

Paratransit Market Study

The Lake County Division of Transportation has requested participation in a paratransit market study. The study is designed to better understand the transportation needs of the residents throughout Lake County. To participate in the study please visit www.lakecountylil.gov/3770/paratransitmarketstudy.

Private Pool Rentals Available

The outdoor pool and water slide located at Peterson Park is available for rental on the weekends from June 4th until August 14th. Rental times are 9:45 to 11:45 a.m. or 6:15 - 8:15 p.m. In addition to the pool, a picnic shelter is also available for weekend. If you are interested, please contact the Department of Parks and Recreation at (847) 634-1542 for rates and available dates.

Senior Health Insurance Program (S.H.I.P.)

Are you thinking of retiring in 2017? Are you completely confused about your Medicare options? If you answered "yes" to either of these questions, call Beth at (847) 634-6060 ex. 203 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's 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 specially trained volunteer counselors who provide FREE counseling on ALL your Medicare concerns. SHIP representatives are not affiliated with any insurance company.

BAP

The Illinois Department on Aging Agency along with Illinois Secretary of State and the RTA (Regional Transportation Authority) designed a program called Benefit Access Program (BAP). BAP allows income eligible seniors and persons with disabilities to 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/Pages/default.aspx> to complete the online application, otherwise please contact Beth at (847) 634-6060 ex. 203 to schedule an appointment.

50/50 Taxi Coupons

Vernon Township offers a discounted taxi program for Senior Citizens and Disabled persons that reside in Vernon Township. Coupons are for use with American Taxi Company only and are available for purchase in \$15 increments (\$1.50 each coupon, 10 coupons per page), limit \$75 per month per household (\$150 value). The coupons may be used for transportation within the Chicagoland area with the exception of transportation to and from any airport.

AARP Driver Safety Program

The AARP Driver Safety Program is an eight hour program designed to help you understand the effects of aging on your driving and learn driving strategies that take into account the changes we experience as we age. 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 27, 2017 for session one or July 6, 2017 for session two.

Session 1: May 4 - May 5

Session 1 Time: 9 a.m. - 1 p.m.

Session 2: July 13 - July 14

Session 2 Time: 9 a.m. - 1 p.m.

Days: Thursday & Friday

Place: Admin Building

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

Min: 15

Walking Club

Do you need to become more active? Would walking with a group help keep you on track? Sign-up for Vernon Township's first ever Walking Club! Starting Tuesday, March 14th promptly at 8:30 a.m., we will meet every Tuesday and Thursday morning at Half Day Forest Preserve located at 24255 North Hwy 21, Vernon Hills, 60061. When entering the Forest Preserve take the first right hand turn available and meet at the trail map sign. Winter, Spring, Summer or Fall, rain or shine, we will begin with walking the Green Loop (0.4 miles). To participate please fill out the program registration form in the back of this news-letter either send it in or drop it off. This is a crushed gravel path and rated easy.

Prime Timers (50 and older)

This friendly group gathers every Monday from 11:30 a.m. to 3 p.m. They meet at the Township's 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 it? We'd love to teach you how or hear what games you'd like to play or learn to play. Over the next few months we've included some exciting and new entertainment! Check out our schedule below and fill out the program registration form for all selected programs. Program registration forms are located in the back of this issue. For further questions call (847) 634-6060 ex. 203.

Event	Date	Register by	Cost	Max Participants
Movie and Lunch TBD	May 1, 2017	April 24, 2017	Bus \$5 / Movie and Lunch by participant	13 - Bus
Volo Bog Tour and Picnic Lunch	June 5, 2017	May 22, 2017	Lunch \$8 / Bus \$5	13 - Bus
Arlington Park Value & Senior Day	July 13, 2017	June 29, 2017	Admission \$4 / Program \$3 / Bus \$5	13 - Bus

Chair Yoga

Chair Yoga with Vidya Nahar, ERYT, YACEP, AFAA, ACE - 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. Join Vidya, for Chair Yoga and you'll discover the limitless possibilities and joys of chair yoga. Traditional yoga warm-ups and poses are practiced sitting on a chair or standing by a chair. You'll also learn Pranayam (yogic breathing techniques) and meditation sitting in the chair. Improve your flexibility, balance, strength, breathing, and overall health in this class with yoga practiced sitting in the chair or standing by the chair. The class may not run, if we don't receive sufficient participation, so Register Today!

Session 1: April 6 - May 11
Session 2: May 18 - June 22
Time: 10:00 a.m. - 11:00 a.m.
Days: Thursdays
Place: Administrative Building
Fee: \$60 Non-resident: \$90
Min: 6

Yoga-Pilates Fusion

Yoga-Pilates Fusion with Vidya Nahar, ERYT, YACEP, AFAA, ACE - Build your core strength, improve flexibility, restore mind-body connection, relax and rejuvenate by combining Pilates Flow and Yoga Balances in this Yoga-Pilates fusion class with Vidya. We'll combine the flow of Pilates and stability of yoga poses to attain stillness in motion and equilibrium in emotion through breath-synchronized movement. Please bring your own yoga mats. Modifications will be suggested for different levels of fitness. The class may not run, if we don't receive sufficient participation, so Register Today! **Give Yoga-Pilates Fusion a chance on April 6th at 11:15 a.m. for FREE. Register for the remainder of the session if you enjoy the class!**

Session 1: April 6 - May 11
Session 2: May 18 - June 22
Time: 11:15 a.m. - 12:15 p.m.
Days: Thursdays
Place: Administrative Building
Fee: \$65 Non-resident: \$97.50
Min: 6

Practical Street Self-Defense

An on-going, low impact class designed for those new to self-defense, providing returning students with the opportunity to review and perfect their skills and learn more advanced techniques. The course will teach students simple and effective self-defense techniques against the most common unarmed attacks, including defenses against knife, club and gun attacks, and instruction on defending with a stick or cane. Students with physical limitations will receive individual instruction on alternative self-defense options. The instructor is a practicing attorney with over 15 years experience in Kenpo Karate, Krav Maga and Kali, and will address the legal ramifications of using self-defense. (Students need to be at least 18 years old to participate)

Dates: Apr 11 - April 25
Time: 6:00 p.m. - 7:00 p.m.
Days: Tuesdays
Place: Peterson Park
 16652 Buffalo Grove Rd.
 Prairie View, IL 60069
Fee: \$20 Non-Res: \$30
Min/Max: 4/20

Program Registration Form

Vernon Township
3050 N. Main Street
Buffalo Grove, IL 60089

Recreation Phone: (847) 634-1542
50 Plus Programs: (847)634-6060

1 Family Information

Family Last Name:	Address:	
City, State:	Zip Code:	
Home Phone: ()	Cell Phone: ()	Email Address:
Alternate Contact and Phone Number:		
Name of Father and Work Number:		
Name of Mother and Work Number:		

2 Registration

First and Last Name	Sex	Birth Date	Age	Program Name	Date of Program and Session	Time of Program	Fee
							\$
							\$
							\$
							\$
							\$

Please describe any special accommodations needed for the enjoyment of this program:

Under the Americans with Disabilities Act, if you need any accommodations to participate in this activity, please check this box

3 Payment

Forms of payment include cash or checks payable to: Vernon Township Park Fund

Amount of Payment: \$ Check # Cash

Mail or drop off registration and payment to:
Vernon Township, 3050 N. Main St., Buffalo Grove, IL 60089 There is a \$30 surcharge on all N.S.F. checks.

4 Waiver

VERNON TOWNSHIP RECREATIONAL PROGRAM WAIVER AND 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 of Participant or Parent/Guardian (if participant is under 18):	Date:
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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.