



15th Annual Walk for Seniors

Saturday, September 13th



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@waukegantownship.com



Dear Friends,

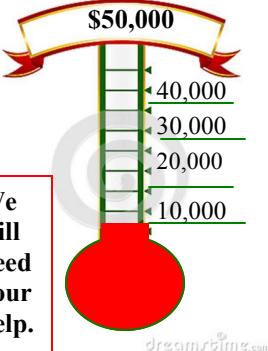
We're only a few days away from our 15th **A n n u a l 5K:Run/Bike/Walk for Seniors on Saturday, September 13th**. You can pre-register at Park Place or the Supervisor's

Office. On the day of the event, registration is at 13th Street and Sheridan Rd., in North Chicago. Registration the day of the event is \$30 which includes a commemorative T-shirt, and begins at 9:00 a.m. Kick-off at 10:00am. This is an intergenerational event, so come Run, Bike or Walk with us. You can begin the Walk at one of our many locations. We will have awards for the oldest, youngest and first runner, biker and walker in various age categories. Support us by mailing in a donation or donating on-line. Remember all donations are tax deductible. All individual donations of \$25

or more prior to the event will receive a commemorative WFS T-shirt. Although this event supports programs for seniors, there will be many intergenerational activities available. For more information call 847-244-9242. Thank you to Mr.

Ed Buschbacher for his countless hours of volunteerism as the coordinator of our computer classes, a member of our senior citizens service committee and as the head of our **5K:Run/Walk for Seniors** water stations during our yearly fundraiser.

We
still
need
your
help.



September 24th is National Women's Health and Fitness day. Healthy eating and physical activity go hand in hand. You'll find that eating healthy and staying active isn't as hard as you may think. Remember that physical activity does not have to be hard or boring to be good for you. Anything that gets you moving around, even if it's for only a few minutes a day, is a healthy start to getting more fit. If you commit to being physically active on a regular basis, your body will thank you because it can make a big difference to your health. I ran my first 5K on my Birthday; my second during North Chicago Community Days along with two other ladies over the age of 60. Picture is on page 3. **You can do it too!**

We would like to thank our Summer Music Bash Sponsor, Bradshaw and Range Funeral Home. We would also like to thank all of you who came out for our Summer Music Bash. We all had a great time listening to Polka, Gospel, Latin, Smooth Jazz, R & B and Reggae. It was also very exciting to see Miss Diane Pride accept the Lifetime Achievement Award on behalf of her brother Mr. George Louis Pride. We have other musical and travel opportunities available. We have Camelot at Drury Lane Theatre on Thursday, November 6th and our Victorian High Tea which includes visits to the Pabst Mansion and the Schuster Mansion in Milwaukee, Wisconsin on Thursday, December 11th. Information on our exciting trips are on page 3 of the Park Place Preview. We also have descriptions of each trip and the amount of walking involved during the excursion.

Park Place will be closed September 1, 2014 in observance of Labor Day.

Patricia Jones

Waukegan Township Supervisor
pjones724@waukegantownship.com
847-244-9242



HEALTH AND WELLNESS

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

Exercise Classes

Monday

SeniorSize-9:15 a.m.
SeniorSize-10:15 a.m.
Chicago Soul Dancing-5:30 p.m.
Yoga/Meditation-5:30 p.m.

Tuesday

Walk Fit-9:00 a.m.

Country Line Dancing-10:00a.m.

Wednesday

Advanced SeniorSize-9:15 a.m.
Yoga/Meditation 10:15 a.m.

Thursday

SeniorSize -10:15 a.m.
Chicago Soul Dancing -
5:30 p.m., \$2

Friday

Zumba-9:30 a.m.

Saturday

Walk Fit-10 a.m.

Learn to Step-1:00 p.m., \$2

Wellness Programs

Scholl College of Podiatric Medicine

Park Place complimentary foot care
*Tuesday, September 2 & 23 - 1:00 p.m.
by appointment.*

Rosalind Franklin Community Care Coach

Free Health Screenings
Tuesday, September 9, 10:00 a.m.

Walk Fit

Every Tuesday at 9:00 a.m. and every Saturday at 10:00 a.m. Park Place offers a Walking Fit class. This will be a great opportunity to walk with a certified instructor through local walking trails.

- *Belvidere Park- 1st week
- *Greenbelt Forest Preserve-Week 2
- *Bowen Park-Week 3
- *Hinkston Park- Week 4

Know your Numbers & Learn How to Use Your Machines

Tuesday September 30
1:00 pm

Your cholesterol, blood pressure, blood sugar and body mass index numbers are key indicators of your risk for serious illness. If you know these important numbers, you can make changes to improve your health and reduce your risk of developing heart disease, diabetes and other serious illnesses. Bring your glucometer machine and other supplies for hands on demonstration and learn more about coverage for your supplies. For more information call 847-244-9242.

Find us on the web at
www.waukegantownship.com

Call 847-244-9242 for information on renting
the Park Place Dining Room.

ACKNOWLEDGEMENTS & CONDOLENCES

We acknowledge seniors who have passed away in July/August 2014:

Bradshaw & Range

Aaron Pounds 7/4/14
Michelle J. Randolph 8/18/14
Floyd I. Adams Sr. 8/13/14
Thelma J. Coleman 8/6/14
Eric L. Glover, Sr. 8/5/14
Norris French, Sr. 8/5/14
Mildred Burnett 5/19/14
George Harrington 5/30/14
Burnett Dane Funeral
Louis Rose "Weeze" Campbell
7/20/14

Congdon & Company

Ben Ames 7/15/14
Edward Borre Jr. 8/12/14

Arnetta Brookshire 8/16/14
Betty Carman 8/9/14
Richard B. Hartke 7/27/14
Edward L. Larcom 7/18/14
Leathel E. McDaniel 7/28/14
William McKerrow Jr. 8/2/14
Tomadean Mills 7/20/14
Olis Mink 8/3/14
Anita Peacy 8/3/14
Kevin M. Rodriguez 7/18/14
Jean Stack 7/28/14
Earl M. Tessin 7/14/14
Gurnee Funeral Home
Frances Jerina 7/30/14
Dorris F. Stone 8/5/14
Marsh Funeral Home
Alberto Caamano 7/23/14
John L. Hoff 8/1/14
Joan Paulsen 7/17/14

Memorial Chapel of Waukegan

Chester S. Blackowicz 8/1/14
Victor A. Salazar 8/7/14
Peterson & Patch
Elizabeth M. Hoem 7/29/14
Sally Snarski 7/14/14
Salata Gurnee Funeral Home
Aloysius Konieczny 8/5/14
Marilynn J. Salata
Stanley Schapals 8/13/14
Strang Funeral Home
Wilbur "Nick" Nickerson 8/14/14
Kenneth Schwanbeck 7/18/14
Margaret Sisson 8/8/14
Warren Funeral Home
Lupe Rodriguez 7/9/14
Ronald Adams 7/27/14
Virgeane Barron 7/27/14
Ruth Raetzman 7/26/14



INFORMATION PROGRAM & SUPPORT GROUPS

TRANSPORTATION HOTLINE 847-599-2936

Sew Independent Class

Tuesdays, October 7, 21 &
November 4

Polly Abbott, Certified Vision Rehabilitation Therapist from Second Sense. Do you love to knit or crochet, but can't see your stitches? Are you having difficulty threading a needle or sewing on a button? Ms. Abbott will teach you techniques you can use right away. For more information call 847-244-9242.

Breast Cancer Awareness

Month Program

Wednesday October 8
1:00 pm

Park Place is proud to participate in National Breast Cancer Awareness Month. About 1 in 8 women born today in the United States will get breast cancer. The good news is that many women can survive if it's found and treated early. Join us as we celebrate survivors. For more information call 847-244-9242.

SUPPORT GROUPS MEETING DATES

| | |
|--|---|
| Low Vision | Tuesday 9/9/14 10 a.m. |
| Grandparents & Other Relative Caregivers..... | Monday 9/8/14 5:30 p.m. & Tuesday 9/23/14 11:00 a.m. |
| Alzheimer's..... | Tuesday 9/23/14 10 a.m. |
| Grief..... | Friday, 9/12/14 10 a.m. |
| Spanish..... | Friday 9/8/12 11:30 a.m. |
| Book Club..... | Monday 9/8/14 1:00 p.m. |
| Red Hat Society..... | Thursday 9/25/14 12 noon |
| Hearing Loss | Wednesday 9/24/14 1:00 p.m. |

TRIP INFORMATION

FOUR WINDS CASINO

Tuesday, September 16

Travel by chartered motor coach to the Four Winds Casino in New Buffalo, Michigan to enjoy slots, games and delicious food! Each person will get \$15 game play and a \$10 credit towards food from your choice of restaurants. Bus departs Park Place at 9:00 am.

Fee \$39 per person. Call 847-244-9242 for more information.

Come visit the Corner Gift Shoppe for you cards, jewelry, and other gift giving ideas.

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. An example of minimal walking would be theatre shows, restaurants and casinos. Two **feet** will indicate moderate walking. An example of moderate walking would be Ravinia concerts and some museums. Three **feet** will indicate extensive walking. An example of extensive walking would include ball games, walking tours and overnight trips. We hope this new feature will give you a better indication of the amount of walking required on our trips.

TECHNOLOGY CLASSES

Advanced Internet

Explore the World Wide Web like a pro! You will learn more about browsers and how to navigate various internet locations. You will also use the search engine to find information. Fee is \$20 per person. Course dates are Tuesdays September 2 & 9, and Thursdays September 4 & 11, 1:30 -3:30 pm.

Using Photoshop for your Pictures

This is an introductory course on digital editing of photos. Learn how to download and organize photos. Basic editing skills are also covered in the course. Course dates are Wednesdays September 17 & 24, and Thursdays September 18 & 25, 9:30—11:30 am Fee is \$20 per person.

Walk for Seniors Saturday, September 13, 2014 - 10:00 a.m. Kick-off
Contact Park Place for more information at 847-244-9242

SMOKEY ROBINSON AT THE GENESEE THEATRE

Friday, October 3

Leave the driving and parking to us! Once pronounced America's "greatest living poet," acclaimed singer-songwriter Smokey Robinson career spans over 4 decades of hits. During the course of his 50-year career, Robinson has accumulated more than 4,000 songs to his credit, which includes "Shop Around", "Tears of a Clown" and "I Second that Emotion". Cost is \$90 per person, main floor seating. Bus departs Park Place at 7:15 pm. Show begins at 8:00 p.m. For additional information on this exciting local concert call 847-244-9242.

15th Annual 5K: Run/Walk for Seniors



Patricia Jones, Waukegan Township Supervisor along with two other runners aged 60+ during North Chicago Community Days, 5:K Run event.

CAMELOT

Thursday, November 6

Enjoy a sumptuous feast on your choice of entrees and an afternoon of fine theater at Drury Lane. Adapted from T.H. White's novel The Once and Future King, Camelot is a valiant Broadway musical that will transport audiences to the magical and mythical days of medieval England. The classical production features a lush, romantic score including "If Ever I Would Leave You," "Camelot," "How to Handle a Woman" and "Follow Me." Your fee of \$76 includes a delicious lunch, performance tickets and transportation. Depart from Park Place at 9:30 a.m. Register in person at Park Place or via credit card at 847-244-9242 for more information.



Congressman Brad Schneider's Office

Tuesday, September 23

Congressman Schneider's office will be holding Neighborhood Office Hours, Tuesday, September 23, 2014 from 10:00 a.m. to 12:00 noon to answer any questions and assist you. If you need help with a federal agency or have questions about your benefits or what's available to you, Congressman Schneider's office is here to help cut through the red tape. For more information please call 847-244-9242.

Storage in a Flash! How to use a Flash/Thumb Drive

Tuesday, September 30-9:30a.m.

Explore portable storage using a Flash/Thumb Drive! Learn how to use this inexpensive nifty device to transfer and store information. You will discover the function of a Thumb Drive and gain the skills necessary to use the device with your computer. Basic computer skills are required! Space is limited. Cost is \$5.00 for this one day course.



Visit 149 S. Genesee Street for your passport needs. For more information on Passport requirements, please call 847-244-4900.

Or visit us on the web at www.waukegantownship.com

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

PARK PLACE CINEMA

Tuesday & Saturday September 2 & 6
The Monument Men : PG13*

Tuesday & Saturday September 9 & 13
Transcendence: Not Rated

Tuesday & Saturday September 16 & 20
Noah: R

Tuesday, September 23 & 27
Pompeii: R

Tuesday September 30
Gravity: R

15th Annual Walk for Seniors Saturday, September 13, 2014. 10:00 a.m. Kick-off at 13th & Sheridan.

PARK PLACE PREVIEW

414 S. Lewis Ave.

Waukegan, IL 60085

Phone: 847-244-9242

Fax: 847-244-9258

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 |



5K: Run/Bike/Walk for Seniors

Saturday, September 13, 2014

15th Annual Walk for Seniors

Taste of St. Louis

Tuesday & Wednesday,
October 7th & 8th



Explore the sights and tastes of St. Louis with this two day, get-away! Embark from Park Place on Tuesday, October 7th and arrive in St. Louis that afternoon. We will explore the St. Louis Arch, gateway to the west. We will also dine on famous St. Louis style barbecue. While there, enjoy the changing colors of fall leaves. On Wednesday we will visit the Missouri History Museum, historic site driving tour and then lunch at Ms. Robbie's famous Sweetie Pies restaurant before returning home. Cost is \$269 per person double occupancy. Trip includes transportation, hotel, all tours, dinner, breakfast and a lunch at Sweetie Pie's. Call 847-244-9242 for more information.



Church participation during 2013 Walk for Seniors. We can do it again!

Call 847-244-9242
for information on renting the Park Place Dining Room.

PRESORT STANDARD

US POSTAGE PAID

PALATINE P & DC

PERMIT NO. 418

PARK PLACE CAFÉ

11:30 am—1:30 pm

Fried Catfish and Baked Tilapia Specials
every Friday.

Meet your Leader

Wednesday, September 17

10:00 am – 11:00 am
What's new in your
Forest Preserve.

Come and hear what's new at the Lake County Forest Preserve. Meet Nan Buckardt, Director of Environmental Education & Public Affairs. The Lake County Forest Preserve was created by referendum in 1958 and continues to serve as Lake County's principal guardian of open space and natural areas.

AARP SAFETY DRIVING COURSE

September 23 & 24

10:00 a.m.—2:00p.m.

Call 847-244-9242 for information

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.