

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.



Funded by:



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.

Grayslake Farmer's Market Tour



Open to Seniors 60+ | Asking Donation

Wednesday, August 14th @ 3:30 pm

201 Center St Grayslake



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.

RSVP—KARI POHAR—847-740-6708

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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

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Open Enrollment is Coming

Open to Seniors 60+ | Asking donation

BELMONT *Village*
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



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You have the power to prevent a fall



Fall Prevention Awareness Day

Join us September 23rd @ 1-3pm

When:

Sept 23rd

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

Healthy living is about education and action.

Funded by:



Wauconda
Park District
Agency on
AGING
NORTHEASTERN ILLINOIS



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



Falls Free[®]
National Council on Aging