

Grayslake Senior Center

NEWS BRIEFS

Congregate Lunch Program M-F 11:00 am

The lunch program is Monday—Friday at 11:00 am. Sign up for the meal 3 days in advance (for ordering purposes). Meals are catered by Maravella's. The minimum requirement is 15 participants, if under 15 then the meals will come in a containerized style. Due to some low participation this past month diners have experienced the containerized meals. (Containerized meals are the same scheduled meal as the menu indicates, only served a different way.) Next month is a new menu cycle which will include soups. Try the new menu, meet some new friends and enjoy a hot meal.

Hearing Screening Wed., Oct. 12th at 1pm

Hearing Associates is offering a **FREE** Hearing Screening on Wed., Oct. 12th from 1-4 pm. Hearing loss can affect your life in many ways, taking a toll on your relationships and overall wellbeing. Hearing Associates stresses the importance of hearing health to mind and memory, as well as the harm it can do if untreated. Sign-up sheet in the social hall. Sign-up is not required, but will give Dr. Carly Girard an attendance estimate.

Bunco Fri., Oct. 7th at 1 pm

Please join the fun with the dice game of Bunco. Meet some new people and enjoy some refreshments. Cost is \$1.50.

Welcome New Members

Dianne Gembarski

Welcome Back Corrine Kehrberg

News Briefs continued

Halloween Party Fri., Oct. 28th at 1:30 pm

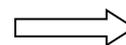
Annual Halloween Party is Fri., Oct 28th at 1:30 pm. Cost is \$5. Costumes are encouraged but not required. However, prizes will be given for the "best" costumes. We will play BINGO and have door prizes. Refreshments will be served. Travanse Living will be sponsoring the party. Party tickets will be available in the office Oct. 3rd.

Craft Sale in November

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

Medicare Open Enrollment Presentation

Carol Kummer will be providing information and up dates on Medicare. Save the date Thurs., Nov 17th at 1:30



News Briefs continued

Personal Information Reminder

Remember: Do not provide personal information to any presenter or vendor other than your first name. Do not schedule an appointment to meet with a presenter or a vendor at the time of a presentation. Take their business card and after giving yourself at least 24 hours to think about the service being offered, you can call to schedule an appointment if needed. Please notify Sharon if asked for information or to make an appointment by vendors or presenters. They are aware of these rules.

Computer Lessons

Carol provides free computer lessons tailored to what you want to learn. Lessons are on the 1st and 3rd Wednesday of the month. Sign up in the office.

Therapeutic Massage

Try a chair massage on Monday, October 10th. You must sign up in advance in the office. Cost is \$10 for 15 minutes. Relieve some stress or tension with a massage.

Garden Club Craft

Wed., Oct., 12th at 9 am

Sign up will be in the social hall for the Garden Club craft. Craft is every 2nd Wednesday of the month.

Winter Holiday Party

Save the Date

Friday, December 9th

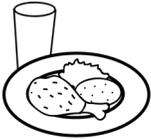
Volunteers need in the kitchen for the holiday party. See Sharon if interested. Tickets will be available in November. See the November newsletter for details about the holiday party.

LIHEAP (Electric Assistance Program)

Community Action Partnership of Lake County will be handling the applications. Call them at 847-249-4330 to find out about scheduling an appointment. See flyer on bulletin board outside Senior Center office for this information.



October

Sunday	Monday	Tuesday	Wednesday
<p>2</p> <p>Dining Program arrive By 11am</p>	<p>3</p> <p>9:00 Exercise with Mayumi \$2</p> <p>12:30 Party Bridge</p> <p>2:30 Bible Study</p>	<p>4</p> <p>9:00 Trivia fun 9:00 Hatha Yoga \$4</p> <p>1:00 Bingo \$1.50 Heartland Hospice Care-Jenny</p> <p>2:30 Wii bowling</p>	<p>5</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>9</p> 	<p>10</p> <p>9:00 Exercise with Mayumi \$2</p> <p>10:00 Therapeutic Massage by appt see Sharon</p> <p>12:30 Party Bridge</p> <p>2:30 Bible Study</p>	<p>11</p> <p>9:00 Trivia fun 9:00 Hatha Yoga \$4</p> <p>1:00 Bingo \$1.50 HCR Manor Care- Heather</p> <p>2:30 Wii bowling</p>	<p>12</p> <p>9:00 Given with Love Crochet & Knit Club 9:00 Tai Chi Fundamentals\$4 9:00 Garden Club Craft Sign up In advance for free craft project</p> <p>1:00pm Free Hearing Screening with Hearing Associates</p>
<p>16</p> <p>Senior Center "Coffee & tea " Time Mon-Fri mornings</p>	<p>17</p> <p>9:00 Exercise with Mayumi \$2</p> <p>12:30 Party Bridge</p> <p>2:30 Bible Study</p>	<p>18</p> <p>9:00 Trivia fun 9:00 Hatha Yoga \$4</p> <p>1:00 Bingo \$1.50 Addus Home Care—Shirley</p> <p>2:30 Wii bowling</p>	<p>19</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>23</p> 	<p>24</p> <p>9:00 Exercise with Mayumi \$2</p> <p>12:30 Party Bridge</p> <p>2:30 Bible Study</p>	<p>25</p> <p>9:00 Trivia fun 9:00 Hatha Yoga \$4</p> <p>1:00 Bingo \$1.50 Right at Home—Mike</p> <p>2:30 Wii bowling</p>	<p>26</p> <p>9:00 Given with Love Crochet & Knit Club 9:00 Tai Chi Fundamentals\$4</p>
<p>30</p>	<p>31</p> <p>9:00 Exercise with Mayumi \$2</p> <p>12:30 Party Bridge</p> <p>2:30 Bible Study</p>		

Thursday	Friday	Sat.	
<p style="text-align: right;">6</p> <p><u>9:00 Exercise with Lake County Physical Therapy</u></p>	<p style="text-align: right;">7</p> <p><u>9:00 Facts in Five</u></p> <p><u>1:00 Bunco \$1.50</u></p>	<p style="text-align: right;">1/8</p>	<p style="text-align: center;">Center Opens At 8:30am</p> 
<p style="text-align: right;">13</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;">14</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;">15</p>	<p style="text-align: center;">Center Closes At 4:00 pm</p> 
<p style="text-align: right;">20</p> <p><u>9:00 Exercise with Lake County Physical Therapy</u></p>	<p style="text-align: right;">21</p> <p><u>9:00 Facts in Five</u></p>	<p style="text-align: right;">22</p>	
<p style="text-align: right;">27</p> <p><u>9:00 Exercise with Lake County Physical Therapy</u></p> <p><u>1:00 Pokeno \$1</u> <u>Sponsored by</u> <u>Home Instead</u></p>	<p style="text-align: right;">28</p> <p><u>9:00 Facts in Five</u></p> <p><u>1:30 Halloween Party \$5</u> <u>Sponsored by Travanse</u> <u>Living</u></p>	<p style="text-align: right;">29</p>	<p style="text-align: center;">Sharon Wold</p> <p style="text-align: center;">Manager</p> 
			

Fall Word Scramble

s s o n e a _ _ _ _ _

l o c s o h _ _ _ _ _

a n r g o e _ _ _ _ _

s q a h u s _ _ _ _ _

y k u r e t _ _ _ _ _

l w y o e l _ _ _ _ _

s l e v e a _ _ _ _ _

f r t s o _ _ _ _ _

Word List

frost
leaves
orange
school
season
squash
turkey
yellow



The Grayslake Senior Center is open to everyone 60 and up.

We currently have a membership of 365.

The current age range is 60-102. Activities and programs for all ages.

We have something for you.

Dr. Griff J. Winters

American Board of Podiatric Surgery
Healing Grayslake for 33 years

Accepts Medicare
Makes House Calls
847-223-4000

770 N. Rt 83, Grayslake



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 05/11/2016



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.

A list of additional senior transportation options

Grayslake Senior Center
50 Library Lane
Grayslake, IL 60030

OCTOBER BIRTHDAYS

Paul Keller	October 2	Angel Zaki	October 16
Nancy Rinker	October 2	Renata Miskinis	October 17
Ellen Ewing	October 3	Sheila Wright	October 18
Baoru Chen	October 4	Barbara DiPinto	October 19
Judy Haga	October 5	Bruni Jaynes	October 19
Georgeanna Ott	October 6	Joan Cramer	October 20
Rosemary Brundage	October 7	Pam Taylor	October 20
Arunaben Patel	October 7	Susan Newsom	October 21
Dezhen Huang	October 8	Joe Happ	October 23
Barbara Montgomery	October 9	Ron Snell	October 23
Bryan Newsom	October 10	Dan Zachary	October 23
Margarete Sysko	October 12	Betty Behrens	October 27
Judith Williams	October 12	Jeannette Piton	October 27
Teri Wedrall	October 14	Hester Hursh	October 31
Rose Pech	October 16		

