



**August and September 2024  
Community Connections Grant Events**  
**For Information: 847-740-6708**  
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***NO PROGRAMS ON Monday, 9/2 (Labor Day).***

***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**

**WHERE WILL MY PROGRAM BE HELD?**

Here is a list of meeting places, including addresses, for our programs. Program listings include only the facility name.

- ★ **Avon Township, 433 E. Washington St., Round Lake Park**
- ★ **Gift of Games, 82 Center St., Grayslake**
- ★ **Grayslake Senior Center, 50 Library Ln., Grayslake (right next to Dog n Suds)**
- ★ **Wauconda Township, 505 W. Bonner Rd., Wauconda**
- ★ **North Chicago Public Library, 2100 Argonne Dr., North Chicago**

## HEALTHY LIFESTYLE FROM HEAD TO TOE

Check your hearing and learn how to prepare simple, tasty, healthy foods on a budget to improve your health!

### Hearing Screenings—Audibel—*IN PERSON*—

Wednesday, August 14 from 10 am to 2 pm How's your hearing? Did you know that hearing is an important measure of overall health and safety? Get yours checked at a free screening by our friends from Audibel. **Sign up with Angie at Audibel, 847-362-7500 Wauconda Township**

**Create Better Health** This hands-on, 4-session class led by the University of Illinois Extension will empower your wellness journey! You will learn to make easy, healthy recipes that are also budget-friendly. Weekly topics are MyPlate & Physical Activity; Meal Planning, Grocery Shopping, & Goal Setting; Nutrition Facts Labels; and Healthy Eating Patterns.

❖ *IN PERSON*—Mondays, September 9 through 30, from 1-2 pm, Avon Township

## LET'S TAKE A WALK TOGETHER!

Join us for a leisurely walk at a Lake County park or forest preserve facility that has a paved or asphalt path. We will indicate the distance and path surface so you can decide if it's a good place for you to walk. ***All dates are "weather permitting," meaning we'll cancel if it is raining, or too hot or cold. Please RSVP for updates.***

❖ Tuesday, July 30 @ 10 am—Central Park, 250 Library Lane, Grayslake (1.7 mi, paved surface)

Meet by the Central Park parking lot, next to the Grayslake Aquatic Center.

- ❖ **Thursday, Sept. 5 @ 10 am—Ft. Sheridan Tour—1275 Gilgare Lane, Lake Forest (1 mi, .02 mi, and .75 mi—all paved trails)** Let's enjoy a walking tour of historic Ft. Sheridan, led by a Lake County Forest Preserve guide! Meet in the parking lot using Simonds Way to Leonard Wood N to Gilgare Ln.
- ❖ **Thursday, Sept. 19 @ 10 am—Hastings Lake, 21155 W. Gelden Rd., Lake Villa** We can choose from the **1-mile yellow loop (gravel surface)** or **2.2-mile blue loop (paved surface)**. Meet by the parking lot near the bathrooms.

## **MONTHLY FAVORITES**

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

### **Book Club—*VIRTUAL*—@ 1 pm**

- ❖ **Friday, August 2** —*Dead Flowers* by Nicola Monaghan
- ❖ **Friday, September 6** —Let's talk about our favorite Book Club reads through the years!

Read the book and join us to talk about it. Each selection is available through your local library, Hoopla, and Grayslake Library reserved (ask for the Catholic Charities Senior Book Club Title).

**Legal Basics—*VIRTUAL*—@ 2 pm** Amy Lonergan of Finn & Finn in Waukegan takes the mystery out of legal situations we might encounter.

❖ **Tuesday, August 13—Small Claims**

❖ **Tuesday, September 10—What to Do in an Accident/Traffic Stop**

**Popcorn-Worthy Movies—*VIRTUAL*—@ 1 pm**

❖ **Friday, August 16—Age of Adaline**

❖ **Friday, September 13 —North by Northwest**

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

**What's on Your Nightstand?—*VIRTUAL*—** Join us for a new kind of book club, where we bring the book we're reading from our nightstand, Kindle, or however you like to read, and share what you like about it. You don't even have to finish it! After, we'll email a list of titles discussed so you can see what your friends are reading and recommending!

❖ **Thursday, August 22 @ 1 pm**

❖ **Wednesday, September 4 @ 10 am**

## **SPECIAL EVENTS**

And now for something a little different to enjoy!

### **Haunted Vacation Destinations —*VIRTUAL*—**

**Tuesday, August 6 @ 10 am** Are you looking for a little more excitement on your vacation? Join us to learn about some haunted destinations for your next trip!

### **MORE Shopping and Saving With Store Apps—**

***VIRTUAL*— Thursday, August 15 @ 1 pm** You asked for it, so we're back with another round of stores! This time, we'll share our shopping secrets for Sunset Foods, Tony's Fresh Market, Target, and Walmart. Learn how to use online loyalty clubs, and digital coupons and offers to get the most for your money! **All attendees will receive a copy of the presentation as a reference.**

### **Recycling—What and How?—*VIRTUAL*—Thursday,**

**September 12 @ 1 pm** Do you get confused about what you can recycle, how, and where? Cut down on your trash and help our planet with proper recycling! Merleanne from SWALCO (Solid Waste Agency of Lake County) will take the mystery out of recycling and answer your questions.

### **Hispanic Heritage Month Trivia Game —*VIRTUAL*—**

**Thursday, September 19 @ 1 pm** Join us to learn all about Hispanic Heritage Month, which is celebrated from September 15 to October 15th. Let's play a game to see

how many of the rich contributions and influence of Hispanic Americans to the history, culture, and achievements of the U.S. you know!

**Haunted Illinois**—Discover some haunted sites and stories right here in Illinois!

❖ **VIRTUAL**— **Tuesday, September 24 @ 10 am**

❖ **IN PERSON**—**Wednesday, September 25 @ 10 am—Wauconda Township**

## **LAKE COUNTY FOREST PRESERVE PROGRAMS**

**Woodpeckers—IN PERSON—Wednesday, August 7**

**@ 10 am** Learn about the different species of woodpeckers that call Lake County home, and their interesting biology and behaviors. **Wauconda Township**

**Fish-Eating Raptors—IN PERSON— Thursday,**

**September 12 @ 1 pm** Learn about the adaptations of bald eagles and ospreys, how to identify them, and where they can be spotted in Lake County. The presentation will cover common characteristics of our local raptors. **North Chicago Library**

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## **FUN AND GAMES GALORE!**

Exercise your mind while having fun with friends!

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

- ❖ **IN PERSON—Brain Games—2 Thursdays,**  
**August 15 and 22 from 10:00-11:30 am**  
**Wauconda Township**
- ❖ **IN PERSON—Brain Games—3 Fridays,**  
**September 6 through 20 from 3-5 pm**  
**Gift of Games**