

PARK PLACE PREVIEW

January, 2015

A Waukegan Township Publication

Volume 23, Issue 1

Serving the
Communities of:

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Beach Park, 60099
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3355 Belvidere Road,
Park City, 60085
847-623-5030

Representatives:

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Dick Durbin
312-353-4952

US Senator
Mark Kirk
312-886-3506

US Congressman
Bob Dold
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Senator
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Waukegan Township
Supervisor
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township.com



Dear Friends,

Reflecting on the ways in which we spent the 2014 holiday season may have left us feeling like we need a vacation from our holiday vacation. We feel as though we have less energy, less money and even more unwanted weight than we would like before the holiday season began. As you look forward to 2015, some of you may feel the added stress comes from caring for others. Did you know that 61% of family caregivers caring for someone with cognitive and physical conditions felt stressed 'sometimes to always? Here are a few ways to help relieve caregiver stress:

- Integrate a behavioral health program with the person's medical care.
- Consider an adult daycare service that includes your need for a break.
- Ask a doctor to review the person's medication to see if any may be eliminated.
- Make sure the person takes their medication at the appropriate time.
- Seek professional help with teaching techniques and ways to improve communication with persons with dementia.

Park Place offers several support groups to help you cope and feel better about the upcoming year. Details on (page 2) regarding the Stroke, Grief, Alzheimer's and Caregiver Support groups.

This month, as we reflect on a great leader; please join us Monday, January 19, 2015 at 10:00 a.m. for our annual Dr. Martin Luther King Jr. Dreamers' Breakfast. This event will take place at the beautiful Ramada Inn. Tickets are \$20 and can be purchased via cash/credit card/Pay Pal at 414 S. Lewis Ave or 149 S. Genesee Street. The Keynote speaker is Bishop Cornelius Woods from Mobile AL. A special tribute to reflect on the life of President Nelson Mandela will be given by Pastor John I. Caples Jr. of Jesus Name Apostolic Church. In addition, a local youth will provide a youth prospective;

entertainment e.g. singing by vocalist Sean Harris and a special dance performance by the Mt Moriah Dancers. The event will offer a Rise & Shine Breakfast which includes: Eggs, Bacon, Sausage, Pastries, Hash Browns, Fresh Fruit, Coffee and Tea. Special thanks to our sponsors AARP, Consumer Coop Credit Union and Norstates Bank. Please come celebrate with us!

We have exciting events for 2015. Join us on September 19th for the 5K Walk for Seniors. The name will change and the new location will be at Independence Grove in Libertyville, IL. The Annual Golf Outing new date and place is, August 21st at the Foss Park Golf Course.

If you don't know how to use a computer or want to enhance your skills, you can take free classes at Park Place. We're excited to be able to offer a variety of computer technology classes for 2015. Courses slated from January through June include: Intro To Computers, How To Use A Thumb Drive, Intro To The Internet, Brain Games For Your Health, Using Your Computer To Write & Publish and Advanced Internet.

Remember to call before the first site 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!

Patricia Jones

Waukegan Township Supervisor
847-244-4900

pjones724@waukegantownship.com

Park Place Will Be Closed: Monday, New Year's Day January 1st and January 19th in observance of Dr. Martin Luther King, Jr. Holiday. Please join us for the MLK Dreamers Breakfast at the Ramada Inn 10:00a.m.



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 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 - 9:30 a.m.	*Walk Fit - 10 a.m.
*SeniorSize -10:15 a.m.					*Learn to Step - 1:00 p.m., \$2
*Chicago Soul Dancing - 5:30 p.m.	*Country Line Dancing 10:00a.m.	*Yoga/Meditation -10:15 a.m.	*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)				

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

Health & Wellness Workshop
Learn how to control an overactive bladder and urinary incontinence
Wednesday, January 14, 11:00 a.m.

Health & Wellness Fair
Saturday, January 24,
10:00a.m. - 1:00p.m.
100 S. Chapel Street, Waukegan, IL
Community Event - Free Event

Create & Paint Your Own Ceramics
Wednesday, January 21, 9:00 a.m.
Fee \$15

TRANSPORTATION HOTLINE
847-599-2936
(Please reserve 3 days in advance)

Wellness Programs

Scholl College of Podiatric Medicine
Park Place complimentary foot care
Tuesday, January 13, 1:00 p.m.
by appointment.

Rosalind Franklin Community Care Coach
Free Health Screenings
Tuesday, January 6, 10:00 a.m.

Blood Pressure Check
Monday, January 5, 12 & 26
Free
10:00 a.m. - 11:00a.m.
Presenter: Trechy Beasley from Lakewood Home Health Care

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

PARK PLACE CINEMA

Saturday & Tuesday January 3 & 6 -
Million Dollar Arm (2014): PG

Saturday & Tuesday January 10 & 13 -
X-Men: Days of Future Past: PG13

Saturday & Tuesday January 17 & 20 -
Maleficent: PG13

Saturday & Tuesday January 24 & 27 -
If I stay: PG13

SUPPORT GROUPS MEETING DATES

Book Club.....Monday 01/05 1:00 p.m.
Grief.....Friday 01/02 10:30 a.m.
Grandparents & Other Relatives...Monday 01/12 5:30 p.m. & Tuesday 01/27 11:00 a.m.
Spanish..... Friday 01/09 11:00 a.m.
Low VisionTuesday 01/13 10:00 a.m.
Red Hat Society.....Thursday 01/15 Noon
Alzheimer's.....Tuesday 01/27 10 a.m.
Life After Stroke.....Wednesday 01/28 10 a.m.

TECHNOLOGY CLASSES SENIOR MOUSE CLUB

Introduction to Computer Basics.
Tuesday, Wednesday, Thursday
Jan. 6, 7 & 8
1:30 p.m. - 3:30 p.m. \$24.00

Advanced Internet.
Tuesdays, Jan. 27, Feb 3rd
Thursday, Jan 29,
Wednesday, Feb 4th
1:30 p.m. - 3:30 p.m. \$32.00

Introduction to The Internet.
Wednesday, Jan. 21st
1:30 p.m. - 3:30 p.m. \$10.00

How To Use a Thumb Flash Drive Device?
Friday, Jan 16th
1:30 p.m. - 3:30 p.m. \$10.00

Brain Games For Your Health.
Friday, Jan 23rd
1:30 p.m. - 3:30 p.m. \$10.00

Find us on the web at www.waukegantownship.com

PARK PLACE TRAVEL

You will find on each trip description, **feet**. These **feet** will indicate how much walking is involved on each trip we offer. One **foot** will indicate minimal walking. Two **feet** will indicate moderate walking. Three **feet** will indicate extensive walking.



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



Horseshoe Casino, Hammond, IN Tuesday, January 27th

Visit the legendary Horseshoe Casino, Hammond, IN. Horseshoe is home to the largest poker room in the Midwest, featuring 34 tables at all limits and including a private poker area. This trip includes charter bus transportation and complementary buffet. Fee will be \$30. We will depart Park Place at 8:30 a.m.



Black Violin Friday, February 20th

To most people, jazz, hip-hop, funk, and classical are musical genres. But to revolutionary music group Black Violin, they're nothing but ingredients. With influences ranging from Shostakovich and Bach to Nas and Jay-Z, Black Violin breaks all the rules. Tickets \$48 per person includes Orchestra Pitt/Loge seating and transportation. Shuttle departs Park Place @ 7:30 p.m.



CLC's Salute To Gospel Featuring Donnie McClurkin Saturday, February 28th

For gospel singer and preacher Donnie McClurkin, music and spreading the word of God are one and the same. His concerts mix gospel standards, stirring originals, impromptu medleys, covers of secular hits and joyful discussions about the power of faith. Bus Departs Park Place at 7:00pm. Tickets \$15



Chicago Auto Show Tuesday, February 17th

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 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 p.m. from Park Place.



Hawaii Cruise Coming 2016!



Upcoming Trips!



Myrtle Beach Melodies; March 2015; March 21, 2015 \$1398 per person (Double Occupancy) 10 Days of vacation featuring: Ocean Front hotel stay on "Grand Strand", 3 fabulous shows, a local guide on Cape Fear Coast, tour the Great Smokey Mountains, enjoy shopping and a stroll along Myrtle Beach.

Las Vegas, Grand Canyon, Arizona; June 10, 2015. \$2397 - 10 Day Excursion featuring: 2 Days in Las Vegas, explore Pipe Spring National Monument, spend 2 nights inside Grand Canyon National Park, enjoy a Four-Wheel-Drive Jeep Tour through Monument Valley, and Embark on a Narrated Tour of Zion National Park. Price Includes round trip air travel to Las Vegas and transfers.



New England Autumn Foliage Rails and Sails; October 4, 2015. \$2198 per person (Double Occupancy) 10 Day Excursion featuring: A City tour of Boston with a local guide, Cruise along Maine's rocky shoreline and wooded islands of Casco Bay, Enjoy a delicious lobster dinner with all the fixins' on Cape Cod, and Ride the Conway Scenic Railway through New Hampshire's White Mountains. Price includes round trip air travel to Boston, Massachusetts & transfers.

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www.waukegantownship.com

Patricia Jones

Waukegan Township Supervisor

Trustees:

Katherine Rothwell-Francis

Percy L. Johnson

Jeff McBride

Chuck Willms

Township Clerk: Rose Staben

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

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?

PARK PLACE CAFÉ

11:30 am - 1:30 pm

Homemade Soup Mon & Fri/
Fried Catfish & Baked Tilapia
Specials every Friday.

PRESORT STANDARD

US POSTAGE PAID



PALATINE P & DC

PERMIT NO. 418

More Exciting Travel!




**Four Winds
Casino, New
Buffalo, MI
February 24th**

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 game play and \$10 credit towards food in your choice of restaurants. Bus departs Park Place at 9a.m. and returns at 5pm. Fee \$39 per person.  



**West Side Story
Drury Lane Theatre
Thursday, February 26th**

One of the Worlds greatest love stories. Story features an electrifying Latin and Jazz-infused score. Trip departs Park Place at 10am. Fee of \$80 includes tickets, lunch and transportation. 

ACKNOWLEDGEMENTS & CONDOLENCES

**We Remember
Seniors who
have passed
away
Nov 12 - Dec 13:**

Bradshaw & Range
Anthony T. Anderson
12/1/14
Salone Hawkins
12/3/14

Ivory Moore Sr.
12/7/14
John Stewart 11/12/14
Evelyn Suggs
12/10/14
Wilson Little 11/17/14
Armondo Vindel Sr.
12/2/14
Laura Woods
11/22/14

**Congdon &
Company**

Dell Urban 12/12/14
Williard Gibbs
11/28/14
Beverly Kerr 11/17/14
Richard Krapf
11/15/14
Lucille M. Clark
12/12/14

Marsh Funeral Home
Cynthia Hoskins
12/10/14

Lillian Mygland
12/4/14
Armondo Angeles
12/4/14
Salata Funeral Home
Barbara Tolan
11/24/14
Casimer Persak

**Bradley Funeral
Home**
Slivia Solis 12/13/14

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.