



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

All programming is virtual on Zoom. 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 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

Mondays & Wednesdays beginning July 12 & 14 @ 10 am

Bingocize—10 week exercise program with Bingo! It's as easy or as hard as you want to make it. Almost every exercise can be adjusted or modified. RSVP ahead of time to receive your bingo cards and weekly take home sheets (there are prizes!) Join any time | **Asking Donation**

Thursdays through September 30th @ 10—11 am

WIT's Workout - Each week we will do a variety of brain teasers and puzzles that will help keep your brain healthy. RSVP to get the worksheets emailed or mailed to you | **Asking Donation \$1/week**

Funding does not cover all the costs for these programs. Donations are appreciated however no one is ever denied to participate due to the inability to make a donation .



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Friday July 23 @ 10 am

Virtual Jeopardy! - Let's play some jeopardy on Zoom together! Test out your knowledge and play with others. Do you have what it takes to be a Jeopardy winner?

Friday July 23 @ 1 pm

Let's Zoom! - Let's learn how to host a Zoom meeting. After this class, you'll be able to invite your friends and family into your own Zoom meeting! **Asking donation**

Tuesday July 27 @ 2 pm

Color Me Happy—Coloring Group—Let's color together for relaxation and enjoy some soft music. RSVP ahead of time to receive a packet of coloring pages. Feel free to use your own as well!

Wednesday July 28th @ 2 pm

Let's Chat - This program will be an open time for people to join in to talk with others from around the county. Let's get to know others and offer our support.

Thursday July 29th @ 1 pm

Wheel of Fortune— Join us for a virtual game of Wheel of Fortune. Try to guess the puzzle and exercise your brain

Friday July 30 @ 1 pm

Dance Party! Grab your dancing shoes, water and a chair! We'll be dancing to the oldies!



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Mondays Beginning August 2nd @ 1 pm

Creative Photography Grab your cell phones and let's learn how to take creative photos with the cameras on our phones. This 4 week program led by Zee Lacson, ZShots. Asking Donation \$10

Tuesdays Beginning August 3 @ 10 am

Stiff No More Back by popular demand! This 4 week program, led by Isabel Raci, will help you to relieve stiffness in your hands, fingers, wrists and arms. Items to bring: chair, water, tennis ball, thick rubber band, bouncy ball. Asking Donation \$10

Tuesdays & Thursdays Beginning August 3 & 5 @ 1—2 pm

Tai Chi for Arthritis— This 8 week program meets 2x per week and is safe for those with arthritis. The movements are slow and gentle. Each week we will build on the moves we learned and add throughout the 8 weeks. Asking \$20 donation

Wednesday August 4 @ 1 pm

Let's Learn about Streaming ! - we're going to learn about what streaming is. We will explore some popular streaming websites and answer questions you have. **Asking donation**

Wednesday August 4 @ 2 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. Movie is available for free: library & Tubi TV | **Movie: Secondhand Lions—2003 PG** | **Asking Donation**



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Friday August 6 @ 10 am

Let's Learn about YouTube—During this program, we're going to explore YouTube and find out more about this free website

Friday August 6 @ 1 pm

Virtual Book Club—Each month, read the assigned book and join in for a book discussion. This month, read *Plantation Shudders* by Ellen Byron. Book available: Grayslake Library (Catholic Charities Senior Book Club at the front desk), local library, Hoopla

Tuesday August 10th @ 2 pm

Grief & Loss Through the Pandemic— Spanish Speaking Event! This presentation will be led by Willow House and will talk about grief and loss through the pandemic. Whether losing a loved one or other losses associated with the pandemic, this presentation will benefit anyone who has felt the impact of the pandemic.

Wednesday August 11 @ 1 pm

Zoom Basics - We're going to learn how to sign up for your own Zoom FREE Zoom account and we'll talk about the benefits you get with it
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Wednesday August 11 @ 2 pm

Virtual Escape Room— We're going to work as a team to “escape” a room. Puzzles and riddles will have to be solved before the group can win the game.



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Thursday August 12 @ 2 pm

Virtual Hollywood Squares—Let’s play Hollywood Squares. You can be a “celebrity” or take a turn at be a “contestant.” Remember it doesn’t matter if you answer the question correctly.

Friday August 13 @ 10 am

Woodpeckers —Lake County Forest Preserves are back and this time they’re going to talk about woodpeckers that can be found in Lake County and their interesting biology and behaviors

Friday August 13 @ 1 pm

Fireside with the Author—Let’s listen to an author read a piece of their work . Pat Spencer will read from her novel, Story of a Stolen Girl. Questions and discussion will follow the reading

Wednesday August 18 @ 1 pm

Let’s Learn About Hoopla—We’re going to learn more about the library resource, Hoopla. Want to borrow items from the library without having to venture in? Then tune in and learn about Hoopla

Wednesday August 25 @ 1 pm

Zoom Basics - We’re going to learn how to change our view in Zoom, start/stop camera and change your name. **Asking donation**



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Thursday August 26 @ 2 pm

Virtual Murder Mystery—Think you're good at solving a mystery? Are you an amateur sleuth? Join us for this mystery party and find out if you can solve the mystery before the others in the group!

Friday August 27 @ 1 pm

Common Breathing Problems—April Sacedo, Respiratory Therapist at Advocate Condell Medical Center, will be presenting on Common Breathing Problems. Topics will include: COPD, asthma, smoking.

Monday August 30 @ 1 pm

Name That Tune—Think you know music? Test yourself by naming the tunes that are played. A few bars of music are provided and you guess what the title of the song is.

Tuesday August 31 @ 1 pm

Open Enrollment is Coming!— Open Enrollment for Medicare is October 15—December 7—During this presentation, you'll learn more about SHIP (Senior Health Insurance Program) and Medicare Basics. You'll have more knowledge going into the open enrollment season to make sure you're in the best plan for you.



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Wednesday September 1 @ 1 pm

Zoom Basics - We're going to learn how to sign up for your own Zoom FREE Zoom account and we'll talk about the benefits you get with it

Asking donation

Wednesday September 1 @ 2 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 1970. **Movie: TBD**

Friday September 3 @ 1 pm

Virtual Book Club—Each month, read the assigned book and join in for a book discussion. This month, read Lady's Guide to Etiquette and Murder by Dianne Freeman. Book available: Grayslake Library (Catholic Charities Senior Book Club at the front desk), local library, Hoopla

Tuesdays Beginning September 7 @ 10 am

Online Safety - During this 3 week program, we spend a lot more time online. Let's explore ways we can prevent being scammed. Romance scams, charity scams, giftcard scams, social media safety and what happens if you lose your phone will be covered

Wednesday September 8 @ 1 pm

Let's Learn About Hoopla—We're going to learn more about the library resource, Hoopla. Want to borrow items from the library without having to venture in? Then tune in and learn about Hoopla



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Friday September 10 @ 10 am

Name That Tune—Let's listen to some openings to songs and see if we can guess the song.

Friday September 10 @ 1 pm

Fireside with the Author—Let's listen to an author read a piece of their work . Tish de la Mora will read from her novel. Questions and discussion will follow the reading

Monday September 13 @ 1 pm

Legal Basics: Debt Collection—Presentation by Tim Rout, Prairie State Legal—This presentation will talk about how debt collection actually works and what your legal rights are.

Tuesday September 14 @ 2 pm

Cranes, Herons & Egrets — Lake County Forest Preserves are back! This time, they're going to talk about these tall, wading birds that can be a challenge to tell apart from a distance. Discover the different species of Herons, Cranes and Egrets that visit Lake County and learn about their unique adaptations and habitat requirements.

Wednesday September 15 @ 1 pm

Let's YouTube— Let's learn more about how to use YouTube! Will include basics and how to search for videos



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Week of September 20th is *Fall Prevention Week*

During this week, we will be offering a free online home safety checklist. Call or email Kari—847-740-6708 / kpohar@catholiccharities.net to schedule your online safety check. Do you have an area that concerns you? Let's do a check and see if we can help you find a solution!

Tuesday September 28 @ 10 am

Virtual Murder Mystery Party—In this you will be assigned a character to play for the duration of the game. Can you guess committed the

Tuesday September 28 @ 1 pm

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Wednesday September 29 @ 1 pm

Zoom Basics - We're going to learn how to share your screen while in a Zoom meeting! **Asking donation**

Tuesday September 30 @ 1 pm

Open Enrollment is Coming!— Open Enrollment for Medicare is October 15—December 7—During this presentation, you'll learn more about SHIP (Senior Health Insurance Program) and Medicare Basics. You'll have more knowledge going into the open enrollment season to make sure you're in the best plan for you.