

## ADULT AND SENIOR PROGRAMMING

### PRIME TIMERS

Join us Mondays from 11:30 a.m. to 3 p.m. at the Community Service Building (2900 North Main Street in Buffalo Grove). Typical gatherings consist of a card game called Hand and Foot, a variation of Canasta. Never played? We'd love to teach you!

Event	Date / Time	Register by	Cost	Participants
Buffalo Grove Police Department, Community Relations Unit Crime Prevention	April 16, 2018 1:30 - 2:30	N/A	Free	35
Our Lady of Angles Bus Tour with Historian Jim Gibbons and Lunch in Old Warsaw	May 18, 2018 9:00 a.m.-4:00 p.m.	April 3, 2018	\$75	Min/Max: 30/54
Pinstripes	June 20, 2018	February 12, 2018	\$5 Bocce Ball, \$5 Bus, Pay your own Lunch	Min/Max: 10/13
Arlington Park Racetrack, Senior Value Day	July 26, 2018		Entrance \$4/Program-\$3.50/ Lunch(Value meal) \$5. All fees payable on your own.	

### WALKING CLUB

Every Tuesday and Thursday morning from 8:30 a.m. (sharp) to 9:30 a.m., we will be walking Buffalo Creek Forest Preserve located at 18163 West Checker Road, Long Grove, IL 60047. Lightning is the only reason we don't walk. Registration required. Free.

### VETERANS ASSISTANCE COMMISSION - COMMUNITY OUTREACH

*Date:* Tues, 4/19/18      *Place:* Community Service  
*Time:* 10:00 a.m.-1:00 p.m.      *Bl•g*  
*Fee:* Free

Vernon Township in partnership with the Veterans Assistance Commission of Lake County will be hosting an informational session about Veteran Affairs Benefits which include VA Compensation, Aid and Attendance, and Death/Burial Benefits. We will be able to answer general questions at the informational session; for specific questions please contact the Waukegan office for an appointment (847) 377-3344.

### BENEFIT ACCESS PROGRAM (BAP)

The Illinois Department on Aging Agency along with Illinois Secretary of State and the RTA (Regional Transportation Authority) created a program called Benefit Access Program (BAP). BAP allows income eligible seniors and persons with disabilities, who qualify for a license plate sticker discount (Illinois Secretary of State) and the ride free Ventra Transit Card (RTA). Follow this link: <http://www.illinois.gov/aging> to complete the on line application or contact Beth at (847) 634-6060 to schedule an appointment.

### HEARING WELL WITH HEARING LOSS

*Date:* Tues, 5/22/18      *Place:* Community Service  
*Time:* 6:00 p.m.-7:00 p.m.      *Bl•g*  
*Fee:* Free

Hearing tends to be overlooked as an important part of our healthcare needs. The hearing education program outlines the path to hearing well with hearing loss. You will learn about the nature of hearing loss; why hearing loss is often a sometimes, but not always problem, and why loved ones often assume that the person with hearing loss is not paying attention. In addition, you will learn coping strategies to hear at your best, and be guided about the important ingredients in a successful outcome with hearing aids. RSVP: By May 8, 2018 (Tuesday)

### FREE HEARING SCREENING

Audibel Hearing Aid Center in Libertyville, a leader in "Better Hearing Health" is pleased to offer a Free Hearing Screening and Otoscope Exam Event on Tuesday April 10, 2018 from 10:00 a.m. till 1:00 p.m. at Vernon Township To make your reservation, call or e-mail Jeanne Pinkerton at [jeannepaudibel@gmail.com](mailto:jeannepaudibel@gmail.com) (847) 362-7500.

## ADULT AND SENIOR PROGRAMMING (CONTINUED)

### CHAIR YOGA

**Session 1:** April 5 to May 17 (7 weeks)

**Place:** Peterson Park

**Session 2:** June 1 – June 29 (5 weeks) (outdoors)

**Place:** Community Service Building

**Day:** Thursday

**Time:** 10:00 a.m. – 11:00 a.m.

**Fee:** \$70 **Non-Res:** \$105

**Min/Max:** 6/15

If you can breathe, you can do chair yoga! Join Vidya Nahar, ERYT will teach you several ways to practice yoga while seated at your desk, standing by your chair, or traveling. You'll also learn how to synchronize your moves with your breathing. If you've never done Yoga before, but want to get started, think Chair Yoga. If you're afraid of standing balances, think supported balances with Chair Yoga.

### BRAIN GAMES FOR MENTAL FITNESS

**Date:** Tues, 5/8/18

**Place:** Community Service

**Time:** 10:00 a.m.-11:00 a.m. *Blog*

**Fee:** \$Free

Research shows that living a healthy lifestyle contributes to wellness, longevity, and vitality. Learn simple strategies in brain fitness games, nutrition, and lifestyle approaches that can contribute to aging well and better living”.

Speaker: Joyce Mahoney, CTRS, APRS, Director of Memory Care and Programs at Belmont Village. RSVP: By April 24, 2018 (Tuesday)

### SENIOR HEALTH INSURANCE PROGRAM (SHIP)

Thinking of retiring in 2018? Confused about your Medicare options? If you answered “yes” to either of these questions, call Vernon Township at (847) 634-6060 to make a one-on-one appointment with a Senior Health Insurance Program (SHIP) Representative. Vernon Township is a host site for the Illinois Department on Aging Senior Health Insurance Program. SHIP is a national program that provides FREE counseling and information on the following Medicare programs: • Enrollment • Prescription drug plans • Supplemental plans • Subsidies to offset the cost of Medicare • Claims and appeals SHIP representatives are trained counselors who provide FREE counseling on ALL your Medicare concerns. SHIP representatives are not affiliated with any insurance company. Please call (847) 634-6060 to make an appointment

### TAI CHI

**Session 1:** April 13 – May 11 (5 weeks) (indoors)

**Session 2:** June 1 – June 29 (5 weeks) (outdoors)

**Time:** 5:30 p.m. – 6:15 p.m.

**Place:** Peterson Park

**Fee:** \$60 **Non-Res:** \$90

Tai Chi is a martial art that emphasizes weight transference to improve balance and body awareness.

Tai Chi's relaxing, slow, graceful and precise body movements can enhance the strength of body and clarity of mind.

Commonly, Tai Chi is also called “moving meditation”. Join Instructor Ken Ning as he guides you through this journey.

RSVP: March 30, 2018 (Friday)

### AARP DRIVER SAFETY CLASS

**Session 1:** May 10 and 11

**Session 2:** July 12 and 13

**Day:** Thursday and Friday

**Time:** 9:00 a.m. – 1:00 p.m.

**Place:** Administration Building

**Fee:** \$15 **Non-AARP:** \$20

**Minimum:** 10

The AARP Driver Safety Program is an eight-hour program designed to help you understand the effects of aging on your driving. Completion of this program may entitle you to receive discounts on your auto insurance. Attendance on both days is required to receive a certificate that may reduce your auto premiums. Checks should be made payable to AARP. Registration must be received by April 26, 2018 or June 28, 2018.

### MARRIOTT LINCOLNSHIRE THEATRE

Looking for something to do on a Wednesday afternoon? Come early for lunch at one of the Marriott Lincolnshire Resort restaurants, then enjoy a matinee performance of one of the below popular musicals. Matinée performances begin at 1 p.m. Tickets (for the theatre only) are \$37.00 each. Send your payment, by the date shown, to Beth at Vernon Township 3050 N Main St., Buffalo Grove IL 60089. Checks should be made to Vernon Township. The tickets will be mailed to your home prior to each performance. Descriptions of the musicals may be found on the Marriott website, [www.marriotttheatre.com](http://www.marriotttheatre.com).

Show	Performance Date	Payment Due
Oklahoma!	May 16, 2018	April 2, 2018
Murder for Two	July 18, 2018	June 4, 2018
Sweet Charity	October 17, 2018	September 4, 2018
Holiday Inn	December 5, 2018	November 5, 2018

## VACATION WITH VERNON TOWNSHIP ON AMERICAN CLASSIC TOURS, INC.

Please join us for an informational travel showcase presented by American Classic Tours on Tuesday, May 1, 2018 at 5:00 p.m. at Vernon Township, 3050 Main Street, Buffalo Grove. American Classic Tours will present a virtual travel experience and preview the upcoming tours. RSVP: Beth Herchenbach at 847-634-6060.

### MACKINAC ISLAND LILAC FESTIVAL & GRAND HOTEL

**Dates:** June 14 - 19, 2018 (6 Days)  
**Deposit:** \$800  
**Cost:** \$2,498 (Double) and \$3,298 (Single)  
**Final Payment due:** March 14, 2018

Experience a landmark of Victorian elegance and charm – the Grand Hotel of Mackinac Island. Our summertime getaway features a three-night stay at this famous hotel. Other highlights: Mackinac Island Lilac Festival & the Lilac Parade, Sleeping Bear Dunes National Lakeshore, Gerald Ford Presidential Museum, and Frederik Meijer Gardens & Sculpture Park and more!

### FRANKENMUTH OKTOBERFEST FORD MUSEUM/GREENFIELD VILLAGE

**Dates:** September 19-22, 2018 (4 Days)  
**Deposit:** \$500  
**Cost:** \$1,298 (Double) and \$1,469 (Single)  
**Final Payment due:** June 15, 2018

Michigan's Little Bavaria. Celebrate German culture with a guided tour of Frankenmuth and all things German including a pretzel rolling demonstration, riverboat cruise, Bronner's Christmas Wonderland- the world's largest Christmas store - a visit to Greenfield Village & the Henry Ford Museum. See you in September! Gemütlichkeit!

### SAN FRANCISCO & NAPA VALLY

**Dates:** October 18-23, 2018 (6 Days)  
**Deposit:** \$1,500  
**Cost:** \$3,698 (Double) and \$4,559 (Single)  
**Final Payment due:** July 1, 2018

This tour features a five-night stay at the beautifully appointed Marriott Union Square in San Francisco, a guided tour of the city including Golden Gate Bridge, world renowned Fisherman's Wharf. See the giant redwoods at Muir Woods National Monument. Visit picturesque Sausalito and take a day trip to Napa Valley to sample California wines at a vineyard. Travel the Pacific Coastline on the 17 Mile Ocean Drive, Pebble Beach, The Lone Cypress, Monterey Aquarium and Carmel-by-the- Sea.

LET US *carry*  
YOUR MESSAGE  
TO *Senior*  
THE *Community*

For advertising info  
call: 1-800-950-9952



**SPREAD THE WORD**  
A Thriving, Vibrant  
Community Matters



**SUPPORT OUR ADVERTISERS**

➤ Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

Contact Peter Van Doren to place  
an ad today! [pvandoren@4LPi.com](mailto:pvandoren@4LPi.com)  
or (800) 950-9952 x2572

# PROGRAM REGISTRATION FORM

## Vernon Township

3050 N. Main St.

Buffalo Grove, IL 60089

Rec Phone .....(847) 634-1542

50+ Programs .....(847) 634-6060

### FAMILY INFORMATION

Family Last Name: \_\_\_\_\_ Address: \_\_\_\_\_

City, ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Ph: \_\_\_\_\_ Cell: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Alt Contact & Phone #: \_\_\_\_\_

Father's Name & Phone #: \_\_\_\_\_

Mother's Name & Phone #: \_\_\_\_\_

### REGISTRATION & PAYMENT

Full Name	Sex	Birth Date	Age	Program Title	Program Date & Session	Program Time	Fee
							\$
							\$
							\$
							\$
							\$
Total Amount: \$				<input type="checkbox"/> Check #			<input type="checkbox"/> Cash

#### Mail or drop off registration & payment to:

Vernon Township • 3050 N. Main St. • Buffalo Grove, IL 60089

*There is a \$30 surcharge to all N.S.F. checks*

Under the Americans with Disabilities Act, if you need any accommodations to participate in this activity, please check this box: <input type="checkbox"/>
Please describe any special accommodations needed for the enjoyment of this program:

### WAIVER

#### VERNON TOWNSHIP RECREATIONAL PROGRAM WAIVER & RELEASE OF ALL CLAIMS

Please read this form carefully and be aware that in registering yourself or your minor child/ward for participation in Vernon Township programs you will be waiving and releasing all claims for injuries you or your child/ward might sustain arising out of said programs.

I recognize and acknowledge that there are certain risks of physical injury to participate in the above program(s) and I agree to assume the full risk of any such injuries, damages, or loss regardless of the severity which I or my child/ward may sustain as a result of participating in any activities connected to or associated with any such program(s). I waive and relinquish all claims I or my child/ward may have against the Township and its officers, agents, servants, and employees from any and all claims as a result of participating in any of the above program(s). I hereby fully release and discharge the Township and its officers, agents, servants, and employees from any and all claims from injuries, damages, or loss which I or my child/ward may have or which may accrue to me or my child/ward on account of my participation or the participation of my child/ward in any of the above program(s). I further agree to indemnify and hold harmless and defend the Township and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages, and losses sustained by me or by my child/ward and arising out, connected with, or in any way associated with the activities of any of the program(s).

I have read and fully understand the above programs details and waiver and release Vernon Township of all claims.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**PLEASE NOTE:** Participants will only be notified of class changes or cancellations. Please fill out this form completely. Incomplete or inaccurate information will delay your registration.