

February, 2024



Marc L. Jones

Waukegan Township Supervisor

2023 has come to an end. It's important to take a look back at the previous year to make adjustments and effectively plan for the new year. In most instances looking back at past appointments and events will help you to recall things you have done, and make your adjustment. Take a look at some of Waukegan Township's upcoming events that you don't want to miss!

- **HBCU College Tour:** Sunday, March 24th - Sunday, March 31st, 2024
- **PAJC Food Truck Festival:** Sat., July 27, 2024
- **Patricia A. Jones Center Hawaiian Luau:** Fri., August 16, 2024
- **Annual Golf Outing:** Fri., August 9, 2024
- **Walk for Seniors:** Sat., September 14, 2024
- **Home for the Holidays:** Sat., December 7, 2024
- **Patricia A. Jones Center Holiday Party:** Fri., December 20, 2024

I also want to say thank you, to the residents of Waukegan Township, our volunteers and Senior Citizens Services Committee, for supporting our mission. It means so much to us as we strive for improved programming, which helps us all to learn, grow and enjoy.

Join us as we travel to the College of Lake County (Grayslake) to learn about the harsh effects of factory farming on lower income communities, and what large companies can do when no one's watching. **Show begins at 11am.** A light breakfast will be available at 9:30am. Transportation is also available. For more information, please call 847-244-9242.

I would like to take this time to thank our sponsors and everyone who attended our first in-person Dr. Martin Luther King Jr. Dreamer Breakfast since 2020. We hope everyone had a fantastic time!



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.

Sincerely,

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

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Waukegan Township Patricia A. Jones Center Presents

**CARIBBEAN: TORTOLA, ST. LUCIA & ANTIGUA
WITH NORWEGIAN CRUISE LINE ON THE
NORWEGIAN VIVA**

8 DAY/7 NIGHTS - JANUARY 19-26, 2025

DAY	PORT	ARRIVE	DEPART
1	San Juan, Puerto Rico	7:00pm	
2	Tortola, British Virgin Islands	8:00am	5:00pm
3	St. John's Antigua	7:00am	4:00pm
4	Basseterre, St. Kitts	8:00am	5:00pm
5	Castries, Saint Lucia	8:00am	5:00pm
6	Philipsburg, St. Maarten	9:00am	6:00pm
7	St. Thomas, US virgin Islands	8:00am	5:00pm
8	San Juan, Puerto Rico	7:00am	

Inside Cabin Category IB
\$2,589

Balcony Cabin Category BB
\$2,889

Each cabin receives a \$100 onboard credit!

Rates are per person double occupancy and include roundtrip airfare from Chicago, cruise, port charges, government fees, taxes and transfers to/from ship. **AIR PRICES ARE SUBJECT TO CHANGE AND WILL BE TICKETED ONCE YOUR GROUP IS PAID IN FULL.** For more

information contact the PAJC at 847-244-9242. *An initial deposit of \$350 per person/\$700 per person single occupancy.*



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' at the Harbor Hotel
- ◆ 1 Thousand Island Lunch Cruise
- ◆ 2 Delicious Dinners at Fine Local Restaurants
- ◆ Guided tour of Kingston, Ontario
- ◆ Guided 1000 Island Tour
- ◆ 2 Castle Cruise & Tours
- ◆ 1000 Island Scenic Cruise

**\$100.00 deposit required
NO PASSPORT REQUIRED**



116th Edition

CHICAGO AUTO SHOW

Tuesday, February 13, 2024

Join us for one unique automotive experience at the McCormick Place complex, the 116th edition of the Chicago Auto Show! First staged in 1901, the Chicago Auto Show is the largest auto show in North America and has been held more times than any other auto exposition on the continent. We will be visiting the Chicago Auto Show exhibits which include multiple world and North American introductions; a complete range of domestic and imported passenger cars and trucks; sport utility vehicles; and experimental or concept cars. In total, nearly 1,000 different vehicles will be on display. There will also be competition vehicles, project cars, antiques, interactive exhibits, and a gift shop! This is a self-guided experience and lunch will be on your own. There will be multiple dining options available on-site. The fee of \$60 includes roundtrip transportation and show admission.

WE WILL DEPART PATRICIA A. JONES CENTER AT 9:30 AM AND WILL RETURN BY 3:30 PM

\$ 60 each **847-244-9242** **414 S. Lewis Ave. Waukegan, IL 60085**



MARC L. JONES
WAUKEGAN TOWNSHIP SUPERVISOR

AFRICAN AMERICAN HISTORY TRIP DUSABLE MUSEUM & PEARL'S PLACE

WEDNESDAY, FEBRUARY 21, 2024

DIVE DEEP INTO AFRICAN AMERICAN HISTORY AND VISIT A ONE-OF-A-KIND HISTORICAL AND MEMORIAL MUSEUM. RECEIVE A GUIDED TOUR OF THE DUSABLE MUSEUM AND EDUCATION CENTER DEDICATED TO THE STUDY AND CONSERVATION OF AFRICAN AMERICAN HISTORY, CULTURE, AND ART. NEXT, WE WILL ENJOY A DELICIOUS LUNCH AT PEARL'S PLACE, FROM A BLACK-OWNED RESTAURANT FEATURING SOUTHERN/SOUL FOOD CLASSICS. THE FEE OF \$87 COVERS ROUNDTRIP MOTORCOACH, TRANSPORTATION, MUSEUM ADMISSIONS, GUIDED TOUR, AND DINING EXPENSES.

WE WILL DEPART FOR PATRICIA A. JONES CENTER AT 9:30 A.M. AND RETURN AFTER 3:00 P.M.



847-244-9242
414 S. LEWIS AVE, WAUKEGAN, IL 60085

Patricia A. Jones Center Support Groups

- ♦ Grandparents Raising Grandchildren and Other relative Caregivers Group:
(Meets the 2nd Monday of each month at 5:00 pm)
⇒ Monday, February 12, 2024
Lilia Canales, SNAP Outreach Coordinator
Northern Food Bank: Find out if you are eligible for the Supplemental Nutrition Assistance Program.
- ♦ Grupo De Apoyo en Español/Spanish Support Group:
(Meets the 2nd Friday of each month 10:00 am)
⇒ Friday, February 9, 2024
Chicago Workers Collaborative: This organization promotes the creation of stable, living wage jobs with racial and gender equity through leadership development, advocacy, direct action and community resources.

Milwaukee's Greatest Hits Tour Tuesday, March 12, 2024

Learn about Milwaukee's Greatest Hits:
Pabst Mansion, Lunch at Mader's, Old World Third Street, North Point Lighthouse.
Cost is \$136 per person. Bus departs at 8:30am.
Contact the PAJC for more information by calling 847-244-9242.



A special thank you to our French Rivera trip goers. There aren't enough words to express what your support for Waukegan Township programing means to us. We're glad you had a wonderful time and we can't wait for the next adventure!

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

TJQMBB
TAI JI QUAN: MOVING FOR BETTER BALANCE

Tai Ji Quan: Moving for Better Balance® was developed by a team of researchers at the Oregon Research Institute. The program uses eight forms that have been derived from the traditional 24-form Yang-style Tai Chi and progress from easy to difficult. Research has shown that there is a 58% reduction in falls and a 75% reduction in injurious falls in older adults who complete this program.

New Classes begin: March 18th, 2024
Wednesdays & Fridays
9:00AM-10:00AM

PROGRAM OBJECTIVES
To improve strength, balance, and mobility, and prevent falls in older adults and individuals with balance disorders.

Marc L. Jones
Waukegan Township Supervisor
Patricia A. Jones Center
414 S. Lewis Ave, Waukegan, IL 60085
847-244-9242

A circular image shows a group of people in a Tai Chi class.

Nuevo Programa Piloto

El Centro Patricia A. Jones del municipio de Waukegan, en asociación con AgeGuide, comenzará un nuevo programa de distribución de comidas para personas mayores hispanas de bajos ingresos. Este programa se administrará como un programa auto-servicio a partir de enero de 2024. Para obtener más información o saber si califica, comuníquese con el Centro Patricia A. Jones al 847-244-9242 o envíe un correo electrónico a



Monday, Wednesday & Friday

8:00am to 9:00am	Total Body Conditioning / Serenity Stretch (Mondays Zoom Only)	Zoom ID & Passcode required
9:00am-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	 Country Line Dancing: Fridays at 10:15 am 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

Starting February 28, 2024

Wednesdays 10:00 am & Fridays 11:30 am



Get ready for our next 8-week **Fit & Strong** session! 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 the program 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.

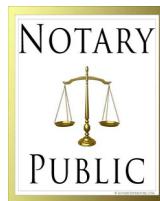
Waukegan Township Patricia A. Jones Center strongly recommends that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. Waukegan Township PAJ Center is not a licensed medical care provider and represents 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.



2023 AARP Tax Preparation

February 2nd—April 13th

It's that time of year again! AARP will assist with tax prep services every **Tuesday and Thursday** starting **February 1st - April 11th from 9:00 am - 1:00 pm** at the Patricia A. Jones Center. AARP is a nonprofit, non-partisan membership organization for people aged 50 and over. AARP dedicates their services to enhancing the quality of life for those 50+. To take advantage of the assistance being provided by AARP, please call to make your tax appointment, **walk-ins will not be accepted**. This year all appointments will be conducted in person. For appointments or more information please call 847-244-9242 or email America Vega at avega@waukeantownship.com



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 site. For more information, call 847-244-4900. Passport photos

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 room can accommodate up to 80 guests!

Tables and chairs included in rental. Call 847-244-9242 to reserve for your special day!



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 with 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:
M-F 9:00am - 12:00 pm Call 847-244-9242 to schedule your appointment.



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 may include, but is not limited to: doctors' visits, religious functions, grocery shopping or visiting relatives. Transportation will be provided 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**.



Fresh Produce Distribution



Thursday, February 1st 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.** Milk and eggs have been included for these distributions. For more information, contact us at 847-244-9242.

We Remember those who've passed away...

September 24, 2023 - December 5, 2023

Bradshaw & Range

Dorothy P. Fain	09/25/2023	Joan Orear	11/12/2023	Joyce E. Hodges	11/27/2023
Linda J. Newcomb	09/29/2023	Larry L. Vasquez	11/14/2023	Rufina Francisco	11/29/2023
Ronnie H. Howze	10/02/2023	Joyce Ann Tatro	11/19/2023	Jeannine H. Fleming	11/29/2023
George Carter	10/09/2023	Lary Litewski	11/21/2023	Michael Macier	11/29/2023
Clyde Scarborough	10/11/2023	Jonell Kathryn Knodel	11/21/2023	Arthur W. Leeper	12/01/2023
James R. Davis	10/13/2023	Norma Lee Tims	11/21/2023	Genoveva Avalos	12/02/2023
Wyonia Coleman	10/13/2023	Joan Zwicke	12/3/2023	Tamara Blaylock	12/05/2023



Marsh Funeral Home

09/29/2023	Eloy Benitez	10/14/2023
10/01/2023	Bienvenido Rodriguez	10/29/2023
10/02/2023	Gloria Garza	11/04/2023
09/29/2023	Alvaro Hernandez	11/08/2023
10/04/2023	Jose Rojas	11/17/2023
10/06/2023	Jose Sahagun	11/18/2023

Memorial Chapel

09/29/2023	Eloy Benitez	10/14/2023
10/01/2023	Bienvenido Rodriguez	10/29/2023
10/02/2023	Gloria Garza	11/04/2023
09/29/2023	Alvaro Hernandez	11/08/2023
10/04/2023	Jose Rojas	11/17/2023
10/06/2023	Jose Sahagun	11/18/2023

Peterson & Patch

09/28/2023	Gloria A. Franchi	
09/30/2023	Eleanor Senteney	
10/06/2023	James Shramek	
10/13/2023	Colleen Jean Burke	
10/19/2023	Deborah Spice	
10/28/2023	Karen Leinonen	
11/01/2023	Amador Vazquez	
11/04/2023	Tina S. Rodriguez	
11/08/2023	Clark C. Limbaugh	
11/24/2023	Roseann Jerdee	
11/25/2023	Ronald Edward Lauraitis	
11/27/2023	Jill Costa	
12/01/2023	Robert C. Brose	

Warren Funeral Home

09/28/2023	Edward Sehr	
10/06/2023	Carl Reed Hudson	
10/10/2023	Heather K. Hook	
10/13/2023	Troy L. Vickers	
10/19/2023	Marcia Lee Banks	
10/21/2023	Rick Farner	
10/24/2023	Elida Carrales	

Westgate-Tolar

09/24/2023	Wilfredo Rivera DeJesus	
09/26/2023	Theresa Davis	
09/29/2023	Loretta "Lo" Thompson	
09/30/2023	Christopher C. Winn	
10/03/2023	Carrell Jackson	
10/04/2023	Augusta Daley	
10/07/2023	Russell Turner	
10/10/2023	Kenneth Daniels	
10/11/2023	Lorna Jean Marie Hudson	
10/11/2023	Abraham "Ham" Edwards	
10/25/2023	Darwin Hawkins	
11/07/2023	Vincent P. Harris	
11/22/2023	Walter Ralph Applewhite	



Congdon Funeral Home

Sun Ok Traynor	09/25/2023	John J. Moore	11/19/2023
Gary Leith Eppers	09/25/2023	Phyllis Bouma	11/10/2023
Leo Brown	09/30/2023	Robert Good	11/09/2023
GLoria Munji	10/10/2023	Michael Whitney	11/13/2023
Elizabeth Myers	10/10/2023	Sadie P. Abney	11/13/2023
Maria Lavigna	10/13/2023	Conrad Halteman	11/19/2023
Patrick Mikels	10/13/2023	David Starrett	10/17/2023
Claressa Smith	10/13/2023	Matilde Diaz-Rufino	11/21/2023
Lerita McCulloch	10/15/2023	Carolina Alcocer	11/02/2023
Marty Berry	10/15/2023	Raymond F. Biederer	11/04/2023
Everett Allen Whitmire	10/16/2023	Laverne Brewer	11/16/2023
Patricia C. Gerje	10/22/2023	Marilyn J. Miller	11/17/2023
Agnes Wates	10/28/2023	Dante Tantengco	11/21/2023
Teresa Powers	11/03/2023	Gertrude Ann Miholic	11/25/2023
Robert Casey	11/05/2023	Leon L. Langer	11/27/2023
Charles Groblewski	11/10/2023	Kenneth L. Williams Sr.	11/29/2023
Donna Mae Box	11/12/2023	Robert P. Strang	11/30/2023
Marsha A. Keske	11/12/2023	Patricia Maravola	11/21/2023
	11/12/2023	Clarence Myers	11/26/2023

File Of Life

Thursday, February 1, 2024



What is **File of Life**? A Non-Profit Organization Promoting a Life-Saving Program. Your latest medical information – including allergies, medications, contact persons and more – all in one safe place. Recognized and Endorsed by Hospitals, EMTs, COAs, TRIAD's, Municipal, Medical, Senior Citizen Organizations, Police, Sheriff's, and Fire Departments. For more information, please contact Kaneicia Brown at 847-244-9242 or email Kbrown@waukegantownship.com



Diving into Deep Health - Part 2

Monday, Friday, February 5, 2024

Diving into Deep Health Part II: Environmental Health & Recovery

Have you thought about your health in terms of the city you live in? Your neighborhood? Your access to food, doctors, transportation, education? In this workshop, we dive into how the quality of air, food, soil, water, education and medicine impact health. For more information please call 847-244-9242 or email Kaneicia Brown at Kbrown@waukegantownship.com

The Smell of Money Documentary Screening

Monday, February 12, 2024



Travel with us to the College of Lake County (Grayslake) as we learn about the harsh effects of factory farming on lower income communities, and what large companies can do when no one's watching. **Showtime: 11am-12:30 pm.** A light breakfast will be available at 9:30am. Transportation will be provided, limited space available. For more information please call 847-244-9242 or email Kaneicia Brown at Kbrown@waukegantownship.com

Please share any food allergies upon registration.



Diving into Deep Health-Part 3 Sleep

Monday, March 4, 2024

Diving into Deep Health Part III: Do you really get enough?

This workshop will focus on sleep, and its vital importance to our deep health, recovery, and resiliency. According to the Centers for Disease Control and Prevention, about 1 in 3 adults in the United States reported not getting enough rest or sleep every day. Nearly 40% of adults report falling asleep during the day without meaning to at least once a month.



Matters of the Heart

Monday, February 26th

11:30am-1:00pm



Lisa Rivera from **Oak Street Health** returns to discuss heart health, including heart related diseases such as heart failure, congestive heart failure and more. For more information on this or any of our other listed workshops, please contact Kaneicia Brown at 847-244-9242 or via email at Kbrown@waukegantownship.com

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

PRESORT STANDARD

US POSTAGE PAID

PALATINE P & DC

PERMIT NO. 418

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 Open only for rentals

PATRICIA A. JONES CENTER

414 S. Lewis Ave.

Waukegan, IL 60085

Phone: 847-244-9242

Fax: 847-244-9258

www.waukegantownship.com



COVID/Flu Vaccine Assistance



WE CAN HELP!

If you would like assistance in scheduling your **Covid-19 or Flu vaccine**, please contact us at the Patricia A. Jones Center. We will provide you with a designated appointment time and location at



**Rosalind Franklin
Community Care Coach
February 12, 2024**

The Rosalind Franklin Care Coach will be at the Patricia A. Jones Center for the final round of **COVID-19/Flu vaccines** during the month of February. If you have not received your yearly flu or Covid vaccine, register today by calling the Patricia A. Jones Center, at 847-244-9242.

your convenience, as well as any necessary paperwork required per location. For additional information, please contact us at 847-244-9242 or email America Vega at Avega@waukegantownship.com