



SEPTEMBER & OCTOBER 2025

PAJC Journal

WAUKEGAN TOWNSHIP FAMILY & FRIENDS,

September is National Senior Center Month. This is a time to recognize and celebrate the vital role that senior centers play in the lives of our older loved ones and the vital role these facilities play in the communities they serve. Take some time to visit the Patricia A. Jones Center on **Wednesday, September 24, 2025, from 9:00 am to 4:00 pm.** to see how we impact the lives of those 55+ in our community. See details on **page 8.**

In honor of **Hispanic Heritage Month**, which is usually celebrated from September 15th - October 15th annually. Please join us for our complimentary **Hispanic Heritage Luncheon Celebration** on **Friday, October 10, 2025, at 12 noon.** See **pages 2 & 3** for additional details on this event and our entire Hispanic Heritage Month lineup. **Hispanic Heritage Month** is a time to recognize and celebrate the histories, cultures, and contributions of our neighbors and friends from Latin nations such as, **Spain, Mexico, the Caribbean, and Central and South America** and countless other locations and their achievements and influence in various fields, including government, law, business, science, sports, and the arts.

Join us on **Wednesday, October 29, 2025, at 9:30 am** for our **Coffee & Conversation with Waukegan Township Supervisor Marc L. Jones.** This is a great opportunity to chat with the Township Supervisor about the things going on at Waukegan Township! Please register your attendance by calling the Patricia A. Jones Center at **847-244-9242** or emailing America Vega at **Avega@waukegantownship.com.**

September and October are significant regarding cancer awareness. **September highlights Prostate and Gynecological Cancers**, while **October is Breast Cancer Awareness Month.** In conjunction with the YWCA of Metropolitan Chicago, we will hold our **Annual Breast Cancer Memorial Program** on **Wednesday, September 10, 2025.** This event is a campaign to raise awareness about the impact of breast cancer. Please reserve your spot and check out **page 8** for more information.

Armed Services Veterans, we are gearing up for our annual **Veterans' Day** lunch distribution on **Tuesday, 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 United States military, please contact Patricia A. Jones Center and register today.

If you or someone you know is looking for a reduction in your car insurance cost, join us on **Tuesday, October 28th - Wednesday, October 29th, from 10:00 am to 2:00 pm** for our **AARP Safety Driving Class.** Be sure to see **page 7** for additional details, including fees and RSVP information.

Please keep in mind that all Waukegan Township facilities, including the Patricia A. Jones Center, will be closed on **Monday, September 1st, for Labor Day** and on **Monday, October 13th for Indigenous People's Day.**

BEST REGARDS,

MARC L. JONES
WAUKEGAN TOWNSHIP SUPERVISOR/CEO



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

Waukegan Township Day Trips & Overnight Excursions

Page 2

Montréal & Québec, Canada October 5-9, 2026



Join us for this multi-day tour of Montreal & Quebec. The vibe of Montréal and of Québec City are quite different and complementary. While Montréal is big and cosmopolitan, Québec City is cozy and welcoming to all visitors. Included in this trip is roundtrip airfare from Chicago to Canada, deluxe roundtrip motorcoach transportation, 2-night accommodations in Montreal and 2 nights accommodation in Quebec. We will visit **Old Montreal and the Underground City** along with touring **Saint Joseph's Oratory of Mount Royal**, the **Albert Gilles Cooper Museum and Casino de Montreal**. There will also be a visit and tasting at the **Chez Marie Bakery**, as well as **Sainte Anne-de-Beaupre Shrine**, the **Montmorency Fall**, and the **Basilica of the Sacred Heart (Notre Dame)** and so much more. The cost is \$1,735.00 per person double occupancy, or \$2,015 per person single occupancy. **A passport is required for this trip.**

Hispanic Heritage Month Celebration Friday, October 10, 2025 1:00pm-4:00pm



Come and bring your appetite - you won't leave hungry! Enjoy tasty cuisine from several Latin-American areas. Attendees will also be able to enjoy live music and entertainment. The Patricia A. Jones Center will be the best place to grab a bite while listening to great musical performances.

Discover Reflections of ITALY March 9-18, 2026



**10 Days - 12 Meals:
8 Breakfasts, 1 Lunch,
3 Dinners
Double Occupancy
\$4,199.00
Single Occupancy
\$5,099.00**

HIGHLIGHTS... Rome, Vatican Museums, Sistine Chapel, St. Peter's Basilica, Assisi, Perugia, Cortona, Florence, Chianti Winery & Cooking Class, Venice, Murano Island, Lake Como

ITINERARY AT A GLANCE

Day 1 Overnight Flight
Days 2 & 3 Grand Hotel Palatino, Rome
Day 4 Sangallo Palace Hotel, Perugia
Days 5 & 6 Hotel Albani Firenze, Florence
Days 7 & 8 Hotel Carlton on the Grand Canal, Venice
Day 9 Hotel Barchetta Excelsior, Como

On some dates alternate hotels may be used.
For more information contact Abigail Hernandez at
Waukegan Township PA JC (847)244-9242

Experience Milwaukee's Latino Heritage Wednesday, October 1, 2025



Join us for a flavorful and cultural journey through Milwaukee's rich Latino heritage.

This 3.5 hour guided tour celebrates the vibrant contributions of the Latino community to the city's culture, art, and culinary scene. Traveling in comfort, you'll explore the heart of **Milwaukee's Latino community** with engaging stops and delicious tasting along the way. This tour features art, history, and authentic cuisine. Highlights include: a gallery visit to **Latino Arts**; tacos at a Latino-owned restaurant; a behind the scenes tour of a local store with flauta tastings, and churros from a Hispanic bakery. Discover the flavors, stories and traditions that make this community unique. The fee of **\$130.00 per person includes round trip transportation, tours, & lunch.**

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.



ADRN

Aging and Disability Resource Network

The Aging and Disability Resource Network (ADRN) is committed to helping older adults and individuals with disabilities access the resources they need to maintain independence, enhance their quality of life, and navigate available support services. We serve adults aged 60 and better, as well as individuals with disabilities aged 18 to 59, along with their caregivers and families. We provide assistance with **Senior Housing & Assisted Living, Financial Assistance Programs, Healthcare Services, Food & Nutrition Support, Legal & Advocacy Resources, Transportation Programs and Caregiver Support Network.** Call the PAJC at 847-244-9242 to schedule and appointment.

ADRN Outreach Volunteers Needed

The PAJC is seeking volunteers to assist with the **ADRN Program.** We're requesting for volunteers to spend two (2) hours each week to assist seniors and disabled members of our community, in need of valuable resources. Volunteers will service a specific ADRN service area, located throughout Lake County. **Incentives are available!** If interested, please call Naomi Rhaburn at 847-244-9242 .

Coffee & Conversation

w/Township Supervisor Marc L. Jones
Wednesday, October 29, 2025 @ 10 am



Something on your mind? Do you have questions about how things are done at the Township level? Here is your chance, in an open setting - to discuss your comments, questions, concerns, critiques and compliments - with the Waukegan Township Supervisor. Please call 847-244-9242 to reserve your spot today - space is limited.

Patricia A. Jones Center Cuisine Café



Monday, September 29, 2025

Tacos El Norte

In honor of Hispanic Heritage Month, we will be traveling to **Tacos El Norte** in Gurnee, Illinois. Tacos El Norte blends their passion for making delicious food with their extensive knowledge of Latin cuisine to create authentic and classic Spanish dishes for your enjoyment. They use the freshest, locally-sourced ingredients and promise to give your taste buds something to be excited about.

Menu selections includes: **Salads** - Taco, Fajita, Avocado salad; **Bowls** - Taco, Avocado Burrito, Fajita Burrito, and Caldo de Birra Bowls. **Taco meals** - chicken, steak, ground beef, or pork; Torta dinner, Tostada dinner and Burrito dinner. **Trip departs from the PAJC at 11:30 am**

Cost: \$33 per person.

**For complete menu selections, please call
847-244-9242.**



Monday, October 27, 2025

Cluckers

Experience the delicious flavor that only real charcoal can deliver. At **Clucker's**, they slow cook hormone-free chicken over "live" charcoal for deep authentic taste. Always fresh, always from scratch. Each participant will enjoy an entrée, dessert and drink.

Mouthwatering menu selections will include: Rotisserie Chicken w/ sides, Cajun Crispy Salad, Brisket Platter, Chicken Lasagna, Chicken Parmigiana/Spaghetti, Grilled Chicken Roasted Apple Beets Salad, Chicken Tacos, Cranberry Chicken Salad, Barnyard Beef Burger, BBQ Brisket Sandwich, Grilled Chicken Sandwich, SWAP Plant Based Crispy Sandwich, Sloppy Chicken, Cluckers Club Sandwich, Chop Chop Salad, Chicken Enchiladas or Fresh Chicken Pot Pie.

The trip departs from the PAJC at 11:30 am

Postural Alignment

Wednesday, September 3, 2025 - 12:30 pm

This three part series details fixing pain associated with repetitive use, sports and workplace injuries. These sessions will be facilitated by Sutaya Nesius, owner of **Lake County Postural Alignment**. For more information, please contact Kaneicia Brown at the PAJC, 847-244-9242 or via email to kbrown@waukegantownship.com.

Eat Smart, Move More, Weigh Less

Begins: Thursday, September 4, 2025 - 12:30 pm

Check this out! **This 15-week weight management program** really works because it is not a diet - it's a lifestyle! Weekly classes are led by a Registered Dietitian Nutritionist (RDN) instructor and all classes can be accessed either via Zoom or in-person at the PAJC. For more information, please call PAJC at 847-244-9242 or via email to kbrown@waukegantownship.com.

HealthyCents How to Beat Bad Health Part IX: The Truth About Protein Wednesday, September 24, 2025 - 12:30 pm

Protein is crucial for many bodily functions, not just muscle building. It's essential for tissue repair, nutrient transport, and immune function, and it helps with feelings of fullness. For more information, please contact Patricia A. Jones Center at 847-244-9242 or via email to Kaneicia Brown at kbrown@waukegantownship.com.

Prostate Health Awareness

Wednesday, October 1, 2025 - 12:30 pm

September is recognized as both **Prostate Cancer Awareness Month** and **National Prostate Health Month**. This period is dedicated to raising awareness about prostate health, prostate cancer, and the importance of early detection and screening. For more information, please contact the PAJC at 847-244-9242 or via email to Kaneicia Brown at kbrown@waukegantownship.com.

LUNCH & LEARN City of Hope: Women's Reproductive Cancer Awareness Wednesday, October 8, 2025 - 12:30 pm

September is **Gynecologic Cancer Awareness Month**, dedicated to raising awareness about five main types of gynecologic cancers: **cervical, ovarian, uterine, vaginal, and vulvar**. These cancers affect the reproductive organs and early detection is crucial for effective treatment. For more information, please contact us at 847-244-9242 or via email to kbrown@waukegantownship.com.

HealthyCents How to Beat Bad Health Part X: Eating to Live Your Best Life Wednesday, October 22, 2025 - 12:30pm

Eating to live your best life means making food choices that support your overall health and well-being, rather than simply indulging in food for pleasure. Come out and learn about some healthy options to eat and LIVE well! For more information or to register, please contact us at 847-244-9242 or via email to kbrown@waukegantownship.com.

Patricia A. Jones Center Support Groups

**Grandparents Raising Grandchildren &
Other Relative Caregivers Group:**
(Meets the 2nd Monday of each month at 5pm)

Monday, September 15, 2025

NIRCO - Sharon Huiett will present info on NIRCO's
Peer-based Recovery Support Services.

Monday, October 13, 2025

NICASA Bruce Johnson will provide information on
NICASA's Behavioral Health Services.

Empowering individuals and families with support
for substance use, mental health, and recovery.

Grupo De Apoyo en Español/Spanish Support Group:
(Meets the 2nd Monday of each month @ 10am/Se juntan el
segundo viernes de cada mes @ 10am)

September 12, 2025 - Nicasa Mental Wellness
Nicasa empowers individuals and families with
support for substance use, mental health, and
recovery programming.

October 10, 2025 - Warren Funeral Home
Warren Funeral Home's pre-planning services
means your family will be spared from making
difficult decisions during an already emotional time.



Celebrating National Senior Center Month Wednesday, September 24, 2025

September is **National Senior Center Month**
and is a great opportunity for the Patricia A.
Jones Center to highlight the valuable programs,
activities and services we provide. It's also the
perfect time to promote positive images of aging
and highlight how our center improves the lives of
local older adults and strengthen our visibility
among potential participants, community partners
and decision-makers. If you'd like to celebrate
with us, join us on **Wednesday, September 24,
2025 from 9:00am - 4:00pm**. We hope you come
to love the PAJ Center as much as we do! For
more information, contact us at 847-244-9242.

College of Lake County Farmer's Market
coming to the Patricia A. Jones Center
Friday, September 12, 2025- 9:00am-12:00pm
Fresh vegetables available
For more information call 847-244-9242

Patricia A. Jones Center Room Rental



Need a great place to hold a
meeting, birthday or
anniversary party, wedding
reception, bridal shower or
other gathering? **Our
renovated room can
accommodate up to 80
guests!** Includes tables and
chairs included in rental. Don't
delay, call 847-244-9242 to
reserve the perfect place.



**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:
Monday-Friday 9:00 am - 4:00 pm

***Call 847-244-9242 to schedule SHIP appointments**
***Walk-ins are welcome for Benefit Access.**



Food Distribution



THURSDAYS:

September 4th & October 2nd 2025 10:15 am

Join us on for our monthly food distribution
provided by **Northern Illinois Food Bank.**
Anyone needing help is welcome. For more
information, contact the PAJC at 847-244-9242

Exercise Room Open M-F 10am-3pm

Mondays & Wednesday

9:15am.....	Outdoor Walking
10:15am	Mobility & More
11:15am.....	*Ageless and Awesome Circuit Training*
12:00pm.....	*Ageless and Awesome Meal Prep Mondays*
12:30pm.....	Wellness Wednesdays-Workshops



For Ageless and Awesome participants

Tuesdays & Thursdays

9:15am.....	Chair Workout Warrior
10:15am	Total Body Blast
11:00am.....	Silver Sneakers Yoga

Fridays

9:15am.....	Zumba	
10:15am.....	Mobility & More	
11:15am.....	*Ageless & Awesome Circuit Training*	
12:15pm.....	*Ageless & Awesome Group Coaching*	<i>*For Ageless and Awesome participants*</i>

Circuit Training

This is a supervised training class that involves timed rotations around each piece of exercise equipment. This class will occur in the fitness center, with a limit of 10 persons per class. You must sign up prior to participating. Sign up sheets will be posted on the fitness center door.

Total Body Blast

This is an interval type training class that focuses on conditioning the cardiovascular system while increasing muscle strength. Exercises are moderate to high intensity, with active rest and water breaks.

Silver Sneaker Yoga

A modified yoga class with both seated and standing poses. Restorative breathing exercise and final relaxation will promote stress reduction and mental clarity.

Zumba Gold

This is a great modified Zumba class for active older adults.

Chair Workout Warrior

This is an upper body focused training class. Emphasis on chest, back, arms, core and aerobics. Warm up can be done standing or sitting.

Mobility & More

This class focuses on self-care techniques such as increasing joint mobility, movability, range of motion, as well as trigger point therapy, lymphatic massage, breathwork and relaxation techniques. This class can be done seated or with the use of a mat.

Fit & Strong!

A 90-minute exercise and health education program that helps manage arthritis, decrease joint pain and stiffness, reduce anxiety and depression, improves daily functional movement and builds strength.

TJQMBB

A 60-minute Yang-style Tai Chi that progresses from easy to challenging as it improves balance, coordination, and reduces falls by at least 58% upon completion.

Matter of Balance

This is a two-hour class that primarily focuses on reducing fears around falling, by developing cognitive skills to increase safety in and out of the home, and increasing activity levels.

Waukegan Township's 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 able to participate in the exercise. Waukegan Township's 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 and the PAJ Center from any and all claims or causes of action, known or unknown.

AARP Safety Driving/Obituaries



AARP Safety Driving

Tuesday, October 28th – Wednesday, October 29th from 10:00 am – 2:00 pm

Are you interested in a reduction of your vehicle insurance cost? Join us for this two-day, in-person course. RSVP - (847) 244-9242 or in person at the Patricia A. Jones Center.

Fee: AARP Members \$20 Non-Members \$25. *You must attend both classes.



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



We remember those who are
no longer with us
May 30th - July 29, 2025

Bradshaw & Range

Alston Lorenzo Lambert	05/31/2025
Mullen Buries, Jr.	06/10/2025
Amos J. Monk	06/16/2025
Miriam Hyman	06/16/2025
Rosa Hernandez	06/20/2025
Rueneice Hudson	06/24/2025
Johnny B. Washington	06/29/2025
Betty Davis	06/29/2025
Robert Earl Tinker, Jr.	07/01/2025
Kimmie Louann Wilson	07/03/2025
Parnell King, Sr.	07/03/2025
Michael A. Strawder	07/05/2025
Alvin Charles Johnson	07/06/2025
Geralene Walker	07/09/2025
Hozell Murphy	07/19/2025
Tina M. Tate	07/25/2025
James "Andy" Anderson	07/25/2025

Congdon Funeral Home

Cheryl J. Peters	05/27/2025
William J. Nikkila, Sr.	05/29/2025
Diane Nord	05/30/2025
William Middleton	06/02/2025
John C. Taylor, Jr.	06/08/2025
Beverly J. McPherson	06/11/2025
Joyce Baldwin	06/14/2025
Patricia Eileen Nogradi	06/15/2025
Lillian Paschal	06/15/2025
John Dennis	06/17/2025
Joyce L. Frederick	06/18/2025
Caroline Armstrong	06/18/2025
Michael Bitton	06/23/2025
Ronald C. Saleski	06/23/2025

Howard Heyer
Sally Ann Good-Wiiks
Marilyn Kennedy
William R. White
George L. Franks
Gretchen Sprouse
Thomas Fortner
Marjorie Mae Everline
Ronald T. Jastrom
Bruce Fulkerson
Rosemari V. Gehrke
Patsy Overbey
Bonnie Wilkinson
Donald Joseph DuPree
Jose Rodriguez-Vega
Thomas L. Littner, Sr.

Tolar-Westgate

Regulo Jose Beltran
Verdine Scott
Dennis M. Stokes
Joyce E. Walker
Calvin Timmons
Jill L. Otis
Sherron Lynn Farrell
George Cutrer
Corine Baldridge
Edna Sue Mason

Memorial Chapel of Waukegan

Perfecto Aguirre
Gustavo Marin Tapia
Heliodoro "La Tina" Vazquez
Angel "Neco" Ramos
Victor Maniel Moya-Cruz
Matilda Angela Lopez
Martin Maldonado-Velazquez
Jose Villa

06/24/2025 Marsh Funeral Home

06/24/2025	Kurt James Epperson	06/11/2025
06/26/2025	Taylor Grant Mieure	06/17/2025
06/29/2025	Julie Ellen (Rose) Meadie	06/19/2025
07/02/2025	Marcela C. Hernandez	06/21/2025
07/02/2025	Ma Trinidad-Villagomez	06/25/2025
07/03/2025	Ralph E. Conway	06/26/2025
07/09/2025	Dorothy Grace Bader	06/30/2025
07/13/2025	Vasiliki "Bessie" Skaramagos	07/14/2025
07/13/2025	Mary Ann Griffin	07/23/2025
07/17/2025	Eleuterio V. Tolentino	07/24/2025
07/21/2025	William Thomas Travelstead	07/25/2025

07/23/2025 Warren Funeral Home

07/25/2025	Franklin D. Thorn	05/31/2025
07/25/2025	Minerva Barrerio	06/04/2025
07/28/2025	Francisca Turcios	06/05/2025
	Emil P. Kapusta	06/10/2025
05/30/2025	Robert Schumann	06/13/2025
06/09/2025	Leroy Lewis, Sr.	06/17/2025
06/17/2025	Reemon L. "Pops" Pittman	06/17/2025
06/17/2025	Migdalia Reyes	06/24/2025
06/19/2025	Eugene Shackelford	06/24/2025
06/20/2025	Lisa W. Christensen	06/26/2025
06/20/2025	Lena Snowden	07/05/2025
06/21/2025	James Wallace	07/14/2025
07/09/2025	Cecilia Goto	07/17/2025
07/12/2025	Jose Aviles	07/29/2025

Peterson & Patch

Adrian Rangel	05/29/2025
Manuela C. Sanchez	06/09/2025
Allen Lelo	06/12/2025
Bill Harding	06/13/2025
Karen Chambers-Celesnik	06/29/2025
Fred Carlson	07/07/2025
Kimberly Froehlich	07/17/2025
Aljison Sanborn	07/17/2025
Anthony Peter Couvall	07/23/2025

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: Wygenia Brisco
Vice Chairman: Dwight "J.J." Johnson
Secretary: Sugar Young
Members: Luisa Judice, Janaki Mala Srinivasa, Bro Willie Brooks, Joan Welton and Debra Choc
Honorary SCSC Member: Alderman Larry Eaker
Open to the Public

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

PRESORT STANDARD

US POSTAGE PAID

PALATINE P & DC

PERMIT NO. 418



**Breast Cancer
Awareness Program**
Wednesday, September 10, 2025
6:00 pm to 8:00 pm

Breast cancer is the second most common cancer in women in the US, and the most common cancer after skin cancer. Although women are more affected by this disease, men are also affected. In honor of this month, join us as we welcome the **YWCA Metropolitan Chicago** for our **Annual Breast Cancer Memorial Program, Tuesday, September 24, 2025**. This event raises awareness about the impact of breast cancer. Hear moving survivor testimonials, visit exhibitor booths, win door prizes and more! For more info, please contact us at 847-244-9242.

Catholic Charities Luncheon
September 8th & 29th
&
October 6th & 20th

All seniors, aged 60 and above are welcome to join us for lunch at the Patricia A. Jones Center. This event is sponsored by **Catholic Charities Senior Services of Lake County**. ***Please call 847-782-4170 the Wednesday before your desired luncheon date, to RSVP.** When calling, please be sure to **spell out your first & last name, provide your preferred phone number and the dates you wish to attend.** ****Reservation window CLOSES 3 BUSINESS days prior!** Lunch served at 12:00 (noon) - **\$7.00** suggested donation per meal, however, no one is denied.