



Dear Friends,

This March, as we prepare to Celebrate Women's History Month let's examine a few

special issues that affect our lives. Women in the U.S. are living longer than ever before. Many live active and healthy lives, but there's no getting around one thing: as we age, our bodies and minds change. Imagine living without illness to slow you down. While there are no lifetime guarantees, enough scientific research has been done to make long, healthy living a possibility.

There are things you can do to stay healthy and active as you age. It is important to understand what to expect. Some changes may just be part of normal aging, while others may be a warning sign of a medical problem. It is important to know the difference and to let your healthcare provider know if you have any concerns.

Studies show that there are five medical conditions that are of great concern to women: heart disease, breast cancer, osteoporosis, depression, and autoimmune diseases. What can women do to prevent such ailments? Doctors encourage women to take charge of their health. Work in partnership with your doctors by finding out your family medical history, educate yourself on

health issues, and pay attention to your bodies.

Women are concerned about the education of their children. The financial aid season is in full swing this month! We want you to remember that scholarships are a great way to cover the cost of your child's education. In fact, the more scholarships they receive, the less money in loans you have to consider!

Please visit our website at [www.waukegantownship.com](http://www.waukegantownship.com) to apply for the 2015 Waukegan Township Scholarship. For more information call 847-244-4900/ email [ohayes@waukegantownship.com](mailto:ohayes@waukegantownship.com).

The world is changing and you don't want to be left behind. You want to be able to email your friends and family members or even show your grandkids a couple of tricks that you've learned on the computer. To find out more about the **Park Place Technology Center**, refer to page 2 of this newsletter.

We would like to acknowledge the generosity of those who have made donations to Park Place. Any donation including planned giving, can be designated to certain projects or areas of Park Place. All donations are tax deductible. For additional information contact Park Place at (847) 244-9242.

*Patricia Jones*

Waukegan Township Supervisor  
847-244-4900

[pjones724@waukegantownship.com](mailto:pjones724@waukegantownship.com)

**Please join us:**



**AT&T & State Representative Rita Mayfield Present:**  
**March 9, 2015 - 1:00pm**

"Keeping Seniors Connected to Family and Friends"  
A free discussion about how to use wireless devices to improve your lives. Location: Park Place



**Women's History Month Celebration Luncheon: Friday, March 20, 2015 - Ramada Inn; 11:00am Reception**  
Tickets \$25, Table \$350



**Patricia Jones**  
Waukegan Township Supervisor

**Trustees:**

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

A Waukegan Township Publication

**March 2015**

## Volunteer of The Month



Ed Buschbacher has been the Coordinator of the Technology Class for 3 1/2

years. He's a member of the Senior Citizens Service Committee for 3 years and was a recipient of the Men of Distinction award in 2013. He's a recipient of the LCCS Volunteer of the Year Award in 2014.



Pictured above: Members attend the 2015 Senior Citizens Service Members Annual Retreat Feb 4, 2015 at the Ramada Inn.

Victor Ruiz - Chair

Guest speaker, Dr. Michele Vaughn PhD.

**If you are not currently receiving the Park Place Preview contact us at 847-244-9242 or e-mail [kwoods@waukegantownship.com](mailto:kwoods@waukegantownship.com)**

**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

## Exercise Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*SeniorSize - 9:15 a.m. *SeniorSize -10:15 a.m. *Chicago Soul Dancing - 5:30 p.m. *Yoga/Meditation - 5:30 p.m.	*Walk Fit - 9:00 a.m. *Country Line Dancing 10:00a.m.	*Advanced SeniorSize- 9:15 a.m. *Yoga/Meditation 10:15 a.m.	*SeniorSize - 10:15 a.m. *Chicago Soul Dancing - 5:30 p.m.,	*Zumba - 9:30 a.m.	*Walk Fit - 10 a.m. *Learn to Step - 1:00 p.m., \$2
* 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. Men, consider joining our upcoming men's only fitness class designed only for you.

### Healthquest Homecare Screenings - Monday: March 2, 9, 16, 23 & 30 -

10:00a.m - 11:00a.m (Blood Pressure Check, Glucose and Cholesterol).

\* Complimentary. @ Park Place.

### AARP Tax Preparation - Tuesday & Thursday: March 3, 5, 10, 12, 17, 19, 24,

26, 31 - Doors open 8:45a.m @ Waukegan Park District - First come basis!

### Rosalind Franklin Community Care Coach Free Health Screenings - Tuesday,

March 3 - 10:00a.m. @ Park Place

### Health & Wellness Workshop - Learn the facts about varicose veins & treatment -

Wednesday, March 11 - 11:00a.m. - 12:00p.m @ Park Place.

### Scholl College of Podiatric Medicine Park Place complimentary foot care -

Tuesday, March 17 & 31 - 1:00p.m. By appointment @ Park Place.

### "Learning to Connect" Workshop - Tuesday, March 17 - 9:30a.m. - 11:00a.m. Relating to the

person with Alzheimer's Event. Speaker; Gene Kuhn, Alzheimer's Association -

Free Event @ Park Place.

### Senior Citizens Assessment Freeze Homestead Exemption outreach Sessions

Wednesday, March 18 - 10:00a.m. - 12:00p.m. - Assistance in completing the Senior Citizen's Assessment Freeze Homestead Exemption form as well as other exemption programs. @ Park Place.

**Tech Class - Introduction to IPAD - Friday, March 20 - 1:30p.m. - 3:30p.m.** Explore all of the facets of the iPad allowing you to have extreme portability while undertaking an incredible number of day-to-day tasks. \$10 & bring your own IPAD. @ Park Place.

### SUPPORT GROUPS MEETING DATES

Book Club.....Monday 03/02 1:00 p.m.

Grief.....Friday 03/06 10:30 a.m.

Grandparents & Other Relatives...Monday 03/09 5:30 p.m. & Tuesday 03/24 11:00 a.m.

Spanish..... Friday 03/13 11:00 a.m.

Low Vision .....Tuesday 03/10 10:00 a.m.

Red Hat Society.....Thursday 03/19 Noon

Alzheimer's.....Tuesday 03/24 10 a.m.

Life After Stroke.....Wednesday 03/25 10 a.m.

### TECHNOLOGY CLASSES

#### Advanced Internet

Tues & Thurs: March 3,5,10 & 12  
9:30 a.m. - 11:30 a.m. \$32.00

#### Brain Games For Your Health

Wednesday, March 18th  
9:30 a.m. - 11:30 a.m. \$10.00

#### How To use A Thumb/ Flash Drive Device.

Friday, March 20th  
9:30 a.m. - 11:30 a.m. \$10.00

#### Using Your Computer To Write, Edit & Publish

Tuesday, Wednesday, & Thursday  
March 31st, Apr 1st & 2nd  
9:30 a.m. - 11:30 a.m. \$24.00

#### Intro To Computer Basics

Tuesday, Wednesday, &  
Thursday  
March 24th-26th  
9:30 a.m. - 11:30 a.m. \$24.00

## Coming Soon!



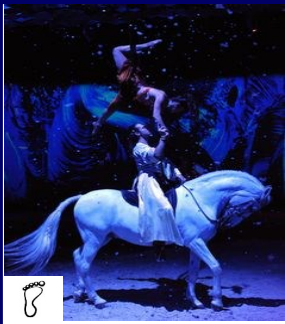
## Men's Only Fitness Class

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

AARP monthly meeting March  
18th. Slap it somewhere.

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





## The Dancing Horses Dinner Theatre, Delavan, WI Wednesday, March 11th

Visually stunning, and performed in a state-of-the-art, yet intimate, 300-seat theatre, this live show is truly a must-see for any horse lover. Enjoy a boxed lunch in addition to dancing horses, and a bird show. We will depart Park

Place at 10 a.m. and return at approximately 5 p.m.  
Fee is \$55 per person.



## Chicago Flower & Garden Show Navy Pier Wednesday, March 18th

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 that 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. We will depart Park Place at 9:00a.m.

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



## Thursday, March 26

Bus departs from Park Place at 9 a.m. Fee of \$35 includes round trip transportation and buffet. Travelers may earn \$10 in e-play with players card points.

**Bus departs from Park Place at 9:00 a.m. to the Marriott Lincolnshire Theatre. Fees of \$20 includes tickets & transportation.**

## Friday, April 3

# THE Princess AND THE Pea

A New Musical of the Classic Tale!

**Hawaii Cruise Coming 2016!**

## Las Vegas and Grand Canyon Tour



**June 4 -15, 2015 - \$1280.00**

**Double Occupancy**

This exciting 11 day motor coach tour includes all lodging, 14 meals, two consecutive nights in a Las Vegas Casino Hotel, and visits to the Grand Canyon, magnificent Zion National Park, Petrified Forest National Park and much more!

For more information, or to register, call 847-244-9242 or email



lpable@waukegantownship.com

## New England Rails & Sails

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.

**10 day excursion!**  
**Guided Tour of Boston!**



**MOVIES ARE SHOWN:**  
**TUESDAYS AT 1:30 P.M.**  
**SATURDAYS AT 12:30 P.M.**

## PARK PLACE CINEMA

Tuesday & Saturday March 3 & 7  
**Addicted ® - Starring Boris Kodjoe**

Tuesday & Saturday March 10 & 14  
**Birdman ® - Starring Michael Keaton**

Tuesday & Saturday March 17 & 21  
**Felony (NR) - Starring Tom Wilkinson**

Tuesday & Saturday March 24 & 28  
**Kill the Messenger ® - Starring Jeremy Renner**

Tuesday March 31  
**The Lookalike (PG13) - Starring Gillian Jacobs**

Serving the  
Communities of:

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

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

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

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

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

**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**  
**US POSTAGE PAID**  
**PALATINE P & DC**  
**PERMIT NO. 418**

**PARK PLACE GIFT SHOPPE - "Winter Wear Sale"**

25% sale off all winter items, which includes: gloves, scarves, hats, & shawls.

**PARK PLACE PREVIEW**  
**414 S. Lewis Ave.**  
**Waukegan, IL 60085**

Phone: 847-244-9242  
Fax: 847-244-9258  
[www.waukegantownship.com](http://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

**ACKNOWLEDGEMENTS & CONDOLENCES**

**We Remember  
Seniors who've  
passed away  
01/14/15 - 02/16/15**

**Meghan Lee Galbraith**  
1/22/15

**Bradshaw & Range**  
Josie Mae Porter 2/24/15  
Edward L. Cage 2/24/15  
Willie C. III Bridgeman  
2/24/15  
Rosie L. Vorns Shelton  
2/25/15  
Mark D. Langford 2/28/15  
Beuford Brown 2/2/15  
Carl E. Tucker Sr. 2/15/15

John Louis Price Jr.  
2/12/15  
Melanie Hunter  
2/11/15  
Sarah Moton 2/10/15  
Willie Lee Beasley Sr.  
2/8/15  
Willie Arthur Glover 2/4/15  
Ashley James Yon Sr.  
1/16/15  
Lattermore Zackery Jr.  
1/26/15  
Josie Mae Porter 1/24/15  
Rosie Shelton 1/25/15

**Bradley Funeral Home**  
Ted Hargress 2/9/15

**Burnett-Dane Funeral  
Home**

Tomislav Jevremovic  
2/4/15

**Congdon & Company**  
Mark Birky 2/5/15  
Dennis Chandler 2/9/15  
Mark Anthony Dodson Sr.  
1/22/15  
Ralph Franon 2/1/15  
Harley "Joe" Gavin 1/14/15  
Carolyn Hassett 2/4/15  
Ilene Janis Henry 1/17/15  
John Lawler 1/18/15  
Joseph Lucchesi 1/31/15  
Gladys Mares 2/3/15  
Esther Poulsen 1/17/15

**Marsh Funeral Home**  
Richard Shinsky 2/1/15

**Mausoleum Funeral**  
Carole Ruth Wolff 1/16/15  
**The Memorial Chapel**  
Ernest Borland 1/28/15

**Peterson & Patch Funeral**  
Ruth Stephens 2/8/15  
Robert Barnett Jr. 1/24/15

**Salata Gurnee Funeral**  
Irene Looney 2/12/15

**St. Dismas Church**  
Doris (O'Brien) Glabowicz  
1/20/15

**Warren Cemetery,  
Mausoleum & Funeral**  
Mary Helen Jones 1/19/15

**Call us for  
Rental Fees:**

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

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.