## **Open Enrollment is Coming!**

Do you know about all the programs that you may be eligible for?



505 W Bonner

Wauconda

#### Monday, August 5th @ 1 pm

Open to seniors 60+ / Free

RSVP—Kari Pohar—847-740-6708

Lisa Knight-847-526-1800

Sara Schuring—847-526-3610

Join us to learn more about some benefits including: Benefit Access, Medicare Savings Plan, Medicare Part A + B Eligibility, Part D and Extra Help.

This program is brought to the community through a partnership between Wauconda Township, Wauconda Park District and Catholic Charities Lake County Senior Services.





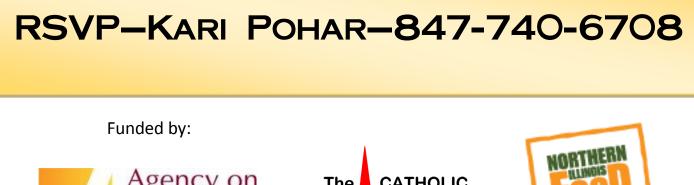


Lake County Senior Services

Funding does not cover all the costs for this program. Donations are appreciated, however no senior will be denied to register for an event due to the inability to make a donation.



Have you ever walked around a Farmer's Market and wondered what you could make with the large variety that is available? Join us as Jennifer Lamplough, chef from Northern Illinois Food Bank walks us around and discusses fun ways to use the produce. Handouts will be available with common foods available at Farmer's Markets.





Lake County Senior Services

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# Fall Prevention & Quality Of Life

Open to Seniors 60+ | \$8 Asking Donation for lunch

Wednesday, August 28th @ 12 pm



2100 Argonne Dr North Chicago

Falls and quality of life are common concerns of older adults. Join us for a presentation by Meridian Health Care on ways to prevent falls and how that has an impact on your quality of life.

Lunch and Learn! Lunch is available

RSVP by Friday August 23rd to

### Kari Pohar—847-740-6708



Funding does not cover all the costs of this program. Donations are appreciated, however no senior is ever denied to register for a program due to the inability to make a donation.

# **Open Enrollment is Coming**

Open to Seniors 60+ | Asking donation



SENIOR LIVING BUFFALO GROVE 500 McHenry Rd Buffalo Grove

# Thursday, September 19th @ 5:30 pm

**RSVP**:

Kari Pohar-847-740-6708

On October 15th, Medicare Open Enrollment begins. Are you ready? Do you check all of your options before automatically enrolling? Do you know of the programs that are available for eligible seniors? Join us for dinner, presentation and find out more!

This program is brought to the community by a partnership between the Buffalo Park

District, Belmont Village and Catholic Charities Lake County Senior Services



Funding does not cover all the costs of this program. Donations are appreciated, however no senior is ever denied to register for an event due to the inability to make a donation.

## You have the power to prevent a fall







Fall Prevention Awareness Day

Join us September 23rd @ 1-3pm

When:



1:00—3:00 pm

Where:

**Liberty Arms** 

260 Larkdale Row, Wauconda

What:

Fall Prevention Bingo

Fall Prevention Presentation

Contact:

Kari Pohar—847-740-6708

Lisa Knight—847-526-1800

Sara Schuring—847-526-3610

Falls Free<sup>®</sup>

National Council on Aging

#### Healthy living is about education and action.



Falls Prevention Awareness Day is sponsored by the National Council on Aging and your local Falls Free Coalition. For more information about Falls Prevention, go to ncoa.org/Falls Prevention