



**March & April 2023
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

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!

Chair Yoga with Maribel - *VIRTUAL* - 4 weeks on Wednesdays from March 1 through 22 @ 1 pm

Bingocize—*IN PERSON* 20 weeks (1x/week) OR 10 weeks (2x/week) *Asking Donation*

- ❖ **Mondays @ 10 am, Lake Villa Township Park, 37908 N. Fairfield Rd., Lake Villa, from 3/6 to 7/31 - No Class: 5/29, 6/19**
- ❖ **Tuesdays @10 am, Libertyville Civic Center Foundation, 135 W. Church St., Libertyville, from 3/7 to 8/15 - *Please contact Libertyville Civic Center (847-918-8880) to RSVP. No Class:6/20, 7/4**
- ❖ **Wednesdays + Fridays @ 10 am, Fremont Township, 22385 IL-60, Mundelein, from 4/12 - 6/14 and 4/14 - 6/16**

Bingocize is a fun way to exercise while playing a few rounds of bingo! We've added a playlist and it's more fun than ever!

- ❖ *Each Bingocize class above will meet a total of 20 times. Some classes meet 1x per week, while others meet 2x per week. Exercises start at 30 seconds each and gradually progress to 60 seconds each by the end. We will only include information on Bingocize when the sessions begin, not in the next newsletter, but you are welcome to join at any point you feel is safe for you.*

Wit's Workout—*Asking Donation

Do you forget someone's name moments after you hear it? Wonder if you closed the garage door when you left? These are commonly forgotten tasks and there is a way to help improve your memory, while also having fun! With brain teasers and puzzles, Wit's Workout is a great way to help keep your brain healthy through your life.

- ❖ **VIRTUAL—4 Thursdays from April 13 through May 4 @ 10 am**

Yoga with Weights with Isabel —IN PERSON

***Asking Donation - 4 Thursdays from April 6 through April 22 @ 2 pm, Lake Villa Township Park, 37908 N. Fairfield Rd., Lake Villa**

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

MONTHLY FAVORITES

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

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!

- ❖ **Wednesday, March 15 @ 10 am - VIRTUAL**
- ❖ **Thursday, March 16 @ 10 am - IN PERSON**
Federated Church of Wauconda, 200 Barrington Rd., Wauconda

Dark History of Fairy Tales—Tall Tales

- ❖ **Wednesday, April 12 @ 1 pm—***VIRTUAL*
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HYBRID Book Club—*IN PERSON* **and** *VIRTUAL*

- ❖ **Friday, March 10 @ 1 pm—** *The Fiancee* by Kate White
- ❖ **Friday, April 14 @ 1pm —** **Book voting on 2/10**

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).

Fireside with the Author—Thursday, April 6 @10 am, *VIRTUAL— Dr. Suman Siwach, Gazala: A Hopeful Tale* **From a War-Torn World**

Dr. Suman Siwach will join us via Zoom from her home in India! Dr. Siwach is a creative wordsmith by passion, a PhD in English Literature by education, a Soft Skills Trainer by profession, and an army officer's wife by choice. She was declared Quora Top Writer in 2018, and had edited and published many articles and poems in The Owl for which she was awarded with The Owl Trophy in Wellington, India.

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

- ❖ **Friday, March 7—**TBD
- ❖ **Friday, April 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. Join us for the backstories!

SPECIAL EVENTS

And now for something a little different to enjoy!

***Through Darkness to Light: Photographs Along
the Underground Railroad***

Join us for a guided tour on

Monday, Feb. 27 @ 10 am. Asking \$5 donation.

Dunn Museum, 1899 W. Winchester Rd., Libertyville

RSVP to Kari by Wednesday, Feb. 22

kpohar@catholiccharities.net or 847-740-6708

Did you know that Lake County was an important part of the Underground Railroad? According to the Dunn Museum, "Northeastern Illinois was the strongest area of anti-slavery sentiment in the state of Illinois. As early as 1838, residents of Lake County discussed the abolishment of slavery, and in 1846 organized the Lake County Antislavery Society.

***Join us to tour a visual representation created by
photographer Jeanine Michna-Bales about the paths
that slaves took to freedom.***

"Photographer Jeanine Michna-Bales spent more than a decade meticulously researching "fugitive" slaves and the ways they escaped to freedom. From the cotton plantations south of Natchitoches, Louisiana, all the way north to the Canadian border, Michna-Bales's photographs help us imagine what the long road to freedom may have looked like as seen through the eyes of one of those who made this epic journey." - Dunn Museum website

Games Aren't Just for Kids!—*IN PERSON*
Mondays, Feb 27 from 1-3 pm, weekly through
March 20—Buffalo Grove Community Arts Center,
225 Old McHenry Rd., Buffalo Grove Why should the kids have all the fun? Let's play some games together!

Hangman—*VIRTUAL* **Thursday, March 2 @ 10 am** Way before there was Wheel of Fortune, remember playing Hangman? Let's play a few rounds together!

Murder Mystery Party— *IN PERSON* **Friday, March 3**
from 10 am to noon—Fremont Township Assessor,
22385 Route IL-60, Mundelein Whodunit? Help us solve the murder mystery. We'll give you the clues to work with others to solve the case!

Podcast Exploration—*VIRTUAL* What are podcasts and how do you find ones you will enjoy? Join us as we explore the world of podcasts and listen to a new one together!

❖ **Thursday, March 9 @ 10 am**

❖ **Wednesday, April 5 @ 10 am**

Jeopardy—*VIRTUAL* **Tuesday, March 21 @ 1 pm** Admit it, you just heard the "Final Jeopardy" theme in your head! Let's respond in the form of a question to trivia questions!

Tech for Relaxation—*VIRTUAL* **Wednesday, March 22**
@ 10 am Did you know that you can use the internet for relaxation techniques? We will explore samples of different types of techniques that may be helpful in stress relief

Things to do with your Grandkids that Won't Break the Bank—*VIRTUAL* Tuesday, April 4 @ 1 pm

You love spending time with your grandkids and taking them on outings, but it can get expensive! Join us to learn about activities you can do at home or places you can visit that everyone (including your wallet!) will enjoy.

Murder Mystery Party—*IN PERSON* Wednesday, April 5 @ 1-3 pm—Avon Township, 433 E Washington St, Round Lake Park 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* Friday, March 3, 10, and 17 from 3-5 pm, Gift of Games, 82 Center St., Grayslake Let's play some games together to keep our brains active!

Self-Publishing Basics—*IN PERSON* Monday, April 17 @ 1 pm, Buffalo Grove Community Arts Center, 225 Old McHenry Rd., Buffalo Grove So you'd like to publish a book yourself? How do you get started and what are the costs? We'll talk about these and other questions to help you decide if you'd like to try self-publishing.

Brain Games—*IN PERSON* Wednesdays, April 19 + 26 from 1-3 pm, Avon Township, 433 E Washington St, Round Lake Park Let's play some games together to keep our brains active!