



**November & December 2023/January 2024
Community Connections Grant Events
For Information: Kari Pohar—847-740-6708
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**NO PROGRAMS ON 11/22-11/24, 2023
AND 12/22/23-1/5/2024.****

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

Call-in number: 312-626-6799

Meeting ID: 945 0481 3441 **Passcode:** 377510

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

***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!

WHERE WILL MY PROGRAM BE HELD?

Here is a list of meeting places, including addresses, for our programs. Program listings now will include only the facility name; you can find the addresses here.

- ★ **Avon Township, 433 E. Washington St., Round Lake Park**
- ★ **Buffalo Grove Park District Community Arts Center, 225 McHenry Rd., Buffalo Grove**
- ★ **Gift of Games - 82 Center St, Grayslake**
- ★ **Grayslake Senior Center- 50 Library Ln Grayslake (right next to Dog n Suds)**
- ★ **Libertyville Civic Center Foundation, 135 W Church St., Libertyville**
- ★ **Wauconda Township, 505 W Bonner Rd, Wauconda**
- ★ **North Chicago Library, 2100 Argonne Dr North Chicago**

HEALTHY MOVEMENT AND FOOD

Our healthy movement sessions combine moving at your own pace and comfort level, with helpful hints on fall prevention, and a healthy seasoning of fun!

And did we mention food demos and tips to make healthy eating tasty, too? So much to enjoy!

Cooking Demo with University of Illinois Extension
- *IN PERSON* - Wednesday November 1st @ 1-2
pm. *North Chicago Library*

Tai Chi—*IN PERSON*—4 Tuesdays beginning
November 7th (through 11/28) @ 1-2 pm—Asking
Donation—*Avon Township* Gentle Tai Chi can be done seated or standing. Asking \$10 Donation

Tai Chi—*IN PERSON*—4 Mondays beginning
November 20th (through 12/11) @ 1:30-2:30
pm—Asking Donation—*Wauconda Township* Gentle Tai Chi can be done seated or standing. Asking \$10 Donation

Chair Yoga—*VIRTUAL* —4 Wednesdays from
November 29th through December 20th @ 1-2pm
—Asking Donation Maribel is back for this virtual chair yoga class.

Tai Chi—*IN PERSON*—4 Fridays beginning January
12th (through 2/2/24) @ 11am - *Grayslake Senior*
***Center* - Asking Donation—** Gentle Tai Chi can be done seated or standing. Asking \$10 Donation

Matter of Balance—*IN PERSON*—10 Thursdays from January 11th through March 7th @ 1 pm - Grayslake Senior Center. With each passing year, our balance can change and our fall risk can increase. Join us for 8 sessions of ways to prevent future falls, learn why falls happen and practice exercises to help develop our strength and flexibility.

- ***Note: Matter of Balance runs for 8 weeks. Because it is a class that builds on each week's movements, for your safety, you may only join the class until Week 2.***

BINGOCIZE - NEWLY STARTING CLASSES

If you've heard the buzz around Bingocize but haven't tried a class, this is your chance! This fun program incorporates both exercise and Bingo (think of the Bingo as the rest in between the exercises). *Please bring water.* Resistance bands will be available to use or you're welcome to bring your own (or light hand weights).

***IN PERSON*—Mondays & Wednesdays @ 10-11am begins January 8 & 10 (through March 25 & 27) —Libertyville Civic Center Foundation**

***IN PERSON*—Tuesdays & Thursdays @ 10-11 am begins on January 9 & 11 (through March 26 & 28)—Avon Township**

VIRTUAL— Virtual Bingocize—Mondays & Wednesdays from January 8th and 10th through March 18th and 20th, 1-2 pm. Winter weather won't stop us from playing Bingo together every week! Join us on Zoom from the comfort of your home!

MONTHLY FAVORITES

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

Book Club—VIRTUAL

- ❖ **Friday, November 10 @ 1 pm—A Christmas Murder Game by Alexandra Benedict**
- ❖ **Friday, December 8 @ 1pm — Christmas Bookshop by Jenny Colgan**
- ❖ **Friday, January 12th @ 1pm —TBD**

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).

Popcorn-Worthy Movies @1:00 - 2:30 pm—VIRTUAL

- ❖ **Friday, November 17— TBD**
- ❖ **Friday, December 15 — TBD**
- ❖ **Friday, January 19 — 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. Join us for the backstories!

SPECIAL EVENTS

And now for something a little different to enjoy!

Memoir Writing—*IN PERSON*—4 Thursdays, November 6-27, 1:30-2:30 pm at [Grayslake Senior Center](#). Want to share your life story in writing for your family and future generations? Join us as we help you organize your memoir!

Crime Prevention—The Lake County Sheriff's Department will speak on common crimes and scams that are targeting seniors.

***IN PERSON*—Wednesday, November 15th, 1-2 pm, [Buffalo Grove](#)**

***VIRTUAL*—Friday, December 1st @ 10 am**

***IN PERSON*—Winter/Snow Fairy Tales & Nursery Rhymes —Thursday, December 14th, 1-2 pm, [Buffalo Grove](#).** Let's explore some theories behind some of our favorite Winter nursery rhymes and fairy tales.

Owls of Lake County—*IN PERSON*—Tuesday, January 23rd, 1-2 pm, [Wauconda Township](#). Whoooo wants to see and learn about owls? Join our friends from

the Lake County Forest Preserve as they share the mysteries of local owls!

IT'S GAME TIME!

Join us for some of your favorite games as we exercise our minds while having fun with our friends! You may even learn some new favorites!

Board & Card Games—Let's have some fun playing a variety of board and card games together!

IN PERSON—**2 Mondays, December 4 & 11 @ 1:30-2:30 pm at Grayslake Senior Center.**

IN PERSON—**Brain Games—3 Fridays, December 1st through 15th from 3-5 pm at Gift of Games**

IN PERSON—**Wit's Workout (A memory and brain health program)—2 Tuesdays, January 9th & 16th @ 1-2pm, Buffalo Grove.** Wit's Workout is a fun way to challenge your brain with puzzles and word games.

IN PERSON—**4 Fridays, January 12th through 26th from 9-11 am at Grayslake Senior Center.**