



**May & June 2023
Community Connections Grant Events
For Information: Kari Pohar—847-740-6708
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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. **NO PROGRAMS ON MON., MAY 29, MEMORIAL DAY.**

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!

HEALTHY MOVEMENTS

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

Stiff No More with Isabel—*VIRTUAL*—4 Wednesdays from May 3 through May 24 @ 2 pm

Is stiffness making movement uncomfortable? Join Isabel Raci for a gentle workout that will help to relieve stiffness.

Tai Chi with Mary—*IN PERSON*—*Asking Donation—4 Tuesdays from June 6 through June 27 @ 1 pm, North Chicago Public Library, 2100 Argonne Dr., North Chicago

This in-person program of gentle movement and stretches will teach you forms that flow into each other and can be done seated or standing.

Yoga with Weights with Isabel —*IN PERSON* *Asking Donation—4 Thursdays from June 1 through June 22 @ 2 pm, Avon Township Center, 433 E. Washington St., Round Lake Park

Add something new to your yoga practice with the use of light hand weights, guided by yoga practitioner Isabel Raci.

Let's Take a Walk Together! Join us for leisurely walks as we explore nature in scenic Lake County! *Weather Permitting*****

Thursday, May 11, @1 pm—Hastings Lake Forest Preserve, 21155 W Golden Rd., Lake Villa

Thursday, June 29 @ 10 am—Old School Trails, 28285 St. Mary's Rd., Mettawa

Friday, June 30 @ 10 am—Central Park, 250 Library Ln., Grayslake

MONTHLY FAVORITES

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

Legal Basics for Regular People—*VIRTUAL*

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

- ❖ **Monday, April 24 @ 2 pm—Wills**
- ❖ **Tuesday, May 30 @2 pm—Power of Attorney**
- ❖ **Monday, June 26 @2 pm—Trusts**

Dark History of Fairy Tales—Some of our favorite fairy tales and nursery rhymes have very surprising backstories! Join us to hear the secrets behind some of your childhood favorites!

- ❖ **Thursday May 4th @ 1 pm - *VIRTUAL* - *Mythical Creatures***
- ❖ **Thursday, May 11 @ 10 am—*IN PERSON*—Avon Township Center, 433 E. Washington St., Round Lake Park**

- ❖ **Thursday, May 25 @ 10:30 am — *IN PERSON* - Grayslake Senior Center - 50 Library Ln Grayslake**
 - ❖ **Thursday, May 25 @ 1 pm — *VIRTUAL***
 - ❖ **Monday June 12th @ 1 pm - *VIRTUAL* - Mythical Creatures Part 2**
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Book Club—*VIRTUAL*

- ❖ **Friday, May 12 @ 1 pm— *Murder at the Vicarage by Agatha Christie***
- ❖ **Friday, June 2 @ 1pm — *Last Girl Ghosted by Lisa Unger***

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, May 19—**TBD****
- ❖ **Friday, June 16 —**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

Wit's Workout—*IN PERSON*—Mondays, May 1 & 8 @ 3 pm Grayslake Senior Center - 50 Library Ln Grayslake Wit's Workout is a fun way to help improve memory. Memory puzzles and games.

Google Series—*IN PERSON*—Tuesdays, May 2 through 23, @ 1 pm Avon Township - 433 E Washington St Round Lake Park. Google has many free apps to make your life easier! Join us as we learn about them together

Word Games—*VIRTUAL*—Thursday May 4 @ 10 am— Let's play some word games together!

Brain Games—*IN PERSON*—3 Fridays, May 12 through May 26 from 3-5 pm—Gift of Games, 82 Center St., Grayslake Let's play some games together to keep our brains active!

Word Games—*IN PERSON*—Monday May 15 & 22 @ 3 pm—Grayslake Senior Center - 50 Library Ln Grayslake Let's play some word games together!

Sugar Scrub—*IN PERSON*—Wednesday May 31 @ 1:30 pm—Wauconda Township - 505 W Bonner Rd Wauconda Let's make a sugar scrub for your hands and feet - Asking Donation

Murder Mystery Party— *IN PERSON*—Wednesday, June 7 from 1-2 pm—Buffalo Grove Community Arts Center, 225 Old McHenry Rd., Buffalo Grove

Whodunit? Help us solve the murder mystery. We'll give you the clues to work with others to solve the case!

Brain Games—*IN PERSON*—Thursday June 8 @ 10 pm—Wauconda Township - 505 W Bonner Rd Wauconda Let's play some games!

Elder Abuse Presentation—*VIRTUAL*—Thursday, June 15 @ 10 am Join us on Elder Abuse Awareness Day as our friends from Prairie State Legal educate us on this topic. What is elder abuse, how can you report it, and more

Guess the Fairy Tale—*VIRTUAL*—Wednesday June 28 @ 10 am— Using the hints, can you guess which fairy tale is being described?

Wit's Workout—*IN PERSON*—Wednesday June 28 @ 2pm Grayslake Senior Center - 50 Library Ln Grayslake Wit's Workout is a fun way to help improve memory. Memory puzzles and games.

Rock Painting—*IN PERSON*—Thursday, June 29 @ 1pm, Avon Township Center, 433 E. Washington St., Round Lake Park Channel your inner artist by painting on rocks! This fun, easy craft will enchant you.

BINGOCIZE - CURRENTLY RUNNING CLASSES

IN PERSON—Mondays @ 10 am, Lake Villa Township, 37908 N Fairfield Rd, Lake Villa Last class date is: July 31st

IN PERSON—Wednesdays & Fridays @ 10 am, Fremont Township, 22385 IL 60, Mundelein Last class date is: June 16th