

Trustees: Percy L. Johnson, Sylvestre Castellanos, Jeff McBride, Dulce Ortiz
Clerk - Rose Staben
Assessor - Mark Stricklin

Patricia A. Jones Center
Senior Citizens Services Committee:

Chairman: Jacqueline Nieves
Vice Chairman: Dwight "J.J." Johnson
Secretary: Sugar Young
Members: Luisa Judice, Janaki Mala Srinivasa, and Nelson "Whit" Whitaker
Honorary SCSC Member: Alderman Larry Eaker

Patricia A. Jones Center

Monday	9:00 AM - 4:30 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

PATRICIA A. JONES CENTER
414 S. Lewis Ave.
Waukegan, IL 60085

Phone: 847-244-9242
Fax: 847-244-9258
www.waukegantownship.com

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

We Remember those who've
passed away...

July 20, 2023 - September 23, 2023

Bradshaw & Range

John D. Rutledge 07/22/2023
James Askew 07/23/2023
Lolita Shelton 07/27/2023
Dorothy D. Longmire 07/27/2023
Margaret A. Wise 08/03/2023
Lee A. Moore 08/03/2023
Henry B. Springs 08/10/2023
Keith Bell 08/11/2023
Amilcar Romero 08/13/2023
Keith Allen Green 08/13/2023
Ann Burton 08/13/2023
Isabel Albaran 08/13/2023
Cynthia Taylor 08/14/2023
H. Yvonne McKinney 08/22/2023
Barbara Robinson 08/23/2023
Dorothy G. Frierson 08/24/2023
Gennie N. Freeman 08/24/2023
Pauline Underdown 08/25/2023
Willie B. Nash 08/28/2023
Theresia D. Pope 09/03/2023
Dennis Lee Lewis 09/12/2023
Marsh Funeral Home

Anthony Burton 07/22/2023
Gatha G. Estes 07/22/2023
Tom Sokal 07/25/2023
James F. Bowen 07/27/2023
Cheryl A. Russell 07/27/2023
Patricia M. Cook 07/29/2023
Congdon Funeral Home

Christine Groberg 07/22/2023
Ozzie Larsen 07/22/2023
Debra Prado 07/25/2023
Jane M. Day 07/27/2023
Peggy J. King 07/27/2023
Virginia Kuvakos 07/29/2023

PRESORT STANDARD
US POSTAGE PAID
PALATINE P & DC
PERMIT NO. 418

November & December, 2023

Dear Waukegan Township

Family & Friends,

The holiday season is approaching and we are thankful! For our families, friends and loved ones and those, such as those brave men and women who've served the country to protect our freedoms. We also thank all who give back to our community by donating their time and talents for the betterment of our community.

Walk for Seniors 2023:

Friends, family and supporters of Waukegan Township came out on Saturday, September 9th for the annual **Walk for Seniors!** Congratulations to our **Walk to Win-Team Challenge** winners, for the second year in a row, **Waukegan Baptist Bible Church!** We would also like to the those members of the **Senior Citizens Service Committee** who were in attendance. Many thanks to our dedicated event sponsors: **Old National Bank, Aetna and the City of Park City.** If you were not able to attend, but would like to show your support, donations are always welcome. Call the Patricia A. Jones Center at 847-244-9242 for more information. **All proceeds go towards providing programs and services to adults aged 55 or better.** We can't wait to see you next year!

Veterans Day:

I would like to take this opportunity to honor and thank all veterans for their dedication and loyal service to the nation. We appreciate and applaud the sacrifices you've made to keep our country safe and free.

Holiday Celebration:

Please join us for a complimentary holiday meal. Our annual **Holiday Celebration** which will take place on **Friday, December 15, 2023, at 1:00pm.** Come and enjoy a special holiday meal, entertainment, raffle prizes and much, much more! Our delicious holiday menu will include: **glazed baked ham, golden fried chicken, gourmet macaroni & cheese, tossed salad, sweet potatoes, cornbread, cranberry sauce and peach cobbler.**

Marc L. Jones
Waukegan Township
Supervisor

The Patricia A. Jones Center provides transportation for those in need. Please us to schedule your transportation needs at 847-244-9242. This is our way of letting you know that we, the Waukegan Township Supervisor and the Board of Trustees, thank you for your dedication to the programs and services offered at the Patricia A. Jones Center.

Back In-Person

Rev. Dr. Martin Luther King Jr. Breakfast:

Since January of 2021, this highly anticipated annual event had been held virtually. We're excited to announce that we will be back to holding this event live and IN PERSON! Save the date, **Monday, January 15, 2024 at 10:00 am**, as we celebrate and honor the life and legacy of the **Rev. Dr. Martin Luther King, Jr.** During this event we also honor those within our community who exhibit the qualities that Dr. King embodied, with our **Dreamers' Award.** **Tickets are \$75 per person.** Sponsor seating can be purchased at the Supervisor's Office, 149 S. Genesee St. and online at www.waukegantownship.com.

Additionally, the PAJC will host its first **Vaccine Initiative with NCOA & Walgreens-Gurnee.**

(See page 3 for details)

The Patricia A. Jones Center will be closed Thursday and Friday, November 24 & 25th in observance of Thanksgiving and Monday, December 25th for Christmas.

Sincerest Holiday Blessings,



Marc L. Jones

Waukegan Township Supervisor/CEO

PAJC Journal is available online. Please visit our website at www.waukegantownship.com or e-mail Lizette Nava at lnava@waukegantownship.com, to be added to our email list.



Overnight Excursions / Day Trips

Page 2

1000 Island Tour May 20-May 26, 2024



The Thousand Islands are a group of more than 1,800 islands in the St. Lawrence River, straddling the border of the U.S. and Canada.

\$1306.00 double occupancy*
\$1729.00 Single occupancy.

- ◆ This trip includes: 6 Days - 5 Night
- ◆ Round Trip Motorcoach Transportation
- ◆ Three Nights' Accommodations at the Harbor Hotel
- ◆ Three Expanded Continental Breakfasts
- ◆ 1 Thousand Island Lunch Cruise
- ◆ 2 Delicious Dinners at Fine Local Restaurants
- ◆ 1 Night of Entertainment
- ◆ Guided tour of Kingston, Ontario
- ◆ Wine Tasting at 1000 Island Winery
- ◆ Guided 1000 Island Tour
- ◆ Boldt Castle Cruise & Tour
- ◆ Singer Castle Cruise & Tour
- ◆ Admission to the Antique Boat Museum
- ◆ 1000 Island Scenic Cruise
- ◆ Hotel taxes, meal taxes and gratuities

\$100.00 deposit required
NO PASSPORT REQUIRED



We're going CRUISING in 2025!

Were gearing up early for our escape of the winter weather. There has been a change to this schedule: Join us **January 19th** as we fly from O'Hare Airport to **San Juan, Puerto Rico**. Once in Puerto Rico, we will travel with the **Norwegian Cruise Line to the British Virgin Islands, Antigua, St. Lucia, St Kitt, St. Maarten, and the US Virgin Islands**. The cost is **\$2589 per person double occupancy**. Perks include, \$50 shore excursion credit, 150 minutes internet package per person, 10 Photo package per cabin, \$100 onboard credit per cabin. An initial deposit of \$350 per person is required. ***PASSPORTS ARE REQUIRED**.

save the date!
Monday, January 15, 2024

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



Military Heritage Trip: The National Museum of the American Sailor & Russell Military History Museum

Wednesday, November 15, 2023
Join us for an immersive experience appreciating military history at **The National Museum of the American Sailor** and the **Russell Military Museum**, both local to Lake County. The National American Sailor Museum honors the American Sailor's unwavering and patriotic allegiance to "Honor, Courage, Commitment". At our next stop, we will have a lovely lunch at a local restaurant. To conclude, we will stop at the Russell Military Museum. The Russell Military Museum is dedicated to educating the public about the conflicts and wars the US has weathered. This museum is home to jeeps, planes, tanks & rare military vehicles that are on display indoors and outdoors at an 8-acre site. The trip cost of \$87 includes museum admissions, lunch, and round-trip motorcoach transportation. **This trip departs at 9:40 a.m. and returns by 2:30 p.m.**



Holiday Sleigh Ride & Lights Tuesday, December 5, 2023

Listen to the sleigh bells ring while a team of horses pull you on a sleigh across hundreds of beautiful wooded acres. Start your day shopping at the Cedarburg Settlement Shops, browse through a delightful array of unique shops offering handmade crafts, locally produced goods, and charming souvenirs. Follow up with an evening sleigh ride, but add thousands of Christmas lights and it'll be a night to remember. Clyde & Wilbur, the team of percherons, will take you on a 30 minute ride through the woods. Enjoy a delicious meal in the warming barn before/after your ride. After dinner, sip on some hot cider or cocoa around the campfire, and play card games or checkers inside. Join us for the most wonderful time of the year in West Bend, WI! **Trip departs at 1:45 p.m. and returns approximately by 8:35 p.m.** The cost of \$130 includes roundtrip motorcoach transportation, meal, and sleigh ride.

2023 Year in review!

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Patricia A. Jones Center

YEAR IN REVIEW

Marc L. Jones
Waukegan Township Supervisor



Patricia A. Jones Center Workshop Loyalty Reward



Preventing Lung Cancer - 11:00 am - 1:00 pm

Monday, November 20, 2023

In honor of **Lung Cancer Awareness** month, **City of Hope** will bring information to make you aware that although there is no way to definitively prevent lung cancer, there are steps you can take to reduce your risk. This includes minimizing exposure to chemicals known to cause cancer, like arsenic, asbestos and radon. To register for this **Lunch and Learn**, please call the PAJ Center at 847-244-9242.

Daily Activities Calendar

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Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Wood Shop 8:00am (Zoom) Total Body Condition 9:00 Billiards 10:00 Spade/Bid Whist	9:00 Wood Shop 9:00 Billiards 9:15Chair Workout Warrior 9:50 Functional Fitness 10:00 Spade/Bid Whist 10:30 Zumba Gold 11:15 Chair Yoga/Active Yoga 12:00 Cribbage	9:15 Tai Ji Quan 9:00 Wood Shop 9:00 Billiards 9:15Chair Workout 10:00 Fit & Strong 10:00 Bloomin Artist 10:00 Spade/Bid Whist 12:00 SCSC Meeting	9:00 Wood Shop 9:00 Billiards 9:15Chair Workout 10:00 Fit & Strong 10:00 Bloomin Artist 10:00 Spade/Bid Whist 11:15 Chair Yoga/Active Yoga 12:00 Bridge	9:00 Tai Ji Quan 9:00 Billiards 9:00 Wood Shop 9:00 Billiards 10:00 Spade/Bid Whist 10:00 Country Line Dance 10:00 Fit & Strong 10:00 Bloomin Artist 1:00 Crafters
9:00 Wood Shop 8:00am (Zoom) Total Body Condition 9:00 Billiards 10:00 Spade/Bid Whist 10:00 Bridge 5:00 Grandparents Support Group	9:00 Wood Shop 9:00 Billiards 9:15Chair Workout Warrior 9:50 Functional Fitness 10:00 Spade/Bid Whist 10:30 Zumba Gold 11:15 Chair Yoga/Active Yoga 12:00 Cribbage	9:00 Tai Ji Quan 9:00 Wood Shop 9:00 Billiards 9:15 Circuit Training 10:00 Fit & Strong 10:00 Bloomin Artist 10:00 Spade/Bid Whist 11:15 Chair Yoga/Active Yoga 12:00 Bridge	9:00 Wood Shop 9:15 Circuit Training 9:00 Billiards 9:50 Functional Fitness 10:00 Spade/Bid Whist 10:30 Zumba Gold 11:15 Chair Yoga/Active Yoga 12:00 Bridge	9:00 Tai Ji Quan 9:00 Wood Shop 9:00 Billiards 10:00 Country Line Dance 10:00 Spanish Support 10:00 Fit & Strong 10:00 Bloomin Artist 10:00 Spade/Bid Whist 1:00 Crafters
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Monday, January 15, 2024

10:00 am.

As we celebrate and pay tribute to the Rev. Dr. Martin Luther King, Jr., we will also honor those in the community who exhibit the qualities that Dr. King embodied, with the annual Dreamers Celebration. Tickets: **\$75.00** per person. There are still **Sponsorship opportunities** available. Please contact Robbie Randle by calling 847-244-4900 or via email to: rrandle@waukegantownship.com

*save
the date!*

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



Waukegan Township Workshops & Program

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Patricia A. Jones Center Support Groups

- ◆ **Grandparents Raising Grandchildren and Other relative Caregivers Group:** Meets the 2nd Monday of each month at 5:00pm
- ◆ **Monday, November 13, 2023 – 5:00pm** **ElderCARE Lake County - Nancy Alongi** *Come learn about ElderCARE's mission: to improve seniors' well-being by providing free services: transportation, grocery shopping and companionship.*
- ◆ **Monday, December 11, 2023** **Grandparents Raising Grandchild and Other Relative Caregivers Group - Holiday Party.**
- ◆ **Grupo De Apoyo en Español/Spanish Support Group:** Meets the 2nd Friday of each month 10:00am
- ◆ **Friday, November 10, 2023 – 10:00am** **Global Executive Council Services - GECS** is a non-profit that supports minorities, refugees and immigrants to excel in life by educating, inspiring and empowering them to reach their full potential and achieve their dreams.
- ◆ **Friday, December 8, 2023 – 10:00am** Hispanic Support Group holiday celebration.

Patricia A. Jones Center Holiday Celebration

Friday, December 15, 2023 @ 1:00p.m.



Join us for our first in-person holiday celebration since 2019! Come enjoy entertainment, a gourmet traditional holiday lunch, raffles and special surprises. Contact the Patricia A. Jones Center to RSVP. **Space is limited to accommodate 225** people for this special event, so register early, by calling the PAJC 847-244-9242 or email aherandez@waukegantownship.com.

Trips are open to adults 18 and older and residents within or outside of Waukegan Township. For more information, call 847-244-9242 or email aherandez@waukegantownship.com.

PAJC Vaccine INTIATIVE

Waukegan Township in partnership with NCOA & Walgreens will hold its first COVID-19/Flu Vaccine Clinic on Monday, November 27, 2023. The Federal Government has made changes to how vaccines will be paid for. First 100 private insurance or Medicare recipients 55+ to receive either a Flu or COVID 19 vaccine or booster, will be eligible to receive a \$20 gift card. All participants must register to qualify for this initiative. For registration or more information call the Patricia A. Jones Center at 847-244-9242.

Patricia A. Jones Center Lending Closet

We have a collection of gently used medical equipment available for use. Our inventory is limited and continually revolving based on demand and available items in stock. The closet consist of walkers, wheelchairs and canes. Call ahead to verify items you need are available. 847-244-9242

Technology Center NEW

We also offer classes on many topics. Join us for a better understanding of technology!

“Course options now in Spanish”

*November 8th at 2:00pm
“Introduction to Managing Your Privacy”

*November 14th at 10:00am,
“Introduction to Video Llamada” *NEW* (Spanish)

*November 15th 10:00a.m
“Practicing w/Google Docs”

*December 13th at 10:00am
“Exploring & Downloading Apps.”

*December 19th at 10:00am
“Telefonos inteligentes” (Spanish)

*December 20th at 2:00pm
“Getting to Know Your Smart Phone”

LIMITED SPACE AVAILABLE. Call 847-244-9242 one week in advance to secure your seat!

Exercise Room Open M-F 9am-4pm

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Monday, Wednesday & Friday

8:00am to 9:00am	Total Body Conditioning / Serenity Stretch (Mondays Zoom Only)	Zoom ID & Passcode required
9:00am to 10:00am	TJQMBB-Tai Ji Quan: Moving for Better Balance (Wednesdays & Fridays in-person)	

Tuesdays & Thursdays (On Zoom and Live at the PAJ Center)

9:15am to 9:45am	Chair Workout Warrior (Tues.) Circuit Training (Thurs.)
9:50am to 10:20am	Functional Fitness
10:30am to 11:00am	Zumba Gold
11:15am to 11:45am	Chair Yoga
11:45am to 12:15pm	Active Living Yoga



Country Line Dancing
Fridays at 10:15am
Please call 847-244-9242
for more information.

Class Details

TJQMBB	<i>To improve strength, balance, and mobility, and to prevent falls in older adults.</i>
Total Body Conditioning	<i>Total Body Conditioning is a resistance training class. Equipment required: Chair, weights or two water bottles, two cans and/or a resistance band.</i>
Serenity Stretch	<i>Serenity Stretch is a stretch class for loosening tight muscles. A yoga strap, a long belt or a long towel would be helpful, especially if you're tight or have limited range of motion.</i>
Chair Workout Warrior	<i>Chair Workouts are great for those needing to sit for some of the exercises, or hold on to a chair to exercise.</i>
Functional Fitness	<i>Functional Fitness is a class that covers exercise that helps with everyday movement such as bending down, squatting, reaching and lifting. Legs and shoulders are the primary focus of training.</i>
Circuit Training	<i>Cardio Circuit Training consists of doing exercises at stations. You will switch stations after completing a set number of repetitions of an exercise.</i>
Zumba Gold	<i>A modified Zumba class for active older adults. *Chair Zumba on Tuesdays*</i>
Chair Yoga	<i>A modified Yoga class for beginners or those with limited mobility.</i>
Active Living Yoga	<i>A mix of Lyengar and Vinyasa, this class focuses on the use of props, (chairs, blocks, straps) to transition into different poses from the floor and/or standing (getting on the floor is not required).</i>

Fit & Strong

Wednesdays 10:30 am & Fridays 11:30 am



Get ready for our next 8-week Fit & Strong program! This is a community-based, physical activity program that uses flexibility and strength training, aerobic walking, and health education to promote behavior change. The goals of Fit & Strong! are to: **improve exercise frequency, reduce arthritis-related joint pain and stiffness, increase strength, and improve confidence in ability to exercise.** To register, please call 847-244-9242.

Waukegan Township Patricia A. Jones Center strongly recommends that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. Waukegan Township PAJ Center is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining or treating medical conditions of any kind, or in determining the effects of any specific exercise on a medical condition. When participating in any exercise program, there is the possibility of physical injury. If you engage in this exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Waukegan Township PAJ Center from any and all claims or causes of action, known or unknown, arising out of Waukegan Township PAJ Center's negligence.

Services to Assist you!

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Ride Lake County

Ride Lake County is a new borderless countywide paratransit service, meaning seniors ages 60+ and people with disabilities can get transportation to anywhere in Lake County for work, shopping, medical appointments, and more. Riders will call the PACE Call Center to schedule trips in advance. All Ride Lake County vehicles are wheelchair accessible and provide curb-to-curb service from your decided pick up and drop-off locations. This bus service will run from 6:00am to 6:00pm, seven days a week, excluding holidays. One-way fares will vary between \$2.00 and \$6.00 depending on the distance. Rides can be scheduled up to 7 days in advance. Ride Lake County is sponsored by Lake County and PACE Suburban Bus Co. Call 1-800-201-6446 to register today.



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

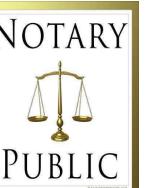
Medicare is a federal health insurance program for people ages 65 and older. It can also cover younger people who have disabilities or severe health conditions, and is divided into four different parts: A, B, C & D.

The Illinois Department on Aging
Senior Health Insurance Program (SHIP)

Patricia A. Jones Center has staff available year-round, to assist with any questions pertaining to Medicare Parts A, B, C, & D. Appointments must be scheduled in advance. Benefit Access Program hours are M-F 9:00am - 12:00pm Call 847-244-9242 to schedule your appointment.



YOUR VOTE MATTERS.
GET REGISTERED TODAY.



Did You Know
we offer
Complimentary
Weekend Travel?

The Patricia A. Jones Center can now assist those 60+ with weekend travel. To receive this service, you must: reside within Waukegan Township and travel for social gatherings. This can include, but is not limited to doctors' visits, religious functions, grocery shopping or visiting relatives. Transportation will be via Uber or Lyft, on Saturdays and Sundays. If you are interested in this program, please contact the Patricia A. Jones Center at 847-599-2936.

Complimentary Services

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 more information, call 847-244-4900.

Patricia A. Jones Center Room Rental



Need a great place to hold a meeting, birthday party, anniversary, wedding reception, bridal shower or other gathering? Our newly renovated spacious room can accommodate up to 80 guests! Tables and chairs included in rental. Call 847-244-9242 to reserve for your special day!



Fresh Produce Distribution
Thursday, November 2nd 10:00 am & Tuesday, December 7th 10:00 am

Northern Illinois Food Bank, in partnership with the Patricia A. Jones Center, will distribute fresh fruits and vegetables to seniors throughout Waukegan Township. Items will be distributed at the Patricia A. Jones Center. No prequalification needed. For more information, contact us at 847-244-9242.