



Dear Friends,

If you are like me, this time of year is an opportunity to reflect on the past and look forward to the future. As you reflect, it's important to remember that sometimes simple changes can improve your life drastically. Make time in your 2016 schedule to attend Park Place upcoming workshops, events and trips. Park Place has many programs to offer.

Remember to call before the first sight 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 services.

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, Mr. Victor Ruiz 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!

Patricia Jones, M. Ed
Waukegan Township Supervisor
847-244-4900

Please Join Us

Monday, January 18, 2016 - Martin Luther King Dreamers Breakfast



The Martin Luther King, Jr. Dreamers Breakfast will take place 10:00 a.m. at the beautiful Milan Banquet Hall. Individual tickets are \$20 and can be purchased via cash/credit card/Pay Pal at 414 S. Lewis Ave or 149 S. Genesee Street. Online at www.waukegantownship.com. The Event's Keynote Speaker is Dr. Boyce Watkins. In addition to publishing scholarly articles on finance and investing, Watkins is an advocate for education, economic empowerment, and social justice, and has made regular appearances in various national media outlets. Local Speaker will be Pastor Eugene Roberson from First Corinthian Missionary Baptist Church. There will be a special tribute to reflect on the life of President Nelson Mandela. Entertainment will be provided by The Remedy and The Chosen. *Table sponsors \$300.00 (guarantees seating as a group) and \$350 for special VIP table sponsors.

Friday, March 18, 2016

Women's History Month Celebration

Women come and share your feminine awesomeness with other women of Lake County. Employers come celebrate this great event. Get ready to smile, laugh and simply have a great time! Reserve your special place at this incredible event. Call 847-244-9242 or email lpable@waukegantownship.com.

Volunteer of The Month



Edna Vega has been the Bingo caller for Park Place for the last five years. She is a graduate of Waukegan West High School and the mother of one daughter, Chazlin. Edna worked for Waukegan Public Schools for many years as a Special Education Liaison. She enjoys calling Bingo for all of those who attend the Park Place Bingo.

Park Place will be closed for winter clean-up on January 11th, 12th & 13th.

E n t e r t a i n m e n t i n S t y l e !

Chicago Progressive International Motorcycle Show - Saturday, February 13, 2016



Connecting with passionate motorcyclists across the country is a favorite part of the Progressive International Motorcycle Show. It's a family-friendly experience you don't want to miss. Tour takes place at the Donald E Stevens Convention Center, in Rosemont, IL. We will depart from Park Place at 9 a.m. and spend the day enjoying the shows and booths. Fee of \$27 includes transportation and admission.

Chicago Auto Show, McCormick Place, Chicago - Wednesday, February 16, 2016

Get your motor running at the world's largest auto show! If you think that the only thing to do at the Chicago Auto Show is look at cars, then you haven't been down to the show for quite some time. Strewn among the sleek and shiny cars are a multitude of tactile, visual, and physically interactive displays. Trip includes transportation and admission to the show. Fee will be \$26 per person. Trip Departs at 8:30 a.m. from Park Place.



Four Winds Casino, New Buffalo, MI - Saturday, February 27, 2016

Travel by chartered motor coach to the Four Winds Casino to enjoy slots, games, and delicious food! At Four Winds New Buffalo, the excitement never stops. You'll find more than 3,000 of your favorite slot machines, including some hot slots with progressive jackpots starting at \$1,000,000! Each person will get \$15 in instant slot credit and a \$10 credit towards food in your choice of restaurants. Bus departs Park Place at 9 a.m. and returns after 5 p.m. Fee \$36 per person. Register in person at Park Place or call 847-244-9242. Please contact Park Place for additional information.



Do you want to know what is Boom Bingo and how you can win a min of \$500? Please join us for bingo every Thursday evening at Park Place from 6:00pm to 9:00pm. Boom cards are available and you could win the Boom Bingo prize! Call Park Place at 847-244-9242 for more details and find out how you can join in on the fun.

Leap Day at the Shedd Aquarium, Monday, February 29, 2016

Party with the penguins and boogie with Belugas! There is no better way to celebrate leap day than to meet 32,000 amazing animals and explore the world's oceans, rivers and reefs — right in the heart of Chicago. Your Shedd Aquarium, adventure includes the Abbott Oceanarium, aquatic show, Wild Reef, aquarium galleries, Amphibians special exhibit and 4-D Experience. Lunch is on your own in the food court. Depart Park Place at 8:45 a.m. Fee is \$45 per person includes transportation and admission fees to Aquarium, Oceanarium, aquatic show, wild reef and aquarium galleries.

Chicago Flower & Garden Show Navy Pier - Tuesday, March 15, 2016

The roots of the Chicago Flower & Garden Show can be traced as far back as 1847! The Show, held each March at Chicago's Navy Pier is an experience for the senses, invoking memories of spring after a typically long and cold Chicago winter. Presented by Mariano's, the Chicago Flower & Garden Show creates an experience the attendee will never forget by presenting realistic, as well as DIY solutions to inspire, educate and motivate the next generation of gardener. Fee of \$38 includes admission to the show and transportation.

Travel With Waukegan Township!

To RSVP call 847-244-9242 or email lpable@waukegantownship.com



**Travel Preview -
5:30pm.
January 25, 2016 at
Park Place
Please call to RSVP.**

2016 Bahamas Cruise October 22nd - October 31st

Featuring Myrtle Beach, Charleston and the Bahamas. Enjoy a 10 day Motor coach and Cruising Holiday! To reserve your spot call 847-244-9242.



Save The Date
**Midwest Tour
August 2016**



**Illinois
Missouri
Iowa**

Important Information You Should Know



Earlier this year, the Senate Appropriations Committee proposed a drastic 42% cut—from \$52 million to \$30 million—to an important program for people with Medicare, the State Health Insurance Assistance Programs (SHIPs). Operating in every state, SHIPs answer questions about Medicare and help people make the most of their benefits. Now, Congressional leaders will decide if that cut happens. Medicare Rights urges Congress to protect SHIPs from this unprecedented cut and increase funding for SHIPs and other programs that help older adults and people with disabilities.



2016 Medicare Costs

Beneficiary Cost

Part B Monthly Premium

(for beneficiaries subject to the "hold harmless" provision)

\$104.90

Part B Monthly Premium

(for beneficiaries not subject to the "hold harmless" provision)

\$121.80

Part B Annual Deductible

\$166.00

The "**hold harmless provision**" in the Social Security Act disallows an increase in the Medicare Part B premium for qualifying Social Security recipients if their COLA is not large enough to cover the increase in the Part B premium. Who may see an increase in their 2016 premium?

- Anyone new to Medicare
- Those with income related premium
- Those not having premiums deducted from Social Security check
- Anyone who loses their Medicare Savings Program



Park Place health and wellness takes an integrated approach to fitness by focusing on the whole you. In addition to exercise programs we offer several Educational Programs, Support Groups, and Health Workshops.

Exercise & Fitness



Yoga & Meditation

Meet: Every Monday 5:30 p.m. & Wednesdays 10:15 a.m. At Park Place. Chair Yoga makes this class accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions.

Walk For Fitness

Meets: Every Tuesday 9:00 a.m. and Saturday 10:00 a.m. at the Field House. This class offers a great opportunity to walk with a certified instructor through Belvidere Park and local trails. During the winter months walkers will walk inside the Field House.

Zumba

Meets: Every Friday 9:00 a.m. at Park Place. Join the party! Zumba gives you a full body workout to the rhythm of music. The easy to learn dance steps are also easy and strengthens the muscles. Zumba movements are for all ages and are not at all difficult. So get out of that chair and keep your body fit and healthy.

SeniorSize

Meets: Every Monday 9:15 a.m., 10:15 a.m. & Thursday 10:15 a.m. at Park Place. **Advanced SeniorSize** Meets: Every Wednesday 9:15 a.m., Thursday 9:15 a.m. & Saturday 9:15 a.m. The activities are a lighthearted form of exercise that is conducted in a game-like and participative atmosphere. Everyone is encouraged to join in the activities and gain the benefits of staying fit, flexible and fun-loving. The class is taught by a Certified fitness trainer and coach.

Step Up Aerobics

Meets: Every Friday 10:00 a.m. at Park Place. Step aerobics involves stepping up and down onto an elevated platform using various choreography. Step Aerobics can help combat depression and reduce stress and our class is specifically designed for those 55 years or older and their safety.



Exercise Room:

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.

Music & Dancing

Chicago Soul Dancing - \$2.00 per class

Meets: Every Monday 5:30 p.m. & Thursday 5:30 p.m. at Park Place. Nothing gets people having a good time like dancing to soul music. This class is sure to get you out and moving. Get the blood flowing by dancing to the beat.

Country Line Dancing - (complimentary - no fee)

Meets: Every Tuesday 10:00 a.m. at Park Place. While the style of country music, and the clubs that play it, have changed over the years, there is one thing that remains synonymous to the genre, country line dancing. Whether you're a pro or new to the floor, this class offers the best bet for some boot scootin' boogie!

Workshops & Forums



Knowledge

is

Power

Health & Wellness Workshop - Vision & Eye Health

**Wednesday, January 27, 2016 -
11:00 a.m. to 12:00 p.m., at Park Place**

Having a comprehensive dilated eye exam is one of the best things you can do to make sure that you're seeing the best you can and that you're keeping your eyes healthy. Millions of people have problems with their vision every year. Some of these problems can cause permanent vision loss and even blindness, while others are common problems that can be easily corrected with glasses or contact lenses.

Arthritis & Knee Replacement

**Wednesday, January 20, 2016 -
1:00 p.m. to 2:00 p.m., at Park Place**

Speaker: Margie Taylor, JCC, BHCM, MBA, Vista Health System.

If you're planning to have surgery, we encourage you to attend this workshop. The workshop is a unique event where we answer all your questions and cover everything you need to know before you have surgery.

Health & Wellness Workshop National Heart Month – Loving Your Heart

**Wednesday, February 10, 2016 -
11:00 a.m. to 12:00 p.m., at Park Place**

Speaker: Dr. Lisa Charles Fields, PhD., from Intervention Arms Medical Center & Vista Health Medical Center East.

Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and in some cases, medication.

Age is not a Limitation - It's a Qualification

**Wednesday, January 27, 2016 -
1:00 p.m. to 2:00 p.m., at Park Place**

Speaker: James Harris, Case Manager. Training with SER SCSEP a New Start.

Seniors ages 55 and older interested in learning new skills via paid training in order to re-enter the workforce. Don't miss this valuable opportunity with the Senior Community Service Employment Program (SCSEP) - help us spread the word! SER-Jobs for Progress has been committed to enhancing the quality of life for the residents of Lake County, Illinois by focusing on educational and vocational services for all persons at a social or economic disadvantage.

Senior Appropriate Fitness

**Tuesday, February 16, 2016 -
11:00 a.m. to 12:00 p.m., at Park Place**

Speaker: Stacey Vanzeyl, Exercise Physiologist - Vista Home Health & Hospice.

Adding just a little physical activity to your weekly routine can have a profound effect on your mental and emotional health. Whatever your age or fitness level even, if you've never exercised a day in your life before, you can find simple, fun ways to add more movement into your life and start to feel better, look better and enjoy life more. How much exercise do you need?



Workshops, Forums, & Screenings

How Clinical Research is Conducted & How New Pharmaceutical Drugs are Developed

Wednesday, February 17, 2016 -

11:00 a.m. to 12:00 p.m., at Park Place

Speaker: Dr. Kent Kamradt, MD, Clinical Investigator & Jack Clifton II M.D., Medical Director ACPRU - AbbVie Clinical Pharmacology Research Unit.

Topic Discussion: How new pharmaceutical drugs are developed (including drugs for Alzheimer's disease and other age related conditions), how trials are performed at the AbbVie Facility, how you may be a part of it if you have a desire. Light Refreshments will be served. To RSVP call 847-244-9242.

Food Safety in Your Homes and Community

Wednesday, February 23, 2016 -

11:00 a.m. to 12:00 p.m., at Park Place

Speaker: Jeanette Keyes, M.A. - Health Coordinator with YWCA of Lake County- Women Adolescent and Youth Health Program.

Topic: *Resources related to making your home safer related to food protection.

Blessed 2 B a Blessing Home Care Complimentary Health Screenings -

2nd and 4th Fridays, January 8 & 22 and
February 12 & 26 - 10:00a.m. - 11:00a.m.

Blood Pressure Check, Glucose and Cholesterol),
@Park Place

Scholl College of Podiatric Medicine

Park Place complimentary foot care

Tuesday, Jan 5 & 26, & Feb 9th

1:00 p.m. by appointment.

Rosalind Franklin Community Care

Coach Free Health Screenings -

Tuesday, Jan 5th & Feb 2nd - 10:00a.m.

@ Park Place.

Tax Help:

Each year volunteers from AARP help seniors complete their income taxes at Park Place. This important service will start Tuesday, February 2 at 9:00 a.m. Volunteer tax preparers will be available on Tuesdays and Thursdays from 9:00 a.m. - 12:00 p.m. through April 14, 2016. No appointment necessary. Doors open at 9:00 a.m.

Secretary of State Super Seniors On The Go

Wednesday, February 24th

If you need to renew your Driver's License or need an Illinois State Identification Card, the Secretary of State will be at Park Place and will offer the following services:

Rules of the Road 10:00am - 2:00pm

Mobile Unit 10:00am - 2:00pm

Vision Screening 10:00am - 2:00pm

Reservations are required in advance for the "Rules of the Road." Call 847-244-9242

Rules of The Road - Single Session

Wednesday, February 24th 9:00am - 11:30am



A Few Participants at the 2015 Holiday Party

Thank you all for attending our 2015 Holiday Gathering. Everyone had a great time enjoying good food and a live performances together.

Please join us for another great get together. Saturday, February 27, 2016 African American Festival

Celebrate African American History Month! Do you enjoy Gospel, Hip Hop, Rhythm & Blues? Many forms of African American music and art will be sampled at our African American Festival Saturday, February 27 from 3:30 - 7:30 at Park Place! All are welcome to enjoy complimentary entertainment. Food will be available for purchase from local restaurants.

Technology Classes

Trouble Shooting & More: Help Desk at the Tech Center! - Every Monday from 1:30 – 4:30 p.m.

Park Place is ready to help you take on your technology challenges and frustrations! Our skilled volunteers will be here each Monday from 1:30 p.m. – 4:30 p.m. to answer questions on your technology devices, programs, social media or applications. Drop by any time during open hours! This is a complimentary service.

There's an App for That! Discovering Smart Phone & Tablet Applications.

Medical Student Surbhi Trivedi will show you how to transform your health and well being with Apps! To Your Health: Apps for Wellness, **Wednesday, January 20, 9 – 11:00 a.m.**

Did you know that you can manage your weight, fitness and control your diabetes with Apps? Come and check out the latest and greatest to make 2016 your best year ever! This session is free, but registration is required and seating is limited. Call 847-244-9242 to register.

Connect and Explore! Social Apps & Brain Games - Wednesday, February 3, 9 – 11:00 a.m.

Connect with others via apps! No matter if your loved one is across town, or across the globe, Apps can keep you in touch with a click of an icon. Brain Game apps can keep you sharp and connect you to friends new and old. Come to this session to learn more. This session is free, but registration is required and seating is limited. Call 847-244-9242 to register.

Smart Phone Smarts: Understanding and Using your Device

Roaming? 4G? Confused about your phone? Come to this session to explore the basics of using and enjoying your cell phone. This session is free, but registration is required and seating is limited. Call 847-244-9242 to register. **Wednesday, February 17, 2016 9:30 – 11:00 a.m.**

Tablets 101: Basics of Tablet Use and Operation

See what the fuss is about! Delve into tablet use with your own device or using the AARP RealPad. Learn how to connect to popular apps, e-mail, and e-books using these portable wireless devices. This session is free, but registration is required and seating is limited. Call 847-244-9242 to register. **Wednesday, February 24, 2016 9:30 – 11:00 a.m.**

Support Groups

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 will be scheduled in advance. This benefit access program hours are M-F 9:00 a.m. - 4:30 p.m. Call 847-244-9242 for more information.

Meeting Dates For January and February

Book Club.....Monday 1/04 & 2/01 1:00 p.m.

Coping With Loss.....Wednesday 2/10 10:00 a.m.

Grandparents & Other Relatives.....Monday 2/08 5:30 p.m., Wednesday 1/27 & 2/24 11:00 a.m.

Spanish..... Friday 1/08 & 2/12 11:00 a.m.

Lollie Drew Low VisionTuesday 2/09 10:00 a.m.

Red Hat Society.....Thursday 1/21 & 2/18 Noon

Alzheimer's.....Tuesday 1/26 & 2/23 10:00 a.m.

LGBT.....Saturday 1/16 & 2/20 10:00 a.m.

Support groups in the spotlight!

LGBT Group:

Saturday, January 16 - 10:00 am - 11:00 am
Speaker: Edna M. Rachal, LUTCF, LTCP
Topic: Choose your retirement path.

Lollie Drew Low Vision Support Group:

Tuesday, February 9 – 10:00 am – 11:00 am
Speaker: Vanessa & Judy - Lake County Center for Independent
Topic: How to Use a Magnifier Machine and Devices for Individuals with Low Vision.

Grandparents & Other Relative Raising Children:

Monday, February 8 – 5:30 pm – 7:00 pm &
Wednesday, February 24 – 11:00 am – 12:00 pm:
Speaker: Cheryl Muller from Season's Hospice and Palliative Care
Topic: Handling Stress

Grief Support Group:

This monthly support group is available for anyone who is experiencing a loss. Healthy grief and mourning will be discussed, along with the four tasks of mourning.

AARP Monthly Meeting
January 20th & February 17th
1:00 p.m. @ Park Place



Patricia Jones
Waukegan Township
Supervisor

Trustees:

Katherine Rothwell-Francis
Percy L. Johnson
Jeff McBride
Chuck Willms
Township Clerk: Rose Staben
Assessor: Mark Stricklin

**Park Place Senior Citizen's
Services Committee:**

Chair: Victor Ruiz
Vice Chair: Ray Evelyn Curry
Secretary: Opal Rices:
Ed Buschbacher
Evelyn Bailey & 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 - 8:00 PM
Friday 9:00 AM - 4:30 PM
Saturday 9:00 AM - 3:00 PM
Sunday Closed

PARK PLACE PREVIEW

414 S. Lewis Ave.
Waukegan, IL 60085
Phone: 847-244-9242
Fax: 847-244-9258
www.waukegantownship.com

**PARK PLACE
CAFÉ**

11:30 am—1:30 pm
Fried Catfish
Specials Every
Friday.

PRESORT STANDARD

US POSTAGE PAID

PALATINE P & DC

PERMIT NO. 418

ACKNOWLEDGEMENTS & CONDOLENCES - Our Thoughts Are With You.

**We Remember
Seniors who've
passed away
11/02/15 -
12/28/15**

Florine Lang 12/14/15
Nancy Mckillen
11/27/15
L. Ruth Tyler 11/25/15
Vada Whalen 11/4/15
Patricia Rucinski
11/27/15

Marsh Funeral Home

Emily Bandovich
11/11/15
E. Robert Holmberg
11/29/15
John May 11/16/15
Michael May 11/20/15

**Congdon &
Company Funeral
Home**

Jane Brosier 12/8/15
Robert Taylor
11/28/15
Joseph Wenzel
11/29/15
Jimmie Booth
11/11/15
Ruth Cole 12/17/15
Jimmy Dozier 12/8/15

Alice Jump 11/18/15
Gerald Litewski
12/23/15
Ronald Newman
11/26/15
Charles Paxton
12/17/15
Joan Thompson
12/24/15
Dennis Ulmer
11/21/15
Patrick Cruz 11/29/15
Simone Gibson
12/8/15
Denise Hawkins
12/20/15
George Lonergan
11/13/15

**Bradshaw & Range
Funeral Home**

Steven Brown 11/2/15
Hattie Duncan
11/21/15
Fannie Mitchell
11/21/15
Jimmie Rogers
11/28/15
Marsha Streeter
11/21/15
Georgia Terry
11/30/15
Darryl Calhoun
12/16/15

John Young 12/23/15
Georgia Terry
12/16/15
Frances Brown
11/30/15
Mitchell Lindsey
11/21/15
Hattie Duncan
11/21/15
Janice Bowles
11/16/15
Lillie Palmer 11/16/15
Mardell Stephens
11/14/15
Elnora Jacobs
11/12/15
Jimmie Betts 11/10/15

**Salata Gurnee
Funeral Home**

Glen Dolmar 11/19/15
Frances Geryol
11/22/15
Gerald Johnson
11/4/15
Dorothy Liedberg
12/24/15
Dorothy Ralston
11/19/15
Louise Ann
Rogondino 12/13/15
Alice Pucin 11/6/15
Cheryl Harris 11/25/15
Marjorie Herniksen

11/25/15
**Peterson & Patch
Funeral Home**
Hosanna Haisch
11/4/15
Marilyn Hanzel
12/3/15
George Harlow
12/15/15
Arthur Schaefer
11/15/15
Kathryn Schueneman
11/22/15
Helen Streit 11/30/15
Helen Koper 11/25/15

Warren Cemetery
Ruth Hickman
11/30/15

**Strang Funeral
Home**

David Gudziunas
11/30/15
Joyce White 12/4/15

**Gurnee Community
Church**

Jack Anderson
12/8/15

**Bradley Funeral
Home**

Viorena Courtright
12/21/15

The mission of Park Place is to encourage the independence and well-being of adults age 55 and better by providing health and fitness opportunities, recreational programs, transportation options, trips, events and support services.