

PAJC JOURNAL



September & October, 2024



SUPERVISOR MARC L. JONES
WAUKEGAN TOWNSHIP CEO

Dear Waukegan Township Family & Friends,

Did you know that September is National Senior Center Month? This is the perfect time to recognize senior centers, like our Patricia A. Jones Center, and the vital role these facilities play in the communities they serve. If you haven't, please take some time to come and visit the **Patricia A. Jones Center** to see all that we have to offer our over 55 population.

Calling all Waukegan Township Foodies! The Patricia A. Jones Center proudly introduces the **Cuisine Café**, a new program that travels from Chicago to Milwaukee and various points in between, partaking in some of the hidden gems of culinary delights. In honor of **Hispanic Heritage Month**, we will be visiting **Uncle Julio's** located in Vernon Hills. For more information on the **Cuisine Café**, as well as our upcoming complimentary **Hispanic Heritage Luncheon Celebration** on Thursday, October 10, 2024 at 12 Noon. See page 3.

Are you signed up for our **Ageless and Awesome Seniors Commit to Fit Program**? If you want to move better and feel better this program is for you. Please see page 7 for additional information, or call the Patricia A. Jones Center at 847-244-9242.

We love coming up with new and different ways to engage the residents of Waukegan Township, so I am truly excited about the upcoming **Coffee and Conversation**! Stop by the PAJC on **Wednesday, October 9, 2024 at 9:30am** and join me for a cup of coffee and some sweet treats, while we chat about Township happenings. Be ready to present your questions, comments or concerns!

October is Breast Cancer Awareness Month. On **Tuesday, September 24th**, we will partner with the YWCA of Metropolitan Chicago, to host our **Annual Breast Cancer Memorial Program**, raising awareness about the impact of breast cancer. Schedules permitting, come out and hear from some amazing survivor testimonials and others who will shed light on breast cancer.

There have been a few upgrades to Waukegan Township's **Complimentary Weekend Transportation**. Starting **Sunday, October 1, 2024**, **anyone** living in within Waukegan Township, aged 55+, can now take advantage of this worthwhile program. If you are resident of Waukegan Township and need transportation within a 10-mile radius of your home, contact us and get registered!

On Monday, November 11th. We will honor the men and women who have committed themselves to defending our freedoms and our nation, with a **complimentary Veterans Day lunch delivery**. If you have served in any branch of the armed forces, please contact us and register today.

Please keep in mind that Waukegan Township facilities will be closed on **Monday, September 2nd** for **Labor Day** and **Monday, October 14th** for **Columbus Day**.

HAPPY FALL TO ALL,


MARC L. JONES
WAUKEGAN TOWNSHIP SUPERVISOR/CEO

Day Trips/Overnight Excursions

Page 2



Hands - on Hispanic Heritage: Tortilla Master Class & National Museum of Mexican Art Wednesday, September 18, 2024

This is a one of-a-kind, in-depth cultural experience you don't want to miss, in honor of **Hispanic Heritage Month**! Chef Atzimba Perez of *Colores Mexicano* will teach us how to make our very own perfect tortilla! Afterwards, we will indulge in an authentic Mexican feast. Finally, we will visit the National Museum of Mexican Art. *The trip departs from the PAJC at 8:45 am and returns by 4:00 pm. The cost of \$109 includes roundtrip motorcoach transportation, tortilla master class workshop, meal and museum.*



Fall Day at Morton Arboretum: Tour & Pumpkin Glass Exhibit Saturday, October 12, 2024

Enjoy the beauty of autumn at the Morton Arboretum and annual glass pumpkin exhibition! First, enjoy a three course meal in the Oak Brook area. After that, sit back and enjoy as we have a guided bus tour of the Arboretum. Then shop and enjoy a stunning array of over 7,000 uniquely designed glass blown pumpkins! *Bus departs the Patricia A. Jones Center at 10:00 am and returns by 4:00 pm. \$77 per person fee includes admission, tours, lunch, and round-trip motorcoach transportation.*



*Join us as we travel to
London, England!*

Friday, October 17 - Thursday, October 23, 2025

- ♦ We will visit the Tower of London
- ♦ Do an exterior viewing of Buckingham Palace, Parliament and Westminster Abbey
- ♦ Visit Windsor Castle
- ♦ Sail down the River Thames to Greenwich
- ♦ Do a walking culinary tour, sampling the best of local eateries and food of traditional and ethnic London
- ♦ Explore the birthplace of Queen Victoria, Kensington Palace
- ♦ Along with time on your own to explore more sites

Cost for this trip will be **\$3,599 per person-double occupancy**. We will fly out of O'Hare International Airport for this once in a lifetime experience. Upgrades are available. **Passport is needed for this trip.**



**CARIBBEAN: TORTOLA, ST. LUCIA & ANTIGUA
WITH NORWEGIAN CRUISE LINE ON THE
NORWEGIAN VIVA
8 DAYS/7 NIGHTS - JANUARY 19-26, 2025**

DAY	PORT	ARRIVE	DEPART
1	<i>San Juan, Puerto Rico</i>	7:00pm	
2	<i>Tortola, British Virgin Islands</i>	8:00am	5:00pm
3	<i>St. John's Antigua</i>	7:00am	4:00pm
4	<i>Basseterre, St. Kitts</i>	8:00am	5:00pm
5	<i>Castries, Saint Lucia</i>	8:00am	5:00pm
6	<i>Philipsburg, St. Maarten</i>	9:00am	6:00pm
7	<i>St. Thomas, US Virgin Islands</i>	8:00am	5:00pm
8	<i>San Juan, Puerto Rico</i>	7:00am	
<i>Inside Cabin Category IB</i>		<i>Balcony Cabin Category BB</i>	
\$2,589		\$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 THE GROUP IS PAID IN FULL. For more information contact the PAJC at 847-244-9242.

Trips are open to adults 18 and older and residing within or outside of Waukegan Township. For more information, call Abigail Hernandez at 847-244-9242.

Waukegan Township Event & Programs

Page 3



Hispanic Heritage Luncheon Thursday, October 10, 2024 12:00 Noon

Come and bring your appetite - you won't leave hungry! Enjoy tasty cuisine from several Latin-American countries. Attendees will also enjoy live music and entertainment. The Patricia A. Jones Center will be the best place to grab a bite while seeing a great band and singers perform. This is an event you do NOT want to miss!!!!

AARP Safety Driving Class

Tuesday, October 15th

&

Wednesday, October 16th

10:00 am - 2:00pm

If your interested in a reduction in your vehicle insurance cost this may be the class for you. Prior to enrollment, please verify with your insurance company to verify that you are eligible.

To qualify, you must attend both classes.



Coffee and Conversation with

Waukegan Township Supervisor
Marc L. Jones

Wednesday, October 9, 2024 - 9:30am

Something on your mind? Questions about how things are done at the Township level? Ever just wanted to converse with the Township Supervisor? Here is your opportunity to discuss, in a personal round-table format, your concerns, ask questions or voice your concerns. In turn, he will inform you about upcoming Township happenings. Please call 847-244-9242 to register. Registration required.

Patricia A. Jones Center Cuisine Café

Waukegan Township Foodies Unite! Monday, September 30, 2024 Uncle Julio's

The Patricia A. Jones Center will travel to our first Cuisine Café restaurant. This program will be offered once per month, as we travel to locations from Chicago to Milwaukee, for the best food options available. In honor of **Hispanic Heritage Month**, we will be visiting **Uncle Julio's**, 850 N Milwaukee Ave., Ste. 100, Vernon Hills. Uncle Julio's is the go to spot for fresh, authentic Mexican cuisine. From appetizers to fajitas to desserts and drinks, they use only the best ingredients to ensure you'll enjoy every bite. *The trip departs from the PAJC at 11:00 am and returns by 3:00 pm. The cost of \$55 includes roundtrip transportation, meal with appetizer, main dish and drink.*

Meal sections for this trip will be:

Appetizer: (Select one)

*Tortilla Soup

*Chile Con Queso

*Roasted Salsa & Homemade Tortilla Chips

Main Dish: (Select one)

*Combination Enchilada

*Tex Mex Combo

*Steak Fajita Bowl

*Baja Fried Fish Tacos

*Crispy Taco Plate

*Grilled Cauliflower Bowl

*Pulled Chicken Quesadilla

Drink: (Select one)

*Fresh or Frozen Margarita

*Sangria on the Rocks

*Strawberry Lemonade

*Mango Passion Lemonade.

Limited seating available. Each person will be responsible for any additional menu selections.
Contact the PAJC for more information at 847-244-9242.

Waukegan Township Wellness Programs

Page 4



Diving Into Deep Health - Part IX Social and Relational Health & Recovery Monday, September 9, 2024 - 10:30am

Social Stress and Recovery - Social connections are how we thrive. We feel accepted and understood when we are around people who relate to us, who value what we value and share the same goals. But what happens when we are in circumstances where social situations or relationships conflict with our inner being? Come join us as we learn how to navigate social stressors.

Healthy Living for Your Brain & Body Dementia Conversations Pt. 3 Monday, September 16, 2024 - 10:30am

Dementia Conversations: Oftentimes, family and friends are the first to notice when new or abnormal behavior is present. This presentation covers how to have crucial, yet caring conversations about the changes that occur with Alzheimer's and dementia. 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.

Sepsis Awareness Month Monday, September 30, 2024 - 10:30am

Sepsis Awareness Month is recognized every September, to raise awareness of **sepsis**, a life-threatening reaction to infection, that's the leading cause of death in U.S. hospitals. 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.



Diving Into Deep Health - Part X The Transformational Power of Nutrition Monday, October 7, 2024 - 10:30am

The Transformational Power of Nutrition - We've all heard that nutrition can heal, it can change our mood, it can even take us from fluffy to fabulous! Yet most of us aren't in the best of health, don't sleep well, and say we don't care about our physiques. In this session, we will delve into what good nutrition is - and how to change our nutrition for better sleep, better health, and how to maintain a healthy bodyweight.



Women's Health - Cancer Awareness Monday, October 28, 2024 11:30am

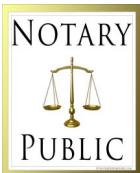
The five most common forms of cancer in the United States are: **breast, prostate, lung, colorectal and melanoma**, however, there are more than 100 cancer types and subtypes! Join us as we welcome **City of Hope**, and learn more about the different types of cancer that affect women and how they are treated. This discussion will include information on symptoms, risk factors and more. For more information on this or any of our other listed workshops, please contact Kaneicia Brown by calling 847-244-9242 or via email to Kbrown@waukegantownship.com.

Services to Assist you!

Page 5



**YOUR VOTE MATTERS.
GET REGISTERED TODAY.**



Complimentary Services

Waukegan Township provides:

- * 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 available.



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.



**Food
Distribution**



**THURSDAYS:
September 5, 2024
&
October 3, 2024
10:30 am**

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 renovated room can accommodate up to 80 guests! Tables and chairs included in rental. Call 847-244-9242. Reserve for your special day!

Patricia A. Jones Center Support Groups

Grandparents Raising Grandchildren & Other Relative Caregivers Group:

(Meets the 2nd Monday of each month at 5:00 pm)
Monday, September 16, 2024

Come and learn about Roberti Community House's **Community Health & Wellness Program:** cooking, sewing, English classes, yoga, drumming, gardening and year round youth support.

Monday, October 21, 2024

Senior Health Insurance Program has begun. Our PAJC SHIP Counselor will inform attendees about changes to this year's Medicare plans.

Grupo De Apoyo en Español/Spanish Support Group:

(Meets the 2nd Friday of each month 10:00 am)

Friday, September 13, 2024 - North Suburban Legal Aid Clinic Pt. 1

NSLAC Provides accessible, quality, equitable, free legal services in the areas of domestic violence, housing and immigration to give low-income, at risk community members access to justice and the opportunity to live proactive and secure lives.

Friday, October 11, 2024- NSLAC Pt 2:

Immigration Practice: navigating the complexities of immigration law, ensuring that everyone receives the assistance and care they deserve during challenging times.

Exercise Room Open M-F 9am-4pm

Page 6

Wednesday & Friday

9:00am	TJQMBB-Tai Ji Quan: Moving for Better Balance
10:15am & 11:00am	Senior Circuit Training (Wednesdays at 11:00am & Fridays at 10:15am)
12:00pm	Eat Smart, Move More, Weigh Less Program (Wednesdays)
12:00pm	Fit & Strong
1:00pm	Senior Circuit Training (Wednesdays)

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

9:15am	Senior Circuit Training (Tuesdays)
9:15am	Total Body Chair Workout (Thursdays)
10:00am	Mobility Work (Thursdays)
10:15am	Total Body Blast (Tuesdays)
10:45am & 11:00am	Zumba Gold (Tuesdays 11:00am & Thursday 10:45am)
11:00am & 11:15am	Chair Yoga (Tuesday 11:00am & Thursday 11:15am)
12:00pm	Fit & Strong (Fridays)



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

Class Details

TJQMBB	<i>Improves strength, balance, and mobility, and to prevent falls in older adults.</i>
Total Body Conditioning	<i>is a resistance training class. Equipment required: Chair, weights or two water bottles, two cans and/or a resistance band.</i>
Serenity Stretch	<i>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	Chair Workouts are great for those needing to sit for some of the exercises, or hold on to a chair to exercise.
Functional Fitness	<i>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>
Zumba Gold	<i>is a modified Zumba class for active older adults.</i>
Chair Yoga	<i>is a modified Yoga class for beginners or those with limited mobility.</i>
Active Living Yoga	<i>is a mix of Iyengar & 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>

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.

Ageless & Awesome Seniors Commit to Fit Program

This challenge is for those who want to move & feel better! The American Heart Association recommends 150 hours of activity/exercise per week, and we challenge you to do just that!

Requirements

- ⇒ Work out 5 days a week for at least 30 minutes (walking, dancing, and other fun activities)
- ⇒ Attempt to work out at PAJC twice a week (a physician's release to exercise is required).
- ⇒ **You must attend training class to utilize the new PAJC equipment.**

Progress Testing

- ⇒ Cardiovascular, strength, blood pressure, balance, A1C, & bone density screenings will be conducted bi-annually to accurately track progress.

Options

- ⇒ Join the **Eat Smart, Move More, Weigh Less** Program.
- ⇒ Join the **Active Choices Program** for weekly check-ins.

Workshops

- ⇒ Attend at least FOUR (4) Wellness Workshops
- Contact Kaneicia Brown at 847-244-9242 for information



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



We Remember those who are no longer with us...

June 1, 2024 - July 23, 2024

Bradshaw & Range

Jessye M. Patterson	06/08/2024
Sharon A. Henderson	06/11/2024
Johnny Lee Robertson	06/12/2024
Roy E. Gardner	06/12/2024
Wynona Booker	06/12/2024
Minnie Lawrence	06/17/2024
Anthony Slater	06/18/2024
Lawrence D. Thomas	06/23/2024
Edna Bee Johnson	06/25/2024
Loretta L. Wilson	06/29/2024
Doris Mae Isabell	06/30/2024
Paul Edward Blakey	06/30/2024
Darryl Sawyers	07/05/2024
Howard Allen Tanner	07/06/2024
Marcus	07/09/2024
Vina Mae Amlet	07/10/2024
Hubert Geater	07/12/2024

Congdon Funeral Home

Thomas G. Love	06/03/2024
Deborah Foster	06/06/2024
Donna A. Ramsey	06/09/2024
Glenda Clark	06/10/2024
Alfred Lee Clark	06/10/2024
Keith Woosley	06/12/2024
Sharron Thorn	06/13/2024
Patricia Ann Snyder	06/20/2024

Roger Shoumake

06/21/2024

Patricia A. Bain

07/09/2024

Johnny C. Graham

06/21/2024

Eduardo P. Arias

07/09/2024

Clara Payne

06/23/2024

Romeo V. Nacula, Sr.

07/14/2024

Diane L. Hickey

06/24/2024

Laurie Helen Jones

07/18/2024

Marilyn Lackenbach

06/26/2024

Paz Cabonce Aguilos

07/22/2024

Mildred Jackson

06/28/2024

Memorial Chapel

Mary L. Aycth

06/10/2024

Donna M. Tatro

07/02/2024

Gerardo Garcia

07/19/2024

Olivia Lakso

07/02/2024

Maria Perez Barraz

07/23/2024

James A. Poucher

07/03/2024

Peterson & Patch

Albert Ricks

07/05/2024

Henry Baez Sr.

07/06/2024

Julia "Judy" Harris

06/21/2024

Paulette Pilman

07/06/2024

Stephen Paul McKay

07/25/2024

Kevin J. Timmons

07/07/2024

Linda Kay Leith

06/27/2024

Randy Friend

07/08/2024

James Dietmeyer Sr.

07/05/2024

Alice M. Kiefer

07/09/2024

Audrey M. Cerk

07/11/2024

Carolyn Kness

07/11/2024

Robert C. Darsnek Jr.

07/15/2024

Gloria Mendoza

07/13/2024

Warren Funeral Home

Lewis Joseph Corbett	06/01/2024
Marilyn Fischer	06/05/2024
Donald R. Ford	07/07/2024
Patricia A. Mosley	06/12/2024
Constance Vogt	06/29/2024
David Heathcott	07/01/2024
Janice M. Howard	07/04/2024
Dioselina Becerra	07/07/2024
Tolar-Westgate	
Johnny Moton	06/04/2024
Gertrude Taylor	06/04/2024
Leonard Boyd Jones	06/05/2024
Alma Lee Taylor	06/06/2024

Marsh Funeral Home

Marion H. Dooley	06/03/2024
Gloria Jean Myers	06/04/2024
Amalia A. Torrez	06/07/2024
Donald Hosea Taylor	06/07/2024
Nancy Sue Barnas	06/11/2024
Rhea A. White	06/09/2024
Judith Ann Trott	06/27/2024
John Brandon Davis	07/01/2024
Barbara Jean Walti	07/04/2024
Clara Peregrino Gabriel	07/05/2024
Herman Frieson, Jr.	07/06/2024
Ethel Zoe Brown	07/09/2024

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



**Visit to Jacob
Henry Mansion,
Tours, and
"The Tenors 3"
October 9, 2024**

Join us for a day filled with tours, a luncheon, and a show provided by "Tenors 3" We will start with a self-guided tour for The Jacob Henry Mansion, a Victorian estate that boasts an exquisite mansion, a Gilded Age church, and a newly renovated ballroom! Afterwards, we will have a luncheon. Afterwards we will watch a show provided by The Tenors 3, Gersten, Menoyo, and Galvez. A professional trio of classically trained tenor vocalists. This trip departs the Patricia A. Jones Center at 8:45 am and returns by 4:45 pm. The cost of \$117 includes tours, shows, luncheon, and roundtrip motorcoach transportation.

**Breast Cancer Awareness Program
Tuesday, September 24, 2024**

6:00 - 8:00 pm



Although October is recognized as Breast Cancer Awareness Month, please join us **Friday, September 24, 2024**, as we welcome the YWCA of Metropolitan Chicago for our **Annual Breast Cancer Memorial Program**. This event raises awareness about the impact of breast cancer. In addition to survivors testimonials and exhibitors, light refreshments and giveaways will also be provided. For more information, please contact the PAJC at 847-244-9242.