

# Adult Programs

## How To Create An Online Account

You can register for our virtual and in person classes in the comfort of your own home. If you are not sure on how to register for programs online, Debbie Mills, registration specialist for the Buffalo Grove Park District, will walk you through each step. Within a few minutes, you will know everything you need to register quickly and easily. Email Debbie at [dmills@bgparks.org](mailto:dmills@bgparks.org), and she will contact you to set up an appointment.

### CJE SeniorLife

**FREE**

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 and Medicaid. 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 to answer your questions and assist you in filing for these programs. For more information, or to schedule an appointment, call 773.508.1047.

### Drawing & Painting S

Discover the joys and magic of painting in oils and acrylics under the guidance and inspiration of professional artist Enid Silverman. Beginning, intermediate and advanced students will be given individual attention, as they are taught how to develop and improve their drawing and painting skills, while choosing their own subject matter. Beginners will be given supplies for the first class. Thereafter, participants will be required to purchase minimal supplies as needed. For more information, contact Brian O'Malley at 847.850.2146 or [brian@bgparks.org](mailto:brian@bgparks.org).

**Age:** 18 years and up

Code	Day	Date	Time	R/NR Fee
110107-01	Tue	May 31 - July 12	10 am - 12 pm	\$85/\$105
110107-02	Tue	May 31 - July 12	1 - 3 pm	\$85/\$105
110107-03	Tue	May 31 - July 12	6:30 - 8:30 pm	\$85/\$105
110107-04	Wed	June 1 - July 13	1 - 3 pm	\$85/\$105
110107-05	Wed	June 1 - July 13	6:30 - 8:30 pm	\$85/\$105
110107-06	Tue	July 19 - Aug 30	10 am - 12 pm	\$85/\$105
110107-07	Tue	July 19 - Aug 30	1 - 3 pm	\$85/\$105
110107-08	Tue	July 19 - Aug 30	6:30 - 8:30 pm	\$85/\$105
110107-09	Wed	July 20 - Aug 31	1 - 3 pm	\$85/\$105
110107-10	Wed	July 20 - Aug 31	6:30 - 8:30 pm	\$85/\$105

**Instructor:** Silverman

**Location:** Alcott Center

### Color & Tea

Monday, June 6 and August 1

1 - 2 pm

Alcott Center

**FREE**

Sip on some tea, and let your creativity soar while relaxing and coloring in our new Club 50 - Club Room. Hang out, catch up with friends, and let the colors take the lead on your paper. Coloring can ease the mind and help reduce stress. This is a drop-in program. Bring a friend with you, or come meet a new friend. All are welcome. For more information, contact Brian O'Malley at 847.850.2146 or [brian@bgparks.org](mailto:brian@bgparks.org).

### Tai Chi For Arthritis

Tuesday and Thursday, June 7 - August 4

1 - 2 pm

Raupp Museum

60 years and up

Asking donation of \$20



This Tai Chi for arthritis and fall prevention program will have 3 goals: 1) improve movement, balance, strength, flexibility, immunity and relaxation. 2) Decrease pain and falls. 3) Socialization and stability. It is perfect for those with or without arthritis. This program is brought to the community

through a partnership between the Buffalo Grove Park District and Catholic Charities Lake County Senior Services. Call Kari Pohar at 847.740.6708 to register, or with any registration questions. For more information, contact Brian O'Malley at 847.850.2146 or [brian@bgparks.org](mailto:brian@bgparks.org). **No class on June 28 and 30.**

### Current Events

Wednesday, June 8, July 13 and August 10

2:30 - 3:30 pm

Online

**FREE**



Join Rabbi James Gordon 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. Join right from your computer, tablet or smartphone by logging onto <http://us02web.zoom.us/j/81477099925> (meeting ID: 814 7709 9925). For more information, contact Brian O'Malley at 847.850.2146 or [brian@bgparks.org](mailto:brian@bgparks.org).



S Indicates there is a senior discount available.

### Senior Adults Growing & Exploring (SAGES)

Thursday, June 9, June 23, July 14, July 28, August 11 and August 25

10 - 11:30 am

Online

**FREE**

SAGES is a group for retired, semi-retired, or soon to retire seniors 50 and older, who are interested in enjoying new found freedom, exploring the future, and making new friends with like-minded people. Please join Judy and Michael Yublosky, along with other group members and friends, as they discuss issues of the day, share valuable information about dealing with COVID-19, and laugh a bit while using Zoom. For more information, or to sign up, please go to <http://sagesofbg.wordpress.com/blog/>, and use the contact form at the bottom of the page. You do not need to be a member of SAGES to participate. For more information, contact Brian O'Malley at 847.850.2146 or [brian@bgparks.org](mailto:brian@bgparks.org).

### Musical Monday

Monday, June 13, 27, July 11, 25, August 15 and 29

1 - 2 pm

Alcott Center

**FREE**

Join us and welcome the beginning of summer with Monday afternoon musical fun. Our June performers will be Edizon Dayao and Edgar Gabriel. July brings Ray Forlenza and Dante Salamante. And, August will be Dennis Koppo and Edizon Dayao. This program will be held outside in front of the Alcott Center. Be sure to bring your lawn chairs, so you will be comfortable while you enjoy these outstanding performances. If there is inclement weather, performances will be held indoors. For more information, contact Brian O'Malley at 847.850.2146 or [brian@bgparks.org](mailto:brian@bgparks.org).

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### Chess Club NEW

Come and learn the ancient game of Chess. In this class for beginners, you will learn a few openings, middle game tactics and 5 must know checkmates. You will also learn how to use the chess clock, notation, play online, and how to navigate through chess books. For more information, contact Jimmy Mix at 847.850.2108 or [jmix@bgparks.org](mailto:jmix@bgparks.org). **No class on July 4.**

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
110106-01	Mon	June 13 - Aug 29	7:30 - 8:30 pm	\$393/\$491

Instructor: Swindell Location: Alcott Center



### Murder Mystery Party

Tuesday, June 14

10 - 11 am

Raupp Museum

60 years and up

Asking donation of \$3



You are cordially invited to a murder mystery party! Costumes/dressing up is optional. The Detective Club is having their annual party, and is celebrating its 50th anniversary. You are among the honored guests, hand picked by crime writer Sir Aubrey St. Clair. During the party, a murder happens; and, together, you must help solve the murder. Each person will be given a character to play, which will include character information, and questions and answers that are asked during the game. Don't worry, you don't need to improv here. Groups of up to 8 will play together (if more than 8 sign up, we will break the groups into smaller pairings to play). This program is brought to the community through a partnership between the Buffalo Grove Park District and Catholic Charities Lake County Senior Services. Call Kari Pohar at 847.740.6708 to register, or with any registration questions. For more information, contact Brian O'Malley at 847.850.2146 or [brian@bgparks.org](mailto:brian@bgparks.org).

### Flag Day

Tuesday, June 14

Food at 4:45 pm • Program at 5:30 pm

**FREE**

Flag Day is a day for all Americans to celebrate and show respect for our flag, its designers and makers. Our flag is representative of our independence and unity as a nation, with a glorious history. It was at the lead of every battle fought by Americans, and many have died protecting it. It even stands proudly on the surface of the moon. Join us at Veterans Park, located at 1300 N. Weiland Road in Buffalo Grove, as we proudly celebrate Flag Day. The Buffalo Grove Police and Fire Departments Honor Guard will be presenting the colors. Our guest speaker will be Colonel Paul Mazure. Speeches, changing the flags, and music will also be part of this fascinating program. There is no rain date for this event. For more information, contact Brian O'Malley at 847.850.2146 or [brian@bgparks.org](mailto:brian@bgparks.org).

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### Public Safety Breakfast Club

Monday, June 20, July 18 and August 22

10:15 - 11 am

Alcott Center

**FREE**

### Original BAGELBIALY

Join representatives from the Buffalo Grove Police and Fire Departments each 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, courtesy of Original Bagel and Bialy in Buffalo Grove. For more information, contact Brian O'Malley at 847.850.2146 or [brian@bgparks.org](mailto:brian@bgparks.org).

### Memory Café

Thursday, June 30, July 28 and August 25

2 - 3 pm

Community Arts Center

**FREE**

This monthly program offers individuals with memory loss and their caregiver an opportunity for connection and conversation. This program is free and open to all. Registration is required at [calendar.vapld.info](http://calendar.vapld.info), by phone at 224.543.1485, or in-person at any public service desk at the Vernon Area Library. Sponsored by Belmont Village, Buffalo Grove Community Foundation, Buffalo Grove Park District, Buffalo Grove Police Department, Indian Trails Public Library, Sunrise Assisted Living, and Vernon Area Public Library. For more information, contact Brian O'Malley at 847.850.2146 or [brian@bgparks.org](mailto:brian@bgparks.org).

### Wit's Workout

Thursdays July 7, 14, 21 and 28

10 - 11 am

Raupp Museum

60 years and up

Asking donation of \$5



Do you forget someone's name moments after you hear it? Wonder if you closed the garage door when you left? These are commonly forgotten tasks; and, we've got a way to help improve your memory, while also having fun! With brain teasers and puzzles, Wit's Workout is a

great way to help keep your brain healthy throughout your life. This program is brought to the community through a partnership between the Buffalo Grove Park District and Catholic Charities Lake County Senior Services. Call Kari Pohar at 847.740.6708 to register, or with any registration questions. For more information, contact Brian O'Malley at 847.850.2146 or [brian@bgparks.org](mailto:brian@bgparks.org).

### Life Line Screening

Monday, August 8

Alcott Center

Every year, more than 750,000 individuals experience a stroke and a third of them are under the age of 65. As many as one half occur without a warning. The good news is that vascular disease is often preventable and treatable. Problems can be detected early and taken care of before symptoms occur and become a big problem. Here is an opportunity to identify your risk. All results are sent to you and you will be referred back to your own physician.

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 - \$139  
Osteoporosis - \$10 additional with above package

Appointments are required and will begin at 9 am at the Alcott Center. Space is limited. To schedule or for more information call 800.324.1851. For more information, contact Brian O'Malley at 847.850.2146 or [brian@bgparks.org](mailto:brian@bgparks.org).

### Rules Of The Road Review Class

Tuesday, August 16

10 am - 12 pm

Alcott Center

**FREE**

A representative from the Secretary of State's Office will be conducting this free review course, 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. **Please note:** This will be limited to the first 20 participants. For more information, contact Brian O'Malley at 847.850.2146 or [brian@bgparks.org](mailto:brian@bgparks.org).

### Secretary Of State Jesse White's Mobile Driver Services

Tuesday, August 16

10 am - 2 pm

Alcott Center

Secretary of State Jesse White's Mobile Driver Services Facility will be at the Alcott Center between 10 am and 2 pm. The Rules of the Road Review Class will begin at 10 am; vision Screenings are between 10 am and 2 pm. Services to be offered will include duplicate license, corrected license, driver license renewal, identification cards and renewal stickers. **Please note:** CDL licenses and Real Ids will not be available. Individuals, age 74 and under, within one year of the expiration date of their driver's license may renew their license. Identification cards are issued to all ages. Individuals requiring a road test must go to a full service Secretary of State Drivers Services Facility. In order to take advantage of the services offered at the Mobile Driver Services Facility at Alcott Center, bring your Social Security card, along with 2 other forms of identification that provide your name, date of birth, residency and signature. No copies will be accepted. You will be handed a number when you walk in. This service is limited to the first 100 people; and, preregistration will not be taken for any of their services offered or the Rules of the Road review. For more information, please call 217.782.7044.

### Mah Jongg Tournament

Join us for our summer Mah Jongg Tournament. A Chinese meal, catered by Yen Yen, will be served before the tournament begins. Prizes are sponsored by Belmont Village of Buffalo Grove, and will be awarded at the conclusion. Please bring your own card, tablecloth, and Mah Jongg set. You must make sure your whole group signs up at the same time. Tables of 5 are welcome. A complete list of all players playing at your table must be turned in to the front office at the time of registration. If you do not have a complete table, please call, and we will try to find other players for you. You may bring a small snack tray table. For more information, contact Brian O'Malley at 847.850.2146 or [brian@bgparks.org](mailto:brian@bgparks.org).

Age: 18 years and up

Code	Day	Date	Time	Fee
150941-02	Thu	Aug 18	11:30 am - 3 pm	\$20

Location: Alcott Center



### Good To Know

For a variety of fitness classes that are perfect for seniors, see page 64.