

Grayslake Senior Center

NEWS BRIEFS

Welcome Anne Carter, our new Senior Center Coordinator. Please give Anne a warm welcome and be patient as she settles into her new role.

A note from Anne

My name is Anne Carter. I have lived in Arlington Heights for 27 years. I have been married for 1 year. My husband and I are expecting our first child in April of 2017. I enjoy playing and watching sports, going on walks with my dog and hosting game nights at my home. Thank you for the warm welcome. I look forward to meeting everyone.

Special Breakfast Wed., Nov 2nd, 10:30am

We will be serving a special breakfast menu for lunch on Wed., Nov. 2nd. Please arrive at 10:30, food will be served at 11 am. **Notice change of time.** Use your regular yellow ticket or pay \$5. Sign up sheet available on the table outside the office. Order will be placed Mon. Oct. 31st at 9 am, sign up in advance.

Thanksgiving Meal Mon., Nov. 14, 11 am

Special Thanksgiving meal is on Mon., Nov. 14th at normal lunch time, 11:00 am, see menu for details. No special ticket needed (use yellow ticket or \$5). Sign up sheet available on the table outside the office. Order will be placed on Wed. Nov. 9th at 9 am, sign up prior to that time.

Welcome New Members

Elaine Graff

Barbara Medel

Welcome back:

Harold Oelschlager
Kathy Oelschlager

News Briefs continued

NOTICE:

Change of time for lunch on Wed., Nov. 9th.
Arrive at 11 am, lunch will be served at 11:30 am

NOTICE: We will be closed the following days

Fri., Nov. 11th in honor of Veteran's Day
Thurs., Nov. 24th for Thanksgiving Day
Fri., Nov. 25th Thanksgiving break
Closing at 1:00 pm on Wed. Nov 23rd

Craft Sale Nov. 8th 9-12:30, Nov 10th, 9-12:30

The Crochet Club will be having a craft sale November 8th from 9-12:30 and November 10th 9-12:30. Hats, scarfs, jewelry and more will be available. Visit the sale and perhaps start your shopping for the holidays.

Wii Bowling

Tuesdays at 2:30 pm

Join us for Wii Bowling every Tuesday at 2:30. Get some exercise while meeting new people. No sign up necessary.

New Briefs continued

Holiday Party

Friday, Dec. 9th

See page 6 for details on the Holiday Party.

BUNCO

Friday, Dec. 4th at 1 pm

Join in for a fun game of chance with dice while socializing with others. Cost \$1.50

Medicare Presentation

Thurs., Nov., 17th at 1:30 pm

Carol Kummer will provide information and up dates on Medicare on Thurs., Nov., 17th at 1:30 pm. Everyone is welcome.

SNAP Program Appointments

Tues., Nov., 29th 9:30-12:00 pm

Northern Illinois Food Bank volunteer Barbara Gerend has appointments available, Tues., Nov. 29th. Sign up in the office. She will help filling out applications for the SNAP (food stamps / LINK) program. See the flyer for details on the bulletin board near the office.

Travel Presentation

Fri., Nov., 18th at 1:30 pm

Marie and Cleve Caviness will present information on Ecuador and the Galapagos Islands. Learn about the wildlife and history of Ecuador's people. Enjoy the amazing photos they have taken while on their adventure.

Garden Club Craft (FREE)

Wed., Nov., 9th at 9 am

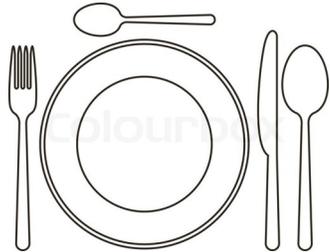
Create a wonderful craft organized by the Garden Club. Sign up sheet and craft specifics will be in the social hall. Please sign up in advance in order to purchase the supplies needed. Event is free.

POKENO

Thurs., Nov., 17th at 1:00 pm

Try your luck at Pokeno on Thurs., Nov., 10th at 1:00 pm. It is a game of Bingo using playing cards instead of numbers on the board. Sponsored by Addus.

November

Sunday	Monday	Tuesday	Wednesday
<p>Dining Program arrive By 11am</p> 		<p>1</p> <p><u>9:00</u> Trivia fun <u>9:00</u> Hatha Yoga \$4</p> <p><u>1:00</u> Bingo \$1.50 Heartland Hospice Care-Jenny</p> <p><u>2:30</u> Wii bowling</p>	<p>2</p> <p><u>9:00</u> Given with Love Crochet & Knit Club <u>9:00</u> Tai Chi Fundamentals\$4 <u>9:00</u> Computer lessons with Carol by appt.</p> <p>Special Breakfast menu - arrive at 10:30am meal served at 11am</p>
<p>6</p>	<p>7</p> <p><u>9:00</u> Exercise with Mayumi \$2</p> <p><u>12:00</u> Dr. Storino By appointment</p> <p><u>12:30</u> Party Bridge <u>2:30</u> Bible Study</p>	<p>8</p> <p><u>9:00</u> Trivia fun <u>9:00</u> Hatha Yoga \$4 <u>9:00-12:30</u> Craft Sale</p> <p><u>9:30-12:00</u> Snap/Link Appointments - Full</p> <p><u>1:00</u> Bingo \$1.50 HCR Manor Care- Heather <u>2:30</u> Wii bowling</p>	<p>9</p> <p><u>9:00</u> Given with Love Crochet & Knit Club <u>9:00</u> Tai Chi Fundamentals\$4 <u>9:00</u> Garden Club Sign up In advance for free craft project</p> <p>Lunch—arrive at 11am meal served at 11:30</p>
<p>13</p> <p>Senior Center “Coffee & tea ” Time Mon-Fri mornings</p>	<p>14</p> <p><u>9:00</u> Exercise with Mayumi \$2 <u>10:00</u> Therapeutic Massage by apt see Sharon <u>11:00</u> Thanksgiving Meal see menu. Sign up by Wed 11/9, 9 am <u>12:30</u> Party Bridge <u>2:30</u> Bible Study</p>	<p>15</p> <p><u>9:00</u> Trivia fun <u>9:00</u> Hatha Yoga \$4</p> <p><u>1:00</u> Bingo \$1.50 Addus Home Care—Shirley</p> <p><u>2:30</u> Wii bowling</p>	<p>16</p> <p><u>9:00</u> Given with Love Crochet & Knit Club <u>9:00</u> Tai Chi Fundamentals\$4 <u>9:00</u> Computer lessons with Carol by appt.</p>
<p>20</p> 	<p>21</p> <p><u>9:00</u> Exercise with Mayumi \$2</p> <p><u>12:30</u> Party Bridge <u>2:30</u> Bible Study</p>	<p>22</p> <p><u>9:00</u> Trivia fun <u>9:00</u> Hatha Yoga \$4 <u>9:30-12:00</u> Snap/Link Appointments available</p> <p><u>1:00</u> Bingo \$1.50 Right at Home—Mike <u>2:30</u> Wii bowling</p>	<p>23</p> <p><u>9:00</u> Given with Love Crochet & Knit Club <u>9:00</u> Tai Chi Fundamentals\$4</p> <p>Close at 1 pm</p>
<p>27</p>	<p>28</p> <p><u>9:00</u> Exercise with Mayumi \$2</p> <p><u>12:30</u> Party Bridge <u>2:30</u> Bible Study</p>	<p>29</p> <p><u>9:00</u> Trivia fun <u>9:00</u> Hatha Yoga \$4 <u>9:30-12:00</u> Snap/Link Appointments available</p> <p><u>1:00</u> Bingo \$1.50 Heritage Woods—Tammy <u>2:30</u> Wii bowling</p>	<p>30</p> <p><u>9:00</u> Given with Love Crochet & Knit Club <u>9:00</u> Tai Chi Fundamentals\$4</p>

Thursday	Friday	Sat.	
<p style="text-align: right;">3</p> <p><u>9:00 Exercise with Lake County Physical Therapy</u></p>	<p style="text-align: right;">4</p> <p><u>9:00 Facts in Five</u></p> <p><u>1:00 BUNCO \$1.50</u></p>	<p style="text-align: right;">5</p>	<p style="text-align: center;">Center Opens At 8:30am</p> 
<p style="text-align: right;">10</p> <p><u>9:00 Exercise with Lake County Physical Therapy</u></p> <p><u>9:00-12:30 Craft Sale</u></p> <p>1:00 Pokeno \$1 Sponsored by Addus</p>	<p style="text-align: right;">11</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Veteran's Day</p>	<p style="text-align: right;">12</p>	<p style="text-align: center;">Center Closes At 4:00 pm</p> 
<p style="text-align: right;">17</p> <p><u>9:00 Exercise with Lake County Physical Therapy</u></p> <p>1:30 pm Medicare Open Enrollment with Carol Kummer</p>	<p style="text-align: right;">18</p> <p><u>9:00 Facts in Five</u></p> <p><u>1:30 Travel Presentation Ecuador & the Galapagos Islands with the Cavinness's</u></p>	<p style="text-align: right;">19</p>	
<p style="text-align: right;">24</p> <p style="text-align: center;">CLOSED</p>  <p style="text-align: center;">Happy Thanksgiving</p>	<p style="text-align: right;">25</p> <p style="text-align: center;">CLOSED</p> 	<p style="text-align: right;">26</p>	<p style="text-align: center;">Sharon Wold Manager</p> <p style="text-align: center;">Anne Carter Senior Center Coordinator</p>
			



**Winter Holiday Party
Friday, Dec. 9th
Doors open at 11 AM**

**Tickets go on sale at 10:00 am on
Monday, Nov. 14th
Ticket sale ends on Dec. 2nd or when SOLD OUT**

Ticket cost: \$15 (cash only this year)

**Marvela's will be catering this year.
Menu will be posted on bulletin board.**

**Entertainer will be Peter Oprisko.
He has performed in the past.**

Dessert and goody bag following entertainment.



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



**1170 E. Belvidere Rd.
Suite 202, Grayslake
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

NOVEMBER BIRTHDAYS

Rita Jackson	November 4	Sharon Ballard	November 15
Magda Ott	November 4	Ken Parrish	November 17
Rita Zachary	November 6	Nina Nethercote	November 18
Linda Knieling	November 7	Jean Owen	November 18
Dorothy Skowron	November 7	Larry Bobko	November 19
Ted Preidis	November 9	Vivian Gwaltney	November 23
Linda Wenzel	November 10	Michael Ott	November 24
Joanna Jorstad	November 11	Faithe Ruschke	November 25
Anna Myer	November 11	Philip Stanovich Jr.	November 25
Gregory Roberts	November 12	Dee Roberts	November 26
Vera Kool	November 13	Dorothy Vogel	November 26
Mary Nardini	November 13	Edward Skowron	November 28
Rev. Orrell Ruth	November 13	Jerry Vinarsky	November 28
Susan Schreiber-DeVillez	November 13	Marianne Nettelhorst	November 30

