Senior Programs

Buffalo Grove Park District Seniors

Wondering what there is to do for fun?

Want a place to socialize with active, exciting people your own age? Become a part of the Buffalo Grove Park District Seniors. This is a program for seniors age 50 and over. Trips, lectures, services, refreshments and planned activities are all part of the excitement that awaits you. For more information, contact Terri Ebner at 847.850.2117.

Age: 50 years and older

Code # 36917 R/NR Fee \$20/\$25

All present memberships will expire December 31, 2013.

Transportation

Wheeling Township - Offers bus service for Wheeling Township residents Monday through Friday from 9 am - 4 pm Please call 847.259.7743 between 9 am and 1:30 pm to make a reservation. All reservations should be made 2 days before the travel date.

Vernon Township - Offers bus service for Vernon Township residents Monday through Friday from 8:30 am - 4:30 pm Please call 847.634.4600 for reservations. Wednesday only, the Vernon Township bus will bring you to the Alcott Center so you will be able to participate in activities.

Reservations must be made at least 24 hours in advance.

Taxi Service - The Village of Buffalo Grove has negotiated a discounted fee for seniors. For more information on this program please call Village Hall at 847.459.2500. Forms are available at the Alcott Center Office.



Benefits of Becoming A Member of Our Senior Programs

This membership entitles you to discounted member rates for many of our trips and programs, and enables you to participate in our many free lectures, lunches, parties and drop in programs. Be the first to find out what there is to do and avoid being placed on waiting lists. Membership is not required to enroll in classes or to make use of services that are offered. Resident/Nonresident fees will apply.

20% Discount

Residents aged 62 and over, are entitled to a 20% discount on recreation opportunities through the Park District, except contractual programs and trips. This symbol S indicates programs that are eligible for the 20% discounted fee. This will help you identify the programs that will entitle you to an additional discount. Classes offered in the senior section are already discounted. Prices are as stated.

Weekly Activities - For Members Only

New players are welcome, please stop by and join the fun.

Bridge

(For experienced players) Monday and Wednesday at 12 pm

Hand & Foot - A Form Of Canasta

(New players always welcome) Monday and Wednesday at 10 am

Texas Hold 'em

Monday and Friday at 12 pm

Poker

Tuesday and Friday at 12 pm

Bunco Buddies

Tuesday at 11:30 am

Bingo

Wednesday at 12 pm

Pinochle

Wednesday at 11 am

Mah Jong

Thursday at 11:30 am
For fast paced experienced players.
See page 57 for information on beginning classes.

Left - Right - Center

2nd and 4th Thursday at 1 pm

Knitting - Crafty Ladies

Friday at 9 am

Indian Trails Library

A librarian from the Indian Trails Library comes to the Alcott Center Wednesday at 11:30 am.

Advisory Council Board Meetings

Wednesday, September 4, October 2, November 6 and December 4
Meetings are held the first Wednesday of each month at 10 am
Dates are subject to change, please call 847.850.2117 to verify.



Activities Free To All Members

Good & Welfare

Free to all members

Have a card sent from our Senior Advisory Council Board. Cards can be send for any occasion, get well, congratulations, sympathy etc. If there is a member you would like to send a card to, please call our Good and Welfare Chairperson, Betty Schneider at 847.459.4599.

The Crafty Ladies - Knitting & Crocheting

Every Friday

9 - 11 am

Free to all members

The Crafty Ladies are a great group who enjoy making items for themselves and others. They have patterns to share and yarn for making donated items to various charities. A few more friendly faces and busy hands are always welcome. Please stop by and see all of the beautiful items that they are working on. Clean and odorless yarns (no wool or wool blends please) are accepted and very appreciated. If you have yarn you would like to donate, please call 847.850.2117.

Texas Hold'em

Every Monday and Friday

12 pm

Free to all members

Come play the game that television has made into the biggest card game now played in the United States.

Left - Center - Right

2nd and 4th Thursday

1 pm

Free to all members

All you need to play this very fun, easy and entertaining game is chips, dice and people. The Park District has the chips and dice, so all we need are people that want to play. It's an easy game to learn, please feel free to join the group.

Bunco

Every Tuesday

11:30 am

Free to all members

Join the Bunco Buddies for an afternoon of fun and excitement. Bunco (also Bunko and Bonko) is played in teams with 3 dice. When you roll 3 of a kind of the number you are currently rolling this is a Bunco (21 points). If you don't know how to play, or need some brushing up, this friendly group will help you. You may be the next one shouting Bunco.

Birthday Celebrations

Wednesday, September 4, October 2, November 6 and December 4

1:30 pm

Free to all members

Enjoy monthly complimentary birthday cookies provided by Belmont Village of Buffalo Grove at 1:30 pm at the Alcott Center. Belmont Village was founded to provide a way for seniors to lead happy, self-directed lives in a supporting community, one that offers good value and has been designed from the ground up to be sensitive to senior living. They are located at 500 McHenry Road in Buffalo Grove and can be reached at 847.537.5000.



Beautitul, colortul Park District Senior t-shirts are now available in small and medium sizes for only \$2. Supply and sizes are limited. Shirts can be purchased at the front office. Be sure to wear our shirt with pride.

Obtaining The Police Blotter

Free to all seniors

The Crime Prevention Unit of the Buffalo Grove Police Department will e-mail you the "Police Blotter", which is published Monday through Friday. The "Blotter" tells you of incidents and crimes in the Village, alerts you of scams and crime trends, lets you know what the Police Department is up to, and from time to time, tells a funny story or two. To receive the "Blotter" by e-mail, go to vbg. org, and on the right side of the page, click on E-News Sign Up. Fill in the form and click subscribe. Or, you can call the Police Department at 847.459.2560.

Current Events Discussion Group

Thursday, August 15, September 19, October 17, November 21 and December 19 10:15 am

Free to all seniors

Join Rabbi James Gordon, Director of Pastoral Services at The Claremont Rehab and Living Center in Buffalo Grove, for an hour of current events. Rabbi Gordon, a very inspirational speaker, will lead the group in topics that will include Local, National and International Politics, Human Interest Stories and Sports. Rabbi Gordon is an Attorney, Sports Enthusiast and former Political Advisor. Current Events will continue once a month, the third Thursday of each month at the Alcott Center. Dates are subject to change.

Public Safety Breakfast Club

Wednesday, August 28, September 25 and October 30 10:15 am

Free to all seniors



This program is sponsored by Lexington Health Network in Wheeling. Join representatives from the Buffalo Grove Police and Fire Departments the last Wednesday of the month at the Alcott Center. Various safety topics will be discussed. Have all of your concerns answered, learn what's going on in your neighborhood and more. Bagels and cream cheese will be served and registration is required.

CJE SeniorLife

Thursday, September 5, October 3, November 7 and December 5

11 am - 2 pm

Free to all seniors

Are you confused by Medicare Part D? Do you need to know if you qualify for other assistance? CJE has the answers. CJE SeniorLife's resource specialists provide older adults with free information, assistance and advocacy in the areas of benefits eligibility check up, social security, health insurance, Medicare, Medicare Part D, Medicaid, Circuit Breaker eligibility, and now resources for retirement. Learn about Medigap Insurance, prescription drug programs, and even learn how your employee benefits compare with Medicare. A representative of CJE SeniorLife will be available at the Alcott Center on the 1st Thursday of every month to answer your questions and assist you in filing for these programs. For more information or to schedule an appointment, call 773.508.1047.



Wednesday, September 11 10:30 am

Free to all seniors

Every year the government opens a window when seniors can make changes in their Medicare plans. While this period is meant to help seniors to pick their best options, the variety of choices can often be confusing. Pioneer Press columnist, Lenna Scott, will help breakdown the differences between the different types of Medicare plans and suggest resources to help seniors make informed choices. Registration is required.

Blood Pressure Screenings

Wednesday, September 11 and November 13 1:30 pm

Free to all seniors

High blood pressure is a silent killer, and there are no symptoms. Don't miss this opportunity to have yours checked at the Alcott Center by a nurse from Wheeling Township.

Mew Houdini

Tuesday, September 17

7 pm

Free to all seniors

The true stories of the American self-liberator, Europe's eclipsing sensation, world's handcuff king, exposer of fraud, original prison breaker, and master magician. Houdini was the most famous man of his time; and, over 80 years after his death, he is still the foremost name in magic. William Pack uses storytelling and historical magic recreations to bring to life the true story of this icon. This program will be held at Indian Trails Library, located at 355 Schoenbeck Road in Wheeling. Registration is required by calling 847.459.4100. Co-sponsored with the Buffalo Grove Park District and the Wheeling Pavilion Senior Center.







Learn how to get a toe INDIAN TRAILS hold as you climb your LIBRARY DISTRICT family tree. We will talk

about how to get started and what resources will help you on your adventure. Join a representative from the Indian Trails Library as you travel down this exciting path.

Code	Day	Date	Time	Fee
38695	Wed	Sept 25	7 - 8:30 pm	Free
Instructor	: India	n Trails Library	Location: Alcott Center	







INDIAN TRAILS Public Library and the Buffalo Grove

District for some Monday afternoon fun. Our fall line up is Maureen Christine, Alex Talbott and Nancy Shaffer.

Marueen Christine (38567), an award winning vocalist and national recording artist presents her newest concert Unforgettable, Sweet Songs of the 50s and 60s. Wonderful songs you danced, romanced and fell in love to. You'll be swaying and humming along with these terrific songs.

Alex Talbott (35868), a saxophone player and vocalist, is currently performing with the Jazz/Blues group at the Embassy Suites Hotel in downtown Chicago.

Nancy Shaffer (38569) delivers unmatched uplifting entertainment! Nancy sings beautiful tunes that touch the heart, as well as songs to stir the soul in her One Woman Show. Nancy truly makes memories resurface as she moves through the years with her incredible voice. Sponsored by Indian Trails Public Library.

Code	Day	Date	Time	Fee
38567	Mon	Sept 30	2 - 3:30 pm	Free
38568	Mon	Oct 14	2 - 3:30 pm	Free
38569	Mon	Nov 25	2 - 3:30 pm	Free

Chris Colletti - Tribute To The Great ** American Song Book

Tuesday, October 8

2 pm

Free to all seniors

Come and hear Chris Colletti bring some of the greatest musical legends to life, including Frank Sinatra, Bobby Darin, Al Martino, Buddy Greco, Vic Damone and Tony Bennett. As you enjoy his vocal styling and interpretation, you will take a journey back to the big band era, a time when songs and their lyrics really meant something. This program will be held at Indian Trails Library, located at 355 Schoenbeck Road in Wheeling. Registration is required by calling 847.459.4100. Co-sponsored with the Buffalo Grove Park District and the Wheeling Pavilion Senior Center.

Book/Movie Discussion



*

*

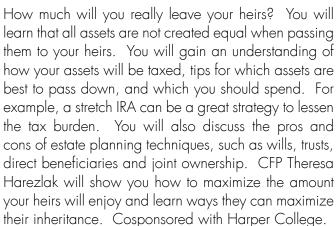
Code	Day	Date	Time	Fee	
38694	Tue	Oct 22	6:30 - 9 pm	Free	
Instructor: Indian Trails Library Location: Alcott Center					

Travel and Customs In Central Africa

Join Christian Medjo Me Zengue, a native of Camaroon, as he shares the customs, history and culture of Central Africa. This program is sponsored by the Indian Trails Public Library.

Code	Day	Date	Time	Fee
38693	Mon	Nov 4	7-8 pm	Free
Instructor: Medjo Me Zengue			Location: Alcott Center	

Passing Assets To The Next Generation



Code	Day	Date	Time	Fee
38577	Thu	Nov 7	9:30 - 11:30 am	Free
Instructor: Hareziak			Location: Alcott Center	





Veterans Day Celebration

Monday, November 11 Refreshments from 12:15 - 1:15 pm Ceremony at 1:30 pm

Free to everyone

Join us as we honor all Veterans, their families and friends, on November 11 at Buffalo Grove High School, 1100 West Dundee Road in Buffalo Grove. There will be music and free refreshments from 12:15-1:15 pm courtesy of Culver's of Buffalo Grove and The Hershey Company. The program will begin at 1:30 pm. This is sure to be a day that will be remembered by everyone. All ages are invited to this very special time of remembrance.

Benjamin Franklin - Stories Of Revolution By R. J. Lindsey

Tuesday, November 12

2 pm

Free to all seniors

With a wink and a smile, ol' Ben invites you to dinner, and over a fine glass of claret, tells stories of his youth. He'll talk about his inventions, including the lightning rod and bifocal glasses, and will also tell you about some of the public institutions he founded. This program will be held at Indian Trails Public Library, located at 355 Schoenbeck Road in Wheeling. Cosponsored with Indian Trails Public Library and the Wheeling Pavilion Senior Center. Registration is required by calling 847.459.4100.

Rules Of The Road Review Class

Tuesday, November 19 Free to all seniors

A representative from the Secretary of State's Office will be conducting a free review course at the Alcott Center from 10 am - 12 pm This program is designed to outline current driving laws and reduce anxiety associated with the renewal of driving privileges. This is a serious, but fun class that takes the fear out of taking tests. Registration is required.

Thanksgiving Fun with CJE

Friday, November 22 11:15 am - 1:15 pm Free to all seniors

CJE Seniorlife's Weinberg Community in Deerfield is thankful for the Buffalo Grove Park District Seniors. Please join them for a Thanksgiving brunch, raffles and entertainment, as they express their appreciation to all of you. The program will be held in their Gidwitz Social Hall, located at 1551 Lake Cook Road in Deerfield. Feel free to drive on your own or take transportation from the Alcott Center at 10:30 am. Registration is required by calling 847.850.2117.

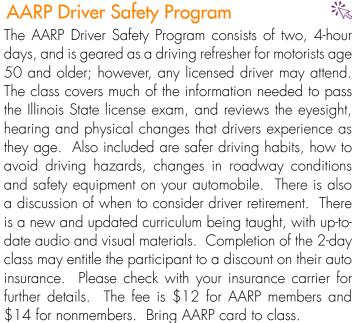


Want to learn Mah Jongg?

For our beginning Mah Jongg class, also perfect for those who need a refresher, see page 61.

Activities Available To All Seniors

AARP Driver Safety Program



Code	Day	Date	Time	M/NM Fee
37867	Sat	Aug 17 - Aug 24	9:30 am - 1:30 pm	\$12/\$14
38574	Fri	Nov 1 - Nov 8	9 am - 1 pm	\$12/\$14
Instructo	or: AAF	RP.	Location: Alcott Co	enter

Wendy's Community Night

Thursday, August 15, October 17 and December 19 5 - 8 pm

Available to all seniors, their family and friends

Want a fun, delicious and easy way to earn money for the Buffalo Grove Park District Seniors? All you have to do is eat at Wendy's, 245 McHenry Road in Buffalo Grove, on the above dates between 5 - 8 pm and they will donate 15% of all sales made during that time. Dine-in or drive thru. Why not have dinner or even dessert and help the seniors at the same time. This fundraiser will be used for a special activity.

Good To Know

For a variety of fitness classes that are perfect for seniors, see page 67.

Culver's Lunch



Culver's will be delivering a mouthwatering lunch to the Alcott Center. Included in this meal will be a chicken

sandwich (September and December), beef pot roast sandwich (October) and ½ tuna sandwich and chile (November). Custard will be served for dessert. Why not enjoy lunch before you begin playing Bingo or cards, or just come out for a day of fun?

Code	Day	Date	Time	Fee
37853	Wed	Sept 4	11:30 am - 12 pm	\$5
38551	Wed	Oct 8	11:30 am - 12 pm	\$5
38552	Wed	Nov 6	11:30 am - 12 pm	\$5
38550	Wed	Dec 4	11:30 am - 12 pm	\$5

Location: Alcott Center

Wendy's Bingo Night

Monday, September 16 and November 18 5 - 7 pm

Available to all seniors, their family and friends

Join us at Wendy's, 245 McHenry Road in Buffalo Grove, for an evening of food and fun. Be sure to invite your friends and family. You are responsible for purchasing your own food. After eating we will play Bingo for Wendy's prizes. But best of all, Wendy's will donate 15% of all sales made during that time to the Buffalo Grove Park District Seniors. Why not have dinner or even dessert and help the seniors at the same time? This fundraiser will be used for a special activity.

Pizza, Pop, Popcorn & Picture Show



Join us for an evening of entertainment. Enjoy a light dinner and watch a movie. The movie title will be posted a month before the program. This is a great way to enjoy the night with the company of others, while you're having fun. All ages are invited to join us.

Code	Day	Date	Time	Fee
38564	Tue	Sept 17	4 - 6 pm	\$4

Activities Available To All Seniors

Here's Autumn Party



Winter is an etching, spring a watercolor, summer an oil painting, and autumn a mosaic of

*

them all. Let's get together and celebrate this beautiful time of year. With autumn right around the corner, it's time to celebrate that the hot days of summer are behind us. Our lunch is sponsored by Whitehall of Deerfield; and, entertainment is courtesy of The Friends of the Parks Foundation.

Code	Day	Date	Time	M/NM Fee
38554	Wed	Sept 18	11 am - 12:30 pm	\$3/\$5

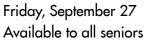
Location: Alcott Center

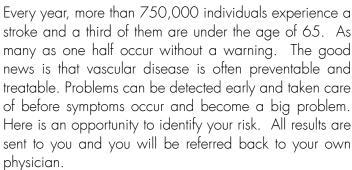






Life Line Screening





*

Life Line Screening will be offering non-invasive screenings using ultrasound technology and tests stroke/carotid artery (CA), abdominal aortic aneurysm (AAA), peripheral arterial disease (ABI index), and osteoporosis. A new screening for atrial fibrillation, an irregular heart rhythm that is linked to up to 20% of all strokes, is now offered. Finger-stick blood testing for lipid profile (Cholesterol, HDL/LDL, Triglycerides) and glucose levels will also be available.

Stroke/Vascular Disease/Heart Rhythm ultrasound package (CA, AAA, AFIB, ABI) - \$139

Blood Package (lipid profile, glucose) - \$50 additional with ultrasound package

Osteoporosis - \$10 additional with ultrasound package

Appointments are required and will begin at 9 a.m. at the Alcott Center. Space is limited. To schedule or for more information call 800.324.1851.

Activities Available To All Seniors

Annual Flu & Pneumonia Shots

Wednesday, October 2 11:30 am - 2:30 pm

Available to anyone 14 years and older

The pharmacists from the Buffalo Grove Dominick's Pharmacy will administer the shots. For children 14 -17 years of age, a parent or legal guardian must be present. Pneumonia shots are recommended every 5 years and once after the age of 65. The flu shots are free for those who have Medicare Part B, otherwise there will be a charge. Medicare Part B covers pneumonia shots once after the age of 65. Appointments will not be taken. You will be given a number when you arrive. Please bring your insurance cards with you. If you have any questions, contact the Dominick's Pharmacy at (847) 634-1130. Your Dominick's Pharmacy offers a 10% off voucher on your next grocery purchase when you receive a flu shot.

Flu Shot - Call pharmacy for prices. Pneumonia Shot - Call pharmacy for prices.

Medicare Part B - Free

Culver's Breakfast & Bingo



While their ButterBurger made them famous, their diverse menu doesn't stop there. Over 45 other items are available

*

for you to choose from. Join us for a morning of fun at Culver's, located at 450 N. McHenry Road in Buffalo Grove. Enjoy scrambled eggs, toast and bacon as you play Bingo. Prizes will be Culver's coupons, redeemable for the free specified product on the card. This is sure to be a morning that will fill our tummies.

Code	Day	Date	Time	Fee
38580	Mon	Oct 21	9:30 - 11 am	\$5

Location: Culver's of Buffalo Grove

Halloween Time





Come join the fun at our spooktacular Halloween celebration. WEAL HIRE laugh with friends while enjoying RDOFCARE lunch and entertainment. Lunch will

be sponsored by The Weilshire The Ponds.

Code	Day	Date	Time	M/NM Fee
38575	Wed	Oct 23	11 am - 12:30 pm	\$3/\$5

Location: Alcott Center

Dark Moments In American History 🛚 💸



In America, Thomas Jefferson had slaves in a country with a Constitution that reads, "All men are created equal," and women could not vote until the 1920s. Americans fought a Civil War for reasons that should have been guaranteed in the Constitution. United States Presidents have ordered the overthrow of democratic leaders of sovereign nations. Join Dennis Bulat as these and other historical facts will be reviewed in the sometimes inconvenient history of the United States. Cosponsored with Harper College.

Code	Day	Date	Time	Fee
38576	Tue	Nov 12 - Nov 19	1 - 3 pm	\$10
Instructor	: Bulat		Location: Alcott	Center

Thanksgiving Day Celebration





Thanksgiving is a time to remember how thankful we are for our friends, family and health. Let's get together during this special holiday and enjoy a turkey meal, sponsored by Alden Long Grove. Alden Long Grove Rehabilitation

and Health Care Center, located off Old Hicks Road in Long Grove, specializes in short-term orthopedic recovery and post-acute services. For more information, contact Denise Betzhold at 847.438.8275. Entertainment will be sponsored by The Friends of the Parks Foundation.

Code	Day	Date	Time	M/NM Fee
38592	Wed	Nov 20	11 am - 12:30 pm	\$3/\$5

Senior Trips

Trip Policies

Pick Up/Drop Off

Departure times are set and abided by. If changes occur, participants will be notified.

Return times may vary due to traffic and/or weather conditions. We will do everything possible to return at the scheduled time.

Casino trips will depart from the Golf and Sports Center, 801 McHenry Road, all other trips will depart from the Alcott Center, 530 Bernard Drive.

Refund Policy

No refunds are given unless the Park District cancels the trip. You are responsible for finding your own replacement if you are unable to attend the trip.

Registration Deadlines

Deadlines listed must be adhered to. If the required participant minimum is not met by the date listed, the trip will be cancelled due to reservation requirements. Full refunds will be given. It is very important to register, with payment, before the trip gets cancelled.

If you have signed up for a trip, and are unable to attend on the day of the trip, please call 847.850.2100.

Refunds for trips and contractual workshops will only be issued if the spot can be filled from the waiting list.

All buses will depart promptly at the scheduled departure time.

Horseshoe Casino

This time we are off to Hammond, Indiana. Included in this trip is round trip transportation. Restroom facilities are not available on the bus, which will depart from and return to the Golf and Sports Center, located at 801 McHenry Road in Buffalo Grove. Please call if you signed up for this trip and are unable to attend. You must bring a picture I.D. or a valid drivers license. Please register with payment 2 weeks before departure date.

Age: 21 years and up

Code	Day	Date	Time	Fee
37878	Fri	Sept 20	9:30 am - 4:30 pm	\$5
38572	Fri	Nov 15	9:30 am - 4:30 pm	\$5

Location: Golf & Sports Center

Fabulous Fox River Lunch Cruise

The beautiful town of Geneva and St. Charles, IL is set on sloping streets, lined by gardens, and bursting with charm and history. In Geneva, enjoy some free time to shop at the famed Little Traveler, a Geneva institution since 1922. Afterward, at Pottawatomie Park in St. Charles, board the Fox River Queen, a replica steamboat paddle wheeler. Once on board, enjoy a fantastic buffet lunch with live musical entertainment, all on a 2-hour cruise of the scenic and serene Fox River. Cosponsored with Indian Trails Public Library. Registration with payment must be received by August 26 to avoid cancellation. Call to see if there are openings after that date.

※

Code	Day	Date	Time	Fee
38591	Thu	Oct 3	9:30 am - 3:15 pm	\$69



Senior Trips

9 To 5

This hilarious new musical from Grammy Award-winner Dolly Parton features the hit title song and Tony Award-nominated score. 9 to 5 is the hilarious story of friendship and revenge in the rolodex era. When 3 unlikely friends take control of the office and put their sexist, egotistical, lying, hypocritical bigot of a boss in his place, they learn there is nothing they can't do, even in a man's world. Registration with payment must be received by September 3. Transportation will not be provided. Cosponsored with Indian Trails Public Library.

Code	Day	Date	Time	Fee
38565	Wed	Oct 9	1 - 3 pm	\$31

Location: Marriot Lincolnshire



Upcoming Trips

Don't forget to sign up for Marriott Theatre, Casinos, and Chicago Your Way. Call 847.850.2100 to see if there are still openings. For additional information, refer to our summer catalog, available for viewing at baparks.org.

Potawatomi Casino & More



Included in this trip is round trip transportation, a \$10 food voucher, and \$10 Firekeepers Reward Play. We will also make a short stop on the way home at the Mars Cheese Castle. The bus will depart from and return to the Golf and Sports Center, located at 801 McHenry Road in Buffalo Grove. Please call if you signed up for this trip and are unable to attend. You must bring a picture I.D. or a valid drivers license. Please register with payment 2 weeks before departure date. **Please note:** The bus will leave the casino at 4 pm. Bingo players may have to leave before their Bingo game ends.

Age: 21 years and up

*

Code	Day	Date	Time	Fee
38599	Mon	Oct 28	10 am - 6 pm	\$25

Location: Golf & Sports Center

Mary Poppins



The world's favorite nanny arrives on the Marriott stage! Mary Poppins, based on P.L. Travers' beloved stories and the classic Disney film, features a magical score and thrilling dancing with A Spoonful of Sugar, Chim Chim Cher-ee, Feed the Birds, and Let's Go Fly a Kite, coming to life in front of your eyes for the very first time. So, come and spend a jolly holiday with Mary and an irresistible cast of characters. Registration with payment must be received by November 12. Transportation will not be provided. Cosponsored with Indian Trails Public Library.

Code	Day	Date	Time	Fee
38590	Wed	Dec 18	1 - 3 pm	\$31

Location: Marriot Lincolnshire