AgeGuide NORTHEASTERN ILLINOIS

White Crane Wellness Center
Senior Wellness Center and Adult Day Program

March - April 2025
Community Connections Grant Events
For Information: Kari Pohar
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Please RSVP to Programs You Wish to Join

Zoom (VIRTUAL) Program Instructions

As always, please let me know if you need help getting online to join in. ***To call in with your phone,*** call the phone number below on the day and time of the event.

For all *VIRTUAL* programs: Website: www.zoom.us/join
Call-in number: 312-626-6799 **Meeting ID:** 816 0821 6005
Passcode: 571439

VIRTUAL - **Tuesday February 25th @ 10 am - iPhone & iPad Basics - The Web** Hey iPhone & iPad users! Let's explore the internet together! This will be a basic presentation on how to safely browse the web.

IN PERSON – ***Friday, February 28 @ 10 am - Mobile Integrated Healthcare - Fremont Township - 22385 W Route 60 Mundelein*** What is Mobile Integrated Healthcare? It's a new approach where paramedics work with other healthcare providers to offer non-emergency care at a patient's home. Paramedics help patients manage their health and connect them to local services and resources. Join us to find out what services are offered and if this would be beneficial to you.

March Programs:

VIRTUAL - **Monday March 3rd @ 1 pm - Android phone & Tablet Basics - The Web** Hey Android users! Let's explore the internet together! This will be a basic presentation on how to safely browse the web.

VIRTUAL - **Tuesday March 4th @ 10 am - iPhone & iPad Basics - - Email** Hey iPhone & iPad users! Let's explore email! This will include: texting, email, and video calls.

VIRTUAL – **Tuesdays Beginning March 4th @ 10am – Chair Yoga - Zoom** This 4-week virtual chair yoga class is perfect for anyone! Instructor Eve will guide you through poses and positions to help with balance, flexibility, and strength. All skill levels welcome.

VIRTUAL - **Tuesday March 4th @ 1 pm - Android Phone & Tablet Basics - - Email** Hey Android users! Let's explore email! This will include: texting, email, and video calls.

VIRTUAL - **Wednesday March 5 & 12 @ 10 am - Wit's Workout -** Let's exercise our brains! As a group, we'll work on "mind exercises." Each class is set up like a "workout" with warm-up, stretches, workout and cool down for your brain. These are fun, sometimes challenging activities that can help your brain keep limber.

VIRTUAL - **Wednesday March 5 @ 1 pm - What is Telehealth? -** Telehealth is a new buzz word that's being thrown around. But what is it? And how do you access it? Is it right for you? Let's talk about telehealth and get some of those questions answered.

IN PERSON - **Thursdays beginning March 6 - 27 @ 1 pm - *Chair Yoga - Foss Park District – 1730 Lewis Ave North Chicago-*** Chair Yoga can be for anyone, regardless of experience, mobility, or age. In this 4 week class, you can stay seated or stand for the exercises. Relaxation, flexibility, and stretching will be the focus.

VIRTUAL - **Friday March 7 @ 1 pm - Virtual Book Club -** Read Unmasking The Curse by Chelle Cypress (available on Amazon for purchase - also included in Kindle Unlimited). Join us for a discussion where we'll be able to talk with the author!

VIRTUAL - **Monday March 10th @ 10 am - Android Phone & Tablet Basics - Even More Basics** Hey Android users! Let's explore some more basics to get you using your device!

VIRTUAL - **Monday March 10 @ 2 pm - Legal Basics with Amy Lonergan -** Amy Lonergan is back! And this time she's going to talk about Trusts.

VIRTUAL - **Tuesday March 11th @ 10 am - iPhone & iPad Basics - Even More Basics** Hey iPhone & iPad users! Let's explore some more basics to get you using your device!

IN PERSON – ***Tuesdays & Thursdays beginning March 11 & 13 @ 1 -2 pm - Bingocize - Avon Township - 433 E Washington St Round Lake Park -*** BINGOCIZE is a health promotion program that combines the game of bingo with exercises (standing or seated). Come play bingo and meet new people while learning about techniques to reduce falls and increase cognition. Bingocize is exercise for your body, mind, and spirit. You're encouraged to bring water. Asking $25 donation. No class: April 8 or May 20th.

IN PERSON – ***Friday, March 14 @ 10 am - Paint By Number - Avon Township - 433 E Washington St Round Lake Park*** Let's Paint by Number together! We'll provide the paint, project, brushes.

VIRTUAL – ***Tuesday March 18th @ 10 am - Meet the Author - Molly Weinfurter -*** Join us as Molly Weinfurter joins us from Wisconsin. She is a freelance writer who specializes in pet-related content. She released her first novel "Save Our Dogs" which is a fictional middle grade book that educates about puppy mills. She'll be talking about her inspiration, books, writing, and answering your questions!

VIRTUAL – ***Friday March 21 @ 10 am - Home Energy Savings -*** Citizens Utility Board (CUB) will present on how we can lower our home energy costs and how to look at our energy utility bills.

IN PERSON – ***Friday March 21 @ 3 - 4:30 pm - Game On! - Gift of Games - 82 Center St Grayslake -*** This is a monthly board game group.

We'll play a variety of games. If you're rusty on how to play or you've never played before, we'll teach you.

VIRTUAL – ***Monday March 24 @ 1 pm - Popcorn Worthy Movies*** – Watch the movie Still Alice (2014) and join us for a movie discussion along with movie trivia.

VIRTUAL – ***Wednesday March 26 @ 10 am - Women's History Trivia-*** Let's play a game and learn about some interesting women's history facts and trivia.

VIRTUAL – ***Wednesday March 26 @ 1 pm - Meet the Author - Ingrid Seymour*** – USA Today Bestselling Author, Ingrid Seymour will be joining us to talk about her writing journey. She writes a variety of genres including fantasy, urban fantasy, and paranormal. She'll be talking about her books, writing, inspiration, as well as answering your questions.

IN PERSON – ***Friday March 28 @ 10 am - PoA's & Wills - Grayslake Senior Center - 50 Library Ln Grayslake (parking lot next to Dog n Suds)*** Prairie State Legal will present on PoA's and Wills. These help make sure your loved ones know what your wishes are.

IN PERSON- **Friday March 28 @ 1 pm - Adult Protective Services - Libertyville Senior Center - 135 W Church St Libertyville - RSVP to Carla - 847-918-8880 -** In October 2024, a new agency took over Adult Protective Services for Lake County. LifeScapes will present their services and what you can do to report suspected abuse.

VIRTUAL – ***Monday March 31 @ 1 pm - Hidden Trans Fats -*** – Jim Coogan, RN LDN, will talk about trans fats and how they can be hidden in foods and what they do to our bodies.

April:

VIRTUAL – ***Tuesday April 1st @ 10 am*** – ***Internet Safety is No Joke–*** Let's explore ways to keep ourselves safe on the internet.

IN PERSON- **Wednesdays & Fridays beginning April 2 @ 9-10:30 am - Fit & Strong- Federated Church of Wauconda - 200 Barrington Rd**

Wauconda This 24 week program is an evidence-based exercise program designed for older adults, particularly those with arthritis or chronic conditions. It combines aerobic activity, strength training, and flexibility exercises to improve mobility, increase strength, and reduce pain. The program aims to enhance overall physical function and quality of life while offering educational support on health and wellness. You are encouraged to bring your hand weights and water with you. Asking $25 donation.

VIRTUAL - **Friday April 4 @ 1 pm - Virtual Book Club -** Read An Embarrassment of Itches by M K Dean (Ebook available on Hoopla) and join us for a discussion on the book.

- M.K. Dean is the new pen name of award-winning author McKenna Dean as she delves into the world of cozy mysteries. She lives with her family on a small farm in North Carolina, that she shares with dogs, cats, and various livestock. She likes putting her characters in hot water to see how strong they are. Like teabags, only deadlier.

IN PERSON – ***Mondays & Fridays beginning April 7th @ 9:30 am - Bingocize - Lake Villa Township - 37908 N Fairfield Rd Lake Villa (Caboose Park)*** – Bingocize is a lively twist on bingo that mixes fun, fitness, and health education! As participants play bingo, each number triggers a different exercise, boosting strength, balance, and mental sharpness. It's a fun and social way for older adults to stay active. ***Water is highly encouraged.*** You can bring your own hand weights/resistance bands if you'd like. Asking $25 donation

VIRTUAL – ***Tuesday April 8th @ 10 am*** – ***Nutrition for Diabetes–*** Cheryl Williams, Advanced Dietitian from Northwestern Medicine, will join us to talk about how we can manage diabetes with smart food choices and still enjoy the food we eat.

VIRTUAL – ***Tuesday April 8th @ 1 pm - Meet the Author - M K Dean (April bookclub book author)*** M K Dean will be joining us from North Carolina to talk about her books, inspiration, pets, and mysteries. Bring your questions and let's talk with this delightful author.

IN PERSON – ***Thursday April 10th @ 10 am - Preventing Health Related Emergencies - North Chicago Library - 2100 Argonne Dr North Chicago*** – Most people do not want to end up with a health related emergency. Let's talk about physical changes that occur in aging, identify chronic illnesses, and discuss how health promotion activities can reduce and prevent healthcare emergencies.

VIRTUAL – ***Monday April 14 @ 2 pm*** – ***Legal Basics with Amy–*** Each month attorney, Amy Lonergan, talks about different legal topics. This month, she will talk about Perils of Joint Ownership.

IN PERSON – ***Thursday April 15th @ 10 am - Stories of Lake County Women - St Mark's Church - 2250 N Delaney Rd Waukegan***– From the first official Lake County historian, to community organizers, innovators, artists, and more, learn about powerful women who impacted their communities and left their mark on Lake County history.

IN PERSON – ***Thursday April 17th @ 11 am - You're Dead…Now What? - North Chicago Library - 2100 Argonne Dr North Chicago***– What needs to happen after someone dies? Who contacts Social Security? What about the will? PoA's? Do you know what type of burial someone wants? Attorney Amy Lonergan will discuss these topics. There will be light humor to help get us through this tough subject.

IN PERSON – ***Friday April 18th @ 3 - 4:30 pm - Game On! Gift of Games - 82 Center St Grayslake -*** Let's play some games! We'll have a variety of games to play. Don't know the game or remember how to play? Don't worry! We'll teach you. This is a low competition group.

IN PERSON – ***Monday April 21st @ 1 - 2:30 pm - Murder Mystery Party - Grayslake Senior Center - 50 Library Ln Grayslake (Parking lot next to Dog n Suds) -*** You've been invited to Mistletan Manor for the annual Detective Club - the creme de la creme of crime writers and you are one of the honored guests. Before dinner, something awful has happened to your host, Aubrey St. Claire. You will receive your character booklet and a card to tell you if you are innocent or guilty. All answers are in your booklet so you do not have to improvise. At the end, you and your group will try to decide who murdered your host.

IN PERSON – ***Tuesday April 22nd @ 10 am - Planting for Pollinators - Wauconda Township - 505 W Bonner Rd Wauconda -*** In honor of Earth Day - Discover the challenges our native pollinators are facing and how home gardeners can support them through plant choice, garden design and sustainable maintenance practices.

IN PERSON – ***Wednesday April 23rd @ 10 am - Herons, Cranes & Egrets - St Mark's Church - 2250 N Delaney Rd Waukegan***– Migration season is upon us! You'll be seeing (and hearing) some of these birds soon! These tall, wading birds can be challenging to tell apart from a distance. Discover the different species of Herons, Cranes and Egrets that visit Lake County and learn about their unique adaptations and habitat requirements.

IN PERSON – ***Wednesday April 23rd @ 1 - 2:30 pm Game on! - North Chicago Library - 2100 Argonne Dr North Chicago -*** Let's play some games! We'll have a variety of games to play. Don't know the game or remember how to play? Don't worry! We'll teach you. Have a game you want to teach us? Bring it along and let's play!

VIRTUAL – ***Monday April 28th @ 1 pm - Popcorn Worthy Movies*** – Watch the movie Lincoln (2012) ahead of time and join us for a discussion and trivia.