



**September & October 2022  
Community Connections Grant Events  
For Information: Kari Pohar—847-740-6708  
kpohar@catholiccharities.net**

**Please RSVP to Programs You Wish to Join**  
**Zoom (VIRTUAL) Program Instructions**

As always, please let me know if you need help getting online to join in. **To call in with your phone**, call the phone number below on the day and time of the event.

**For all VIRTUAL programs:**

**Website:** [www.zoom.us/join](http://www.zoom.us/join)

**Call-in number:** 312-626-6799

**Meeting ID:** 945 0481 3441

**Passcode:** 377510

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**HYBRID Programming is available!**

Hybrid is **IN-PERSON** & **VIRTUAL** at the same time. Now, no matter where in Lake County we are, join us on Zoom!

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**\*Asking Donation** — Wherever you see this throughout our program guide, you'll know that our funding does not cover all the costs for these programs. Donations of any amount are appreciated. **However, no one is ever denied participation due to their inability to donate.** Please call with any questions. Thank you!

## **WEEKLY RECURRING PROGRAMS**

These *HYBRID* & *IN-PERSON* programs will run on the same days and times, and at the same locations, as indicated. **MASK ENCOURAGED for IN-PERSON attendance. PLEASE NOTE: NO PROGRAMS ON THESE DATES: September 5 or October 10.**

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**Wit's Workout—*IN PERSON*—Asking Donation\*  
—Wednesdays, September 7-28 from 10-11 am at  
Patricia A Jones Center, 414 S. Lewis Ave.,**

**Waukegan** Do you forget someone's name moments after you hear it? Wonder if you closed the garage door when you left? You're not alone! The Wit's Workout brain teasers and puzzles are a fun way to help keep your brain healthy throughout your life.

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**Chair Yoga with Maribel—*VIRTUAL*—\*Asking \$10  
Donation—Tuesdays Beginning September 6 @ 1 pm**

This 4-week gentle yoga class is the perfect way to get and stay limber!

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### **Bingocize is Back!**

You asked for it! Bingocize is a fun way to exercise while playing a few rounds of bingo!

- ❖ ***IN PERSON*: Tuesdays & Thursdays beginning Oct 4 & 6 @ 10 am** —Buffalo Grove Community Arts Center - 225 McHenry Rd, Buffalo Grove
  - ❖ ***VIRTUAL*: Tuesdays & Thursdays beginning Oct 4 & 6 @ 1 pm**
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**Chair Yoga with Maribel—*VIRTUAL* —\*Asking \$10 Donation—Mondays beginning October 24th @ 1 pm**

This 4-week gentle yoga class is the perfect way to get and stay limber!

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**MONTHLY FAVORITES**

RSVP or just join in for your favorite monthly programs, from the comfort of your home!

**Book Club—*HYBRID (ZOOM)***

- ❖ **Friday, September 9 @ 1 pm**— *Mystery of Mrs. Christie* by Marie Benedict
- ❖ **Friday, October 14 @ 1pm** — *The Five: Untold Lives of the Women Killed by Jack the Ripper* by Hallie Rubenhold

Read the book and join in for a book discussion. Each book is available through your local library, Hoopla & Grayslake Library reserved (ask for the Catholic Charities Senior Book Club Title).

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**Geometric Painting—*IN PERSON* —\*Asking \$5 Donation**

Geometric Painting is painting that anyone can do. With the use of tape and canvas, you can create a unique and colorful piece of art!

- ❖ **Monday, September 12, 1-2 pm** Buffalo Grove Community Arts Center, 225 McHenry Rd., Buffalo Grove - \*Please RSVP by Sept 5th
- ❖ **Wednesday, October 19, 1:30-2:30 pm** Wauconda Township, 505 W Bonner Rd, Wauconda \*Please RSVP by Oct 12th

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## **Fireside with the Author—*VIRTUAL***

Listen to an author read their work, then discuss it with them.

- ❖ **Friday, September 16 @ 1 pm** ~Tel has been writing poetry for over 30 years as well as photography works. She has two collections of poetry published, Ink On Paper and When Willow Weeps. Currently she is working on a third collection and her first novel.
- ❖ **Friday, October 28 @ 1pm** Kari Pohar will read a scene from her novel, Chateau Merlot, and discuss the differences she brings to the vampire genre.

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## **Popcorn-Worthy Movies @ 2 pm—*VIRTUAL***

- ❖ **Friday, September 16—TBD**
- ❖ **Friday, October 21 —TBD**

In our movie club, we watch the movie ahead of time, then join in for a lively group discussion and movie trivia. Call or email Kari for more info.

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## **Fairy Tales and Nursery Rhymes—*VIRTUAL***

**Wednesday, September 21 @ 1:30 pm—Wauconda Township - 505 W Bonner Rd, Wauconda** What surprises will we learn this time about our favorite fairy tales and nursery rhymes? Join us for the backstories!

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## **Legal Basics for Regular People—*VIRTUAL***

Join us as Amy Lonergan from Finn & Finn explains legal topics clearly for regular people like us!

❖ **Monday, September 26 @ 2 pm** Business Organizations

❖ **Monday, October 24th @2 pm** You're Dead. Now What?

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**Google October—*VIRTUAL*** Join us as we explore different ways to use parts of the FREE Google suite of programs!

❖ **Google Sheets** Wednesday, October 12th @ 1 pm

❖ **Gmail** Friday, October 14 @10 am

❖ **Google Sharing** Friday, October 21 @10 am

❖ **Google Docs** Friday, October 28 @10 am

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## **SPECIAL EVENTS**

***And now for something a little different to enjoy!***

**Summer Photo Contest Winner Reveal—*VIRTUAL—*  
Friday, September 2 @ 1 pm** See all the Summer photos that were submitted and learn who won! Still have a great photo to share? To enter: **e-mail up to 3 your favorite original summer photos to Kari at KPohar@catholiccharities.net by Friday, August 26 at 10 am!**

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**The World's a Stage—*IN PERSON*- Wednesday, September 7, 1-2 pm, Buffalo Grove Community Arts Center, 225 McHenry Rd., Buffalo Grove** Let's read a play together and bring out your "inner actor"! **RSVP to Kari by Sept 5th** to get the script mailed or emailed to you. Each person can be assigned a part to play.

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**Murder Mystery Party with Lunch—*IN PERSON/RSVP NEEDED*—\*Asking Donation—Thursday, September 8 from 12-3 pm at Catholic Charities Round Lake, 101 N Cedar Lake Rd., Round Lake** You're invited to the Detective Club Murder Mystery Party! Everyone will get a character at the start of the game and a card that will tell you if you're guilty or innocent. The booklet will have all the answers you need. There's no improv needed. You and your group will try to discover who the murderer is before time runs out! **RSVP by September 2 to Nutrition—call 847-782-4170.**

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**Coping With Grief Through Art—*VIRTUAL*—Monday, September 12 @ 10 am** Lauren Raney, Willow House, is back to walk us through some art therapy. She will talk about how art can help anyone through grief and you don't have to be an "artist." If you have ever struggled with grief, this program is for you. Have handy any paper, colored pencils, crayons, markers, or whatever you'll use to express your feelings through art.

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**Fall Trivia—*VIRTUAL*—Wednesday, Oct 5 @ 1 pm** Let's try our hand at answering some Fall trivia! You may learn something new!

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**5 Things You Can Do To Prevent Elder Abuse**

**—*VIRTUAL*—Monday, Oct 17@ 1 pm** Did you know that more elder abuse is reported around the holiday seasons? This is the perfect time to know the signs and red flags so you can help prevent and report suspected elder abuse.

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**Fall Photo Contest** All seniors 60+ are invited to enter our **free photo contest!** A prize will be awarded to the person with the best photo with the **Fall theme.** Creativity is encouraged!

- ❖ All submitted photos must be your own original work.
- ❖ Photos may be in color, black and white, etc.
- ❖ You can use any device (camera, phone, tablet) to take pictures, as long as you can email them.
- ❖ Please include the location of the photo, if possible.
- ❖ ***Each person may enter up to 3 photos.***
- ❖ ***Email your photos to [kpohar@catholiccharities.net](mailto:kpohar@catholiccharities.net) by Friday, November 28 at 10 am***
- ❖ **Join us on Zoom on Friday, December 2 at 1 pm to see all the submitted photos and learn who won!**





**National Fall Prevention Day**  
**HYBRID-IN-PERSON/VIRTUAL**

**Thursday, September 22, from 10 am - 3 pm**  
**Catholic Charities Round Lake**  
**101 N Cedar Lake Rd., Round Lake**

Did you know that September 22 is the 50th anniversary of National Fall Prevention Day? Join us for this extra-special day focusing on helping you prevent falls through healthy practices! We've gathered some local experts to help assess your risk, check your hearing and learn how to find lifesaving help on your smartphone.

Featuring speakers:

- ❖ **J. J. Johnson** Presenting on QR Codes and how they can help in a medical emergency.
- ❖ **Rosalind Franklin University Health Systems** Presenting on Falls and Offering Fall Risk Assessments (also available to those joining on Zoom).
- ❖ **Ray Wenc from Audibel in Libertyville** Performing free hearing screenings by appointment! ***Please call 847-362-7500 to schedule your time slot.***

This day is presented at no charge to you and includes lunch, if you are attending in person. ***Please RSVP by September \_\_ if you are attending in person to Nutrition at 847-782-4170.***