

# Grayslake Senior Center

## *NEWS BRIEFS*



### Senior Center Manager

As I jump into my new position as manager, I would like to thank everyone for their congratulations and support. I am open to any new ideas and suggestions for programs or presentations. Please come and see me with your thoughts. Thanks, Sharon

### Therapeutic Massage

Do you need some pampering? Are you stressed? Or just want to relax? Try a chair massage on Monday, August 8th. You must sign up in advance in the office. Cost is \$10 for 15 minutes.

### Coffee & Tea Time

Every morning at 9:00 am we are serving coffee/tea and snacks in the social hall. Meet new people or catch up with your friends.

### Bunco

On Friday, August 5th at 1:00 pm Bunco will resume. Whether you have played before or new to the game, join us for some dice tossing fun. Cost is \$1.50.

## Welcome New Members

Faith Peters  
Carol Watson

Joan Carron  
Gillian MacQueen

## News Briefs continued

### Pie Social

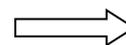
On Thursday, August 18th there will be a pie social at 2 pm. Nick with Humana will be sponsoring the event. The fee is \$1.00 at the door. **PLEASE PREREGISTER** Sign up in advance in order to purchase the correct amount of pies. Several flavors of pies will be offered. One slice of pie per person along with beverages. Join in on the social event, converse with old friends and make some new friends. Sign up in the office or in the social hall.

### Kitchen Volunteers Needed

We are looking for volunteers for our congregate lunch program. Duties include helping serve and cleaning up at lunch time. If you are interested, please see Sharon in the office.

### Coffee Cans

The Senior Center is in need of empty plastic or metal coffee cans in our kitchen. If you have any extras, please drop them off in the office.



# August

Sunday	Monday	Tuesday	Wednesday
<b>Dining Program arrive By 11am</b>	<b>1</b> <b>9:00 Exercise with Mayumi \$2</b> <b>12:30 Party Bridge</b> <b>2:30 Bible Study</b>	<b>2</b> <b>9:00 Trivia fun</b> <b>9:00 Hatha Yoga \$4</b> <b>1:00 Bingo \$1.50</b> <b>Heartland Hospice Care-Jenny</b> <b>2:30 Wii bowling</b>	<b>3</b> <b>9:00 Given with Love Crochet &amp; Knit Club</b> <b>9:00 Tai Chi Fundamentals\$4</b>
<b>7</b>	<b>8</b> <b>9:00 Exercise with Mayumi \$2</b> <b>10:00 Therapeutic Massage by appt see Sharon</b> <b>12:30 Party Bridge</b> <b>2:30 Bible Study</b>	<b>9</b> <b>9:00 Trivia fun</b> <b>9:00 Hatha Yoga \$4</b> <b>1:00 Bingo \$1.50</b> <b>HCR Manor Care- Heather</b> <b>2:30 Wii bowling</b>	<b>10</b> <b>9:00 Given with Love Crochet &amp; Knit Club</b> <b>9:00 Tai Chi Fundamentals\$4</b>
<b>14</b> <i>Senior Center "Coffee &amp; tea" Time Mon-Fri mornings</i>	<b>15</b> <b>9:00 Exercise with Mayumi \$2</b> <b>12:30 Party Bridge</b> <b>2:30 Bible Study</b>	<b>16</b> <b>9:00 Trivia fun</b> <b>9:00 Hatha Yoga \$4</b> <b>1:00 Bingo \$1.50</b> <b>Addus Home Care -Shirley</b> <b>2:30 Wii bowling</b>	<b>17</b> <b>9:00 Given with Love Crochet &amp; Knit Club</b> <b>9:00 Tai Chi Fundamentals\$4</b>
<b>21</b> 	<b>22</b> <b>9:00 Exercise with Mayumi \$2</b> <b>12:30 Party Bridge</b> <b>2:30 Bible Study</b>	<b>23</b> <b>9:00 Trivia fun</b> <b>9:00 Hatha Yoga \$4</b> <b>1:00 Bingo \$1.50</b> <b>Right at Home -Mike</b> <b>2:30 Wii bowling</b>	<b>24</b> <b>9:00 Given with Love Crochet &amp; Knit Club</b> <b>9:00 Tai Chi Fundamentals\$4</b>
<b>28</b>	<b>29</b> <b>9:00 Exercise with Mayumi \$2</b> <b>12:00 Dr. Storino By appointment</b> <b>12:30 Party Bridge</b> <b>2:30 Bible Study</b>	<b>30</b> <b>9:00 Trivia fun</b> <b>9:00 Hatha Yoga \$4</b> <b>1:00 Bingo \$1.50</b> <b>Heritage Woods - Tammy</b> <b>2:30 Wii bowling</b>	<b>31</b> <b>9:00 Given with Love Crochet &amp; Knit Club</b> <b>9:00 Tai Chi Fundamentals\$4</b>

Thursday	Friday	Sat.	
<p style="text-align: right;"><b>4</b></p> <p><u>9:00 Exercise with Lake County Physical Therapy</u></p>	<p style="text-align: right;"><b>5</b></p> <p><u>9:00 Facts in Five</u></p> <p><u>1:00 Bunco \$1.50</u></p>	<p style="text-align: right;"><b>6</b></p>	<p style="text-align: center;"><b>Center Opens At 8:30 am</b></p> 
<p style="text-align: right;"><b>11</b></p> <p><u>9:00 Exercise with Lake County Physical Therapy</u></p> <p><b><u>1:00 Pokeno \$1</u></b> <b><u>Sponsored by Addus</u></b></p>	<p style="text-align: right;"><b>12</b></p> <p><u>9:00 Facts in Five</u></p> <p><u>2pm Dr. Shevlyagin</u> <u>Sees his patients by appt.</u> <u>Please call his office at</u> <u>847-548-9777</u></p>	<p style="text-align: right;"><b>13</b></p>	<p style="text-align: center;"><b>Center Closes At 4:00 pm</b></p> 
<p style="text-align: right;"><b>18</b></p> <p><u>9:00 Exercise with Lake County Physical Therapy</u></p> <p><b><u>2:00 pm Pie Social</u></b> <b><u>\$1.00 at the door</u></b> <b><u>PLEASE PREREGISTER</u></b> <b><u>Sponsored by</u></b> <b><u>Nick with Humana</u></b></p>	<p style="text-align: right;"><b>19</b></p> <p><u>9:00 Facts in Five</u></p>	<p style="text-align: right;"><b>20</b></p>	<p style="text-align: center;"><b>AUGUST</b></p> 
<p style="text-align: right;"><b>25</b></p> <p><u>9:00 Exercise with Lake County Physical Therapy</u></p> <p><b><u>1:00 Pokeno \$1</u></b> <b><u>Sponsored by</u></b> <b><u>Home Instead</u></b></p>	<p style="text-align: right;"><b>26</b></p> <p><u>9:00 Facts in Five</u></p>	<p style="text-align: right;"><b>27</b></p>	<p style="text-align: center;"><b>Sharon Wold Manager</b></p>
			



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### Talk to a Doctor who listens...



**Sergei Shevlyagin M.D., PHD**  
**Internal Medicine & Cardiology**

=====

**100 N. Atkinson Road, Suite 207**  
**Grayslake, IL 60030**  
**Phone (847) 548-9777**  
**Fax (847) 548-9797**

### William R. Storino D.P.M.

Podiatrist

**847-566-8580**



157 N. Seymour, Mundelein  
House Calls available  
**Medicare accepted**  
Clinic held at Senior Center every other month

## **Transportation Options**

**Updated 05/11/16**



**Avon Township Bus 1-847-546-1446      \$1 one way**

**Monday through Thursday 9:00 – 2:00**

**Reservations for medical appointments schedule 2 weeks in advance.**

**For all other rides, one week in advance.**

**The Avon bus service area is a 20 mile radius.**

**Pace Dial a Ride & ADA 1-800-201-6446      \$3 one way**

**Hours to call for reservations are:**

**Mon-Fri from 6:00am-7:00pm & Sunday from 8am—5pm**

**Rides are only available Monday—Friday 8:30am-4:00pm**

**Reservations for rides must be made one day in advance. Limited area of service. *Demo/Call-n-Ride may be offered when Dial a Ride not available.***

**Pace LCCTSC Northwest Demo & Round Lake Call-N-Ride \$3 or \$6 one way      Service hours are 5:30am—6:45pm 1-800-201-6446**

**Must preregister with Avon township 847-546-1446**

**One day in advance for reservations. Travels further than Dial a Ride.**

***May be offered when Dial a Ride is not available.***

**Pace Dial a Ride for Fremont Township call 847-223-2847. If you reside at Saddlebrook stop in the main office.**

**NEIL Agency on Aging Transportation Grant**

**1-847-740-6734 \$6 Round Trip**

**Provided through Senior Services of Catholic Charities. Leave a message and your call will be returned. For Medical appointments only. Maximum 2 rides a month. 1 ride a month may be outside the county. Prefer at least 1 week notice.**

**ElderCARE 1-847-406-4683**

**Provides community services for seniors including transportation to medical appointments and volunteers to grocery shop.**

Grayslake Senior Center  
50 Library Lane  
Grayslake, IL 60030

## AUGUST BIRTHDAYS

Kathleen Cizewski	August 2	Patricia Machak	August 16
Judy Nordlund	August 2	Pat Mangioni	August 16
Lydia Davila	August 2	Harriet Madden	August 17
Rosalind Smith	August 2	Nancy Oldenburg	August 17
John Guziec	August 3	Mary Friis	August 18
Vitthai Bhai Patel	August 5	Dick Ogden	August 18
Fran Phillips	August 7	Howard Remus	August 18
Mildred Chilla	August 8	Marion Amberg	August 20
Loretta Lehner	August 9	Alice Broadhurst	August 21
Eileen Loef	August 10	Dixie Pawlowski	August 21
Shirley Eckhoff	August 11	Spencer Wolf	August 23
George Hanner	August 11	Bob D'Agostino	August 24
Rene Andrade	August 13	Sara Huro	August 24
Robbie Haney	August 13	Norma Las Dulce	August 24
Doris Ogden	August 13	M. J. Pieper	August 25
Gene Rampale	August 13	Jim Cliff	August 26
Linda Whitmore	August 13	Lou Lang	August 26
Alfreda Anderson	August 14	Astaire Snell	August 27
Karen Caviness	August 14	Joanne Chmura	August 29
Tina Martin	August 14	Linda Herron	August 29
Audrey Roeske	August 14	Virginia Lau	August 29
Mia Friedman	August 15	Alex MacFarlane	August 29
Pearl Leogrande	August 16	Dorothy Mariani	August 29