

Grayslake Senior Center

NEWS BRIEFS

Fall Picnic

Fri., Sept. 9th

Picnic and games are scheduled for Friday, September 9th. **Please purchase your ticket immediately. Last day to purchase is Tues., September 6th.** Arrive at 10:30, meal served at 11:00. Ticket cost is \$7. Read the menu for details. Our entrees this time are hamburgers and all beef hot dogs. One of each is included.

Flu Shots

Fri., Sept. 9th at 2pm

Dr. Shevlyagin has offered to provide flu shots on Friday, September 9th starting at 2pm. Forms are available in the office. They need to be **filled out in advance**. Free to Medicare. Please do not arrive at the Social Hall before 1:45. All members that arrive between 1:45 and 2:00 will receive a random ticket that will determine what order to receive the flu shot. All arriving after 2 pm will sign a list. Questions, see Sharon.

Computer Lessons

Carol will start up individual computer lessons the first and third Wednesdays. Do you know how to e-mail, maneuver Facebook or fill out forms online, etc. Each lesson is tailored to what you would like to learn. Schedule your lesson in the office. We still have openings Sept. 7th.

Grayslake Greenery Garden Club Crafts

The Garden club crafts are back on the second Wednesday of the month. (Sept. 14th) Sign up in advance in the Social Hall.

Welcome New Members

Kathleen Kinahan
Michael Lile
Jerry Shambrook

Carol Lile
Arunaben Patel
Marg Stahoviak

News Briefs continued

September Party **Thurs., Sept. 15th at 1:30pm**

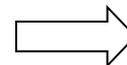
Mike Knauß's Die Musikmeisters duo will be entertaining us with an Oktoberfest style of music. Party day is Thursday, September 15th at 1:30. BrightStar is our sponsor. **Please purchase ticket by Tuesday, September 13th** so an adequate amount of refreshments will be available.

Travel Presentation **Fri., Sept. 16th at 1:30 pm**

Marie and Cleve Caviness are returning with another travel presentation. It is the unique Cahokia Mounds area in Southern Illinois. Join us Friday, September 16th at 1:30 pm. Everyone is welcome.

Craft Sale in November

The Crochet Club will be having a craft sale November 8th from 9-12:00 and November 10th 9-12:30. Mark your calendars. Hats, scarfs, jewelry and more will be available.



News Briefs continued

Balancing Act Presentation

Thurs., Sept. 29th at 1:00pm

Dr. Carly Girard (Doctor of Audiology) from Hearing Associates will be presenting “A Balancing Act”. There are many fall risk factors and recent research has even found that hearing loss may put people at risk. One out of three adults age 65 years and older, fall each year. Dr. Girard will discuss the risk factors for falls and balance disorders and how to prevent a fall before it happens. Light refreshments will be served. If you have questions about hearing aids, Tinnitus, hearing test, balance evaluations etc., Hearing Associates will be able after the presentation. Pamphlets and information flyers about Hearing Associates will be on the round table in the Social Hall.

Debt Relief and Bankruptcy Presentation

Fri., Sept. 30th at 1:00 pm

Catholic Charities Legal Services presentation focuses on consumer law—payday loans, credit card debt, debt collection harassment, repossessions as well as bankruptcy. Debt and Bankruptcy presentation begins at 1 pm on Friday, September 30th. Everyone is welcome. Light refreshments will be served.

Congregate Lunch Program

Monday—Friday at 11:00 am

Everyday the Senior Center has lunch at 11:00 am. The food is catered by Maravela’s. Sign up sheets are outside the office on a table. Please sign up 3 days in advance. If you need to cancel unexpectedly due to illness or appointment, please let Sharon know as soon as possible, **so the food is not wasted.** September is the last month of the summer menu. Summer special meals are ham and cheese sandwich, tuna salad, and turkey and Swiss sandwich. Enjoy a cold meal on the hot summer day.

Bunco

Fri., Sept. 2nd at 1 pm

The past several months Bunco participation has been low. If attendance does not increase, Bunco will be canceled. Please join in on this fun dice game.

Winter Holiday Party Save the date.

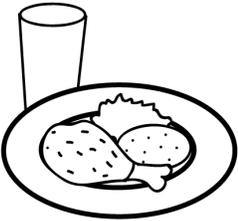
Friday, December 9th

Vote By Mail

No waiting in line when you vote from home. More information can be found on the this website: www.VotingByMail.info or call Lake County Clerk Office at 847-377-2406. Extra **Enrollment** cards for the “Application for Ballot by Mail Program” are available in the Senior Center office.



September

Sunday	Monday	Tuesday	Wednesday
<p>Dining Program arrive By 11am</p>			
<p>4</p>	<p>5</p> <p>CLOSED</p>  <p>Labor Day</p>	<p>6</p> <p>9:00 Trivia fun 9:00 Yoga Canceled</p> <p>1:00 Bingo \$1.50 Heartland Hospice Care-Jenny 2:30 Wii bowling</p> <p>*** Last day to buy picnic tickets</p>	<p>7</p> <p>9:00 Given with Love Crochet & Knit Club 9:00 Tai Chi Fundamentals\$4 9:00 Computer lessons with Carol by Appt.</p>
<p>11</p> <p>Senior Center "Coffee & Tea Time" Mon-Fri 9:00 a.m.</p>	<p>12</p> <p>9:00 Exercise with Mayumi \$2 12:30 Party Bridge 2:30 Bible Study</p>	<p>13</p> <p>9:00 Trivia fun 9:00 Hatha Yoga \$4</p> <p>1:00 Bingo \$1.50 HCR Manor Care- Heather 2:30 Wii bowling</p> <p>*** Last day to buy party tickets</p>	<p>14</p> <p>9:00 Given with Love Crochet & Knit Club 9:00 Tai Chi Fundamentals\$4 9:00 Garden Club Craft Resumes - sign up in advance</p>
<p>18</p> 	<p>19</p> <p>10:00 Therapeutic Massage by apt see Sharon 9:00 Exercise with Mayumi \$2 12:30 Party Bridge 2:30 Bible Study</p>	<p>20</p> <p>9:00 Trivia fun 9:00 Hatha Yoga \$4</p> <p>1:00 Bingo \$1.50 Addus Home Care—Shirley 2:30 Wii bowling</p>	<p>21</p> <p>9:00 Given with Love Crochet & Knit Club 9:00 Tai Chi Fundamentals\$4 9:00 Computer lessons with Carol by Appt.</p>
<p>25</p>	<p>26</p> <p>9:00 Exercise with Mayumi \$2 12:30 Party Bridge 2:30 Bible Study</p>	<p>27</p> <p>9:00 Trivia fun 9:00 Hatha Yoga \$4</p> <p>1:00 Bingo \$1.50 Right at Home—Mike 2:30 Wii bowling</p>	<p>28</p> <p>9:00 Given with Love Crochet & Knit Club 9:00 Tai Chi Fundamentals\$4</p>

Thursday	Friday	Sat.	
<p style="text-align: right;">1</p> <p><u>9:00 Exercise with Lake County Physical Therapy</u></p>	<p style="text-align: right;">2</p> <p><u>9:00 Facts in Five</u></p> <p><u>1:00 Bunco \$1.50</u></p>	<p style="text-align: right;">3</p>	<p style="text-align: center;">Center Opens At 8:30am</p> 
<p style="text-align: right;">8</p> <p><u>9:00 Exercise with Lake County Physical Therapy</u></p> <p><u>1:00 Pokeno \$1</u> <u>Sponsored by Addus</u></p>	<p style="text-align: right;">9</p> <p><u>9:00 Facts in Five</u></p> <p><u>Picnic Day \$7</u> <u>Tickets purchased in advance 10:30 arrive - 11:00 serve</u></p> <p><u>2pm FLU SHOTS</u> <u>Dr. Shevlyagin</u> <u>Info on page 1</u></p>	<p style="text-align: right;">10</p> <p style="text-align: center;">Have you reserved or purchased your party ticket?</p>	<p style="text-align: center;">Center Closes At 4:00 pm</p> 
<p style="text-align: right;">15</p> <p><u>9:00 Exercise with Lake County Physical Therapy</u></p> <p><u>1:30 Monthly Party</u> <u>Mike Knauf duo</u> <u>Octoberfest and more</u> <u>Sponsor—BrightStar</u></p>	<p style="text-align: right;">16</p> <p><u>9:00 Facts in Five</u></p> <p><u>1:30 Cahokia Mounds Presentation with the Cavinness's</u></p>	<p style="text-align: right;">17</p>	
<p style="text-align: right;">22</p> <p><u>9:00 Exercise with Lake County Physical Therapy</u></p> <p><u>1:00 Pokeno \$1</u> <u>Sponsored by Home Instead</u></p>	<p style="text-align: right;">23</p> <p><u>9:00 Facts in Five</u></p>	<p style="text-align: right;">24</p>	<p style="text-align: center;">Sharon Wold Manager</p>
<p style="text-align: right;">29</p> <p><u>9:00 Exercise with Lake County Physical Therapy</u></p> <p><u>1:00 Hearing Associates presentation—Balancing Act</u></p>	<p style="text-align: right;">30</p> <p><u>9:00 Facts in Five</u></p> <p><u>1:00 Catholic Charities Legal Dept. presents Debt / Bankruptcy</u></p>		

JUST HANG UP !

**The best way to avoid telephone
scams is also the easiest.**



Every day, seniors fall prey to smooth-talking con artists who call them up and tell all kinds of convincing stories to get their money. It's shrewd, not rude, to hang up the phone when a stranger ask you to send them money or give out your personal information.



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

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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 05/11/2016



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 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

SEPTEMBER BIRTHDAYS

Kurt Kreutziger	September 2	Jim Knaff	September 17
Jerry Shambrook	September 2	Marie Caviness	September 19
Edward Machak	September 4	Michael Lile	September 19
Tom Hendrickson	September 8	Jane Bailey	September 20
Bernadette Kelleher	September 8	Linda Crisanti	September 20
Judy Roberts	September 8	Anna Dietz	September 24
Joyce Horvath	September 11	Vera Mooris	September 25
Lawrence Forbes	September 12	Sharon Sharpe	September 28
Jerry Herron	September 14	Jeanette Abrahamson	September 29
Jack Kiefer	September 15	Melinda Spencer	September 29
Sharon Parola	September 15	Delores Pasinski	September 30

