



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

# Waukegan Township

## Park Place Preview

### July & August, 2019

Dear friends, as we come together to celebrate the Fourth of July, let us salute our flag and remember how blessed we are to be Americans. Park Place will be closed Thursday, July 4th, 2019, in observance of Independence Day.

Because of the current construction taking place at Belvidere Park, Park Place will not be able to plant its yearly community garden. I know residents will miss all of the fresh fruits and vegetables that are provided for seniors of Waukegan Township, but we know that at the completion of this project Belvidere Park will be absolutely beautiful. In May of 2020 we will resume our yearly community garden activities.

Summer is here! So let the tournaments begin. Park Place will host tournaments for all of our weekly games. Schedule of tournament dates are listed on page 2. Please sign-up to participate. Winners will receive prizes and be featured in our September/October Park Place Preview. Call 847-244-9242 to reserve your spot.

Join the Waukegan Band for their summer concert series at the lakefront. A schedule of summer programs listed in this addition of the Park Place Preview. Also, remember to stop by your senior neighbors and friends homes for wellness checks during these summer months.

#### Older Americans Month



In May we celebrated Older Americans Month. Many Township residents submitted selfies for a chance to win a 1st, 2nd or 3rd place prize. Congratulations to all of our winners, and thank you to all our participants.

1,000,000 likes **# WTPARKPLACE**



## Grandparents Raising Grand Children & Other Caregivers' Summit 2019

### A Special Thank You To:

**Speakers:** Lake County Clerk Erin Weinstein, Lake County Sheriff's Office Chief of Staff, Anthony Vega and Lake County Treasurer Holly

**Panelist:** Christine Damon - Lesson In Care-L3C, Karin Carli - Center for Law and Social Work, Natalie Khann- Secretary of State, Alma Hernandez - Illinois Department on Aging, Marcus Barnett - Gift of Hope, Dr. Xavier W. Parreno, MD - El Divino Nino, Kathy Walker-Waukegan Community Bank, Charles Dorothy - DCFS, Amanda Civitello -Waukegan Public Library, Gail Graves -Waukegan Public Library Johnnie Jenkins - Coalition to Reduce Recidivism, Elizabeth - Debi Leer-NICASA , Chief George Bridges - Waukegan Fire Department, Harriet Holley - Grandparents and Kin Raising Children LC, Evelyn Beel - Zacharias Sexual Abuse Center, Syerra Meadows - Boys & Girls Club of Lake County, Marie Sievert - Heart of the City, and Linda Magad - Family Services of North Lake County.

**All Vendors:** Elevate Care, Catholic Charities, Family Services of Lake County, American Home Care Express, Family Chiropractic & Sports Rehab, WIC Program, Lake County Health Dept., Oak Street Health, Barton

**Thank you to Elevate Care who sponsored the lunch for the event and all attendees for your participation during this great event. We hope to see you again at next year's summit June 6, 2020.**



ELEVATE CARE  
WAUKEGAN

**Newsletters are available online. Please visit our website at [www.waukegantownship.com](http://www.waukegantownship.com)**

**Or email [OGarcia@waukegantownship.com](mailto:OGarcia@waukegantownship.com) to be added to our email list.**

### **Taste of Chicago, Thursday, July 11, 2019**

Explore the flavors of the world at Taste of Chicago! Leave the driving to us, and spend your day tasting the food and enjoying beautiful Grant Park on one of the less crowded days of the festival. Food and beverage tickets are sold in strips of 14 for \$10 (includes \$3 charge for Taste amenities). Smaller "Taste of Portions" are available at each food vendor and are between 1-6 tickets \$24 fee covers round trip transportation to the Festival. Departs Park Place at 9:30 a.m. leaves Grant Park at 5:00p.m.

### **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 8:30a.m. and returns at 4:30p.m., traffic permitting. There will be free time to explore and shop Navy Pier prior to boarding the 2-hour shoreline excursion and lunch. Fee of \$95 includes all travel, cruise and lunch.

### **Air & Water Show Saturday, August, 17, 2019**

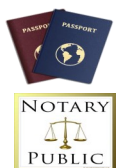
This year the Chicago Air and Water Show celebrate 56 years of daredevil thrills in the air and on the water at North Avenue Beach and along Chicago's magnificent lakefront. With Chicago's skyline as a backdrop, audience numbers reach 2.2 million annually. Departs Park Place at 8:15a.m. and will return at 4:30p.m. The Air Show ends at 3:00p.m. \$24 fee covers round trip transportation to the Festival. Gourmet box lunches are available for an additional \$12 fee.

### **National Museum of Mexican Art and Pilsen Neighborhood Tour, Date TBD**

Explore Mexican Art and Latin heritage to kick off Hispanic Heritage Month, with this tour of Pilsen and visit to the National Museum of Mexican Art, in Chicago. We will enjoy a guided tour of the museum and highlights of Pilsen before an authentic Mexican lunch. Departs Park Place at 9:00a.m. \$67 per person fee includes tour, museum, lunch, and round-trip transportation. Return time estimated after 4:00 p.m.

### **Cedarburg Fall Wine & Harvest Festival, Saturday, September 21, 2019**

Celebrate a sweet and savory weekend at the 47th Annual Wine & Harvest Festival in historic downtown Cedarburg! Enjoy the quilt show, farmer's market, art show, pumpkin carving demonstration, live music, and tasty festival food and beverages. The fee of \$30 includes round trip transportation and entry to the festival. The trip departs Park Place at 8:30 a.m. We will depart from the festival at 4:00 p.m.



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



**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.



**Travel Meeting! Monday July 29, 5:30 p.m.**

Learn about the Spotlight on Tuscany Trip and other upcoming adventures! Join us and our Collette Representative to learn about this 9-day tour! Rates are \$2999 double occupancy and include 10 meals, lodging, tours, roundtrip air from O'Hare, air taxes fees and hotel transfers. Call 847-244-9242 to reserve your spot for the meeting. A light dinner will be provided.

### **Four Winds Casino, Thursday, September 26, 2019**

Climb on a comfy coach bus and enjoy the ride to Four Winds Casino, New Buffalo MI! All payers will receive a \$10 food credit and \$15 instant slot credit when we arrive. Bus Departs Park Place at 8:30 a.m. \$39 fee per person. Call 847-244- 9242 to registration. Returns after 6:30 p.m.

**Coming Soon!** The next Park Place Preview will feature information on and exciting trip coming in 2020. Trip will include travel to the Bahamas, Jamaica and Cuba. Stay tuned!



### **Tournament Schedule:**

**Cribbage:** Tuesday, July 30th 12:30pm

**Spades & Bid Whist:** Thursday August 16th, 11:00am

**Billiards:** July 19th 10am

**Bridge:** Thursday August 8th 12:30pm

**Pinochle:** Friday August 2nd 12:30pm

**Dominoes & Chess:** Wednesday July 24th 12:00 Noon



*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).*

## PASSPORT TO ADVENTURE

# Waukegan Band

### 2019 Destinations

July 9, 2019	Asian Splendors & African Sojourns
July 16, 2019	Latin American Fiestas
July 23, 2019	Scandinavian Legends & Russian Icons
July 30, 2019	Dancing Around the Globe
August 6, 2019	Summer Slide Show: "The People's Choice"

Free parking and admission. Bring a lawn chair, friends, neighbors and relatives and enjoy the music. The FREE concerts are held on Tuesday evenings at 7:30p.m. at the Stiner Pavilion on the lake unless otherwise noted. 201 Sea Horse Drive, Waukegan, IL. 60085



## Ice Cream Social

**Friday, July 26th, 2019**

**1:00 pm to 3:00 pm**

**at Park Place**

**Join Us For:**

**Ice Cream**



**Dancing**



**Live Entertainment**



**Pre-registration Required**

**For information call 847-244-9242**



## Ice Cream Flavors



Y	M	T	R	L	C	H	O	C	O	L	A	T	E
A	S	K	C	A	R	T	E	S	O	O	M	E	T
P	Y	V	A	N	I	L	L	A	S	N	O	T	E
M	K	D	E	T	D	E	A	C	F	A	N	A	A
C	A	T	N	L	I	N	N	A	O	C	O	O	E
O	K	P	O	A	A	G	O	D	K	E	A	E	T
E	C	U	L	N	C	A	E	F	O	P	L	R	N
D	O	T	A	E	E	N	O	R	Y	W	E	E	E
O	C	B	O	A	W	Y	O	T	T	E	O	I	E
C	O	I	E	A	A	A	R	T	S	A	O	A	R
R	N	T	T	C	R	A	L	E	T	N	I	A	G
E	E	G	D	U	F	O	S	N	I	O	V	L	T
D	A	O	R	Y	K	C	O	R	U	A	C	G	T
A	E	E	T	U	N	O	C	O	C	T	P	E	S

COTTON CANDY  
MAPLE WALNUT  
PECAN  
BANANA  
TIGER TAIL  
MOOSE TRACKS  
COCONUT

ROCKY ROAD  
GREEN TEA  
FUDGE  
REESES  
CHOCOLATE  
VANILLA

## Senior Texting Codes:

(Smile a little)

**ATD:** At the doctors

**BFF:** Best friend fell

**BTW:** Bring the wheelchair

**BYOT:** Bring your own teeth

**FWIW:** Forgot where I was

**GGPBL:** Gotta go Pacemaker battery low

**GHA:** Got heartburn again

**IMHO:** Is my hearing aid on

**LMBO:** Laughing my dentures out

**OMSG:** Oh my! Sorry gas

**ROFLACGU:** Rolling on the floor  
laughing and can't get up

**TTYL:** Talk to you louder



# Health & Wellness

## July

### **Obesity and its Effects on my Health**

**Wednesday, July 10th, 2019 - 10am - 11am**

**Speaker: Manny Hernandez - Waukegan Public Library**

Come learn about obesity and its effects on our health and lives and how we can prevent it.

### **Benefits of Fitness**

**Fitness Series – July 23rd, August 13th & August 27th**

**Tuesday, July 23rd, 2019 - 10am - 11am**

**Speaker: Joseph Young—Waukegan Park District**

Regular exercise can help older adults stay independent and prevent many health problems that come with age. Community organizations offer fun and proven programs that keep you moving. Reserve for this series.

### **The History of Fort Sheridan**

**Tuesday, July 16th, 2019 - 11am - Noon**

**Presented by: Lake County Forest Preserves**

Learn the history and unique stories of Fort Sheridan in this presentation that draws from the Discovery Museum's archives.

### **Have You Heard of Catholic Charities?**

**Wednesday, July 17, 2019 - 10:00am - 11am**

**Presented by: Martin Perez - Catholic Charities**

Join us as we learn about what services are available through Catholic Charities for Township residents 55 and better.

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## Someone You Should Know



Mrs. Betty Williams was born in Morgan City, Louisiana. She spent 9 years in Morgan City then moved to this area in 1946. Betty was married in 1950 and has been married to William for 60 years. She is the mother of 7 children and 17 grandchildren and 12 great grandchildren. Betty worked for

the Waukegan Public Schools for 27 years as an Administrative Assistant. Her hobbies and interests are gardening, going to the casino, traveling, cooking, reading and spending time with her family. Betty has been volunteering her time with Park Place for the past two years and currently works in the Gift Shoppe and assists with our monthly faith distribution. Mrs. Betty states that she currently does her own lawn and does her own housework. She also uses to teach Bible Study at Living Faith United Methodist Church for three years.



## August

### **Understanding Diabetes**

**Tuesday, August 7th, 2019 - 10am - 11am**

**Speaker: Manny Hernandez - Waukegan Public Library**

Learn the importance on how to manage blood sugar, planning healthy means and preventing complications.

### **Are You Meeting Your Dietary Needs?**

**Tuesday, August 13th, 2019 - 10am - 11am**

**Presented by: Joseph Young - Waukegan Park District**

Join us as we examine the factors that impact the ability of older adults to meet their daily dietary needs.

### **Activities in the Park!**

**Wednesday, August 27th, 2019 - 10am - 11am**

**Presented by: Joseph Young—Waukegan Park District**

Join us as Joseph Young from the Waukegan Park District Field House will speak about the new and exciting fitness programming offered at Park Place.

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### **Do You Qualify For a Free Phone??**

**July 18th & August 8th - 1pm - 3pm**

**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 [tflores@waukegantownship.com](mailto:tflores@waukegantownship.com).

### **The Illinois Department on Aging Senior Health Insurance Program (SHIP) @ Park Place**

provides assistance with any questions pertaining to Medicare Parts A, B, C, & D. Appointments must be scheduled in advance. The benefit access program hours are M-F 9:00 a.m. - 12:00 noon. Call 847-244-9242 for more information and appointment.

***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

## Living Single

A new group for single men and women who would like to socialize in the evenings, meet new people, go different places and do new and exciting things. The Living Singles Group will travel to the Three Brothers Theater located at 115 N. Genesee Street in Waukegan On **Friday July 26th at 7:00pm** for the Theater production of Smoke Cost for Seniors \$15 General Admission \$20. On **August 23, 2019 1:00pm** will meet at Fred's Diner located at 225 Center Street in Grayslake for lunch. Come and meet other members of the group for great conversation and socialization. Please RSVP your attendance.

## 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 at 12 noon **July 18th and August 15th**. Park Place is 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 us at our **Monday, July 8th** meeting, where the presenter will be a representative from the Boys and Girls Club of Lake County. Boys and Girls Club is one of Lake County's greatest resources, providing a constant source of hope and direction for youth. The Club is committed to inspiring all young people to reach their full potential as productive, caring, responsible citizens. You can also join us at the **Monday, August 12th** session, where the presenter will be a representative from the Waukegan Park District. They will speak about the services they offer for kids and grandparents, Silver Sneakers, summer camps, trips, and financial assistance for summer camps. 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. **We meet every second Friday of the month at 11:00am. Friday, July 12, 2019** there will be a demonstration on the calming effects of Tai Chi brought to you by the Illinois Department on Aging. **Friday, August 9, 2019** come and enjoy the excitement of Cardio Drumming with Rose McDonald.

## \* Grupo De Apoyo En Espanol

Spanish speaking resource group

**Julio 12, 2019 - 11:00am "Demonstration Tai Chi",**  
**August 9, 2019 - 11am "Aprende como usar peolotas de ejercicio".**

## \*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, July 14th and Tuesday, August 11th at 10:00am**. July 14th the speaker will be Donnishia Winfrey — Bureau of Blind Services and August 11th the speaker will be a representative from Hadley Institute for the Blind and Visually Impaired. 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.

## Rosind Franklin School of Podiatric Medicine

Park Place complimentary foot care

**Tuesday, July 9th & 23rd, August 6th**  
**1:00 pm - 3:00 pm by appointment.**

## Free Blood Pressure Screenings and Referrals:

**July 8th & August 12th 11am-12noon**

Sponsored by the Nu Phi Chapter Chi Eta Phi

## Readers Delight Book Blub

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**. July book of the month will be The Clock Makers Daughter by Kate Morton. August book of the month will be Sweet Little Lies by Caz Frear

## AARP Class July 23rd & 24th, 10am-2pm

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way.

## Rosalind Franklin Community

Care Connection

Complimentary Health Screenings

**August 6th, 10am - 1pm**

Free heart health screenings 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.

## Congressman Brad Schneider

**Tuesday, July 9th & Tuesday, August 13th**

**10:00am - 11:30pm**

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.

## Technology Center

**Open Lab at the Tech Center**

Park Place has computers for use by those 55 and better during open hours . Complimentary.

**Trouble Shooting & More: Help Desk at the Tech Center!** Mondays from 1:30 p.m. – 3:00 p.m. to answer questions on your technology devices, programs, social media or applications. Complimentary.



# Information you should know

For more information  
call 847-244-9242

## Happenings At Foss Park

### Complimentary Workshops:

#### Smart Phone

**101: Understanding and  
Using your Device:  
July 10, 2019 1:00pm**

Confused about your phone? Come to this session to explore the basics of using and enjoying your cell phone. Pre-registration is required and seating is limited.

**Tablet 101: Basic Use and Operations: Wednesday,  
August 7, 1:00pm - 2:30pm**

See what the fuss is about! Delve into tablet use with your own device or using the Amazon Fire. Learn how to connect to popular apps, e-mail, and e-books using these portable wireless devices. Pre-registration is required and seating is limited.

#### Save on your Medicare Costs,

**August 15, 2019 1:00pm**

If you're one of the many Americans who have difficulty paying for health care cost, there may be ways you can save money on your Medicare premiums and other costs even if you don't qualify for Medicaid.

- \*Qualified Medicare Beneficiary
- \*Specified Low-Income Medicare Beneficiary
- \*Qualifying Individual
- \*Extra Help

Come to this session to see if you qualify and learn how to apply. Pre-registration is required.

### Benefit Access Outreach: Beginning

**July 16th, 2019**

Apply for a Ride Free Transit Pass and License Plate Discount. **Join us every 3rd Tuesday of the month at 10:00am** to apply for a Ride Free transit pass to PACE and Metra main line transportation. Bring your I.D. along with a copy of your 2018 Social Security Statement or 2018 tax return to apply



**Tuesday July 30, 2019,  
1:00pm - 3:00pm  
At Foss Park**

**Join us for complimentary ice cream, with all the trimmings, live entertainment and a little dancing. Pre-registration is required. Call 847-244-9242 to reserve**

### Legislation: Aging Services Funding and the Federal Budget

Federally funded aging services are failing to keep pace with inflation and the increasing number and diversity of older adults. Appropriations committees decide funding levels for OAA and other discretionary (not mandatory "entitlement") programs each year. Education and advocacy are important parts of winning funding increases.

In early May, the House Appropriations Committee approved a bill that increased funding for most Older Americans Act programs, including an \$84 million increase for congregate and home-delivered meals, \$64 million more for the Senior Community Services Employment Program (SCSEP), a \$37 million increase for Supportive Services and Senior Centers, and a \$6 million increase for Medicare State Health Insurance Assistance Programs (SHIPs). NCOA supports these increases and is urging Congress to also increase funding for Title IIID Health Promotion and Disease Prevention programs, as well as direct funding for falls prevention and CDSME.

Action on Senate appropriation bills and final resolution of FY20 funding currently depends on larger budget debates. Since the Budget Control Act of 2011 created caps on spending and raised the threat of across-the-board cuts known as sequestration, Congress has negotiated several bipartisan deals to raise the caps for two years. The last set of caps, for FY20 and 21, need to be raised for any investments to be made. If left intact, forced cuts would reduce available FY20 funding for non-defense discretionary (NDD) programs like OAA services by \$54 billion. NCOA.org

### 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 11:30 a.m. - 1:30.p.m.**

### 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. Friday at 10:00 a.m.

### 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. Wednesday at 10:15 a.m.

### 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. Thursday at 9:15 a.m.

### 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. Monday at 9:15 a.m. and Thursday at 10:15 a.m.

### 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. Friday at 9:00 a.m.

### Exercise Awards Ceremony

Join us on Friday, August 16, 2019 at 1:00 p.m. for our Annual Exercise Awards Ceremony. Exercise participants who have been with the program for 6-months or longer will receive honors for their outstanding commitment to Health & Wellness. Lunch will be served. Registration is required 847-244-9242

### 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. One-time \$5 fee. Thursday at 11:00 a.m.

### 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. Tuesday at 10:00 a.m.

### 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 evening at 5:30 p.m.

### Fitness Center Hours:

**Mon 9:00a.m. - 7:00p.m.**

**Tues, Wed, Thurs, Fri 9a.m. - 4:30p.m.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*SeniorSize - 9:15 a.m. *SeniorSize - 10:15 a.m. *Chicago Soul Dancing - 5:30 p.m. \$2	*Walk Fit 9:00 a.m. *Country Line Dancing 10:00a.m.	*Advanced SeniorSize 9:15 a.m. *Yoga/Meditation 10:15 a.m.	*Advanced SeniorSize 9:15 a.m. *SeniorSize -10:15 a.m. Cardio Drumming 11:00 a.m. \$5	*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. <b>SIGN UP IN ADVANCE.</b>				

**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  
Secretary: Jeanette Keyes  
Members: Scott Grubnau, Katie Strawder,  
Sandra Eaker, & Nelson Whitaker

**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**

**www.waukegantownship.com**

**PRESORT STANDARD**

**US POSTAGE PAID**

**PALATINE P & DC**

**PERMIT NO. 418**



*~Family members, you are always in our thoughts.~*

**We Remember Seniors  
Who've Passed Away  
April 1, 2019 - June 3, 2019**

**The Memorial Chapel of Waukegan**

Julia Cabrera Martinez 4/17/2019  
Jose Montejano Lozano 4/16/2019  
Carol Laughton 4/10/2019  
Eugene Martin Backys 5/1/2019  
Maria A. Jimenez 5/13/2019  
Luisa Marina Lazo 5/18/2019

**Bradley Funeral Home**

Stanley Urman- 01/25, 2019  
Herlinda Luna 4/19/2019  
Dorothy M. Jereb 4/11/2019

**Bradshaw and Range Funeral Home**

Marlon Littrell Barker 4/1/2019

Diane Marie Pride 4/7/2019  
Sarah E. Phelps 4/11/2019  
Josephine Johnson 4/14/2019  
Billy E. Anderson 4/18/2019  
Joseph E. Nelson 4/19/2019  
James K. McGee Sr. 4/20/2019  
Isidro Ruiz 4/21/2019  
Robert Brown Jr. 4/21/2019  
Myron Craig Blair 4/21/2019

**Congdon & Company Funeral Home**

Gloria Estelle Shepard-Parker 5/24/2019  
Antoinette H. Simon 5/4/2019  
Marshall C. Miller 4/28/2019  
Jorge L. Rosario Jr. 4/25/2019  
Jane Kilponen 4/19/2019  
June M. Fromm 4/14/2019

**Marsh Funeral Home**

Leona M. Russell 4/28/2019

Benjamin F. Truby 4/6/2019

**Peterson & Patch Funeral Home**

Isabel Yantin Echevarria 4/7/2019  
Aaron James Ramos 4/22/2019  
Ana Paparigian 5/3/2019

**Westgate Funeral Home**

Charlie Andrews 5/25/2019  
Dominic Hayes Sr. 5/6/2019  
Thelma Webster 5/6/2019  
Dorothy Marie Cooper 5/4/2019  
Elisa Luna 4/29/2019  
Gertrude E. Ferguson 4/27/2019  
Beatrice Maxine McKinney 4/11/2019

**Warren Funeral Home**

Johnny B. Phillips 5/21/2019  
Walter Henton 5/23/2019