

PRIME Times

Programs for Skokie Active Adults 60+

Spring 2025

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Oakton Community Center
4701 Oakton St., Skokie

Registration Begins

Residents
March 15 at 8:30 a.m.

Non-Residents
March 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.

20% OFF

SKOKIE RESIDENTS!

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.

Canasta Lessons

Learn the basics of this classic card game while learning to play Triple Play, a variation 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, you will be able to play all other variations of Canasta. May be played with 2-6 players. Instructor Rosemary Tate.

Beginning & Advanced

113564-01	M	3/31-4/21	10-11:30A	\$25/\$32
113564-02	M	5/5-5/26	10-11:30A	\$25/\$32

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 at least one week in advance of the first class. Instructor: Dalya Horowitz

Beginning

115243-01	Th	4/3-4/24	11A-12:30P	\$25/\$32
115243-02	Th	5/1-5/22	11A-12:30P	\$25/\$32

Continuing

115243-03	Th	4/3-4/24	1-2:30P	\$25/\$32
115243-04	Th	5/1-5/22	1-2:30P	\$25/\$32

Medicare 101

This seminar is for those new to Medicare or close to their enrollment date or have been a Medicare beneficiary for some time but never really understood their coverage. We will discuss the basics of Medicare coverage from A to D, give an overview of the Medicare program, and share information to help inform those with health care decisions to be made in the future. Please register at least one week in advance to meet class minimum.

113562-01	Th	4/17	1-2P	Free
113562-02	Th	5/8	1-2P	Free

AARP Smart Driver TEK

Smart Driver TEK is a free workshop offered by AARP. Through this 90-minute program, you will learn how to utilize the latest high-tech safety features in your current car, specific 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! AARP membership is NOT required to attend this program.

130265-01	W	4/16	10-11:30A	Free
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AARP Smart Driver Course

In this classroom refresher course, you must attend both days of the class, Tuesdays and Thursdays. Visit the Oakton Community Center to register and reserve a spot. AARP member (\$20) and non-member (\$25) fees are paid to the instructor on the day of class. Please bring a check made out to AARP. Call (847) 933-4969 for more information.

112561-03	Tu,Th	5/20-5/22	12-4P
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Fraud is Broad NEW

First Bank Chicago has taken great strides in furthering their mission to help consumers, especially older adults, to protect themselves, their families, and their communities from the latest scams and financial fraud. You too can be a fraud fighter by attending this free presentation hosted by Denise Bryant, director of community outreach at First Bank Chicago.

130267-01	Th	4/10	11A-12P	Free
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Healthcare POA & Living Will NEW

Join us, in conjunction with CJE SeniorLife, for a free workshop for people ages 60+ regarding completing a Power of Attorney for Healthcare and Medical Directive (Living Will). The program will begin with a discussion followed by the workshop. The legal discussion will be led by Tamara Kushnir Groman, JD, Sr. manager of legal and benefits services at CJE SeniorLife. All participants will complete these documents at the workshop.

130264-01	Th	5/1	1-3P	Free
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Spanish 101: Useful Spanish for Your Daily Life NEW

If you have a trip to a Spanish speaking country in your future or would like to learn Spanish to use in your community, then this class is just what you need. You will learn how to use Spanish in your daily life and learn about Spanish culture. By the end of the course, you will be able to introduce yourself to others, describe weather conditions, and more. The class will be taught by a university professor. The last class will culminate in lunch at a restaurant where you can use your Spanish speaking skills to order. The cost of lunch is on your own.

160601-01	Tu,Th	4/1-5/22	1-2P	\$50/\$63
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Easy Does It

Join us for stretching and bending of both the upper and lower body. This class is taught by a volunteer active adult instructor.

155461-01 M,F 3/31-5/23 10:15-11:15A **\$7/\$9**

Cardio, Strength & Stretch

This low impact aerobics and 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. Class will not meet on Wednesday, April 10. Certified instructor: Janis Argianas

155462-01 M,W,F 3/31-5/23 9-10A **\$151/\$189**

155462-02 M 3/31-5/19 9-10A **\$56/\$70**

155462-03 W 4/2-5/21 9-10A **\$56/\$70**

155462-04 F 4/4-5/23 9-10A **\$56/\$70**

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

154562-01 Tu 4/1-5/20 12:30-1:45P **\$56/\$70**

Continuing

154562-02 Tu 4/1-5/20 11A-12:15P **\$56/\$70**

BeMoved

This dance experience is designed for people of all fitness levels and abilities, with no dance experience required. BeMoved offers a full body workout choreographed to wonderful music. It's easy to follow, gentle on the body, and nourishes your body, heart, and soul. Instructor: Joanie Bayhack

155467-01 Tu 4/1-5/20 10-11A **\$56/\$70**

Groove!

Groove is a unique and fun-filled, full-body workout designed to be inclusive and accessible to people of all fitness levels, set to different genres of music. No dance experience is necessary, just a desire to have fun, try something new, relieve stress, and feel good about moving your body. If you can move, you can Groove! Instructor: Eileen Zeidman

155468-01 W 4/2-5/21 1-2P **\$56/\$70**

Dynamic Strength & Balance

This class offers a combination of standing and chair exercises. Featuring low impact cardio movement, standing balance work, and seated work using bands, hand weights, and balls. The last ten 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. Instructor: Joanie Bayhack

155463-01 Th 4/3-5/22 2:15-3:15P **\$56/\$70**

Zumba

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

155469-01 F 4/4-5/23 1:30-2:30P **\$56/\$70**

All Active Adult Exercise classes
are for ages 60+
and take place at
the Oakton Community Center.

Day Trips



Magic Meadows Alpaca Farm

Ocean's Rat Pack at Jacob Henry Mansion **NEW**

Ocean's Rat Pack is the ultimate tribute to the music of Dean Martin, Frank Sinatra, and Sammy Davis Jr., proving that these classics will never go out of style. Upon arrival at the mansion, you may take a self-guided tour before we have lunch, consisting of a garden salad, rolls, glazed pork chops, potato, vegetable, and dessert. Chicken may be substituted for the pork chops, but you must let Janeen know 2 weeks before the show. Fee includes transportation, lunch and the show. Location: Joliet

Age: 60+ Location: Oakton Community Center
170652-01 W 4/2 9:30A-4P **\$83/\$104**

Vintage Treasures **NEW**

If you like vintage and antique shopping, then this trip is for you! We will head to Bristol, Wisconsin and Antioch, Illinois to explore new shops. Between stops, we will have lunch. Please note that both shops have a few stairs and no elevator. Fee includes transportation, and lunch.

Age: 60+ Location: Oakton Community Center
170653-01 Th 4/17 9A-5P **\$45/\$56**

Magic Meadows Alpaca Tour **NEW**

Magic Meadows Alpaca farm offers an educational farm tour where you can feed and interact with the Suri Alpacas. Following our tour, we will have lunch at a nearby restaurant. Fee includes transportation, tour, and lunch. Location: Wonder Lake

Age: 60+ Location: Oakton Community Center
170654-01 Th 5/8 9:45A-3:30P **\$65/\$81**

Cats at Paramount Theatre **NEW**

One of the most beloved musicals in theatre history takes the stage at the Paramount Theatre in Aurora. Light on dialog, but full of captivating dance, rousing music and singsong poetry, the show won the Tony for Best Musical and Best Original Score. Fee includes transportation, your meal before the show, and your ticket.

Age: 60+ Location: Oakton Community Center
170655-01 W 5/14 10A-6P **\$97/\$121**

Million Dollar Quartet at the Stolp Island Theatre **NEW**

On December 4, 1956, Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins had a chance encounter at Sun Studio in Memphis. What transpired was one of the greatest impromptu jam sessions in music history, delving into the foundation of Blues, Country, Rock and Rockabilly, including Blue Suede Shoes, Walk the Line, Great Balls of Fire, and more. The new Stolp Island Theatre was designed to immerse you in the experience so you can say "I was there!" Fee includes transportation, lunch, and the show. Location: Aurora.

170656-01 W 6/11 10A-6P **\$131/\$164**

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.

Travel With Collette - Islands of New England

The Atlantic coast is calling. Explore New England’s majestic seaboards, from Rhode Island to Cape Cod. Visit Providence and the Gilded Age mansions of Newport. Experience the beautiful islands of Martha’s Vineyard and Nantucket. Complete your local experience as you indulge in a traditional seafood and lobster feast. Explore the local charms, walk along historic cobblestone streets, and feel like a true New Englander.

Lora Carlson from Collette will be giving a presentation at Oakton Community Center, showcasing a trip to the Islands of New England. Please email Janeen at jagorelick@skokieparks.org, or call 847-933-4969, if you will be attending this presentation.

W **2/12 1P** Free



Athletics for Active Adults (60+)

Hot Shot Sports: Legacy Sports Play at the Weber Leisure Center Gymnasium

Rediscover the joy of the games you love! Our low-impact programs provide a safe, fun-filled environment that encourages participation while minimizing the risk of injury. All activities are designed with safety and inclusivity in mind, ensuring everyone can join in regardless of their fitness level. Our 'Walking Concept' means no running is allowed, and coaches strictly enforce this rule to keep play safe and enjoyable. Experienced coaches guide you through the games, stopping play to reset actions when necessary.

Age: 60+ **Location: Weber Leisure Center**

Walking Basketball

150400-01 M 3/31-4/21 9-10A **\$52/\$65**

Net Sports

150400-02 M 4/28-5/19 9-10A **\$52/\$65**

Yard Games

150400-03 W 4/2-4/23 10-11A **\$52/\$65**

Walking Soccer

150400-04 W 4/30-5/21 10-11A **\$52/\$65**

Lunch Bunch + Dining Out

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



Dining Out Trips

Dining Out Trips

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

Age: 60+ Location: Oakton Community Center

Wick 'n Ore—Vernon Hills

Casual eatery features burgers, salads, sandwiches, fajitas, steaks, and more.

170863-01 Th 4/24 4:30-8P **\$7/\$9**

Tavern on the Glen—Glenview

An upscale tavern style bistro serving steaks, fresh seafood, chicken, pasta, and more.

170863-02 Th 5/22 4:30-8P **\$7/\$9**

Lunch Bunch

Lunch Bunch

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

Age: 60+ Location: Oakton Community Center

Manny's Deli—Chicago

Undeniably, one of the best delis in Chicago, serving award winning corned beef and a full menu of other deli options.

133161-01 Tu 4/8 11A-2:30P **\$7/\$9**

B's Sweet Bites—Des Plaines

Combo bakery, coffee shop, and eatery featuring breakfast and lunch items plus baked goods.

133161-02 Tu 5/6 11:30A-2P **\$7/\$9**

Monthly Mall Trips

Monthly Mall Trips

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

Age: 60+ Location: Oakton Community Center

Hawthorn Mall—Vernon Hills

133162-01 Tu 4/15 9:30A-4P **\$7/\$9**

Pleasant Prairie Outlet

133162-02 Tu 5/20 9:30A-4P **\$7/\$9**



Time Warp Trivia Game Show

NEW

Tuesday, April 22
12–2:30 p.m.

\$25/\$31

If you like trivia, then this new event is for you! Time Warp the Game Show will feature trivia with classic movies, television shows, and music. Experience what it's like to be a contestant on a game show! Play for fun and prizes! Lunch will be served before the show.



Register at www.skokieparks.org
for program #: 161263

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

Rolling the Dice

NEW

Tuesday, April 29 | 1–3 p.m.

\$13/\$16



Register at www.skokieparks.org
for program #: 161261

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

Let's get together for some old-style fun and games! Bunco is a fast-moving dice game played with teams trying to score the most points. The White Elephant game is a fun gift exchange played by rolling doubles on the dice. Each person must bring one gift, wrapped or in a gift bag, with a value of \$10. Be creative! Light refreshments will be served.

Pajama Party Bingo

NEW

Tuesday, May 13 | 1–2:30 p.m.

Wear your comfy and cozy pajamas and join us for a daytime pajama party. Light refreshments and pizza will be served followed by bingo.

\$13/\$16

Register at www.skokieparks.org
for program #: 161262

**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: **\$27/\$34**

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.

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.

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

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, Oakton, 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

To see all Skokie Park District programs and events for all ages, go online to skokieparks.org/winter25

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

Skokie Heritage Museum



8031 Floral Ave.
(847) 929-8001

Learn about Skokie history. Sign up for senior yoga, private tours or workshops, and history, arts, and cultural programming. Would you like to volunteer or share a story about Skokie history with us? Email museum@skokieparks.org or call for information.

Visit skokieparks.org/skokie-heritage-museum



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.

Wednesday

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!