



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 to apply for the 2015 Waukegan Township Scholarship. For more information call 847-244-4900/ email 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

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

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.

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.

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 VisionTuesday 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 | 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 |
| Brain Games For Your Health Wednesday, March 18th 9:30 a.m. - 11:30 a.m. \$10.00 | Intro To Computer Basics Tuesday, Wednesday, & Thursday March 24th-26th 9:30 a.m. - 11:30 a.m. \$24.00 |
| How To use A Thumb/ Flash Drive Device. Friday, March 20th 9:30 a.m. - 11:30 a.m. \$10.00 | |

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.



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

**Call us for
Rental Fees:**

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

PRESORT STANDARD
US POSTAGE PAID
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PERMIT NO. 418

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

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 Birk 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

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.