



PARK PLACE PREVIEW

December, 2014



A Waukegan Township Publication

Volume 22, Issue 1

Serving the
Communities of:

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
Brad Schneider
847-748-3788

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

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

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



Dear Friends,

When you feel that crisp breeze, you know that Summer is gone and winter is here. There are so many reasons to enjoy winter. It is the gateway to a full calendar of events and gatherings shared with family and friends.

To some, the holidays are a joyous time of celebration and coming together to enjoy food, gifts and creating new memories. For others, the holidays bring loneliness and sadness. The Park Place **Grief Support Group** meets for one hour on the 1st Friday of each month - 10:30am at Park Place. The group is available for anyone who is experiencing a loss. Depression may cause your appetite to decrease or increase significantly, so try to make sure that you eat regular. Appropriate amounts of food ideally include fresh fruits and vegetables. There are also many ways to relax – yoga, reading, listening to a relaxation tape or getting away for a short holiday. Take time out for you!

If you've been busy decking the halls with plenty of rich meals, sweet desserts and alcohol, chances are, you're going to be ready for a major diet detox come January, No liquor! No candy! No more junk food! Sound about right? But not so fast: Research shows that a sudden transition away from fatty and sugary foods can cause symptoms similar to those seen during a drug withdrawal. Strict diet can make us feel low and irritable.

Eating a balanced meal that contains carbohydrates, protein and healthy fat every three hours, will keep your energy up and prevent the drops in blood sugar that can lead to cravings. Remember make healthy choices in your meal selections and become and stay active. Make time to visit our fitness center at Park Place.



The Park Place Fitness Center amenities include: Aerobic Rider, Treadmills, Stationary Bicycles, 1 Stair Master, and Weights.

Please join us on December 14th - 2pm at Park Place for our Park Place Holiday Party. This is a complimentary luncheon. Highlights will include our own "Senior Idol" Karaoke style and our guest singing Santa. Thanks to our sponsors for contributing to this years exciting prizes which include: 1st \$100.00 Gift Card, 2nd \$50.00 Gift Basket, & 3rd \$25.00 Gift Basket. RSVP Today!

Are you a senior who needs help clearing snow from your driveway and sidewalk? Call our hotline at 847-599-2932 to register to receive your complimentary Snow Removal services.

Please save the date of Friday, December 5, 2014. Waukegan Township invites you to "A Home for the Holidays". This is our annual fundraiser for the Staben House and Eddie Washington Center.

We would like to express appreciation to the outgoing public servants for their dedicated service to our community. Congratulations to the incoming elected officials. We look forward to working with you to build a positive and strong community.

The entire Waukegan Township board members and staff wish everyone a very healthy and prosperous Holiday and Happy New year.

Patricia Jones

Waukegan Township Supervisor

847-244-4900

pjones724@waukegantownship.com

Find us on the web at

www.waukegantownship.com

www.facebook.com/waukegantownship

Park Place Will Be Closed: Friday , December 12th Employee Event, Thursday, December 25th in observance of Christmas and on Thursday, January 1st in observance of New Years.



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. *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.

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

Blood Pressure Check - Mondays, December 1,8,15,22,29 at 10:00a.m. - 11:00a.m. (no Charge)

Sew Independent Class - Tuesday, December 2 at 9:30 a.m. - 11:30 a.m. Limited Space - RSVP

Free Health Screenings - Rosalind Franklin Community Care Coach - Tuesday, December 2, 10:00 a.m.

Sleep Apnea Workshop - Wednesday, December 3 at 1:00 p.m. - 2:30 p.m. Bring Machine.

Scholl College of Podiatric Medicine - Tuesday, December 9 at 1:00 p.m. Foot Care by appointment. (Complimentary)

Create and Paint Your Own Ceramics - December 10 at 9:30a.m. - 11:30a.m. \$15

Prairie State Legal Services - December 10 at 12:00p.m. – 4:00p.m. Prepare your Power of Attorney

Emergency Preparedness - Tuesday, December 16 at 10:00 a.m. - 11:00 a.m.

Create A Wreath For Any Occasion - Wednesday, December 17 at 11:00a.m. - 12:30p.m. \$18 Participants may keep the wreaths they create.

Create Christmas Centerpieces - Pope's Florist - Wednesday, December 17 at 3:00p.m. \$35

North Elementary School Holiday Visit - Friday, December 19 at 10:30p.m.

SUPPORT GROUPS MEETING DATES

Book Club.....Monday 12/01 1:00 p.m.

Grief.....Friday 12/05 10:30 a.m.

Grandparents & Other Relatives...Monday 12/08 5:30 p.m. & Tuesday 12/23 11:00 a.m.

Spanish..... Friday 12/12 11:00 a.m.

Low VisionTuesday 12/09 10:00 a.m.

Red Hat Society.....Thursday 12/18 Noon

Alzheimer's.....Tuesday 12/28 10 a.m.

Coming January 2015!

Life After Stroke Support Group

Every 4th Wednesday - 10:00 a.m. - 11:00a.m.

TECHNOLOGY CLASSES SENIOR MOUSE CLUB

Skype: Using Technology to Connect Across the Globe

Session 1: Dec. 9 & 16 1:00 p.m. \$10.00

Session 2: Dec 11 & 18 1 p.m. \$10.00

Come to this session to learn how the technology works and create your own Skype Account. Space is limited – register and pay to reserve your spot. Please call 847-244-9242 to RSVP

Storage in a Flash! How To Use A Flash/Thumb Drive

Explore portable storage using a Flash/Thumb Drive! **BASIC COMPUTER SKILLS ARE REQUIRED!** Space is limited. Your cost is:\$5. December 17 9:30 - Noon.

Arts & Crafts Sale

Saturday, December 6

10 a.m. – 2 p.m.

@ Park Place



Our Waukegan Township travelers boarded a motor coach to Tampa, Florida and stayed overnight in Tennessee and Georgia. They enjoyed a 7 day Caribbean Cruise aboard the beautiful Norwegian Dawn. The cruise featured stops in Isla Roatan, Honduras, Belize, Costa Maya, and Cozumel, Mexico. You can enjoy great times with friends at exotic locations. Don't miss out on our 2016 Hawaiian cruise.



We would like to thank everyone who attended our Veterans celebration on Saturday, November 8th. A special thank you to all active duty and retired service men and women for their attendance and participation. Thank you Glenlakes Terrace Rehab for your sponsorship.

TRANSPORTATION HOTLINE

847-599-2936

(Please reserve 3 days in advance)

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

PARK PLACE CINEMA

Saturday & Tuesday December 2 & 6 -
Neighbors (2014): R

Saturday & Tuesday December 9 & 13 - **Are You Here: R**

Saturday & Tuesday December 16 & 20 - **Chef: R**

Saturday & Tuesday December 23 & 27 - **Transformers 4: Age of Extinction : PG13**

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.



Victorian High Tea Thursday, December 11

Explore elegance, architecture and High Tea at two historic Milwaukee Mansions. We will learn Victorian Tea etiquette and enjoy your choice of seven flavored teas, sweets, savories and scones. Fee of \$69 includes all tours and High Tea. Departs at 9 a.m.

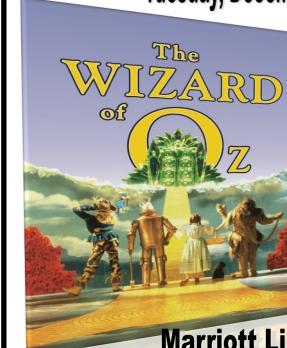


Horseshoe Casino, Hammond, IN January 27, 2015

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.



Tuesday, December 30, 2014

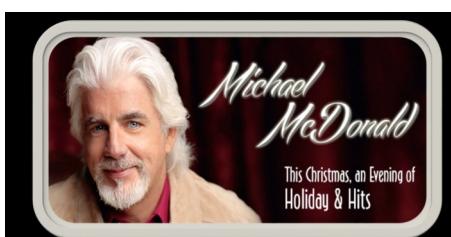


Tickets \$20

(Includes
Transportation)

Show Starts - 10:00am
Bus Departs 9:00am From
Park Place 414 S. Lewis Ave.,
Waukegan, IL

Marriott Lincolnshire Theatre



Michael McDonald! Sunday, December 14th

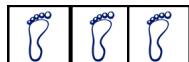
*Distinctive and soulful and a singular musical presence for four decades. Place: Genesee Theatre. Bus will depart at 7:30 PM from Park Place. Show starts at 8pm \$88 per person for lower balcony; \$70 per person main floor seating. Fee includes ticket costs and round trip



**Plan Now for 2015
Travel with Park
Place!**

Myrtle Beach Melodies; March 2015

Las Vegas, Grand Canyon, Arizona;
October 2015.



**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

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

PRESORT STANDARD

US POSTAGE PAID

PALATINE P & DC

PERMIT NO. 418

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

Christmas Gift Wrapping

We can gift wrap your presents for you!

Park Place - 414 S. Lewis Ave., Waukegan, IL

Mon-Fri 9am - 4pm

Sat 9am - 2:30pm



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.

ACKNOWLEDGEMENTS & CONDOLENCES

We Remember

**Seniors who
have passed
away in**

Oct 08 - Nov 11:

William Miller

10/11/14

Bradshaw & Range

Mary Brown 10/20/14
Charlye Chambers
10/18/14

James Chandler Jr
10/5/14

Cora E. Coleman
10/22/14

Lionel "Togy" Downey
Jr 10/27/14

Jimmie Lee Jones Sr.
11/1/14

Ethel L. Miller
10/18/14

Lottie Patterson
10/9/14

Roberta E. Pink
10/12/14

Carrie Presley
10/10/14

**Congdon &
Company**

Leroy A. "Roy" Berg
10/23/14

Percy Blair 10/17/14

Betty Eskew 10/8/14

Shirley M. Hall
10/20/14

Betty Ketcham
10/25/14

Nell Rose McKinney
10/20/14

Christine
"Chris" (Celaric)
Musick 10/13/14

Marsh Funeral Home

Bernice Miltimore-
Perez 10/31/14

Peterson & Patch

George Spaeth
10/18/14

Frank Peter Alfino
10/9/14

Robert D. Carlson
11/5/14

June Hansen 10/23/14

Stanley Gamble
10/28/14

George Hughes Jr
10/21/14

Barbara Jane "Bobbie"
Moran 11/7/14

Michael Ortiz 10/27/14

Salata Gurnee
Funeral Home

Rose Rosko 10/13/14

Virginia Czekalski
10/19/14

Earl H. Laube
10/25/14

Josephine
"JO" (Treven) Piktel
10/15/14

Rosemary
"Toots" (Van Hoogen)
Liebert 10/14/14

Warren Cemetery & Mausoleum Funeral

Rev. Joseph Wilcox
10/18/14

Westgate Funeral Home

Joseph Walls
Baldridge

Grundy Funeral Home

Thelma Bostic 11/3/14

Prince of Peace Lutheran Church

Ellen Gayle "Miz
Ellie" (Dickson)

Colbert 10/12/14

Glueckert Funeral
Home

John E. "JD" Dawson
11/6/14

Kenosha Funeral Services

Janet McCormick
10/10/14

Kristan Funeral Home

Mary E. (Furlan)
Pasiewicz 10/9/14

McMurrough Funeral Chapel

Paul I. Poirier
10/19/14

Warren Cemetery Mausoleum

John Portegys
10/24/14

The Memorial Chapel

Ora Dee (Shepherd)
Shepard

Bradley Funeral Home

Suzanne M. (Racine)
Townsend 10/12/14

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.