

# 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.

### Musical Monday

Monday, May 24, June 7, 21, July 12, 26, August 9, 23, September 13 and 27  
12 - 1 pm

Alcott Center

#### FREE

Join us and enjoy the summer weather, as Musical Mondays continues outside on the front lawn of the Alcott Center. Please bring your own chair. 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. Entertainment will be determined and updated soon. The program will be cancelled in the event of inclement weather. For more information, contact Allison Oberst at 847.850.2146 or [allison@bgparks.org](mailto:allison@bgparks.org).

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### Popcorn Worthy Movies

Wednesday, June 2, July 7 and August 4

2 - 3 pm

Online

#### FREE

Each month, you will watch the movie ahead of time, and then we come together to discuss, learn movie trivia, and see some movie stills. June, July and August movies will be announced the month prior. Movies are available to watch via: Library, PlutoTV.com, Amazon Prime and Hulu. 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: 945 0481 3441/passcode: 377510). For more information, contact Allison Oberst at 847.850.2146 or [allison@bgparks.org](mailto:allison@bgparks.org).

### Senior Adults Growing & Exploring (SAGES)

Thursday, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19 and 26  
10 - 11:15 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](mailto:allison@bgparks.org).

### Wit's Workout

Thursday, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19 and 26  
10 - 11 am

Online

#### FREE

Did you know that social connectedness and intellectual engagement are 2 lifestyle factors that contribute to your brain's health? Simply put, coming together and learning new things is good for your noggin! Join the Wits Workout group, where you'll engage in all kinds of interactive puzzles and games, and learn what you can do in your daily life to keep your brain healthy. 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: 945 0481 3441/passcode: 377510). For more information, contact Allison Oberst at 847.850.2146 or [allison@bgparks.org](mailto:allison@bgparks.org).

### Virtual Book Club

Friday, June 4, July 9 and August 6

1 - 2 pm

Online

**FREE**

The books for the summer are Edgar Allan Poe and the London Monster by Karen Lee Street (June), 2 Days Gone by Randal Silvis (July), and Plantation Shudders by Ellen Byron (August). Read the book before the meeting, and join us for a book discussion. You can find the books through your local library, dlil.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: 945 0481 3441/passcode: 377510), 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](mailto:allison@bgparks.org).

### Current Events

Wednesday, June 9, July 14 and August 11

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](mailto:allison@bgparks.org).

### Fireside With The Author

Friday, June 11, July 16 and August 13

1 - 2 pm

Online

**FREE**

Each month we invite an author to read from their novel, short story or poem. The group can then ask questions about the author, the piece read, inspiration, or anything else of interest. June's author is TBD. July's author, Dawn Ramos, will read from her novel, Christmas in Winchester. August's author is TBD. 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: 945 0481 3441/passcode: 377510), 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](mailto:allison@bgparks.org).

### Mindful Coloring NEW

Friday, June 11, 25, July 9, 23, August 6 and 20

10 - 11 am

Alcott Center

**FREE**

Unwind and join us outside to color in the peaceful breeze. Listen to the trees sway and the birds sing as you unleash your creativity on paper. Intricate coloring sheets and colored pencils will be provided and sanitized each week; participants are also welcome to bring their own supplies from home. We will adhere to social distancing guidelines. Feel free to bring your own chair for your comfort. The program will be cancelled in the event of inclement weather. For more information, contact Allison Oberst at 847.850.2146 or [allison@bgparks.org](mailto:allison@bgparks.org).

### Online Safety Series

Monday, June 14, 21 and 28

Thursday, July 8, 15, 22 and 29

1 - 2 pm

Online

**FREE**

In this online safety series, each week we will cover topics such as catfishing and romance, gift card scams, charity scams, privacy and social media, and losing your phone. 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: 945 0481 3441/passcode: 377510), 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](mailto:allison@bgparks.org).

### Flag Day

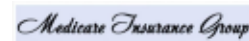
Monday, June 14

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 proud and glorious history. It was at the lead of every battle fought by Americans, and many people 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 Lieutenant Colonel Keith Cowan. Speeches, changing the flags, and music provided by the 484th Army Band's Woodwind Quintet will also be part of this fascinating program. The program will begin at 5:30 pm. There is no rain date for this event. For more information, contact Allison Oberst at 847.850.2146 or [allison@bgparks.org](mailto:allison@bgparks.org).

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### Drawing & Painting

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. To maintain social distancing guidelines, participants will be spaced out amongst 2 rooms (if needed), and face coverings will be required at all times. For more information, contact Allison Oberst at 847.850.2146 or [allison@bgparks.org](mailto:allison@bgparks.org).

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
110107-01	Tue	June 15 - July 13	10 am - 12 pm	\$58/\$73
110107-02	Tue	June 15 - July 13	1 - 3 pm	\$58/\$73
110107-03	Tue	June 15 - July 13	6:30 - 8:30 pm	\$58/\$73
110107-04	Wed	June 16 - July 14	1 - 3 pm	\$58/\$73
110107-05	Wed	June 16 - July 14	6:30 - 8:30 pm	\$58/\$73
110107-06	Tue	July 20 - Aug 24	10 am - 12 pm	\$70/\$88
110107-07	Tue	July 20 - Aug 24	1 - 3 pm	\$70/\$88
110107-08	Tue	July 20 - Aug 24	6:30 - 8:30 pm	\$70/\$88
110107-09	Wed	July 21 - Aug 25	1 - 3 pm	\$70/\$88
110107-10	Wed	July 21 - Aug 25	6:30 - 8:30 pm	\$70/\$88

Instructor: Silverman

Location: Alcott Center

### Picnic In The Park NEW

Tuesday, June 8, 15, 22, 29, July 6, 13, 20, 27, August 3, 10, 17 and 24  
11 am - 12:30 pm

Green Lake Park

**FREE**

Pack your lunch and join us for an outing in the park. Each week, we will meet in the park to eat lunch, socialize with old and new friends, and enjoy the fresh air. There will be shady spots, and sometimes picnic benches; but, bring an umbrella and a chair, just in case. After lunch, each week there will be a quick interactive game or activity for all to enjoy - no supplies or experience is needed. We hope you can join us each week for this fun in the shade lunch! The program will be cancelled in the event of inclement weather. For more information, contact Allison Oberst at 847.850.2146 or [allison@bgparks.org](mailto:allison@bgparks.org).

### Bingo & A Picnic NEW

Wednesday, June 9, 16, 23, 30, July 7, 14, 21, 28, August 4, 11, 18 and 25  
10 am - 12:30 pm

Alcott Center

\$1 per card (limit of 4 cards)

Ready to test your luck on the Bingo board? Join us outside the Alcott Center in the shade for a chance to win! Bingo boards and dry erase markers will be provided and sanitized each week; and, all participants may purchase up to 4 reusable cards. After Bingo ends at 11:30 am, open up your packed lunch and enjoy the time with friends, as we eat and catch up with one another. We will adhere to social distancing guidelines. Feel free to bring your own chair for your comfort. The program will be cancelled in the event of inclement weather. For more information, contact Allison Oberst at 847.850.2146 or [allison@bgparks.org](mailto:allison@bgparks.org).

### Color Me Happy Group

Tuesday, June 22, July 27 and August 31

2 - 3 pm

Online

**FREE**

Each month, we'll come together to color, listen to relaxing music and chat. RSVP ahead of time to receive a packet of coloring pages. 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: 945 0481 3441/passcode: 377510), 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](mailto:allison@bgparks.org).

### Public Safety Breakfast Club

Monday, June 28, July 26 and August 30

10:15 - 11:15 am

Alcott Center

**FREE**

**Original** BAGEL BIALY

This program is sponsored by Original Bagel and Bialy in Buffalo Grove. 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. Please call Allison Oberst to sign-up to attend, as space will be limited. For more information, contact Allison Oberst at 847.850.2146 or [allison@bgparks.org](mailto:allison@bgparks.org).

### Bingocize

Monday, July 12, 19, 26, August 2, 9, 16, 23, 30, September 6 and 13  
Wednesday, July 14, 21, 28, August 4, 11, 18, 25, September 1, 8 and 15  
10 - 11 am

Online

Asking donation of \$20

Join us each week for this exercise program with Bingo! It's as easy or as hard as you want to make it. Almost every exercise can be adjusted or modified. RSVP ahead of time to receive your Bingo cards and weekly take home sheets (there are prizes!). 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: 945 0481 3441/passcode: 377510), 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](mailto:allison@bgparks.org).

### Matter Of Balance

Friday, July 16, 23, 30, August 6, 13, 20, 27 and September 3

10 am - 12 pm

Online

Asking donation of \$20

This weekly fall prevention program combines fall prevention education and exercises, and is designed to decrease the fear of falling, and increase older adult activity levels. 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: 945 0481 3441/passcode: 377510), 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](mailto:allison@bgparks.org).

### Tai Chi For Arthritis

Tuesday, August 3, 10, 17, 24, 31, September 7, 14 and 21

Thursday, August 5, 12, 19, 26, September 2, 9, 16 and 23

1 - 2 pm

Online

Asking donation of \$20

The goals of this program are to improve movement, balance, strength, flexibility, immunity and relaxation, decrease pain and falls, and also provide socialization and stability. This program is perfect for those with arthritis or without. 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: 945 0481 3441/passcode: 377510), 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](mailto:allison@bgparks.org).

### Elderwerks Aging Better Expo: Planning Your Future Today

August 9 - 13

Online

**FREE**

Join Elderwerks for their free virtual expo, which will feature a variety of daily presentations and fun activities, including wellness/nutrition, home adaptation, cooking, exercise, long term care, senior benefit program, and safe driving. Enjoy informative presentations from area aging experts, followed by the chance to participate in live question and answer sessions. You will learn the latest information on how to age well in your home, stay healthy, and live life to its fullest. Join old friends and make new ones in a welcoming environment, designed to help you age better. For more information, or to reserve your spot, call 847.462.0885, or email [help@elderwerks.org](mailto:help@elderwerks.org).

### Life Line Screening

Tuesday, August 24

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 Allison Oberst at 847.850.2146 or [allison@bgparks.org](mailto:allison@bgparks.org).

### Rules Of The Road Review Class

Friday, August 27

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, and will follow social distancing guidelines, with masks being required for the duration of the course. Please contact Allison Oberst at 847.850.2146 or [allison@bgparks.org](mailto:allison@bgparks.org) to preregister for the course.

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

Friday, August 27

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.



ORDINANCE 05-7-1

Have you ever had to walk through a cloud of smoke? Has your little one ever picked up a cigarette butt while playing?

## ENJOY THE FRESH AIR!

Smoking (including e-cigarettes) is not permitted anywhere on Buffalo Grove Park District property. This includes all parks, athletic fields, spectator viewing areas and parking lots.

- » No secondhand smoke.
- » No cigarette litter means cleaner parks.
- » A safer environment for everyone.