

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, 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.

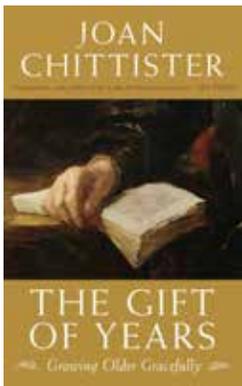
Virtual Book Club: The Gift of Years by Joan Chittister

Tuesday, March 2, 16, April 6, 20, May 4 and 18

10 - 11:30 am

Online

FREE



Join Elderwerks and Barrington Behavioral Health and Wellness for a free virtual book club. Together, we will discuss getting older gracefully, cherishing the blessings of aging, and accepting its challenges. We will read each chapter together when we gather. Enjoy a hot cup of coffee, good conversation, and warm up to new friends. Please join us! Send an email to events@elderwerks.org, or call 847.462.0885 to register and receive the Zoom link. For more information, contact Allison Oberst at 847.850.2146 or allison@bgparks.org.

The Golden Age Of Hollywood

Tuesday, March 2

1 - 2 pm

Online

FREE



Vernon Area
PUBLIC LIBRARY

Louella Parsons was Hollywood's most powerful gossip columnist during the Golden Age. In this living-history program with actress Martina Mathisen, you'll learn the stories and scandals of the actors, actresses, and studio moguls that kept the gossip columns full of drama. Cosponsored with the Vernon Area Public Library. To register go to <http://calendar.vapld.info>. Click the program title, and fill out the registration form. Additional information will follow. For more information, contact Allison Oberst at 847.850.2146 or allison@bgparks.org.

Investing & Retirement

Wednesday, March 3

10 - 11 am

Online

FREE

This time of year, many people are thinking of their investments around tax time. Financial services professional Alan Friedlander will present thoughts on investing and retirement during tax-time. This program is brought to the community through a partnership between the Buffalo Grove Park District and Catholic Charities Lake County Senior Services. Please call Kari Pohar at 847.740.6708 to register, or with any registration questions. Join our Zoom Meeting at <https://zoom.us/join> (meeting ID: 734 215 2035/passcode: 7c2nME). For more information, contact Allison Oberst at 847.850.2146 or allison@bgparks.org.

Popcorn Worthy Movies

Wednesday, March 3

2 - 3 pm

Online

FREE

This month, watch the 1949 movie Inspector General (rated PG) beforehand, and then join in to discuss the movie, learn movie trivia, and hear movie quotes. The movie is available for free at your local library, and on Hoopla and tubi TV. This program is brought to the community through a partnership between the Buffalo Grove Park District and Catholic Charities Lake County Senior Services. Please call Kari Pohar at 847.740.6708 to register, or with any registration questions. Join our Zoom Meeting at <https://zoom.us/join> (meeting ID: 734 215 2035/passcode: 7c2nME). For more information, contact Allison Oberst at 847.850.2146 or allison@bgparks.org.

Bingo Buddies

Wednesday, 3, 10, 17, 24, 31, April 7, 14, 21, 28, May 5, 12, 19 and 26

1 - 2 pm

All ages welcome

Online

FREE

Calling all Bingo lovers! Here is your chance to shout Bingo right from the comfort of your own home. Join the party right from your computer, tablet or smartphone, as we play live Bingo by logging onto <http://us02web.zoom.us/j/89634738654> (meeting ID: 896 3473 8654). Generate and print your unique Bingo card before we begin by going to <http://bingobaker.com/play/3077867>. Each time you click on the link, you can print a new card to play multiple cards. For more information, contact Allison Oberst at 847.850.2146 or allison@bgparks.org.



Senior Adults Growing & Exploring (SAGES)

Thursday, March 4, 11, 18, 25, April 1, 8, 15, 22, 29, May 6, 13, 20 and 27
10 - 11 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 Allison Oberst at 847.850.2146 or allison@bgparks.org.

Successful Seed Starting

Thinking of Spring? Ready to grow something? This class, presented by a master gardener, will teach you the basics of starting seeds at home, so that they are ready for your garden once the weather warms up. Participants will learn about seed selection, when to start different seeds, and how to transplant the when it is time. For more information, contact Debbie Fandrei at 847.850.2135 or dfandrei@bgparks.org.

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
420710-01	Thu	Mar 4	7 - 8 pm	\$10/\$13

Instructor: Staff

Location: Raupp Museum

Virtual Book Club

Friday, March 5, April 9 and May 7

1 - 2 pm

Online

FREE

The books for the spring are Sharp Objects by Gillian Flynn (March), The Mysterious Affair at Styles by Agatha Christie (April), and May's book is TBD. Read the book before the meeting, and join us for a book discussion. You can find the books through your local library, dlib.overdrive.com (Digital Library of Illinois - ebook and audiobook), or on ebook.yourcloudlibrary.com (Cloud Library - MP3 and EPub available). This program is brought to the community through a partnership between the Buffalo Grove Park District and Catholic Charities Lake County Senior Services. Please call Kari Pohar at 847.740.6708 to register, or with any registration questions. Join our Zoom Meeting at <https://zoom.us/join> (meeting ID: 734 215 2035/passcode: 7c2nME), or by phone at 312.626.6799 (same meeting ID and passcode). For more information, contact Allison Oberst at 847.850.2146 or allison@bgparks.org.

Current Events

Wednesday, March 10, April 14 and May 12

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 Allison Oberst at 847.850.2146 or allison@bgparks.org.

Ask A Nurse: A Monthly Interactive Meeting

Thursday, March 11 and April 8

10 - 11 am

Online

FREE

Once a month, Elderwerks will be sponsoring an "Ask the Nurse" series on a variety of topics. In March, Chris Petrik, nurse and Elderwerks training specialist, will be discussing the importance of eye health, types of conditions common in older adults, and using assistive devices. In April, she will be going over emergency preparedness, and what you need in your home to make sure you can stay safe during a weather emergency. You will be able to ask questions at the conclusion of each presentation. **Please note:** This session is not meant to offer medical advice, and is for informational purposes only. Send an email to events@elderwerks.org, or call 847.462.0885 to register and receive the webinar access information. For more information, contact Allison Oberst at 847.850.2146 or allison@bgparks.org.

Nutrition For Cancer Prevention

Thursday, March 18

2 - 3 pm

Online

FREE

Join us as Mary DiPietro from Northwestern Medicine discusses nutrition for cancer and cancer prevention. She will also discuss the Mediterranean diet, and what we can do to help fight cancer before it even starts. This program is brought to the community through a partnership between the Buffalo Grove Park District and Catholic Charities Lake County Senior Services. Please call Kari Pohar at 847.740.6708 to register, or with any registration questions. Join our Zoom Meeting at <https://zoom.us/join> (meeting ID: 734 215 2035/passcode: 7c2nME). For more information, contact Allison Oberst at 847.850.2146 or allison@bgparks.org.

Life Line Screening

Monday, March 22

Community Arts 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 Community Arts Center. Space is limited. To schedule or for more information call 800.324.1851. For more information, contact Allison Oberst at 847.850.2146 or allison@bgparks.org.



Don't Be Fooled By The 1, 2, 3s Of Eldercare Planning

Thursday, April 1

5:30 - 7 pm

Online

FREE

Planning for our future, or the future of a loved one can be confusing - almost like learning another language. Terminology and explanations can be unknown or seem more difficult when in crisis. Join Carol Raso, community resource consultant with Elderwerks, and Helen Mesoloras, elder law attorney, to learn this new language, so you can plan for a smoother and safer future. There is no cost to join the webinar. Send an email to events@elderwerks.org, or call 847.462.0885 to register and receive the Zoom link. For more information, contact Allison Oberst at 847.850.2146 or allison@bgparks.org.

Matter Of Balance

Monday, April 5 - May 24

1 - 2 pm

Online

FREE (suggested donation of \$15 to participate for 8 weeks)

Do you have concerns about falling? Would you like to learn more about how to reduce the fear of falling? Then this weekly fall prevention program may be right for you. During the class, we will discuss fear of falling, what we can do to help prevent falls, and teach fall prevention exercises. Funding does not cover all the costs of these programs, and donations are appreciated. However, no one is ever denied to participate due to the inability to make a donation. This program is brought to the community through a partnership between the Buffalo Grove Park District and Catholic Charities Lake County Senior Services. Please call Kari Pohar at 847.740.6708 to register, or with any registration questions. Join our Zoom Meeting at <https://www.zoom.us/join> (meeting ID: 734 215 2035/passcode: 7c2nME). For more information, contact Allison Oberst at 847.850.2146 or allison@bgparks.org.

Beginning Dog Obedience

Learn how to be the Alpha your dog wants and needs you to be through positive reinforcement, leadership skills, and the 4-component treatment plan. We will cover basic obedience commands, but more importantly, how to have a well socialized and calm dog, with good house manners and impulse control. We will also work on desensitizing to stimuli (reactions to things such as other dogs, animals and people - basically anything that moves). Are you sending the correct message to your dog or reinforcing bad behavior? This class is for dogs 4 months and older. If your dog is under 4 months old, please contact the instructor. For more information, please contact Tammy the instructor at 630.263.3408.

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
41013002	Tue	Apr 6 - May 11	7:15 - 8:15 pm	\$75/\$94

Instructor: Miss Daisy's Manners 4 Paws Location: Alcott Center

Intermediate Dog Obedience

We will build on the basic commands learned in Beginning Dog Obedience, as well as impulse control and desensitizing to stimuli (reactions to things such as other dogs, animals, people and cars - basically anything that moves). We will also cover proper socializing, and if you are sending the correct message or reinforcing bad behavior. Your leadership skills will always be reinforced during this class. Some type of beginning dog obedience is a prerequisite before taking this course. Please note: A 20 foot long line (cloth training lead) is required. If we do not meet the minimum number of dogs required to run the class, registrants will have the option to join the beginning class while being taught the intermediate lesson. For more information, please contact Tammy the instructor at 630.263.3408.

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
410131-02	Tue	Apr 6 - May 11	8:15 - 9:15 pm	\$75/\$94

Instructor: Miss Daisy's Manners 4 Paws Location: Alcott Center

Bingocize

Tuesday, April 6 - June 8

Thursday, April 8 - June 10

1 - 2 pm

Online

FREE (suggested donation of \$20 to participate for 10 weeks)

Want to have fun and get moving at the same time? On Tuesdays and Thursdays, join in the fun! Bingocize is a weekly program, where we play bingo and exercise in between the numbers. Get stronger, have fun, and win prizes. Funding does not cover all the costs of these programs, and donations are appreciated. However, no one is ever denied to participate due to the inability to make a donation. This program is brought to the community through a partnership between the Buffalo Grove Park District and Catholic Charities Lake County Senior Services. Please call Kari Pohar at 847.740.6708 to register, or with any registration questions. Join our Zoom Meeting at <https://www.zoom.us/join> (meeting ID: 734 215 2035/passcode: 7c2nME). For more information, contact Allison Oberst at 847.850.2146 or allison@bgparks.org.

Tai Chi

Wednesday, April 7 - 28

10 - 11 am

Online

FREE (suggested donation of \$10 to participate for 4 weeks)

Tai Chi is gentle exercise that encourages movement and stretching. Modifications are offered for seated and standing. Funding does not cover all the costs of these programs, and donations are appreciated. However, no one is ever denied to participate due to the inability to make a donation. This program is brought to the community through a partnership between the Buffalo Grove Park District and Catholic Charities Lake County Senior Services. Please call Kari Pohar at 847.740.6708 to register, or with any registration questions. Join our Zoom Meeting at <https://www.zoom.us/join> (meeting ID: 734 215 2035/passcode: 7c2nME). For more information, contact Allison Oberst at 847.850.2146 or allison@bgparks.org.

Using Technology For Stress Relief

Friday, April 23

10 - 11 am

Online

FREE

Let's explore what the internet can do to help us relax. We'll be utilizing YouTube and other websites to sample different types of relaxation techniques. This program is brought to the community through a partnership between the Buffalo Grove Park District and Catholic Charities Lake County Senior Services. Please call Kari Pohar at 847.740.6708 to register, or with any registration questions. Join our Zoom Meeting at <https://www.zoom.us/join> (meeting ID: 734 215 2035/passcode: 7c2nME), or by phone at 312.626.6799 (same meeting ID and passcode). For more information, contact Allison Oberst at 847.850.2146 or allison@bgparks.org.

Get Ready For Spring - Organizing & Downsizing Tips

Monday, May 3

12 - 1 pm

Online

FREE

With spring arriving, let's get inspired for our spring cleaning in this presentation by Cindy Levitt. This program is brought to the community through a partnership between the Buffalo Grove Park District and Catholic Charities Lake County Senior Services. Please call Kari Pohar at 847.740.6708 to register, or with any registration questions. Join our Zoom Meeting at <https://www.zoom.us/join> (meeting ID: 734 215 2035/passcode: 7c2nME), or by phone at 312.626.6799 (same meeting ID and passcode). For more information, contact Allison Oberst at 847.850.2146 or allison@bgparks.org.



