



Patricia Jones
Supervisor
Waukegan Township

encourage you to seek all that this season has to offer. Spring is a great time to create, or re-affirm your personal vision for health and well being. Here are a few springtime health tips: Walk a little faster, go to a dance class, or join an exercise class. Wake up earlier and go outside. The sun is shining and staying out later. You might just discover something new. This is the time for expanding energy, not storing. Therefore, heavier, slow-cooked winter meals should increasingly be replaced with briskly-cooked fresh ingredients. Springtime is also a time to support your liver, (the organ associated with spring.) Add some sour foods like vinegar and lemon into your dishes. Spruce up your meals with mint, spring onions, ginger, horseradish, mustard, and pepper. Remember to stay bundled. The winds are blowing stronger this time of year. Even though the weather is getting warmer, make sure you wear appropriate clothing attire.

Park Place has a program designed just for men. This is a time to bond with other men and get in shape. The Men's Only Exercise Class starts April 3rd at 10:00 a.m.

When it comes to technology, Park Place wants to keep you updated on the current trends.

Springtime has finally arrived. As we enjoy the first signs of spring - green grass, the Park Place has fantastic melting snow, graduation gifts and cards for all and the return of singing birds, I encourage you to seek all that this season has to offer. Spring is a great time to create, or re-affirm your personal vision for health and well being. Here are a few springtime health tips: Walk a little faster, go to a dance class, or join an exercise class. Wake up earlier and go outside. The sun is shining and staying out later. You might just discover something new. This is the time for expanding energy, not storing. Therefore, heavier, slow-cooked winter meals should increasingly be replaced with briskly-cooked fresh ingredients. Springtime is also a time to support your liver, (the organ associated with spring.) Add some sour foods like vinegar and lemon into your dishes. Spruce up your meals with mint, spring onions, ginger, horseradish, mustard, and pepper. Remember to stay bundled. The winds are blowing stronger this time of year. Even though the weather is getting warmer, make sure you wear appropriate clothing attire.

Check out our upcoming classes on page 2. April is tax season. Thank you to AARP for providing tax services to Park Place seniors. Dates and times are located on page 2.

Check out our creative selections on Easter items including, baskets, candy, & Sunday church hats. Don't miss this great opportunity to take advantage of great offers to help save you money!

April is National Child Abuse Prevention month. Park Place will host in conjunction with the City of Waukegan, "The Blue Kids Project", on Saturday, April 18th at 11:00 a.m. The Blue Kids Lake County Project is committed to keeping our children safe and bringing awareness to child abuse. Would you like a hand in choosing the movies shown at Park Place? Please consider joining the Park Place Movie Committee. Contact Park Place to find out how you can become involved.

It's time to say goodbye to the winter and hello to springtime sunshine! Waukegan Township is here to assist with our Home Sweet Home program. Personal Lawn Care starting Monday, June 1st for seniors 55 or better who reside in Waukegan Township. You must call our hotline at (847) 599-2932 to sign up. April showers bring May flowers, Waukegan Township family is here to help you with your springtime needs.

Patricia Jones

Waukegan Township Supervisor
847-244-4900

pjones724@waukegantownship.com



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 Rice
Members: Thomas Parks
Ed Buschbacher
Evelyn Bailey & Larry Eaker

A Waukegan Township Publication

April 2015



Warren Behr
Former Supervisor
Waukegan Township

A funeral Mass for Warren Carl Behr, 93, was celebrated at 10:30 AM, on Monday February 9, at St. Paul the Apostle Catholic Church in Gurnee. Born February 6, 1921, in Oak Park, Illinois, he died Sunday, February 1 at Vista Medical Center East. Prayers are with the family.

Meet Your Leader
City Clerks of Waukegan, North Chicago,
Park City, & Beach Park
Wednesday, April 15th
11:00 am - 12:00 pm @Park Place

Save The Date
2nd Annual Community Wide Health & Wellness Fair

Join us for a day of family fun!

Featuring Celebrity Guests

Saturday, June 6, 2015
9:00 a.m. - 1:00 p.m.

Park Place • 414 S. Lewis Avenue
Waukegan, IL 60085
Tele: (847) 244-9242



Louis Clark "Lou" Brock

Former Major League Baseball Player for the St Louis Cardinals & Chicago Cubs. Hall of Fame 1985.



Celebrity Chef: Doreen Colondres

Scheduled Events:

Exercise Demonstration • 9:15 - 9:30 am
Lou Brock Autograph Session • 9:30 - 10:30 am
Diabetes Education & Chef Doreen Colondres
11:30 am - 12:30 pm

Presentation on Diabetes • Dr. Reginald Spears
12:30 - 1:00 pm

**Free Admission
Open to the public**

Volunteer of The Month



Meet Ms. Pearl Bridges. She has 8 grandchildren and 15+ great grandchildren. She's volunteered 10 years as an ambassador for Park

Place. Pearl has been the highest individual sponsorship collector for the Walk for Seniors for many of her 10 years as an ambassador.

Exercise Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*SeniorSize - 9:15 a.m.	*Walk Fit - 9:00 a.m.	*Advanced SeniorSize- 9:15 a.m.	*SeniorSize - 10:15 a.m.	*Zumba - 9:00 a.m.	*Walk Fit - 10 a.m.
*SeniorSize -10:15 a.m.	*Country Line Dancing - 10:00 a.m.	*Yoga/Meditation - 10:15 a.m.	*Chicago Soul Dancing - 5:30 p.m.	Starting April 3rd! *Men's Only Exercise - 10:00 a.m.	*Learn to Step - 1:00 p.m., \$2
*Chicago Soul Dancing - 5:30 p.m.					
*Yoga/Meditation - 5:30 p.m.					

*** Advance sign up for classes & a medical release form must be on file. (renew form yearly)**



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.

Healthquest Homecare Screenings - Monday: April 6, 13, 20 , & 27 - 10:00a.m - 11:00a.m (Blood Pressure Check, Glucose and Cholesterol).

* Complimentary. @ Park Place.

AARP Tax Preparation - Tuesday & Thursday: April 2, 7, 9, & 14 - Doors open 8:45a.m. @ Waukegan Park District - First come basis!

AARP monthly meeting April 15th - 1:00 p.m.

Rosalind Franklin Community Care Coach Free Health Screenings - Tuesday, April 7 - 10:00a.m. @ Park Place

Health & Wellness Workshop - Smoking Cessation & Healthy Lungs - Wednesday, April 8 - 11:00a.m. - 12:00p.m. @ Park Place.

Scholl College of Podiatric Medicine Park Place complimentary foot care - Tuesday, April 14 & 28 - 1:00p.m. By appointment @ Park Place.

Park Place Workshop - Options For Older Adults To Maintain Their Independence - Wednesday, April 15 - 1:00p.m. - 2:30p.m. @ Park Place.

Health & Wellness Fair - Improve Your Health - Improve Your Life - Saturday, April 25 - 10:00a.m. - 1:00p.m. Free Admission - Public Invited @ Shiloh Baptist Church - 800 S. Genesee Street, Waukegan.

Park Place Workshop - Laughter Therapy- Wednesday, April 29 - 11:00a.m. - 12:00p.m. @ Park Place.

SUPPORT GROUPS MEETING DATES

Book Club.....Monday 04/06 1:00 p.m.
Grief.....Friday 04/03 10:30 a.m.
Grandparents & Other Relatives...Monday 04/13 5:30 p.m. & Tuesday 04/28 11:00 a.m.
Spanish..... Friday 04/10 11:00 a.m.
Low VisionTuesday 04/14 * 9:00 a.m.
* Trip to the Chicago Lighthouse.

Red Hat Society.....Thursday 04/16 Noon
Alzheimer's.....Tuesday 04/28 10:00 a.m.
Life After Stroke.....Wednesday 04/22 10:00 a.m.

TECHNOLOGY CLASSES

Advanced Internet
Tues & Thurs: April 21,23,28 & 30
1:30 p.m. - 3:30 p.m. \$32.00

Brain Games For Your Health
Friday, April 17th
1:30 p.m. - 3:30 p.m. \$10.00

How To use A Thumb/ Flash Drive Device

Friday, April 10th
1:30 p.m. - 3:30 p.m. \$10.00

Intro To The Internet

Wednesday, April 15th
1:30 p.m. - 3:30 p.m. \$10.00

**Waukegan Residents 55 & Older Need a Ride?
TRANSPORTATION HOTLINE - 847-599-2936
(Please reserve 3 days in advance)**

FOR INFORMATION ON WORKSHOPS & EVENTS CALL 847-244-9242



Wednesday, April 15th!

Come and see our Bulls battle the Red Hot Atlanta Hawks in the last home game of the season!

**Great outing for a group.
Group sits together.**

Leave the driving & parking to us!

We will depart from Park Place at 5:30 p.m.

\$102 fee includes ticket and transportation.



Majestic Star Casino

Tuesday, May 19th

Travel with us to Gary, Indiana to check out the Majestic Star Casino, enjoy a \$5 buffet coupon and \$10 in cash after earning 25 points on your gaming card! \$35 per person. Bus departs Park Place at 9 a.m. Call 847-244-9242/ lpable@waukegantownship.com to RSVP today.

Gospel Festival May 30th



Revel in beauty and inspiration at Gospel Fest in Millennium Park! Depart from Park Place on Saturday, May 30 to enjoy gospel music outdoors at Millennium Park. \$19 fee covers transportation and your day at the festival. Departure time from Millennium Park will be determined pending release of scheduling information.



Hawaii Vacation Coming 2016!

New England Rails & Sails

Do you want to see Boston, Maine, and New Hampshire in full Autumn Glory? Join us Monday, April 13, 2015 at 5:30 p.m. to meet with our Mayflower Tours representative and learn about our upcoming Autumn Foliage Rails & Sails trip!



Enjoy a delicious lobster dinner on Cape Cod, and ride the Conway Scenic Railway through New Hampshire's White Mountains all for only \$2,773 per person! Departure is on October 4th, 2015.

Get onboard a 10 day excursion featuring a guided tour of Boston. Cruise along Maine's rocky shoreline and wooded islands of Casco Bay.



INTRODUCING PARK PLACE CLASSICS

Wednesday, April 1 - 6
Citizen Kane

Wednesday, April 8 - 13
Sunset Boulevard

Wednesday, April 15 - 20
Lawrence of Arabia

Wednesday, April 22 - 27
The Last Picture Show

Wednesday April 29 -
The Best Years of our Lives

PARK PLACE CINEMA

Tuesday, April 7
The Judge ® - Starring Robert Downey Jr. & Robert Duvall

Tuesday, April 14
Scorpion King 4 - Quest for Power (PG 13) -
Starring Victor Webster & Royce Gracie

Tuesday, April 21
Justice League - Throne of Atlantis (PG 13) -
Starring Jason O'Mara, Sean Astin, Shemar Moore,

Tuesday, April 28
No Good Deed (PG 13) -
Starring Taraji P. Henson & Idris Elba

Serving the
Communities of:

Waukegan Township
Supervisor
Patricia Jones
847-244-4900
pjones724@waukegantownship.com

Waukegan, City Hall
Mayor, Wayne Motley
100 N. MLK, Ave
Waukegan 60085
847-599-2500

North Chicago, City Hall
Mayor, Leon Rockingham
1850 Lewis Ave.,
North Chicago 60064
847-596-8600

Beach Park, City Hall
Mayor, John Hucker
11270 W. Wadsworth
Beach Park, 60099
847-746-1770 Phone
847-746-1797 Fax

Park City, City Hall
Mayor, Steve Pannell
3355 Belvidere Road,
Park City, 60085
847-623-5030

Federal & State
Representatives:

US Senator
Dick Durbin
312-353-4952

US Senator
Mark Kirk
312-886-3506

US Congressman
Bob Dold
847-380-7605

Illinois State
Senator
Terry Link
847-821-1811
Senator@link30.org

Illinois State
Representative
Rita Mayfield
847-599-2800
60th
district@gmail.com

PRESORT STANDARD
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Chris Kennedy, son of the late Sen. Robert F. Kennedy, meets with Waukegan Township Supervisor Patricia Jones following an appearance to promote his non-profit Top Box Foods foundation. (Photo courtesy - Dan Moran, Lake County News-Sun)

If you are not currently receiving the Park Place Preview contact us at 847-244-9242 or e-mail kwoods@waukegantownship.com

PARK PLACE PREVIEW

414 S. Lewis Ave.
Waukegan, IL 60085

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

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

Do You Need A Passport?



Township
office is a
Certified
Passport site,
including
pictures.

847-244-4900

149 S. Genesee Street, Waukegan, IL

Call us for Rental Fees:

Need a great place to hold a
Meeting, Birthday Party,
Wedding Reception,
Anniversary, Bridal Shower
or other gathering?

ACKNOWLEDGEMENTS & CONDOLENCES

We Remember Seniors who've passed away

02/17/15 - 03/09/15

Peterson & Patch
Funeral

Michael Allolan 2/19/15

The Memorial Chapel

James Gonzales
2/26/15

Congdon & Company
Funeral

Roy Adams 3/5/15

Merrill Garbutt 2/26/15

Phyllis Glidden 2/23/15
Guadalupe Gutierrez
2/18/15

Ingrid Henriksen 3/1/15

Oscar "Lynn" Lawson
2/21/15

Susan Walters 2/25/15

Marsh Funeral Home

David Kennedy 3/5/15

Bradshaw & Range
Funeral

Billy Hicks 2/27/15

Vicki Vieyra 2/18/15

Johnny Brown 3/3/15

Rosie Gardiner 3/2/15

Rickey Medina 3/2/15

Howard Jackson Jr.
2/28/15

Billy Hicks 2/27/15

Alberta Barnes 2/23/15

Jessie Moment 2/20/15

Vicki Vieyra 2/18/15

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.