 percent.



**Patricia Jones, M. Ed  
Waukegan Township  
Supervisor**



**Newsletters are available online. Please visit our website at [www.waukegantownship.com](http://www.waukegantownship.com)  
Or email [kwoods@waukegantownship.com](mailto:kwoods@waukegantownship.com) to be added to our email list.**

# Exciting Upcoming Travel and Day Trips!

## 5-Day Exciting Tour & Travel Featuring... Detroit and Washington DC!



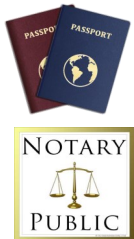
**\*Detroit:** Motown, The Heidelberg Project, Joe Lewis Monument, and Charles H. Wright Museum of African American History.

**\*Washington DC:** White House, MLK Monument, African American Arts Museum, National Cemetery, Tomb of the Unknown Soldier, Vietnam Memorial. And the Holocaust Memorial Museum.

Final Payment due April 5, 2019

**\$1180.00**

**Travel Dates  
5/2/19-5/6/19**



Waukegan Township can assist you with: \* Complimentary Notary \*Voter Registration \*Passport Processing. administrative office located at 149 S. Genesee Street is a certified Passport & picture site. For information and passport fees call 847-244-4900.

## Shedd Aquarium

**Tuesday, March 05, 2019**

You can party with the penguins! Spend the day meeting 32,000 amazing animals and explore the world's oceans, rivers and reefs at the Shedd Aquarium! Your all access pass includes the Abbott Oceanarium, aquatic presentation, Wild Reef, aquarium galleries, 4-D Experience and any special exhibits. Lunch is on your own in the food court. The trip departs Park Place at 8:15 a.m., 414 S. Lewis Ave. The \$49 fee includes an all access pass and transportation.

## Chicago Flower and Garden Show

**Thursday, March 21, 2019**

The Show, held each March at Chicago's Navy Pier is an experience for the senses, invoking memories of spring after a typically long and cold Chicago winter. You are welcome to spend all your time at the show or enjoy indoor shopping at Navy Pier. The trip departs Park Place - 414 S. Lewis Ave., at 9:00 a.m. The fee of \$38 includes admission to the show and transportation



**Departs  
3/05/20**

**Highlights:** Montecatini Terme, Florence, Lucca, Gothic Line, Pisa, Cooking Class, Siena, Choice on Tour, Winery Tour, Cheese Farm, San Gimignano

Tour Italy in style with expert guides & drivers. Tuscany is home to some of the world's most recognizable Renaissance art and architecture, including Michelangelo's "David" statue, Botticelli's works in the Uffizi Gallery and the Duomo Basilica. Its diverse natural landscape encompasses the rugged Apennine Mountains, the island of Elba's beaches on the Tyrrhenian Sea and Chianti's olive groves and vineyards. All fees are per person, double occupancy, and triple occupancy. **\$500 Deposit, \$315 Insurance due at registration.** Price includes transportation to and from the airport, from Park Place, all airfare, and transfers. **\$2,999 double occupancy per person.**

## Progressive Ethnic Lunch in Milwaukee Wednesday, April 17, 2019

We will travel around historic Milwaukee sampling history and cuisine from around Europe. We will begin with Old World 3rd Street with sausage, cheese, and root beer before moving into the Historic Third Ward to shop at the Milwaukee Public Market. Next, we will dine family style in either a Polish or Serbian restaurant. Complete with salad, cheese pierogi, mashed potatoes, sauerkraut, polish sausage, pork cutlets and red cabbage. Then we will tour the lakefront to see the Milwaukee Art Museum and North Shore Lighthouse. Finally, we will visit Brady Street, Milwaukee's Italian enclave to stop at Peter Sciotino's Bakery for cookies and Glorioso's Deli to see their test kitchen and shop. The trip will depart Park Place - 414 S. Lewis Ave., at 9:00 a.m. Fee of \$89 includes samples, meal, and tours.





*Trips are open to adults 18 and older and residents in or outside of Waukegan Township. For more information or to register call 847-244-9242 or email [lpbable@waukegantownship.com](mailto:lpbable@waukegantownship.com).*

### Art Institute of Chicago - Tuesday, April 30, 2019

A Feast for the Senses! Enjoy a guided tour of the museum and lunch at the world-renowned Art Institute of Chicago. From the Impressionists to the Modern Wing, the Art Institute has something to remedy everyone's winter weary spirit. Lunch will feature a buffet of gourmet wraps, sides salads, and sweets. The fee of \$85 includes museum entry, guided tour, lunch and transportation. Shuttle departs Park Place at 9:00 a.m. To register visit [www.waukegantownship.com](http://www.waukegantownship.com), call 847-244-9242, or email [lpbable@waukegantownship.com](mailto:lpbable@waukegantownship.com).

## Best of Israel and Jordan



Are you looking for a tour visiting places like Israel and Jordan? Discover the scenic beauty, fascinating culture and bountiful history of Israel.

Stand in awe at the magnificent sights in the nation of Jordan. Trip includes home pick-up, airfare, transfers, attractions, 12 days and 23 meals. Advance registration is required.

**Departure: November 6, 2019 - Double: \$4,044; Single: \$5,003 (\$199 insurance)**

## Traveling Book Club



**Lunch and Learn about the Arthur Golda Mier**  
**Wednesday, March 20, 2019**

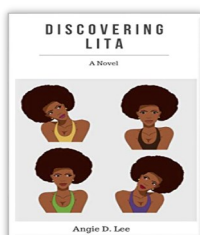
**11:30am the shuttle will depart Park Place to Dousman, WI., and return at 3:30pm.**

Learn how a woman born in the Ukraine and raised in the United States ended up as the 4th Prime Minister of Israel. \$25 fee includes, a delicious sit-down lunch featuring Falafel Fried to a golden brown and served over a cilantro hummus, finished with lemon zest and olive oil. The entree will be the a 1/3 pound "prime" burger grilled and topped with cheddar cheese and fried onions, lettuce, tomato, and finished with French fries. Dessert will be Matzo crackers smothered in chocolate and finished with candy bar pieces. Lunch followed by the educational presentation. To register call Park Place at 847-244-9242 or email [jhardy@waukegantownship.com](mailto:jhardy@waukegantownship.com).

**Discovering Lita**  
**Book Signing & Discussion**  
**with Angie D. Lee**

**Saturday, April 13, 2019**

Shuttle will depart Park Place at 11am and return at 5pm. Book signing in Chicago, IL. \$7 fee. To register call Park Place at 847-244-9242 or email [jhardy@waukegantownship.com](mailto:jhardy@waukegantownship.com).



"He was my drug of choice, even though I didn't know I was addicted"  
Discovering Lita by Angie D. Lee.

### Racine in Springtime - Tuesday May 14, 2019

Explore the art, food, and attractions of Belle City, also known as Racine Wisconsin! We will start our day touring Larson's Bakery to learn about (and taste) the famous Racine Kringle. Next, we tour the Racine Art Museum and visit the Hot Shot Glass company for a glass blowing demonstration. After a delicious lunch at Reef Point Brewhouse, we will head out to Mileager's Greenhouse to visit some of their 90 greenhouses and take home some blooms. Fee of \$65 covers the costs of all tours, travel and lunch. Trip departs Park Place at 8:15 a.m.

### Chicago Cubs - Thursday, May 23, 2019

Experience historic Wrigley Field! Join us as the Cubs battle the Philadelphia Phillies and take in the ambiance of renovated Wrigley. Fee of \$45 includes terrace reserved infield seats and motor coach transportation. Trip departs Park Place at 10:30 a.m. for the 1:20 p.m. game.

### Lincoln Park Conservatory/Zoo, June 4, 2019

Transport yourself to the tropics and visit exotic animals! Join us as we explore the Lincoln Park Conservatory, Lily Pond and Zoo! We tour the Palm Room, Fern Room, Orchid House and Show House before we venture to the Alfred Caldwell Pool. Next, we will visit Lincoln Park Zoo where you can enjoy lunch on your own and visit your favorite animals. Trip departs Park Place at 8:15 a.m. Fee of \$37 includes tours, general zoo admission, and transportation.

### Shopping Shipshewana June 19, 2019

Shop the famous Shipshewana Flea Market, explore the community, and enjoy Amish hospitality. We will begin our day early, enjoy hours of shopping, then relax on a motor coach tour. We will finish our day in Shipshewana by tucking into a generous Amish supper before returning. Trip departs at 6:00 a.m. and returns after 7:00 p.m. Fee includes all tours, supper, and transportation.

### Chicago Architecture River Cruise & Lunch

**Tuesday, July 16, 2019**

Experience the "top tour in Chicago and one of the top ten tours in the U.S." according to TripAdvisor users. A must for out-of-towners and Chicagoans alike. CAF-certified volunteer tour guides—called docents—interpret more than 50 buildings along the Chicago River. You'll find out how Chicago grew from a small settlement into one of the world's largest cities in less than 100 years. Following the cruise, we will enjoy lunch. The trip will depart Park Place at 8:30 a.m. Fee of \$89 includes cruise, lunch, and transportation.

### Navy Pier & Cabaret Lunch Cruise

**Tuesday, August 13, 2019**

Enjoy visiting Navy Pier, cruising Lake Michigan, a buffet lunch and live entertainment aboard the Spirit of Chicago! Trip Departs at 8:30 a.m. There will be free time to explore and shop Navy Pier prior to boarding for the 2-hour shoreline excursion and lunch. Fee of \$95 includes all travel, cruise and lunch.





## Can a Specialty Pharmacy Help You?

### Wednesday, March 13, 2019 - 11 am - 12pm

*Speaker: Jewel/Osco*

They're here to help with your medication and provide ongoing individualized support. They offer customized programs to help you manage your condition. Specially trained Pharmacist, nurses and care coordinators understand the complexities of your condition and are available to offer one-on-one support including: Injection training coordination, medication side effect management, monitoring your symptoms and response to your medication, working closely with your doctor to monitor your progress, and assisting when you need a new prescription or refill. For more information call 847-244-9242 or email [ogarcia@waukegantownship.com](mailto:ogarcia@waukegantownship.com). Workshop at Park Place.

## Your Kidney and You - Tuesday, March 19, 2019 - 11am - 12pm

*Presented by: DaVita*

Your kidneys are the two most important organs in your body. The main purpose of the kidney is to separate, urea, mineral salts, toxins, and other waste products from the blood. They also do the job of conserving water, salts, and electrolytes. At least one kidney must function properly for life to be maintained. Join us and learn the basics of kidney disease, symptoms, cause, treatment, dialysis and prevention. For more information call 847-244-9242 or email [ogarcia@waukegantownship.com](mailto:ogarcia@waukegantownship.com). Workshop at Park Place.

## Do You Qualify for a FREE Phone? - Wednesday, March 27, 2019 - 9am - 4pm

*Presented by: Sprint*

Do you receive Medicaid or Snap benefits? Then you might qualify for a free phone. Don't miss this opportunity to receive help signing up for a free phone. For more information call 847-244-9242 or email [ogarcia@waukegantownship.com](mailto:ogarcia@waukegantownship.com). Workshop at Park Place.

## Do You Feel Like You Might Have An Addiction? - Tuesday, April 9, 2019 - 11am - 12pm

*Speaker: Nicasa.*

Many people who struggle with mental illness also struggle with an addiction. Recovery from both of these issues is complicated because they affect each other and are intertwined. Helpers may often be at a loss for where to start – did the addiction cause the mental illness, did the mental illness cause the addiction, or is there something else leading to both? This workshop provides a framework for working systemically with addictions. For more information call 847-244-9242 or email [ogarcia@waukegantownship.com](mailto:ogarcia@waukegantownship.com). Workshop at Park Place.

## Fall Prevention - Tuesday, April 16, 2019 - 11am - 12 pm

*Speaker: Athletico*

Let us share some ideas with your family, and friends, company, organization, or group about how to prevent one of the most catastrophic events in the life of a senior citizen. Identify how to assess fall risks in the environment, learn the basics of home safety, understand how to get up and move around safely to reduce the risk of a fall. For more information call 847-244-9242 or email [ogarcia@waukegantownship.com](mailto:ogarcia@waukegantownship.com). Workshop at Park Place.

## Needs Assessment - Wednesday, April 24, 2019 - 2pm - 3pm

*Presented by: Rosalind Franklin*

**We need your feed back!** Needs assessment on foot and ankle healthcare in the communities of North Chicago, Zion, and Waukegan areas. We are hoping to speak to patients/community members about their healthcare in order to best serve the community. If interested in participating please call us to sign up. Participants will receive a \$40 gift card. Only 7 spots available. **Please make sure to reserve a seat by calling 847-244-9242 or emailing [ogarcia@waukegantownship.com](mailto:ogarcia@waukegantownship.com).**



**SAVE THE DATE - June 1st**  
**Grandparents Raising Grandchildren**  
**& Other Relative Caregivers Summit**

*Waukegan Township also provides limited complimentary transportation to Waukegan Township residents.  
 Call: (847) 599-2936 or email [lnava@waukegantownship.com](mailto:lnava@waukegantownship.com) 3 days in advance.*

# Enhancement Groups & Services

## Readers Delight Book Club

Come and join us as we meet to discuss and express our opinions, likes, dislikes, on interesting books and topics. The Readers Delight Book club **meets every first Monday of the month at 1:00pm.** March will be "In the Midst of Winter" By Isabel Allende and April will be "Eunice; The Kennedy Who Changed the World" By Eileen McNamara. Our books are supplied complimentary by the Waukegan Public Library for our enjoyment.

## Red Hat Society

The Red Hat Society is an international social organization that was founded in 1998 in the United States for women age 50 and beyond, but now open to women of all ages. Women under 50 will wear pink instead of the traditional red. Its main purpose is to provide women with opportunities for pleasant social interaction, both for reconnecting with old friends and making new ones. Join us on **March 21st and April 18th at Noon** in Park Place where the Red Hats meet.

## Grandparents & Other Relative Caregiver's

Are you a Grandparent or Caregiver of a child/loved one and find yourself looking for support and understanding of the challenges you face? Join our special group on **Monday, March 11th and April 8th at 5:30pm.** The speaker for March will be Central Law and Social. Speaker for April will be Kathy Breen from Oak Street Health; She will speak on scams and how to avoid them. **Dinner is always provided.** Children are encouraged to attend. They have their own group discussion of topics, receive assistance with homework, and learn arts & craft projects. Transportation is available to all those who would like to attend. For any additional information or transportation needs, contact MaryAnn Hartke at 847-244-9242.

## Spanish Support Group

Come and join our Hispanic Support group where we strive to enhance the quality of life for seniors in the Latino community by providing education, and emotional support and social interactions with other Hispanic seniors in the community. **We meet every second Friday of the month at 11:00am.**

### \* Grupo De Apoyo En Espanol

Spanish speaking resource group

**March 8th - 11am** - Le preocupa caer? ¿Te gustaría aprender más sobre cómo reducir el miedo a caerse? - Catholic Charities  
**April 12th - 11am** Recorrido en la Biblioteca Pública de Waukegan, tomaremos el autobús de Park Place. Habrá una presentación y un recorrido sobre las nuevas actividades para los adultos mayores en la Biblioteca Pública de Waukegan. - Waukegan Public Library por favor de llamar para reservar su espacio.

## Lollie Drew Low Vision Support group

Do you suffer from macular degeneration, glaucoma, cataracts or other degenerative eye problems affecting senior citizens? If so, you are invited to join us for our monthly Lollie Drew Low Vision Support Group on **Tuesday, March 12th and Tuesday, April 9th at 10:00am.** Our speaker for March 12th - Lake County Center for Independent Living; What are personal assistant services- Speaker Christine Chapman and April 9th - Waukegan Police Department: Recommendations for public safety-"Street Smarts" Lieutenant Beach. Transportation is available for those who would like to attend. Sign up at Park Place or call 847-244-9242 to reserve your spot.

**The Park Place Memory Café meets every second Wednesday 1:30 pm - 3:00 pm.** Share your stories and socialize with others who have concerns about their memory or the memory of a loved one.

## School College of Podiatric Medicine

Park Place complimentary foot care  
**Tues, March 5th, 19th & April 2nd, 23rd**  
**1:00 pm - 3:00 pm by appointment.**

## Rosalind Franklin Community Care Connection

**Complimentary Health Screenings**  
**March 5th & April 2nd 10am - 1pm**

The Free heart health screening include screenings for cholesterol, blood sugar (diabetes), body mass and waist measurement. Receive test results in just 15 minutes. All ages welcomed patients taken until 15 minutes before close.



## AARP Tax Help

For those who are 55 or older.  
Every Tuesday and Thursday from  
9 am to Noon.  
Starting February 5th ending April 11th.  
Espanol for both days!

# Technology Center

## Open Lab at the Tech Center

Park Place has six computers for use by those 55 and better during open hours when classes are not in session. Complimentary

**Trouble Shooting & More: Help Desk at the Tech Center!** Frustrations? Our skilled volunteers will be here each Monday from 1:30 p.m. – 3:00 p.m. to answer questions on your technology devices, programs, social media or applications. Drop by any time during open hours!

This is a complimentary service

**Congressman Brad Schneider's Office**  
**Tuesday, March 12th & Tuesday, April 9th**  
**2:30pm - 4:30pm**

A representative from Congressman Brad Schneider's office will be at Park Place to assist constituents from the 10th Congressional District with Social Security, VA Benefit, Medicare or any other concerns at the federal level. For more information call Park Place at 847-244-9242.



# Information you should know



## Senior Citizens Assessment Freeze Homestead Exemption Outreach Sessions April 18th, 10am - 2pm at Park Place.

The Chief County Assessment Office and the Lake County Township Assessors Association will hold several public outreach sessions to assist residents in completing the 2019 Senior Citizen Assessment Freeze Application for taxes payable in 2020; as well as service taxpayer needs on other homestead exemptions offered. Residents will work one on one with a staff member to complete the necessary exemption forms. Qualifications are 65 years old or older during the tax year, own the property as your principal residence for the last two Jan. 1st(2018 and 2019), 2018 total household income is \$55,000 or less. Be prepared to bring copies of income received such as: 2018 Federal Income Tax Form , Social Security Statement (SSA-1099). If the property is owned in Trust, you may need to provide proof of the beneficiary.

## Helpful Tax Tips for Seniors

The standard deduction has been doubled. Good news for lots of people. Bad news for larger families with children. Personal exemptions have gone away. Many filers who have itemized personal deductions over the years, won't need to. You will find that the 1040 return is much shorter.

Forgetting to take your required minimum distributions from your retirement account can cost you big time. "Some people forget," says Douglas Birch, managing director of the tax group at CBIZ in Clearwater, Florida. "If you miss the withdrawal, you will be subject not only to the taxes, but a 50 percent excise penalty on the amount you were supposed to take out, but didn't."

Some people don't want to take their retirement account distributions or don't need to. A 401(k) or IRA withdrawal causes your income to go up for that year, and that may impact your Social Security taxes and increase your Medicare payments. If the RMD instead goes directly to a charity, it stays off your tax return and reduces your income.

## Planned Giving

You may chose to include Waukegan Township Park Place in your estate plan, so you can continue to help other seniors even after they you're gone. By making a "gift ", you too can continue to bring needed services and programming to other seniors of Waukegan Township even after your lifetime. How it works: Sign the appropriate paperwork making Waukegan Township Park Place a beneficiary of your will, trust, insurance or retirement assets. After your lifetime, money and assets are distributed to your heirs and Waukegan Township Park Place as directed by your estate plan documents. Waukegan Township Park Place uses your bequest for the purpose(s) you specify. Call 847-244-9242 or email [cpwhite@waukegantownship.com](mailto:cpwhite@waukegantownship.com).

## Someone You Should Know



Mirtha Gustafson was born in Panama, Republic of Panama where she lived for 32 years. She moved to the Waukegan area over forty years ago. She has been married to Dorn for 40+ years with two beautiful children Victor and Veronica. Mirtha was a teacher with the Waukegan and North Chicago school districts for over 25 years. She enjoys exercising, going to the movies, Park Place day trips and dancing. Mirtha has volunteered for Park Place for the past two years with the monthly church distribution, and is a member of the Spanish Enhancement Group. She also attends many of our exercise programs.

## Park Place Room Rental

Need a great place to hold a Meeting, Birthday Party, Wedding Reception, Anniversary, Bridal Shower or other gathering?

- ◆ Rental Fees: Facility Open - \$45.00 per hour.
- ◆ Park Place Kitchen \$50.00 flat fee.
- ◆ Facility Closed & Holidays - \$65.00 per hour.
- ◆ Observed Holidays - \$95.00 per hour .
- ◆ Deposit Amount - \$100.00 due upon reservation date.

Our spacious room can accommodate up to 90 guests. Tables and chairs included in rental. Decoration rate available upon request. Available for rental, linens, chair covers, sashes, and runners. Call 847-244-9242 to reserve your day!



# Get Moving! Exercise & Fitness For Ages 55 & Better!

Why pay expensive fitness center prices to stay healthy when you can use the Park Place Fitness Room? We have treadmills, elliptical machines, stationary bikes and weight equipment available for you.



**Please Note: Advance sign up for classes & a medical release form must be on file. Form must be renewed yearly.**

## Complimentary Exercise Room at Park Place

Take advantage of our Certified Exercise instructor and our exercise equipment. Train every Tuesday & Thursday 11:30am -1:30pm.

### Floor Mat Exercise

Floor Mat exercise is done on the floor using an exercise mat, which requires controlled breathing during body weight resisted movement to build core strength.

### Yoga & Meditation

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

### Advanced SeniorSize

This is a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. This is a higher intensity class than Classic and Circuit

### SeniorSize

SeniorSize is designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.



**Fitness Center Hours: Mon 9am - 7pm.  
Tues, Wed, Thurs Fri 9am - 4:30pm**

### Cardio Drumming



March to the beat of your own drum with one of the latest (and most fun!) fitness trends! Cardio drumming takes a simple movement - drumming - and turns it into a full-body workout that will leave you smiling, sweating, and feeling great. Cardio drumming brings together drumsticks, an exercise ball, and an exercise ball stand to create one of the most fun workouts you'll ever do. Using the exercise ball and the floor as your drum, and mixing in fun moves, cardio drumming turns keeping a rhythm into a workout you won't want to stop.

### Zumba

Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music

### Country Line Dancing

Country Line Dancing Is a choreographed dance by a group of individuals, with a repeated sequence of steps to some of the nation's top Country and Western hits. Come and join us as we move our hips to some Country Western beats.

### Chicago Line Dancing

Chicago Line Dancing is a low-impact cardio class with sequenced choreography. The dance sequence is taught in repeated steps, grouping the class in one or more lines to execute the steps at the same time. Dance to the latest R & B Hits from across the nation.

#### MONDAY

\*SeniorSize - 9:15 a.m.  
\*SeniorSize - 10:15 a.m.  
  
\*Chicago Soul Dancing - 5:30 p.m. \$2

#### TUESDAY

\*Walk Fit 9:00 a.m.  
  
\*Country Line Dancing 10:00a.m.

#### WEDNESDAY

\*Advanced SeniorSize 9:15 a.m.  
  
\*Yoga/Meditation 10:15 a.m.

#### THURSDAY

\*Advanced SeniorSize 9:15 a.m.  
  
\*SeniorSize -10:15 a.m.  
Cardio Drumming 11:00 a.m. \$5

#### FRIDAY

\*Zumba 9:00 a.m.  
  
Floor Mat Exercises 10:00 a.m.

**Cardio Drumming Every Thursday** from 11:00 am to 12:00 pm  
Cost: One Time Fee \$5.00!  
All participants must complete an exercise form at Park Place. **SIGN UP IN ADVANCE.**

**Trustees:** Percy Johnson, Nathaniel Hewitt,  
Opal Rice, and Sylvestre Castellanos  
**Clerk** - Rose Staben,  
**Assessor** - Mark Stricklin,  
**Highway Commissioner** - Arthur Craigen

**Park Place Senior Citizens Services**

**Committee:**

Chair: Larry Eaker

Vice Chair: Gloria Carr

Members: Pat Barker, Scott Grubnau, Katie  
Strawder, Jeanette Keyes, Sandra Eaker, &  
Nelson Whitiker

**Park Place Hours**

**Monday** 9:00 AM - 7:00 PM  
**Tuesday** 9:00 AM - 4:30 PM  
**Wednesday** 9:00 AM - 4:30 PM  
**Thursday** 9:00 AM - 4:30 PM  
**Friday** 9:00 AM - 4:30 PM  
**\*Saturday** Open only for rentals  
**Sunday** Closed

**PARK PLACE**

414 S. Lewis Ave.  
Waukegan, IL 60085

Phone: 847-244-9242

Fax: 847-244-9258



ST. Patrick's Day and Easter are just around the corner. Come into Park Place and shop in the Corner Gift Shoppe. We have cards, books and even small gifts for that someone special. We are open Monday to Friday from 10:00am until 4:00 p.m. Let the Park Place Gift Shoppe be your place for one stop shopping!



**Learn To Speak Spanish  
Starts March 19, 2019!**

Place will offer a beginners Spanish Class for Waukegan Township residents who are 55 and better. Classes will be held at Park Place, every **Tuesday and Friday - 12pm to 1pm**

Class will meet twice a week for eight weeks. The instructor will be Rochelle Evans, a longtime resident of Waukegan. The **\$210 fee** must be paid prior to the class start. Please contact Park Place for more information at 847-244-9242 or email [lnava@waukegantownship.com](mailto:lnava@waukegantownship.com).



**ACKNOWLEDGEMENTS & CONDOLENCES - OUR THOUGHTS ARE WITH THE FAMILIES & FRIENDS.**

**We Remember Seniors**

**Who've Passed Away**

**Dec 4, 2018 - Jan 24, 2019**

**The Memorial Chapel of Waukegan**

Maria A. Cortez 12/5/2019  
Peter A Couvall 12/9/2018  
Concepcion Cruz 12/17/2018  
Robert Fernandez 12/21/2018  
Josefina Arizmendi 12/23/2018  
Guadalupe Garcia 12/31/2018  
Lilia Ines Unda 1/21/2019

**Bradshaw and Range Funeral Home**

Allen K. Gordon 12/2/2018  
Mae F. Edwards 12/3/2018  
Walter T. Scott 12/11/2018  
Cosetta M. Bone 12/12/2018  
John H. Smith 12/15/2018  
Dorothy H. McLaughlin 12/16/2018

Curtis Ray 12/20/2018  
Robert E. Johnson 12/20/2018  
Norris Page 12/26/2018  
Adrianna Williams 12/27/2018  
Joaquin Nino Castrejon 12/27/2018  
Rosa Maxine Brooks 12/28/2018  
Granville C. Thomas Jr. 12/29/2018  
Viola Garland 12/31/2018  
Ronald Eugene Arnold 1/1/2019  
Diane McClelland 1/2/2019  
Patricia Ann Hayes 1/2/2019  
John H. Stackhouse 1/4/2019  
Oscar L. Fields, Sr. 1/7/2019  
Calvin Godwin 1/8/2019  
Laverne Freeman 1/15/2019  
Dorothy Woods 1/18/2019

**Congdon & Company Funeral Home**

Margery M. Littlejohn 1/15/2019

**Marsh Funeral Home**

Heidi H. Smith 12/8/2018  
Roger Boulanger 12/30/2018  
Elizabeth Garcia 12/30/2018  
Ann E. Stapleton 12/31/2018  
Donald Cudworth 1/2/2019  
Geraldine M. Ostrander 1/9/2019

**Peterson & Patch Funeral Home**

Maria Santiago 12/9/2018  
Charles Celaric 12/18/2018  
Miguel A Montano 12/27/2018  
Carmen E. Soto 1/20/2019  
Macario Rodriguez 12/21/2018  
Eleanora Zdanowicz 12/30/2018  
George Abington 1/3/2019  
Vivian Pieper 1/4/2019

**Westgate Funeral Home**

Murphine Leonard 12/28/2018  
Beatrice McGee 1/2/2019