



Community Connections Grant Events
 For Information Kari Pohar—847-740-6708
 kpohar@catholiccharities.net

IMPORTANT: Due to the pandemic, last-minute changes to programming may occur. In-person programming may need to adjust to virtual during this time of uncertainty.

The best way to receive updates regarding changes is to RSVP to programs that you are interested in attending.



Please Note: Masks MUST be worn during any in-person programming. Thank you!

Zoom 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 | Call-in number: 312-626-6799

Meeting ID: 945 0481 3441 | Passcode: 377510

Please RSVP to Programs You Wish to Join



Hybrid Programming is being offered!

What's hybrid? In-person & Virtual at the same time. Now, no matter where in the county we are, you can join us on Zoom!

Winter Photo Contest

Photos Due Monday February 28th

Open to Seniors 60+

Email Photos to : Kari Pohar—
kpochar@catholiccharities.net

You're invited to enter our free photo contest! A prize will be awarded to the person with the best photo! Creativity is encouraged!

***Email photos to Kari by
February 28th***

Keep in Mind:

- Photos must be your own
- Theme is Winter, but your creativity is encouraged
- Photos may be in color, black and white, etc.
- Photos may be taken on any device as long as you can email them
- Up to 3 photos per person

Funded by:





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Virtual—Friday, February 25@ 10 am —Safety Tips from the Sheriff’s Department—Practical safety strategies.



Virtual—Friday, February 25 @2 pm—Black History Month

This year's theme is Black Health and Wellness. Let’s acknowledge the contributions of doctors, physicians, midwives, and herbalists.



Virtual—Monday, Feb 28 @1 pm—Google Docs

Let’s learn to create and use Google Docs.



Virtual—Monday February 28th @ 2 pm – Just for Laughs

Remember “Laughter is the Best Medicine,” from the *Reader’s Digest*? Let’s share some of our favorite jokes with each other! (Please keep the jokes clean so everyone can feel good about them —think of the good, clean fun of Rodney Dangerfield, Sinbad, Ellen Degneres, and Jerry Seinfeld.)



Virtual—Wednesday March 2 @ 1 pm – The World’s A Stage

Let’s read a play together! RSVP by Feb 23 to get the script mailed/ emailed to you. Each person can be assigned a part to play—no memorization or costumes needed!



Virtual—Friday, March 4 @ 1 pm—Winter Photo Contest

The votes have been counted and we have a winner! Join us to see all the photo entries and watch the winner be revealed at the end!



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**Virtual—Monday, March 7 @ 2 pm—
 Legal Basics for Regular People**

Join us as Amy Lonergan from Finn & Finn will cover Personal Injury.



Virtual—Tuesday, Mar 8 @10 am—Supportive vs. Assisted Living

Do you know the differences between supportive and assisted living? We hear these terms a lot, but what do they mean? We're going to explore the differences between what these two options include and offer to their residents.



Virtual—Wednesday, March 9 @ 1 pm—Accountability Group

Let's reach our goals together! Is there a special goal you would like accountability to reach? Then this group is for you! Each month, we'll share what our goals are and how we're going to reach them. If you're not sure how to reach them, let's work together in the group to look at ideas you can try.



**In Person—Thursdays beginning March 10 @ 10 am —Tai Chi for
 Arthritis—Lake Villa Township—37908 N. Fairfield Rd., Lake Villa**

This in-person 16-week program will teach you forms that flow into each other and can be done seated or standing. Gentle movement and stretches help ease pain from arthritis or other chronic pain. Class will meet once per week. ****Asking Donation***

***About Asking Donation** —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.



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Friday, March 11 @ 1 pm—Book Club

***The Stranger Inside* by Lisa Unger**

HYBRID—Zoom or at Antioch Township, 1625 Deep Lake Rd, Lake Villa

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



Tuesdays & Thursdays beginning March 15 & 17 @ 2 pm

Bingocize – 10-week program, 2x per week

In Person at Waukegan Park Place – 414 S Lewis Ave, Waukegan

Bingocize is a fun way to exercise while playing a few rounds of bingo! RSVP to ahernandez@waukegantownship.com or 847-244-9242.

***Asking donation**



Wednesday, March 16 @ 1 pm

Virtual—Zoom Basics — Spotlights vs. Pinning Let's learn more!



Virtual—Friday, March 18 @ 10 am & 3 pm

Popcorn-Worthy Movies

This is a movie club where you watch the movie ahead of time, then join in for a group discussion/movie trivia. The movie this month will be released before 1980. **Movie: TBD**

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Friday, March 18th @ 1 pm

Virtual—Fireside with the Author—Diane Kane

Let's listen to an author read a piece of their work. Author Diane Kane is the publisher and coauthor of *Flash in the Can Number One* and *Number Two*. She also writes public interest articles and professional reviews. Her children's book is *Don Gateau the Three-Legged Cat of Seborga*. Questions and a discussion will follow.



Wednesday, March 23 @ 10 am

Virtual—Movie/TV Show Title Scramble—Let's have fun trying to figure out the movie/TV show titles in the puzzle.



Wednesday, March 23 @ 1pm

Virtual—Streaming—What's That? Let's explore streaming!



Friday, March 25 @ 10 am

Virtual—Wheel of Fortune— Let's play a few rounds of Wheel of Fortune online together! Can you guess the puzzles first?



Friday, March 25 @ 1 pm

Virtual—Women's History Month—“Women Providing Healing, Promoting Hope.” It's “both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history.”



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Friday, March 25 @ 2 pm, 505 W Bonner Rd., Wauconda

In Person—Cranes, Herons, Egrets—Our friends from Lake County Forest Preserves are back! Tall, wading birds can be challenging to tell apart from a distance. Let's discover the different species of Cranes, Herons, and Egrets that visit Lake County and learn about their unique adaptations and habitats. ***Asking Donation**



Monday, March 28 @ 1 pm

Virtual—Options Counseling—Let's learn about what Options Counseling is and how it can be beneficial.



Wednesday, March 30 @ 10 am

Virtual—Tech Time—You Tube & You - What's YouTube and how do you use it?



Wednesday, March 30 @ 1 pm

Virtual—Escape Room This VIRTUAL escape room allows you to work as a team to “escape” a room and solve puzzles! Can you and your group escape?

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Friday, April 1@10 am

Virtual—Screenshots— Let's learn how to take pictures with our phones and computers!



Monday, April 4 @10 am

In Person—Zinnia Mania Let's get creative and crafty! We will have pinecones for you to paint to make them look like Zinnias. This very easy project is great for every skill level! Buffalo Grove Community Arts Center, 225 Old McHenry Rd., Buffalo Grove ****Asking Donation***



Mondays Beginning April 4 @ 1:30 pm,

505 W. Bonner Rd., Wauconda *Asking Donation

In Person—Chair Yoga with Isabel— This 4-week gentle yoga class is the perfect way to stay active this winter! Benefits of chair yoga include balance, strength, flexibility, and protection from injury.



Tuesdays Beginning April 5 from 10 am to 12 pm,

1625 Deep Lake Rd. Lake Villa *Asking Donation

In Person—Matter of Balance—8-week program—Wonder what the pandemic has done to your balance? This popular program will cover ways to prevent future falls, learn why falls happen and practice exercises to help develop our strength and flexibility.

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Virtual—Wednesday, April 6 @10 am—Gilmore Car Museum Tour

Let's take a VIRTUAL guided tour of Gilmore Car Museum in Michigan! We'll see classic and vintage automobiles.



Virtual—Wednesday, April 6 @ 1 pm—Accountability Group

What's a goal that you're trying to reach? Do you need help achieving it? Want people who will hold you to your goal? Join us as we help each other reach our goals! They can be any kind of goal—health, exercise, moving, downsizing, organizing, etc.



Friday, April 8 @ 10 am & 3 pm

Virtual—Popcorn-Worthy Movies—This is a movie club where you watch the movie ahead of time, then join in for a group discussion/movie trivia. The movie this month will be released after 1980.

Movie: TBD



Friday, April 8 @ 1 pm

Hybrid—Book Club—Each month, read the assigned book and join in for a book discussion. This month's selection is *The Wisdom of Sally Red Shoes* by Ruth Hogan. Book available: Grayslake Library (Catholic Charities Senior Book Club at the front desk), local library, Hoopla. This hybrid program is available on Zoom and in person at Anti-och Township - 1625 Deep Lake Rd, Lake Villa



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Mondays & Wednesdays Starts April 11 & 13 @ 10 am

Bingocize - 10-week program, 2x per week

Hybrid & IN PERSON—At 94 Midlothian, Main Activity Room at Hawthorn Woods Aquatic Center, Hawthorn Woods

Bingocize is a fun way to exercise while playing a few rounds of bingo!
 This program meets twice per week. ****Asking Donation***

RSVP to Kari Pohar 847-740-6708 or Brian Sullivan 847-847-3531



Virtual—Wednesday, April 13 @ 2 pm—

Legal Basics for Regular People

Join us as Amy Lonergan from Finn & Finn will present on Contracts.



Wednesday, April 20 @ 1 pm

Virtual—Dark History: Fairy Tales and Nursery Rhymes—Ever wonder about some of the history behind these fairy tales and nursery rhymes we all love? Let's explore together and learn about some of the theories. ****Asking Donation***



Friday, April 22 @ 10 am—Name That Tune

Let's play some music and guess the song (or just sing along)!

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Virtual—Friday, April 22 @1 pm—
Fireside With the Author *Asking Donation

Author Pat Spencer will return to give us a preview of her novel in progress! *Rise, Young Heart* is inspired by her mother's experience in the 1930s as an orphan at Sacred Heart Orphanage in Pueblo.



Virtual—Wednesday, April 27 @ 1 pm—
National Deaf History Month

Let's learn about and celebrate the accomplishments of people who are deaf and hard of hearing.



Friday, April 29 @ 10 am—Springtime Trivia

Let's test our knowledge of Spring!



Friday, April 29 @ 2 pm—Woodpeckers of Lake County

IN PERSON—

Fremont Township, 22835 W Route 60, Mundelein

Our friends from Lake County Forest Preserves are back! We'll learn about woodpeckers that can be found around Lake County.

****Asking Donation***

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