

PRIME Times

Programs for Skokie Active Adults 60+

Summer 2024

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*Anderson Japanese Gardens
Rockford, IL
Details on page 4*



Oakton Community Center
4701 Oakton St., Skokie

Registration Begins

Residents
May 15 at 8:30 a.m.

Non-Residents
May 22 at 8:30 a.m.

Register for programs and classes at
www.SkokieParks.org

Use the provided 8-digit codes to locate
programs in our registration page.

Save 20% on most programs. Look for the discounted fees in **green!**



Active Adult Programs for adults 60+ are organized out of the Oakton Community Center's Lounge. The overall program features drop-in programs, exercise classes, Monday movies, card clubs, seasonal parties, health and wellness fairs, shopping trips, lunch and dinner outings, day trips, vacation getaways, and more, all at low rates and many free.

Icon
key:



One day program



Significant walking



New offering

All classes are for ages 60+ and are located at the Oakton Community Center unless otherwise noted.

Mah Jong Lessons

Learn the basics of this classic game and meet others learning the game, too! Bring your own Mah Jong card to class, which can be purchased at many gift shops. Please pre-register for this class at least one week in advance. Please note that the July classes, beginner and continuing, will meet on the following days/dates: Th 7/11, W 7/24, Th 7/25, and Th 8/1. Instructor; Dalya Horwitz

Beginning

215240-01	Th	6/6-6/27	11A-12:30P	\$25/\$32
215240-03	Th	7/11-8/1	11A-12:30P	\$25/\$32
215240-05	Th	8/8-8/29	11A-12:30P	\$25/\$32

Continuing

215240-02	Th	6/6-6/27	1-2:30P	\$25/\$32
215240-04	Th	7/11-8/1	1-2:30P	\$25/\$32
215240-06	Th	8/8-8/29	1-2:30P	\$25/\$32

Canasta Lessons

Learn the basics of Canasta, while learning to play Triple Play, a variety of the Canasta game that uses seven decks of cards. It is fun and easy to play. Best described as Canasta on steroids. Once you learn this game of Triple Play, you will play other variations of Canasta. Can be played with two to six players. Instructor: Rosemary Tate

Beginning

215241-01	M	6/3-6/24	10-11:30A	\$25/\$32
215241-03	M	7/8-7/29	10-11:30A	\$25/\$32
215241-05	M	8/5-8/26	10-11:30A	\$25/\$32

Advanced

215241-02	F	6/7-6/28	10-11:30A	\$25/\$32
215241-04	F	7/12-8/2	10-11:30A	\$25/\$32
215241-06	F	8/9-8/30	10-11:30A	\$25/\$32

Medicare 101

Are you new to Medicare or close to your enrollment date? Have you been a Medicare beneficiary for some time but never really understood your coverage? This program will review the basics of Medicare coverage from A to D and give you an overview of the Medicare program and share information to help inform you with health care decisions in the future. Please register at least one week in advance.

215243-01	Th	6/20	1-2P	free
215243-02	Th	7/18	1-2P	free

AARP Smart Driver Course

In this classroom refresher course, you must attend on both days of the class, Tuesday and Thursday. Call or visit the Oakton Center to register and reserve a spot. AARP member and non-member fees are paid to the instructor on the first day of class; please bring a check made out to AARP. Fees for AARP member \$20, AARP non-member \$25.

215246-02	Tu,Th	7/23-7/25	12-4P
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AARP Smart Driver TEK

Smart Driver TEK is a free 90-minute workshop offered by AARP. Learn how to use the latest high-tech safety features in your current car, what technology to look for when shopping for a new car, and the safety benefits of blind spot warning systems, forward collision warnings, lane departure warnings, smart headlights, and more. You do not need to be an AARP member to attend this program. Pre-registration is required.

215247-01	W	6/5	10-11:30A	Free
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Oakton Tai Chi Chih

Tai Chi Chih explores moving meditation, relaxing the body, refreshing the mind and promoting health and longevity. Improve your weight, blood pressure, balance, flexibility and coordination. Instructor: Alla Meerson

Beginning

254562-01 Tu 6/4-8/27 12:30-1:45P **\$91/\$114**

Continuing

254562-02 Tu 6/4-8/27 11A-12:15P **\$91/\$114**

Easy Does It

Join us for the stretching and bending of both the upper and lower body. Class is taught by a volunteer senior instructor.

255460-01 M,F 6/3-8/30 10:15-11:15A **\$7/\$9**

Cardio, Strength & Stretch

This low impact aerobics and body sculpting class is designed for mature adults who want a full body workout combined with great music and a variety of exercises. You will work every muscle group using light weights, low impact aerobics, and chair workouts. Sign up for all three days and receive a 10 percent discount. Certified instructor: Janis Argianas

255461-01 M,W,F 6/3-8/30 9-10A **\$246/\$307**

255461-02 M 6/3-8/26 9-10A **\$91/\$114**

255461-03 W 6/5-8/28 9-10A **\$91/\$114**

255461-04 F 6/7-8/30 9-10A **\$91/\$114**

Zumba

Combining high energy music with unique and easy to follow moves, Zumba is designed for the active adult including beginners. Improve coordination and increase balance with this fun workout. Certified instructor: Ruben Zapata

255462-01 F 6/7-8/30 1:30-2:30P **\$91/\$114**

Chair Pilates & Stretch

Strengthen your core muscles and stretch in this no-

impact 'balance of mind and body' exercise class. Modified activities will accommodate physical abilities. Instructor: KC Bleuher

255470-01 M 6/3-8/26 1:15-2:15P **\$91/\$114**

Dynamic Strength & Balance

This class offers a combination of standing and chair exercises with low impact cardio movement, standing balance work and seated work using bands, hand weights and balls. The last 10-minutes of class will offer both seated and standing stretching. This class is perfect for those that want a combination workout. Use of the chair is optional. Class will not meet on July 4. Instructor: KC Bleuher

255463-01 Th 6/6-8/29 11A-12P **\$84/\$105**

BeMoved

BeMoved offers a dance experience designed for people of all fitness levels and abilities focusing on strength, flexibility and balance. It is gentle on the body and easy to follow, with no dance experience necessary. Instructor: Joanie Bayhack

255465-01 Tu 6/4-8/27 10-11A **\$91/\$114**

Active Adult Water Aerobics

Cool off in a fun, calorie burning, muscle toning, low impact workout! Both men and women will benefit from workouts that incorporate cardiovascular conditioning and muscle toning through the natural resistance of water. No make-ups for missed classes.

Instructor: Renee Weingard

255464-01 M 6/3-8/12 9-10A **\$77/\$96**

255464-04 F 6/7-8/16 9-10A **\$77/\$96**

Instructor: Debbie Jimenez

255464-03 W 6/5-8/14 9-10A **\$77/\$96**

Day Trips

All Day Trips are for ages 60 + and depart from the Oakton Community Center. Cancellations must be made at least seven days in advance to receive a refund.

Skokie Heritage Museum Tour

Ever wonder what's in that old log cabin behind the Skokie Heritage Museum (old Village Hall and firehouse)? Join us for a free tour both the cabin and the museum! Learn about how Skokie has changed over time, exploring some of the museum's collection, and sharing your stories of Skokie back in the day, while flipping through old yearbooks and photos. Light refreshments provided. Transportation is NOT provided. Please park in the museum lot at 8031 Floral Ave., and meet outside the log cabin.

270260-01 Th 6/6 10-11:30A free

Historic Trolley Tour of Naperville

Annette Wehrli, known as the "Trolley Chick," will take us on the legendary one-hour Historic Trolley Tour of Naperville, blending the past with the present. Following our tour we will have lunch in downtown Naperville and then have free time to shop and walk around the downtown area, including the Riverwalk. Fee includes transportation, trolley tour, and lunch.

270261-01 W 6/12 9:30A-5:30P **\$74/\$92**

Lake Geneva Mailboat Tour

There are only a handful of places left in the country where mail is still delivered by boat and none with a more exciting and scenic tour than this! We will board the Walworth for a 2.5-hour tour, as they deliver mail to about 75 homes on the shores of Lake Geneva. You will have front row shoreline views while experiencing the most unique mail delivery, sure to keep you on the edge of your seat! Following our tour, we will have lunch at Pier 290, followed by some free time to shop in downtown Lake Geneva. Some walking is necessary for this trip. Fee includes transportation, mailboat tour, and lunch. Location: Lake Geneva, Wisconsin.

270262-01 Tu 6/18 7:30A-7P **\$107/\$134**

**Free Movies & Popcorn
Mondays at 1 p.m.
Info on back cover**

Swedish Days

Known as the granddaddy of Illinois festivals, Swedish Days in Geneva, Illinois is a must stop. The music, food, crafts, and shopping will be sure to please. Don't miss the shops in Geneva's historic district, including the Little Traveler. Price includes transportation only. The cost of lunch is on your own. Some walking is necessary for this trip. Location: Geneva, Illinois.

270263-01 Th 6/20 9A-5P **\$23/\$29**

Anderson Japanese Gardens & Valley Orchard

This amazing twelve-acre landscape of streams, waterfalls, winding pathways, and koi-filled ponds has been rated as one of North America's highest quality Japanese gardens. Join us for a guided tour, before which we will stop for lunch. Following the tour, we will stop at Valley Orchard for a wagon ride orchard tour and berry picking. Blueberries and raspberries will be in season. The fee includes transportation, lunch, garden tour, and orchard tour. The cost of berries is not included in the fee. Considerable walking is necessary at the gardens, including some stairs and uneven surfaces. Location: Rockford, Illinois.

270264-01 W 7/10 9:30A-6P **\$80/\$100**

I&M Canal Boat Tour

Relive history with a leisurely ride on the I&M (Illinois & Michigan) Canal on a replica of a boat from the 1840s, being guided along the canal by a mule! Following our tour, we will have lunch at a nearby restaurant, making time to shop at the Canal Cargo Market, selling vintage, antique, and shabby chic items. Fee includes transportation, boat tour, and lunch. Location: LaSalle, Illinois.

270265-01 Th 7/18 7:30A-6P **\$76/\$94**

Antiques & More

If you like to shop or browse and enjoy the thrill of the hunt, this trip is for you! We will stop at a few antique malls and vintage shops from North Aurora to LaGrange Park, stopping to eat lunch along the way. Fee includes transportation and lunch. Location: North Aurora, Illinois

270266-01 W 7/24 9A-6P **\$51/\$64**



Beehive: The '60s Musical NEW

"Beehive: The '60s Musical," is the ultimate celebration of 1960s female empowerment! Featuring such timeless classics as My Boyfriend's Back, Be My Baby, Son of a Preacher Man, and Me and Bobby McGee, the show nostalgically recalls the days of miniskirts, transistor radios and flower power. Fee includes transportation, lunch before the show, and the show. Location: Marriot Theatre in Lincolnshire, Illinois.

270267-01 W 7/31 10A-5P **\$100/\$125**

Lake Geneva & Fitzgerald's Fish Boil 🍷

Travel with us to beautiful Lake Geneva for a leisurely afternoon of shopping and beautiful lakefront views. We will then head to Fitzgerald's in Genoa City for their popular fish boil, which includes fresh boiled cod, BBQ chicken, boiled red potatoes, coleslaw, fresh rye bread, and dessert. Fee includes transportation, and dinner. Location: Lake Geneva, Wisconsin.

270268-01 Th 8/1 9:30A-7P **\$51/\$64**

Wisconsin State Fair 🍷

Located just outside of Milwaukee, the Wisconsin State fair features 30 free stages, numerous educational exhibits, plenty of shopping, both indoors and out, and hundreds of food and beverage options. On our way back from the fair, we will stop at Kopp's Custard for a sweet treat. Fee includes transportation and fair ticket. Location: West Allis, Wisconsin.

270269-01 M 8/5 9A-6P **\$30/\$38**

Mystery Trip

If you are feeling adventurous, then our annual mystery trip to unknown destinations is for you! Join us as we venture to places that our Active Adult group has never been, without driving far from Skokie! Our day will begin by boarding a coach bus, first stop: a water excursion. Lunch will follow and it will be "deep." After lunch, you will be "in the money." And lastly, you will enter a "historical house of glass."

270270-01 Th 8/8 8:30A-6P **\$154/\$193**

Benson Corners Antiques 🍷

Join us as we travel to antique malls in Bristol, Wisconsin to find something unique for your home or a gift for someone special. We will go to Birchwood Grill in nearby Kenosha for lunch. Fee includes transportation and lunch.

Age: 60+ Location: Oakton Community Center

270271-01 W 8/14 9A-5:30P **\$39/\$48**

A Day in Galena & Grant's Home Tour 🍷 NEW

Travel with us via coach bus to Galena, Illinois for a guided tour of Ulysses S. Grant's home. We will have lunch together followed by free time to walk around Galena and visit its quaint shops. Fee includes coach bus transportation, tour, and lunch.

270272-01 W 8/21 7A-8P **\$167/\$208**

Lunch Bunch + Dining Out

All trips are for ages 60+ and depart from the Oakton Community Center.



Dining Out Trips 1

Venture to various restaurants in the Chicago area. Fee includes transportation. The cost of dinner is on your own.

Port Edwards in Algonquin

Riverside seafood restaurant filled with nautical art and a diverse menu.

270862-01 Th 6/27 4:30-8P **\$7/\$9**

Giacomo's Ristorante in Des Plaines

Cozy old-world eatery serving southern Italian fare and pasta.

270862-02 Th 7/25 4:30-8P **\$7/\$9**

Balkan Taste in Mount Prospect

Authentic Serbian food in a relaxed atmosphere.

270862-03 Th 8/22 4:30-8P **\$7/\$9**

Lunch Bunch 1

Experience a new lunch location every month. Fee includes transportation. Cost of lunch is on your own.

Wonton Gourmet in Des Plaines

Known for their high quality fresh ingredients, and specialty wonton noodle soup.

233161-01 Tu 6/4 11:30A-2P **\$7/\$9**

Jolly Inn in Chicago

Authentic home-cooked Polish cuisine in an expansive buffet including pierogis, goulash, salad bar, and dessert bar.

233161-02 Tu 7/9 11:30A-2P **\$7/\$9**

The Original Granny's in Wheeling

Homestyle breakfast and lunch with a down-home vibe.

233161-03 Tu 8/6 11:30A-2P **\$7/\$9**

Monthly Mall Trips



Travel to a new shopping spot each month. Fee includes transportation only.

Oakbrook Center in Oakbrook

233162-01 Tu 6/25 9:30A-4P **\$7/\$9**

Fashion Outlets in Rosemont

233162-02 Tu 7/30 9:30A-4P **\$7/\$9**





NEW

**T
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ARTIST**

HUGO'S ELVIS

Wednesday, May 22 • 1–2:30 p.m.

See Chicagoland's most charismatic Elvis Presley tribute artist, Hugo Colin! Go back decades with this exciting collection of Elvis' greatest rock 'n roll hits!

\$13/\$16

Register at www.skokieparks.org
for program #: 130263

**Click the Registration tab
at the top of the homepage.**



Summer Brunch Bingo Party

Tuesday, July 16 • 12–2 p.m.

Celebrate summer with a themed bingo party. A buffet brunch followed by live entertainment will be provided. We will end the afternoon with bingo and prizes!

Register by July 10.

\$16/\$20

**Click the Registration tab
at the top of the homepage.**

Register at www.skokieparks.org
for program #: 261262

Summer Ice Cream Social & Bingo

Tuesday, August 13 • 1–2:30 p.m.

Say goodbye to summer with delicious ice cream sundaes featuring as many toppings as you can fit in your dish! We will also play an hour of bingo with prizes. Register by August 9.

\$13/\$16



Register at www.skokieparks.org
for program #: 261263

**Click the Registration tab
at the top of the homepage.**



Active Adult Lounge Membership

The Lounge at the Oakton Community Center is available to members only.

Membership offers unlimited use of the Lounge and coffee, a \$10 annual program voucher to use toward active adult exercise, parties or trips at the Oakton Center,

Annual Membership Fees: **\$25/\$31**

**Reservation required for
use of the Lounge**

Monday–Friday
8:30 a.m.–5:30 p.m.

Call to make your reservation. Hours are subject to change.

Looking for new class ideas and instructors!

Do you have a talent or hobby you would like to share (painting, knitting, needlework, crochet, etc)? Do you have experience as an instructor?

Please email Janeen at jagorelick@skokieparks.org if you have a class idea you would like to offer!



Free Village of Skokie Programs

All classes meet at Village Hall, 5127 Oakton St. unless otherwise noted.

Simple Will/Durable Power of Attorney/ Living Will Program

This is for low-income seniors who meet the income requirements. Call for details and, if you qualify, to be put on a waiting list. (We must have at least 7-8 people interested before an attorney will come to our office.) There is a fee charged by the Attorney for this program.

Senior Health Insurance Program (SHIP) Medicare/Part D/Claims/Appeals

Consultations available for new and existing Medicare beneficiaries to learn about their health care benefits: (847) 933-8208

Family Caregiver Support Group

Fourth Wednesday of every month • 10 to 11:30 a.m.
Please contact Erica Goble, Caregiver Specialist if you would like to attend at (847) 424-5660 or email: egoble@nssc.org. If you are caring for an older adult (spouse/partner, mom or dad) join this group if you would like to meet and discuss your caregiving issues and concerns.

Rules of the Road

Review for driver's examination
March 4, June 3, Sept. 9, Dec. 2 • 9:15 a.m. to 12 p.m.

Call (847) 933-8202 for more information.



Skokie Park District Activities for Ages 60+

Pickleball



Open Pickleball at the Weber Center

Check our spring guide for available dates and times.
Drop-in fees: \$7/\$9

Drop-In Pickleball in the Parks

Outdoor courts available on a seasonal basis at Gleiss, Hamlin, Laramie, Lauth, Lawler, Lockwood, Lorel, Schack and Terminal parks. Please be reminded that at any time our outdoor locations may be reserve for lessons.

Classes - visit skokieparks.org/pickleball

Aquatics



Skokie Water Playground

4701 Oakton St.
847-674-1500, ext. 3200
Visit www.skokieparks.org/skokie-water-playground

Devonshire Aquatic Center

4400 Greenwood Street
(847) 674-1500, ext. 3200
Visit www.skokieparks.org/devonshire-aquatic-center

Summer Group and Private lessons, and lap swim.
Visit www.skokieparks.org/swimming

Fitness First Health Club



9300 Weber Park Place
847-674-1500, ext. 2600
Visit www.skokieparks.org/fitness-first

Located at the Weber Leisure Center, the Fitness First health club is a fully-equipped, and state-of-the-art fitness center that includes cardio with TVs, free weights and weight machines, certified personal trainers, an indoor track and gym, spin studio, babysitting, and much more.

For information, call (847) 929-7600 or visit www.skokieparks.org/fitness-first

Emily Oaks Nature Center



4650 Brummel St.
Skokie, IL 60076
(847) 674-1500, ext. 2500

Skokie's urban oasis includes a two-story interpretive center, walking trails through native wildflowers, grasses, oak trees, wildlife, and around a two-acre pond. 4650 Brummel St., 847.674.1500, ext. 2500.

Visit www.skokieparks.org/emily-oaks-nature-center

Classes - visit www.skokieparks.org/nature

Golf



Weber Park Golf Course

Beautiful 9-hole, par-3 golf course, ideal for learning to play golf or working on your short game.

9350 Weber Park Pl.
(847) 674-1500, ext. 3600

Visit www.skokieparks.org/weber-park-golf-course

Skokie Sports Park

Golf Range featuring TrackMan, Mini-Golf, Batting Cages, "The Bunker" Indoor Golf Simulator

3459 Oakton St.
(847) 674-1500, ext. 3100

visit www.skokieparks.org/skokie-sports-park

To see all Skokie Park District programs and events for all ages, go online to skokieparks.org/summer24



Weber Leisure Center
9300 Weber Park Place
Skokie, Illinois 60077

SkokieParks.org

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TRIPS | CLUBS | PARTIES | EXERCISE | CLASSES | FREE PROGRAMS For Skokie's Active Adults!

Lounge Schedule:

Monday

Movie & Popcorn: 1 p.m.

Friday

Laramie Bridge Club: 10:30 a.m.–1 p.m.

Mah Jong and Canasta are played
Monday–Friday.

Please contact
Janeen at extension 2725 for more
information.



Sign up for our Newsletter!

Not on our newsletter mail list?
Email your address to Janeen at
jagorelick@skokieparks.org.

MOVIE & POPCORN

Mondays • 1 p.m.

Featuring classic movies
and new releases

Movie listings available
online at:

www.skokieparks.org/active-adults/#tab-4



Free!