



**September and October 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.

**NO PROGRAMS THE WEEK OF JULY 4 THROUGH 7.**

**For all VIRTUAL programs:**

**Website:** [www.zoom.us/join](http://www.zoom.us/join)

**Call-in number:** 312-626-6799

**Meeting ID:** 945 0481 3441     **Passcode:** 377510

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**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!

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**\*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!

## **BINGOCIZE - NEWLY STARTING CLASSES**

If you've heard the buzz around Bingocize but haven't tried a class, this is your chance! This fun program incorporates both exercise and Bingo (think of the Bingo as the rest in between the exercises). *Please bring water.* There will be resistance bands available to use or you're welcome to bring your own (or light hand weights).

**IN PERSON—Mondays & Wednesdays @ 11am-12pm begins on October 2 & 4—Grayslake Senior Center - 50 Library Ln Grayslake (right next to Dog n Suds)**

**VIRTUAL—Tuesdays & Thursdays @ 9 am begins on October 3 & 5**

**IN PERSON—Tuesdays & Thursdays @ 10:30 - 11:30 am begins on October 3 & 5—Lake Villa Township - 37908 N Fairfield Rd, Lake Villa**

## **STAYING HEALTHY**

Summer offers many ways to enhance your health, like eating more fresh fruits and vegetables, and enjoying outdoor activities. Our healthy movement sessions combine movement at your own pace and comfort level with helpful hints on fall prevention, seasoned with a healthy dose of fun!

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**Tai Chi—*IN PERSON*—Wednesdays beginning September 6th @ 2 - 3 pm - Grayslake Senior Center - 50 Library Ln Grayslake (right next to Dog n Suds)** 4 week program - Gentle Tai Chi can be done seated or standing - asking donation

**Cooking Demo with U of I Extension—*IN PERSON*—Thursday September 14 @ 10 am - North Chicago Library - 2100 Argonne Dr North Chicago-**  
DeLeah from the U of I Extension will be speaking on healthy eating on a budget while we sample the food she makes.

**Mindfulness & Fall Prevention—*IN PERSON* Tuesday, September 19 @ 2 pm - Catholic Charities Round Lake - 101 N Cedar Lake Rd Round Lake**  
Falling can have long lasting consequences (fear of falling, injuries, and hospital bills). In this workshop, Isabel Raci will speak about mindful movement that will reduce your fear of falling and build stamina and strength.

**Cooking Demo with U of I Extension—*IN PERSON*—Thursday September 21 @ 1 pm - North Chicago Library - 2100 Argonne Dr North Chicago-**  
DeLeah from the U of I Extension will be speaking on healthy eating on a budget while we sample the food she makes.

**Chair Yoga—*VIRTUAL* —Tuesdays beginning October 3 - 24th @ 1 - 2 PM—** 4 week program - Isabel Raci is back for this virtual chair yoga class

**Cooking Demo with U of I Extension—*IN PERSON*—Wednesdays beginning October 11 - November 1st @ 1 pm - North Chicago Library - 2100 Argonne Dr North Chicago-** DeLeah from the U of I Extension will be speaking on healthy eating on a budget while we sample the food she makes.

## **MONTHLY FAVORITES**

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

**Book Club—*VIRTUAL***

- ❖ **Friday, September 8 @ 1 pm—** *Jar of Hearts by Jennifer Hillier*
- ❖ **Friday, October 13 @ 1pm —** *The Cabin in the Woods by Sarah Alderson*

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).

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

❖ **Friday, September 15—TBD**

❖ **Friday, October 20 —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!

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**SPECIAL EVENTS**

***And now for something a little different to enjoy!***

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**Dark History of Nursery Rhymes & Fairy Tales—*IN PERSON*—Monday, October 2nd @ 12 pm, Libertyville Senior Center 135 Church St Libertyville (RSVP to Jennifer - 847-247-7659 for lunch)** Let's explore some theories behind some of our favorite nursery rhymes and fairy tales.

**Haunted Illinois—*IN PERSON*—Wednesday, October 4 @ 1 pm, Buffalo Grove - Location TBD**  
Let's learn about some of the most haunted places in Illinois

**Board & Card Games—*IN PERSON*—4 Tuesdays, September 5 through 26 from 10 am-12 pm, Avon Township, 433 E. Washington St., Round Lake Park**

Let's have some fun playing a variety of board and card games together!

**Crime Prevention—*VIRTUAL*—Thursday September 7th @ 10 am** The Lake County Sheriff's Department will speak on common crimes and scams that are targeting seniors.

**Name That Tune—*IN PERSON*—Monday, September 18 @10 am, Buffalo Grove TBD,** Let's have some fun identifying the songs from their notes!

**Citizens Utility Board—*IN PERSON*—Thursday September 21 @ 10 am - Wauconda Township - 505 W Bonner Rd Wauconda-** Citizens Utility Board (CUB) will present ways to save money as we head into the colder season.

**Board & Card Games—*IN PERSON*—Tuesdays October 3 - 24 @ 1 - 3 pm, Avon Township, 433 E. Washington St., Round Lake Park** Let's have some fun playing a variety of board and card games together!

**Spooky Nursery Rhymes & Fairy Tales—*IN PERSON*—Friday, October 13th @ 10 am, Wauconda Township - 505 W Bonner Rd Waucodna**  
Let's explore some spooky theories behind some of our favorite nursery rhymes and fairy tales.

**Board & Card Games—*IN PERSON*—Fridays**  
**October 13 - November 3 @ 3-5 pm, Gift of Games -**  
**82 Center St, Grayslake** Let's have some fun playing a variety of board and card games together!

**Wit's Workout (A memory and brain health**  
**program)—*IN PERSON*—Mondays October 16 & 23**  
**@ 1:30 - 2:30 pm, Grayslake Senior Center - 50**  
**Library Ln Grayslake (right next to Dog n Suds)**

Wit's Workout is a fun way to challenge your brain with puzzles and word games.

**Haunted Illinois—*IN PERSON*—Monday, October**  
**30 @ 1:30 pm, Grayslake Senior Center - 50 Library**  
**Ln Grayslake (right next to Dog n Suds)** Let's learn about some of the most haunted places in Illinois