

Dear Friends,

As you reflect, it's important to remember that maintaining an active schedule can improve your quality of life. Only about 30 percent of adult Americans report they get regular physical activity during their leisure time and about 40 percent of Americans say they get no leisure-time physical activity at all. Make time in your 2020 schedule to attend Park Place upcoming workshops, events and trips. Park Place has many programs and events to offer.

Celebrate with us, Monday, January 20, 2020 at 10:00 a.m. as we celebrate and honor Dr. Martin Luther King, Jr. During the Dr. King Breakfast we also honor those in the community who exhibit the qualities that Dr. King stood for, with the Dreamer Awards. In addition to honoring those within our community, there will also be a special tribute to President Nelson Mandela. The event will be held at Lakehurst Banquets at Fountain Square. This event has sold out for the past 12 years, so get your tickets early. Tickets are \$50 per person. Tables can be purchased for tier 1 - \$650, tier 2 for \$550, and tier 3 for \$450. Tables purchased within the tier system have priority over other seating. Tier seating can be purchased at the Supervisors Office, 149 S. Genesee Street and online at [www.waukegantownship.com](http://www.waukegantownship.com). Thank you to our Diamond Sponsors Elevate Care, State. Rep Rita Mayfield, and Wintrust - Waukegan Community Bank.

Remember to call before the first sighting of snow if you are a senior requesting assistance clearing snow from your driveway and sidewalk. Call our Home Sweet Home Hotline at 847-599-2932 to register for our complimentary Snow Removal.

The services that Waukegan Township provide would mean nothing without your ongoing support. THANK YOU Waukegan Township residents, elected officials, volunteers and Senior Service Committee Chair, Nelson "Whit" Whitaker and members, for supporting everything that we do. It means so much to us, as we move into a new year striving for bigger and better events/programs for everyone to learn, grow and enjoy. Happy New Year to you and your family!

### Walk For Seniors...Back By Popular Demand!

We want you to know that we heard your request to bring back the Walk For Seniors; Back By Popular Demand! This annual event is fun for the whole family. Walk, run, or bike and you can help support programs for those 55+. On **Saturday, September 5, 2020** come rain or shine; bring your family,

friends, clubs, groups, organizations and join us. We will reintroduce our original route from North Chicago...along Sheridan road...and finishing at Victory Park.

Each year Waukegan Township presents this fun event for the whole family. Awards will be given to the fastest woman/man to complete the course and the oldest/youngest walkers. After the race, enjoy live entertainment, great food and giveaways.

Park Place has the Walk For Fitness class that meets: Every Tuesday 9:00 a.m at the Field House. This class offers a great opportunity to walk with a certified instructor through Hinkston local trails. During the winter months walkers will walk inside the Field House. Visit **page 11** for a full list of Park Place Fitness classes.



## Waukegan Township

**Patricia Jones, M. Ed  
Supervisor**





**PROMOTE  
YOUR  
BUSINESS**



Promote your business on the Park Place Preview and get the attention you deserve. The Park Place Preview will advertise your business within the community. We distribute to more than **3500 seniors**, **2000 churches**, organizations, businesses, and **over 10,000** social media views. With an advertisement in the Park Place Preview we pay special attention to your business, your products, and your services. Potential customers can easily find your products and services. This is an uncomplicated, fast, and affordable way to expand your businesses reach. And you'll see proven results!

- ♦ Distribution at the MLK Dreamers' Breakfast - Over 600 guests.
- ♦ Distribution at all Waukegan Township facilities - Over 1000 distributed.
- ♦ Distribution at all Park Place Events and Workshops - Over 500 participants.
- ♦ Spanish version delivered to over 20 local Hispanic businesses and Over 100 Spanish speaking distributed via email.



**Let Park Place  
Preview help you  
promote and get  
your business  
noticed!**



## Display Advertising

Size	Full-Color	Power Package
Full Page (7.5" x 9.25")	\$550	\$750
Half Page (7.5" x 4.5")	\$450	\$585
Quarter Page (3.625" x 4.5" or 1.675" x 9.25")	\$350	\$425

**\* We do not except custom sized ads.**

## Online Value-Added Option

Upgrade to the Park Place Preview "Power Package" to include a banner ad and link to your website in the eNewsletter! Get double the exposure for your dollars in both the newsletter and eNewsletter for one low price. Don't pass this up!

## Classified Ads

Seventy-five words or less, \$100 per issue; \$1 for each additional word. Minimum line charge \$100.



**March/April Park Place Preview Edition Ad Submission Deadline: February 28th**



# Upcoming Events!

## Annual Rev. Dr. Martin Luther King, Jr., Dreamers' Breakfast

Monday, January 20, 2020  
Lakehurst Banquets  
300 Lakehurst Rd., Waukegan, IL 60085  
Reception: 9:15am - 9:45am  
Event: 10:00am - 12:00pm

### Diamond Sponsors



State Rep. Rita Mayfield



## Tickets \$50

This annual event is a tribute to King's legacy by honoring individuals for outstanding service in faith, business and public life.

A Multicultural and Multi-Denomination event

- SPEAKERS
- ENTERTAINMENT
- BREAKFAST
- Raffle!

To purchase tickets, visit [www.waukegantownship.com](http://www.waukegantownship.com) or 149 S Genesee St, Waukegan, IL 60085. To purchase via phone, call 847-244-4900 or email at [rrandle@waukegantownship.com](mailto:rrandle@waukegantownship.com)

**WWW.WAUKEGANTOWNSHIP.COM**



## Please Join Us! VALENTINE BINGO AT PARK PLACE

Friday, February 14, 2020

6:00 p.m. to 9:00 p.m.

Come enjoy the food, the fun and BINGO!

Spend an evening with your sweetie!

1st, 2nd & 3rd Place prizes for the cutest couples.

## Nov & Dec Events:



**2019 Veteran's Event**

In November, we honored the men and women who have answered the call to serve our nation. Thank you to everyone who attended this year's annual Veterans event. Please Save The Date 11/6/20 for next year's annual Veteran's event..



**2019 Holiday Celebration**



## 2019 Children's Fun Fest

Every year, Park Place Center plays host to the annual Children's Fun Fest. Thank you to Waukegan Township, Shawall Temple, Park Place, the United States Navy, and a host of volunteers and parents for an amazing event for a Fun Fest to shopping at Target, Jump America, and People's Choice

In December Park Place held its annual Holiday Celebration for Seniors. It was a wonderful event with great food and conversation. Thank the community for your continued support. Great event that makes a difference in the lives of others. Please Save The Date 12/11/20 for next year's annual Holiday Celebration event.

The Facility will be  
**CLOSED**

Park Place will be closed Monday,  
 January 20th MLK Day, and Monday,  
 February 17th Presidents Day.



### Support For Families Throughout The Stages Of Life

#### *A Workshop and Resource Fair*

Saturday, January 25, 2020  
 9 a.m. to 12:30 p.m.

- ◆ Preventing, identifying, and responding to abuse.
- ◆ Focusing on substance abuse, child abuse, sexual assault, domestic violence, and elder abuse.

**Lord of Glory Lutheran Church**  
**607 W. Belvidere Road**  
**Grayslake, IL 60030**

For more information, call 847-377-3184

*Sponsored by the Faith Committee of Lake County's  
 Domestic Violence Council*



Park Place invites all seniors 60 and  
 above to join us for lunch.  
**Sponsored by Catholic Charities.**

**Tuesday, January 7, 2020**  
**Tuesday, February 4, 2020**  
**Noon - 3:00p.m.**

#### **Menu**

Roast Beef w/Gravy  
 Parsley Potatoes  
 California Vegetables  
 Caesar Salad w/Dressing  
 Wheat Roll w/ Margarine  
 Dessert

Reservations are needed.

Please call 847-782-4170

Spell your name

Phone number

Event (s) Date (s)

\$5.00 suggested donation



**Food  
 Entertainment  
 Raffle**

**Under 60 must pay full cost \$13.87**

## Connecting With Foss Park

### *Foss Park Community Center*

**Tuesday, January 21st & February 18, 2020**

**10 a.m. - 12 p.m.**

Park Place offers services and programs to senior citizens 55 & better, outside of our service hub. Programs include Technology Connections which assist with phone, tablet, and digital technology educational classes. The Wellness Connections provides health and exercise programs. The Benefit Connections offers assistance with understanding and applying for Ride Free cards, license plate discounts, Medicare Savings Programs, Extra Help and access to certified Senior Health Insurance Counselors!

**Benefit Connections** staff will assist with Benefit Access and SHIP information. Bring tax form or Social Security 1099 forms from 2019 for Benefit Access applications. Bring Medicare Cards and prescription drug list for SHIP information.

## Park Place Gift Shoppe



Waukegan Township Park Place Gift Shoppe  
 Open Mon - Fri 11am to 3:30pm



**After Christmas Sale**  
**Many items up to**  
**50% off!**



One coupon per customer.



## Technology Center

Did you get a Holiday Gift that you want to understand better?  
Come to our Phone and Tablet Clinics!

**January 30th, at 1:00 p.m**

**February 25th at 1:00 p.m**

Please RSVP to 847-244-9242 one week in advance so that we have enough volunteers available!

### 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.



### Rules of The Road

Wednesday, February 26th 10:00am - 12:00pm

10:00a.m. - 2:00p.m. Are you interested in a reduction of your vehicle insurance cost? Join us for this two-day course. RSVP - 847-244-9242. At Park Place.

Fee: AARP Members \$15 Non Members \$20

### AARP Safety Driving

April 28th & 29th 10:00am-2:00pm

Are you interested in a reduction of your vehicle insurance cost? Join us for this two-day course.

RSVP - 847-244-9242. At Park Place.



### 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 p.m. Call 847-244-9242 for more information and appointment.

### Did you know Medicare is the most popular senior medical insurance plan?

Medicare is a federal health insurance program for people ages 65 and older. It can also cover younger people who have disabilities or severe health conditions. It is divided up into four different parts.



2020  
*Walk for Seniors*

Save the Date  
Saturday,  
September 5, 2020

## Entertainment in Style!



### **"An Afternoon with Mr. & Mrs. Lincoln" at the Jacob Henry Mansion, Tuesday, February 11, 2020**



Celebrate Lincoln's birthday in a historic setting! We will journey to the Jacob Henry Mansion in Joliet, IL., and enjoy "An Afternoon with Mr. & Mrs. Lincoln". This play takes place in the White House at the end of the Civil War. As the President and Mrs. Lincoln reflect on the events of the past four years and their plans for the future, the play flashes back to the beginning of their lives together, and bring the audience all the way forward through the tumultuous years of the Civil War, ending as the President realizes that it is time for him to leave for Ford's theater. We will enjoy lunch and tour the estate before returning to Park Place. Departs Park Place at 9:00 a.m. Estimated return time 5 p.m. Fee of \$75 includes play, lunch, tour, and round-trip transportation.



### **Black History & Civil Rights Tour in Milwaukee, Tuesday, February 25, 2020**



Explore African American History and the Civil Rights movement in Milwaukee! Our day will begin by visiting a church significant in Milwaukee's African American community. We will then venture on a narrated city tour that will include viewing the external architecture of two additional churches. We will enjoy a sit-down lunch at a black owned restaurant, and a visit to the Wisconsin Black Historical Society. We will stop in for dessert and shopping at a black owned bakery. Fee of \$85 includes tours, lunch, and round-trip transportation.



### **Adler Planetarium, Tuesday, March 10, 2020**



Escape the winter by exploring space! Roll up your sleeves and let curiosity be your guide. At the Adler Planetarium, you'll find hands-on, minds-on activities and explore mind-blowing facts about the Universe. With two domed theaters, a selection of self-directed and staff-facilitated activities, 60,000 square feet of exhibitions and the Doane Observatory's research-quality telescope, the Adler casts visitors in the role of scientist, engineer, astronaut, and creative problem solver. Explore the history of telescopes, marvel at the craftsmanship of the Adler's extensive collection of antique astrolabes, or step inside Captain James A. Lovell Jr.'s personal journey into space in Mission Moon. We will enjoy a self-guided tour of Adler, two shows, and lunch on your own in Galileo's Café. Departs Park Place at 9:00 a.m. Returns after 3:30 p.m. Fee of \$52 includes admission, shows, and round-trip transportation.



### **Mitchell Domes Conservatory and Pub Lunch, Tuesday, March 24, 2020**



Break out of your winter blues at Mitchell Conservatory! Enjoy a guided tour of the Mitchell Domes, Arid, Tropical and Show Dome before enjoying authentic Pub food at Sobelman's Pub and Grill. Sobelman's boasts a full menu and the Best Burger in Milwaukee. Trip includes transportation, tours and lunch. Fee of \$59 includes tour, lunch, and transportation. Departs Park Place at 9:00 a.m. Returns at approximately 3:00 p.m.

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

### **Easy Registration!**

In Person: Park Place, 414 S. Lewis Ave. Waukegan, IL  
Monday through Friday from 9:00 a.m. – 4:30 p.m. Monday  
through Friday

Over the phone: Call Park Place 847-244-9242 and have your  
credit card ready Monday through Friday from 9:00 a.m. –  
4:30 p.m. Monday through Friday



## National Beer Day Brewery Tours, Tuesday, April 7, 2020



Celebrate National Brewery Day with tours of local craft breweries, and delicious burgers! Departs Place at 10:00 a.m. Fee of \$55 includes visits and tasting flights at two breweries and lunch.



## Chocolate Making and High Tea in Long Grove, Tuesday, April 20, 2020



We will begin our adventure in picturesque Long Grove by visiting Morkes Chocolates and creating fine chocolates. With a history of candy making going all the way back to 1920, Morkes Chocolates continue to make our high quality confections from scratch, with all natural chocolate, pure butter, fresh ingredients and a lot of fun. Next we will enjoy an elegant High Tea. The Art of Afternoon Tea lives on through the tasteful creations of High Tea With Gerri. Drawing on her culinary training in London and her native Ireland, Gerri presents an authentic English Tea prepared fresh. Departs Park Place at 9:15 a.m. and returns after 3:00 p.m. The fee of \$79 includes chocolate class, four course High Tea, and round-trip transportation.



## Art In Bloom, Milwaukee Art Museum, Friday, May 1, 2020



During the Milwaukee Art Museum's annual celebration of spring, works of art from the Collection Galleries are interpreted through florals by local artisans. Feast your senses on works of art as your tour the museum and amazing floral designs. Dine on your own in the museum café. Departs Park Place at 9:00 a.m. Return time will be after 4:00 p.m. The fee of \$45 includes tour and special event entry.



**Coming October 2020!**  
**Belize**



**NO APPOINTMENT  
NECESSARY**



**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.



## Have you gotten your Real ID card yet?

In one year, beginning Oct. 1, 2020, every person who boards a domestic flight or enters a federal facility in the United States must have a Real ID, a Real ID-compliant driver's license or a passport.

Have you gotten your Real ID card yet? Chances are, according to a recent survey, you have not and probably have questions like: "What is a Real ID?" and "Can I fly without a Real ID?"

You can still use a United States passport for flying or for visiting federal facilities after that deadline passes, but you have to use that passport instead of a non-compliant driver's license. For more info visit [www.nbcchicago.com/news/local/real-id-illinois-what-to-know/178947/](http://www.nbcchicago.com/news/local/real-id-illinois-what-to-know/178947/)

# Health & Wellness



**Taking care of your Mental Health**  
**Speaker: Lakes Behavioral Health,**  
**Charla Waxman**

**January 22, 2020 10:30AM**

How to look after your mental health. Talk about your feelings. Talking about your feelings can help you stay in good mental health.



**Parkinson's Foundation,**  
**Jessica Bartsch MS, NCC**  
**February 18, 2020 10:30AM**

There is a lot to know about Parkinson's disease. Learn about symptoms, how it is diagnosed and what treatment options are available.



**New Changes with Marijuana**  
**Laws**

**Presenter: The Clinic Mundelein**  
**January 29, 2020 10:30AM**

Illinois has become the 11th state in the country to legalize the recreational use and purchase of marijuana. Come learn what this means to our community here in Lake County.



**The Foundation for Peripheral**  
**Neuropathy, Lindsay Colbert**  
**February 12, 2020 10:30AM**

Peripheral neuropathy is not a single disease. It's a general term for a series of disorders that result from damage to the body's peripheral nervous system. Peripheral neuropathy occurs when nerves are damaged or destroyed and can't send messages from the brain and spinal cord to the muscles, skin and other parts of the body.

*\$40,000 grant from Healthcare Foundation of Northern Lake County to promote Health and Wellness programing.*

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





## 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. If you are interested call Mary Ann at 847-244-9242. Come and meet other members of the group for great conversation and socialization. Please RSVP your attendance.

## 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? 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. Next meetings are January 13th and February 10th 5:30pm to 7:00pm at Park Place.

## 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 on...

**Tuesday, January 14, 2020 - 10:00am - 11:00am.**

Speaker Cody Froeter, certified vision rehabilitation therapist, Second Sense. Learn about the services Second Sense has to offer.

**Tuesday, February 11, 2020 - 10:00am - 11:00am.**

Speaker Melissa Wittenberg, The Chicago Lighthouse North. As senior director of The Chicago Lighthouse North, Melissa oversees everyday operations of the Lighthouse's satellite agency in Glenview. Come and hear about the programs and services The Chicago Lighthouse offers. Transportation is available for those who would like to attend. Sign up at Park Place or call 847-244-9242.

## 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.

**Roslind Franklin School of Podiatric Medicine  
Park Place complimentary foot care  
January 14, 28 and February 11, 2020  
1:00 p.m. - 3:00 p.m. by appointment.**

**Rosalind Franklin Community  
Care Connection  
Complimentary Health Screenings  
January 7 and February 4, 2020  
10 a.m. - 1 p.m.**

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.

## The Park Place Memory Café

**Meets every second Wednesday 1:30 p.m. - 3:00 p.m.**

Share your stories and socialize with others who have concerns about their memory or the memory of a loved one. Next meetings are January 15th and February 12th 1:30pm to 3:00pm at Park Place.

## 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. **Meets every second Friday of the month at 11:00 a.m.**

Friday, January 10, 2020 - 11:00am-12:00pm  
Speaker Manny Hernandez, Health Literacy Program Coordinator Waukegan Public Library. Understanding Diabetes Presentation in Spanish.

Friday, February 14, 2020 - 11:00am-12:00pm  
Speaker Joseph Young, Recreation Specialists, Waukegan Park District. Nutrition and wellness presentation in Spanish.

**\* Grupo De Apoyo En Espanol**

**Congressman Brad Schneider**

**Tues, January 14th &**

**Tues, February 11th, 2:30pm-4:30pm**

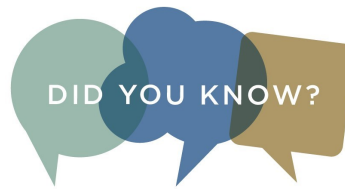
A representative from Congressman Brad Schneider's office will be at Park Place to assist constituents from the 10th Congressional District with Social Security, VA Benefit, Medicare or any other concerns at the federal level. For more information call Park Place.

## 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 1:00 p.m. at Park Place.

## AARP Foundation Tax-Aide Services 2020

Since 1968, the volunteer-based program has helped nearly 50 million low to moderate-income taxpayers. AARP Foundation Tax-Aide offers free tax preparation help to anyone 50 and older and who can't afford a tax preparation service. These services are made especially for you. AARP Tax-Aide volunteers will be at Park Place **Tuesday and Thursday morning beginning February 4, 2020, and ending April 14, 2020.** Services are first come first served, and numbers will be distributed at 8:30 a.m. **The service begins at 9:00 a.m.**



### Cost-of-Living Adjustment (COLA) Information for 2020:

Social Security and Supplemental Security Income (SSI) benefits for nearly 69 million Americans will increase 1.6 percent in 2020.

The 1.6 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 63 million Social Security beneficiaries in January 2020. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2019. (Note: some people receive both Social Security and SSI benefits)

The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$137,700.

The earnings limit for workers who are younger than "full" retirement age (age 66 for people born in 1943 through 1954) will increase to \$18,240. (We deduct \$1 from benefits for each \$2 earned over \$18,240.)

The earnings limit for people turning 66 in 2020 will increase to \$48,600. (We deduct \$1 from benefits for each \$3 earned over \$48,600 until the month the worker turns age 66.)

There is no limit on earnings for workers who are "full" retirement age or older for the entire year. For more information visit [www.https://www.ssa.gov/cola/](https://www.ssa.gov/cola/)



### Walking for Seniors Boosts the Immune System.

Walking's health benefits include protection against day-to-day illness. Studies have found that regular walkers get sick less frequently and for shorter periods than people who don't exercise. One

study discovered that people who walked 20 minutes a day, five days a week, took 43% fewer sick days compared to people who did not exercise.

## Save the Date

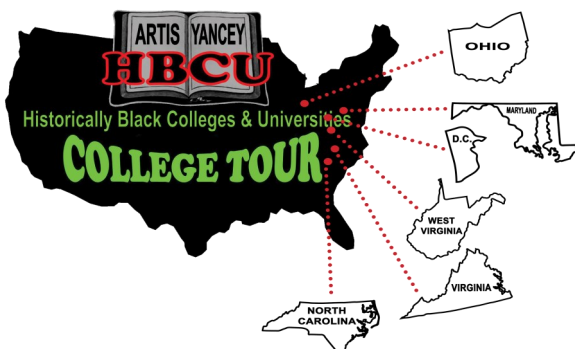
**Saturday, September 5, 2020**



### ATTENTION GRANDPARENTS!

#### Artis Yancey HBCU Tour

Spring Break will be here before we know it! The next **Informational Meeting** for the 2020 Artis Yancey HBCU tour will be **6:00pm on Tuesday, January 28th at Park Place**. Early bird special! Register & pay in full before 1/3/20 and receive a 10% discount. Student fee is only \$700! For more information call 847-244-4900 or email [rrandle@waukegantownship.com](mailto:rrandle@waukegantownship.com).



coming  
2020



## Save the Date

**Dr. Martin  
Luther King, Jr.  
Breakfast**

January 20, 2020

Lakehurst  
Banquet Hall



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.**

## Exercise & Fitness

**Fitness Classes:** Floor Mat Exercise, Yoga & Meditation, Advanced SeniorSize, SeniorSize, Zumba

### Fitness Center Hours:

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

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

### 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.

#### MONDAY

#### TUESDAY

#### WEDNESDAY

\*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.



### 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.

#### THURSDAY

#### FRIDAY

\*Advanced  
SeniorSize  
9:15 a.m.

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

**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.**

\*Zumba  
9:00 a.m.

Floor Mat  
Exercises  
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.

**familydoctor.org**

According to FamilyDoctor.org seniors age 65 and older should get at least 2.5 hours of moderate aerobic exercise (such as brisk walking) every week. That averages out to about 30 minutes on most days of the week. Or you should get 1 hour and 15 minutes of vigorous exercise (such as jogging) each week.



**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: Nelson "Whit" Whitaker  
Vice Chair: Wayne Bowen  
Secretary: Sandra Eaker  
Members: Scott Grubnau, Katie Strawder,  
Gloria Carr, and Jeanette Keyes.  
Honorary SCSC Member: Larry Eaker

**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**

**Oct. 24, 2019 - Dec. 11, 2019**

**The Memorial Chapel of Waukegan**

Maria Ramirez De Silva 10/26/2019  
Charles Martinez 11/20/2019  
Robert "Bobby" Cisnerzo 11/30/2019

**Westgate Funeral Home**

Larry Harris 11/11/2019  
Lillie M. Jackson 11/14/2019  
Danny Usher 11/19/2019  
Lawrence Oliver Smith 11/20/2019  
Ricky Marks 11/22/2019  
Dorothy Lee Lundy 11/23/2019  
Christine Shellie 11/30/2019  
Deholly Sawyer 12/12/2019  
Domingo Perez 12/12/2019  
Luther R. Dennis 12/13/2019  
Josie B. Moore 12/18/2019

**Bradshaw and Range Funeral Home**

Irma Jean Montgomery 10/24/2019  
Teresa D. Johnson 10/25/2019  
John "Wheat" Whitaker 10/28/2019  
Jimmie Dell Fain 11/2/2019  
Andre E. Calhoun 11/6/2019  
Michael R. Young 11/10/2019  
Jacqueline Willis 11/10/2019  
Rosie Lee Bosley 11/10/2019

Margaret C. Pegram 11/20/2019  
Edna I. Elliot 11/21/2019  
Jessie D. Jenkins, Sr. 11/23/2019  
Richard Fox 11/28/2019  
Raul Velazquez 12/1/2019  
William L. McKnight 12/6/2019  
Lennie Mae Reed 12/7/2019  
Arthur David Barnes 12/8/2019  
Denise Williams 12/9/2019  
Robert Earl Booker, Sr. 12/12/2019  
Geraldine D. Mitchell 12/13/2019

**Peterson & Patch Funeral Home**

Alan E. Anderson 11/8/2019  
Peter Michael "Pete" Sikich III 11/10/2019  
Lois Mae Anderturen 11/24/2019  
Carol J. Riley 11/29/2019  
Joice Ann Reardon 11/23/2019

**Bradley Funeral Home**

William "Bill" Anderson 10/24/2019  
Nancy J. Wilcox 12/2/2019

**Marsh Funeral Home**

Frances L. Bojniewicz 12/7/2019  
Segundino A. Panisa 12/6/2019  
Silvia Martinez 12/14/2019  
Constance Marie Digirolano 12/4/2019

**Warren Funeral Home**

Mary Millican 10/25/2019  
Adrienne Lombardo 11/2/2019  
Mario Dingillo 11/3/2019

Helen Bellows 11/11/2019  
Virginia "Ginny" Coogler 11/24/2019  
Frank Gomez 11/29/2019  
Clarence Smith 11/30/2019  
Eldon Partridge 12/3/2019  
Grady Triplett 12/6/2019  
Ella Kawolsky 12/9/2019  
Wilbur "Lee" Roberts 12/20/2019

**Congdon & Company Funeral Home**

Wilbur Buckle 10/26/2019  
Nell Rose Parks 10/29/2019  
Melvin Ehlers 10/31/2019  
Theresa M. Gorman 11/2/2019  
William Bill "Chico" Mattson 11/4/2019  
Keturah Enora Morrison 11/9/2019  
Margie Ann Ash 11/11/2019  
Steven T. Lensing 11/12/2019  
Richard H. Osborne 11/13/2019  
Frances Bond 11/14/2019  
Arlene E. "Little Grandma" Piotrowski 11/18/2019  
Raymond W. Herman 11/22/2019  
Jack R. Herberger 11/28/2019  
Martha L. Greinke 11/28/2019  
George Phillip Armitage 11/29/2019  
Robert T. "Bob" Kaufman 12/2/2019  
Sonya Stupar 12/3/2019  
Antoon "Tony" De Bruyn 12/3/2019  
Lloyd "Dick" Rex 12/4/2019  
Stanley Finka 12/12/2019  
Kenneth R. Zwicke 12/12/2019