

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.

Introduction To Voiceovers

Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character, and thinking, "I could do that"? If so, then you could have what it takes to begin working as a professional voiceover artist. The current voiceover trends have made it easy and affordable for just about anyone to get involved. In this fun and empowering introductory workshop, you will learn about the different types of voiceovers and what tools are needed in order to find success in the industry. You will have the opportunity to get a taste of what it's like to be a voice actor, as you perform a real voiceover script. In this online class, taught by a professional voice actor, your instructor will coach you in a one-on-one video chat setting, as you read from real scripts, taking notes on your performance, so you can receive a professional voice evaluation later. Once you have registered for the online course, Voices For All will contact you directly to set-up a date for you to take the course. For more information, please contact Terri Ebner at 847.850.2117 or tebner@bgparks.org.

Age: 18 years and up

Code R/NR Fee

21011701 \$49/\$61

Instructor: Voices For All

Location: Online

Social Security 101

Wednesday, September 2

1 - 2 pm

Online

FREE

Social Security is with you through life's journey. During this interactive presentation, information regarding Social Security, Social Security disability insurance, and Social Security income benefit programs will be discussed. Join presenters Josephine Mueller and Daniel Summer from the Social Security Administration. Time will be allotted for questions. To RSVP, please email events@elderwerks.org, or call 847.462.0885. Webinar access information will be emailed after registration, and prior to the date of the event. For more information, contact Terri Ebner at 847.850.2117 or tebner@bgparks.org.

Bingo Buddies

Wednesday, September 2, 9, 16, 23 and 30

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 global.gotomeeting.com/join/583207405 (access code: 583-207-405). To download the GoToMeeting app ahead of time, visit <https://global.gotomeeting.com/install/583207405>. Generate and print your unique Bingo card before we begin by going to 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 Terri Ebner at 847.850.2117 or tebner@bgparks.org.



Senior Adults Growing & Exploring (SAGES)

Thursday, September 3, 10, 17 and 24

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 [sagesof.bg.wordpress.com/blog/](https://bg.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 Terri Ebner at 847.850.2117 or tebner@bgparks.org.

Guided Nature Walk

Thursday, September 3 and 24

1 - 2 pm

Mike Rylko Community Park Nature Center

FREE

Have you ever wanted to know more about the plants and animals you see, while walking in the park? Join the staff of the Raupp Museum for a free guided nature walk through Mike Rylko Community Park. We will identify some of the common trees and plants you will see in the park, give you some fun information about the special native species plants that are part of the ongoing habitat restoration there, and even throw in some trivia about the historic uses of the plants. We will meet at the Nature Classroom, located at Mike Rylko Community Park, near the Buffalo Grove Road entrance, next to the skate park. Please note: Participants will be standing or walking for the majority of this 45-minute program. For more information, contact Terri Ebner at 847.850.2117 or tebner@bgparks.org.

Virtual Book Club

Friday, September 4

1 - 2 pm

Online

FREE

The book for this month is Tagged For Death, by Sherry Harris. Get the book through your local library (also available on Hoopla Digital for free), and read it before the meeting time. We will have discussion questions to help guide the group. 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 Terri Ebner at 847.850.2117 or tebner@bgparks.org.

Brain Health

Tuesday, September 8

1 - 2 pm

Online

FREE

The brain changes as we age. This presentation will help distinguish the changes to one's memory that are normal, and those that are not. Chris Petrik, RN, BS, CDP, CADDCT, Training Specialist, will discuss how brain exercises can strengthen the brain's memory center, and provide tips and techniques to assist in remembering names, dates, and important appointments. To RSVP, please email events@elderwerks.org, or call 847.462.0885. Webinar access information will be emailed after registration, and prior to the date of the event. For more information, contact Terri Ebner at 847.850.2117 or tebner@bgparks.org.

Tuesday Trivia

Tuesday, September 8 and 22

11 am - 12 pm

Online

FREE

Do you know what year Frank Sinatra was born? Do you know the name of the movie that Elvis played a Native American? Let's get together on Tuesdays, and have lots of fun with trivia questions, as we challenge our brain. Questions will include topics such as sports, music and movies. Join right from your computer, tablet or smartphone by logging onto <https://global.gotomeeting.com/join/867753565> (access code: 867-753-565). To download the GoToMeeting app ahead of time, visit <https://global.gotomeeting.com/install/867753565>. For more information, contact Terri Ebner at 847.850.2117 or tebner@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 at 630.263.3408. An additional session will be held in October. For more information, please contact Tammy the instructor at 630.263.3408.

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
21013001	Tue	Sept 8 - Oct 13	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. An additional session will be held in October. For more information, please contact Tammy the instructor at 630.263.3408.

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
21013101	Tue	Sept 8 - Oct 13	8:15 - 9:15 pm	\$75/\$94

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



Current Events

Wednesday, September 9

4 - 5 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 <https://global.gotomeeting.com/join/933829013> (access code: 933-829-013). To download the GoToMeeting app ahead of time, visit <https://global.gotomeeting.com/install/933829013>. For more information, contact Terri Ebner at 847.850.2117 or tebner@bgparks.org.

Ode To Beethoven: The Man Behind The Music

Thursday, September 10

2 - 3:30 pm

Online

FREE



Join German historian Anette Isaacs for an intimate look at the life and times of classical music composer Ludwig van Beethoven, who was as famous for his fiery personality as for his ability to turn his personal struggles into powerful melodies. Registration with a valid email address is required. The confirmation email you receive from the library will include a link to join the program. If you do not receive a confirmation email, check your spam folder, or contact the library for additional assistance. Register online at indiantrailslibrary.org/events/, or call 847.459.4100. For more information, contact Terri Ebner at 847.850.2117 or tebner@bgparks.org.

Mindful Moments

We are pleased to offer an opportunity for the community to learn simple exercises to help you and your family find joy, stillness and focus. Practicing small moments of mindfulness leads to confidence, helps remove anxiety, and enhances self love and acceptance. During this time of uncertainty, we are here to help. By growing your skill set of balance and identifying inner peace, you can gather the tools to enhance your energy. There is a fee per device, not per person; so, siblings and families are welcome to join in for the Saturday 9:30 session. Limited spots are available to foster a productive and mindful environment. For more information, contact Jessi Hersman at 847.850.2152 or jessi@bgparks.org.

Code	Age	Day	Date	Time	R/NR Fee
260841-01	Family	Sat	Sept 12 - Sept 26	9:30 - 9:55 am	\$16/\$20
210841-02	17 years +	Sat	Sept 12 - Sept 26	9 - 9:25 am	\$16/\$20
210841-01	17 years +	Sun	Sept 13 - Sept 27	8:30 - 8:55 am	\$16/\$20

Instructor: Hersman Location: Online

Musical Monday

Monday, September 14

12 - 1 pm

Alcott Center

FREE



Musical Mondays is back, but will be held outside on the front lawn of the Alcott Center. Please bring your own chair and lunch. There is some shade from the trees; but, feel free to bring an umbrella if you would like extra protection. We will also be adhering to all safety and social distancing guidelines due to Covid-19. Our priority is the well-being of our guests. Luke Lucky will entertain us with all of our favorite songs. The program will be canceled in the event of inclement weather. For more information, contact Terri Ebner at 847.850.2117 or tebner@bgparks.org.

Keep Your Receipts: Shopping In Buffalo Grove 100 Years Ago

Tuesday, September 15

1:30 - 2:30 pm

Online

FREE

Join the Raupp Museum as we look at what it was like to shop 100 years ago, based on actual receipts from the museum's collection. Museum registrar, Marina Mayne will explore what receipts can tell us today, including what people bought, how much they spent, what the items looked like, and who was doing the buying. Virtual shopping will never be more fun than this. Join right from your computer, tablet or smartphone by logging onto <https://global.gotomeeting.com/join/910622613> (access code: 910-622-613). To download the GoToMeeting app ahead of time, visit <https://global.gotomeeting.com/install/910622613>. For more information, contact Terri Ebner at 847.850.2117 or tebner@bgparks.org.

How Do I Get Organized

Are your paper piles growing? Is it harder to find files or items in your home that you need or want? Is your basement so cluttered that you can no longer enjoy it? Is your car so full of stuff that you are unable to drive with passengers? Are you not having friends and family over because there is no place to sit, and you don't feel comfortable allowing visitors? Come and meet a professional organizer who can help you get out from under all that is cluttered. She will help you make your life become a stress free environment, while giving you tips on how to get on the right path to uncluttering. Once you are registered, you will be emailed the GoToMeeting access code. For more information, contact Terri Ebner at 847.850.2117 or tebner@bgparks.org.

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
210119-01	Wed	Sept 16	10 - 11 am	\$5/\$6

Instructor: Stec

Location: Alcott Center

Senior Wordsmith Writers Group

Wednesday, September 16

1 - 2 pm

Online

FREE

This group is for people that would like to write. Helpful critiques and feedback will be given. Join our writers group, and be prepared to share some of your written work. Time sharing is determined by the number of participants each month. 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 Terri Ebner at 847.850.2117 or tebner@bgparks.org.

Leaf Pressing

Monday, September 21

2 - 3 pm

Online

FREE

It's that time, for the leaves to be changing colors and falling. We will be learning how to press leaves (and flowers), and explore crafting ideas for your leaves after they're pressed. 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 Terri Ebner at 847.850.2117 or tebner@bgparks.org.

Monday Makers

Art + Nature = Fun! Each session, we will go for a guided nature walk in Mike Rylko Community Park, then return to the outdoor pavilion of the Nature Classroom, to do a nature-inspired craft to take home. Each class will feature a different craft, and different nature walk. The September 21 craft will be a surprise. For more information, please call us at 847.850.2135, or email us at museum@bgparks.org.

Age: 10 years and up

Code	Day	Date	Time	R/NR Fee
210961-05	Mon	Sept 21	10:30 am - 12 pm	\$5/\$6

Instructor: Staff Location: Mike Rylko Community Park

Retirement: What's Your Plan?

Learn how to create a playbook for a successful retirement. This seminar goes beyond just the basics, and takes a deeper dive into retirement planning, awareness, analytics and strategies. You will receive exposure to advanced planning techniques, such as Monte Carlo Analyses, Sequence of Return analysis, long term health care strategies, and stress testing potential financial situations or events that can affect the health of your retirement. We will also tackle hard issues regarding how to ensure your money will last for your retirement, having enough to retire when you want, if one of you gets sick (and cost of healthcare increases substantially), leaving money to loved ones without relinquishing control or putting your legacy in jeopardy, and which buckets you should pull money from, and when. You will be emailed the logon information for this virtual program. For more information, contact Terri Ebner at 847.850.2117 or tebner@bgparks.org.

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
210177-01	Thu	Sept 24	7 - 8:30 pm	\$5/\$6

Instructor: Rosenbloom Location: Alcott Center

Fun Fridays

Friday, September 25

12 - 1 pm

Alcott Center

FREE



Fun Fridays is back, but will be held outside on the front lawn of the Alcott Center. Please bring your own chair and lunch. There is some shade from the trees; but, feel free to bring an umbrella if you would like extra protection. We will also be adhering to all safety and social distancing guidelines due to Covid-19. Our priority is the well-being of our guests. Entertainment will be Randy Walker. The program will be canceled in the event of inclement weather. For more information, contact Terri Ebner at 847.850.2117 or tebner@bgparks.org.

NEW

Hands On Art - Calm Coloring Creations

This evening will provide a sense of calm for all in attendance. Benefits of coloring include lowering stress and anxiety levels; negative thoughts are expelled as you take in positivity. Your brain can experience relief by entering a meditative state. All coloring materials will be supplied. For more information, please contact Diana Clayton at 847.850.2111 or diana@bgparks.org.

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
210182-01	Fri	Sept 25	7 - 8:30 pm	\$25/\$31

Instructor: Cohen Location: Twin Creeks Park

How To Choose The Right Medicare Part D Plan

Tuesday, September 29

1:30 - 3 pm

Online

FREE

Open enrollment for Medicare Parts D and C is October 15 through December 7. Have you ever reviewed your current plan? Every Medicare beneficiary has the right to review and change their current Part D or Part C plan during this period. Spend time with us to learn how to understand which plan might be best for you. Lou Barnett, the Senior Health Insurance Program coordinator for Wheeling Township, will review how Parts D and C work, and the benefits they provide. To RSVP, please call 847.259.7730, ext. 21. You will need to provide your name and email address. Zoom access information will be emailed after registration, and prior to the date of the event. For more information, contact Terri Ebner at 847.850.2117 or tebner@bgparks.org.

Identity Theft

Wednesday, September 30

10 - 11 am

Online

FREE



Identity theft is one of the fastest growing crimes this year due to the Covid-19 pandemic. People's reliance on technology for both personal and professional communication, the increase in unemployment benefits and recipients, and the confusion and desperation of those affected by the virus have all led to an environment in which identity theft flourishes. Join Officer Matthew Mills of the Buffalo Grove Police Department for a presentation on different types of identity theft, what you can do to prevent it, and what steps to take if you've been victimized. Join right from your computer, tablet or smartphone by logging onto <https://global.gotomeeting.com/join/939613525> (access code: 939-613-525). To download the GoToMeeting app ahead of time, visit <https://global.gotomeeting.com/install/939613525>. For more information, contact Terri Ebner at 847.850.2117 or tebner@bgparks.org.

Adult Sports

Karate

Release tension, develop total body fitness, and build stamina and overall productivity. In addition to self-defense skills, karate increases flexibility, cardiovascular endurance and muscle tone, while improving core strength. All classes are taught by instructors of the Illinois Shotokan Karate Club, under the direction of John DiPasquale, 4-time National Champion and former U.S. Karate National Coach. Camelot Park is located at 1005 E. Suffield Drive in Arlington Heights. For more information, please contact TJ Wilkes at 847.850.2199 or twilkes@bgparks.org. **No class open November 26.**

Age: 15 years and up

Code	Belt	Day	Date	Time	R/NR Fee
210201-01	Green - Purple	Wed	Sept 9 - Dec 16	6 - 6:55 pm	\$169/\$211
210201-02	Brown Only	Wed	Sept 9 - Dec 16	7 - 8:10 pm	\$195/\$244
210201-05	Black Only	Wed	Sept 9 - Dec 16	8:15 - 9:45 pm	\$218/\$273

Instructor: ISKC

Location: Emmerich Park

210201-03 White - Green Thu Sept 3 - Dec 17 7:30 - 8:30 pm \$169/\$211

210201-04 Purple and up Thu Sept 3 - Dec 17 8:35 - 10 pm \$218/\$273

Instructor: ISKC

Location: Camelot Park - Arlington Heights