



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. For call in, call the phone number below on the day and time of the event.

*For all programs:*

Call in number: 312-626-6799 | Meeting ID: 734 215 2035

Website: [www.zoom.us/join](http://www.zoom.us/join) | Meeting ID: 734 215 2035

Passcode: 7c2nME

***Please RSVP to Programs You Wish to Join***

**Monday January 4th @ 1 pm**

Let's Zoom

This is an open opportunity to log into Zoom or call into Zoom. At the time, call in or go to [www.Zoom.com](http://www.Zoom.com) to log into Zoom. If you would like to use the video option, but are unsure, you can call in with your phone first and I will assist you.

**All Tuesdays & Thursdays in January @ 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!) | **Asking Donation \$20**

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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**Wednesdays beginning January 6 @ 10 am**

World Walking

Start tallying your steps and help us take a virtual tour each week of different locations around the world. Start counting (or use pedometer) on January 1st and share your total. Any and all steps count, no matter how you got them. This is a great way to help stay motivated to walk in the winter **Asking Donation**

**Wednesday January 6th @ 2 pm**

Popcorn Worthy Movies

Let's Watch: Guys & Dolls—1955 . Watch the movie beforehand and let's get together to discuss our impressions. Movie is available: local library, tubitv.com, free with Prime | **Asking Donation**

**Thursdays beginning January 7th @ 1 pm**

Stiff No More

Do you have stiffness in your hands, arms and shoulders? Then this class is for you! A variety of techniques will be applied (massage, reflexology, yoga to name a few). Each week you will learn techniques to help with stiffness | **Asking Donation—\$ 10**

**Friday January 8th @ 10 am**

How to Save on Home Energy

Citizens Utility Board will be presenting on ways you can help save on your home energy bills.

**Asking Donation**



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**Friday January 8th @ 1 pm**

Virtual Book Club

We'll be reading *The Good Daughter* by Karin Slaughter. We will discuss the book together as a group. Book is available in eBook on Hoopla Digital through your local library. Hard copies may also be available at your local library. Other options are available through your library.

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**Monday January 11th @ 10 am**

Recipe Swap Group

During this pandemic, we've perhaps had to cook at home a little more than we used to. Let's gather to share tried and true recipes and others that you've recently discovered a love for. I will be able to email/mail all recipes out to those that share/participate.

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**Monday January 11th @ 1 pm**

Utilizing Technology for Stress Relief Part 2

Let's explore some additional stress relief techniques using technology.

**Asking Donation**

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**Tuesday January 12th @ 1 pm**

Let's Learn Something New: American Sign Language

This is a once a month program where we will learn some basics of a topic. This month, we'll explore simple words and phrases in American Sign Language.

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**Wednesday January 13th @ 2 pm**

Did You Say the ‘H’ Word?

Many myths and misconceptions exist around Hospice. This program is designed to identify these common misconceptions and identify how to effectively overcome these barriers by utilizing an inter-disciplinary team approach. We will also analyze data on cultural, gender, age and spiritual variations relevant to acceptance of hospice care, identify ethical concerns for the healthcare/hospice professionals who are asked to not mention the “H” word or advise patients of terminal prognosis, and learn how to normalize death for our patients and families.

**Asking Donation**

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**Friday January 15th @ 10 am**

Online Safety

Join us for a presentation by the Lake County Sheriff’s Department. They will be presenting on how we can keep ourselves safer while needing to utilize the internet more now than ever.

**Asking Donation**

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**Friday January 15th @ 1 pm**

Cooking with Kari

Let’s gather together and learn how to cook something easy enough that a non-chef can do it! This month, we’ll be making the recipe Garlic Butter Chicken. Recipe available

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**Wednesday January 20th @ 1 pm**

Senior Wordsmith Writers Group

Do you enjoy writing, but wanting to find others to get feedback? Join us for a friendly and supportive group to share pieces of your work. Time spent sharing will depend on the number of people joining.

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**Friday January 22nd @ 1 pm**

Fireside with the Author

Once a month, we'll gather around the virtual fireplace and listen to an author read their short story or chapter from their novel. We'll then discuss and give our impressions of the work. Author: Rachel Abugov

**Asking Donation**

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**Monday January 25th @ 10 am**

Let's Zoom

This is an open opportunity to log into Zoom or call into Zoom. At the time, call in or go to [www.Zoom.com](http://www.Zoom.com) to log into Zoom. If you would like to use the video option, but are unsure, you can call in with your phone first and I will assist you.

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**Monday January 25th @ 1 pm**

Color Me Happy

Coloring can be a great stress reliever and it's a lot of fun! RSVP and I'll send you coloring pages so we can gather together and color, listen to some calming music and talk.

**Asking Donation**



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**Tuesday January 26th @ 10 am**

Dance Party

Bring your chair, dancing shoes and water. We're going to listen to music and dance. Move your arms and legs and let's boogie! It's not important that you dance well. It's important to move and have fun.

**Asking Donation**

**Wednesday January 27th @ 1 pm**

Candle Making

Let's learn how to make a candle together (hint—it's easy!)

If you would like a kit to make your own, RSVP.

**Asking donation \$3**

**Friday January 29th @ 10 am**

Music Discussion Group

Let's listen to some music and give our reactions to each. Do these songs bring up any emotions? Any memories? Let's listen and discuss.

**Asking Donation**

**Friday January 29th @ 1 pm**

Waukegan and the Underground Railroad

Do you know Waukegan's history with the Underground Railroad?  
Waukegan Historical Society will be presenting.

**Asking Donation**



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**Monday February 1st @ 1 pm**

Citizen's Utility Board: Phone/Cable/RoboCalls

Citizen's Utility Board will be presenting on lowering phone/cable bills and discussing Robocalls.

**Asking Donation**

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**Tuesdays & Thursday in February @ 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!)

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**Tuesday February 2nd @ 1 pm**

Sugar Scrubs

We're making sugar scrubs and will learn what they're used for. RSVP early to arrange for a kit to make at the same time.

**Asking Donation: \$3**

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**Wednesdays beginning February 3rd @ 10 am**

Chair Yoga

Let's stretch, move and relax with some gentle chair yoga in this 4 week class | **Asking Donation—\$10**

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**Wednesday February 3rd @ 2 pm**

Popcorn Worthy Movies

Let's Watch: Runaway Bride—1999 . Watch the movie beforehand and let's get together to discuss our impressions. Movie is available: local library, Pluto TV (Free with ads) | **Asking Donation**



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**Friday February 5th @ 10 am**

Music & Memory

Linda Folan from Family Services of Lake County will present on how music effects our memory and our moods. | **Asking Donation**

**Friday February 5th @ 1 pm**

Virtual Book Club

This month read: Don't Let Go by Harlan Coben then join us for a discussion of the book. Book is available at your local library, (digital library of Illinois)

**Monday February 8th @ 10 am**

Recipe Swap Group

During this pandemic, we've perhaps had to cook at home a little more than we used to. Let's gather to share tried and true recipes and others that you've recently discovered a love for. I will be able to email/mail all recipes out to those that share/participate.

**Monday February 8th @ 1 pm**

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**Tuesday February 9th @ 1 pm**

Let's Learn Something New: Ingredient Substitutions

This is a once a month program where we will learn some basics of a topic. This month, we'll explore what we have around our kitchens that we can use if we don't have something a recipe calls for. **Asking Donation**





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**Friday February 12th @ 10 am**

Jack Benny: From Waukegan to Hollywood

Join us as the Waukegan Historical Society talks about Jack Benny, his links to Waukegan and the Jack Benny Program. | **Asking Donation**

**Friday February 12th @ 1 pm**

Cooking with Kari

Let's gather together and learn how to cook something easy enough that a non-chef can do it! This month, we'll be making the recipe Easy Fried Rice | **Asking Donation**

**Wednesday February 17th @ 1 pm**

Senior Wordsmith Writers Group

Do you enjoy writing, but wanting to find others to get feedback? Join us for a friendly and supportive group to share pieces of your work. Time spent sharing will depend on the number of people joining.

**Friday February 19th @ 1 pm**

Fireside with the Author

Once a month, we'll gather around the virtual fireplace and listen to an author read a piece of their work. We'll then discuss and give our impressions of the work. Author: TBD | **Asking Donation**

**Monday February 22nd @ 10 am**

Let's Zoom

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**Monday February 22nd @ 1 pm**

Color Me Happy

Coloring can be a great stress reliever and it's a lot of fun! RSVP and I'll send you coloring pages so we can gather together and color, listen to some calming music and talk. | **Asking Donation**

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**Thursday February 25th @ 1 pm**

Sand Hill Cranes

Sand Hill Cranes frequent Lake County and you probably have seen them around. Lake County Forest Preserves will present on these birds and we'll get to know about them a bit more | **Asking Donation**

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**Friday February 26th @ 10 am**

Adaptive Devices

Join us for a presentation with Center for Independent Living where they will talk about a variety of devices that are available for people. These devices may be to help vision, hearing or physical abilities.

**Asking Donation**

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**Friday February 26th @ 1 pm**

Dance Party

Bring your chair, dancing shoes and water. We're going to listen to music and dance. Move your arms and legs and let's boogie! It's not important that you dance well. It's important to move and have fun.

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# **PROGRAM ALERT!**

## **Matter of Balance is returning!**

8 Week Fall Prevention Program

Part Education | Part Exercise

RSVP ahead of time to receive your workbook

This program is designed to help prevent falls, reduce the fear of falling and help keep older adults active.

We are looking to fill the class with 12 adults 60+.

Have a friend take the class with you! Make it fun and have someone who will keep you accountable.

Please feel free to ask me questions about the program

**Online Program Begins:**

**Monday April 5th @ 1–3 pm**

Have an idea for a program you'd like to see? Let me know!