

# Adult Programs

## Prime Timers (55 and older)

This friendly group gathers every Monday 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. The program registration form is located in the back of this issue.

Event	Date	Register by	Cost	Max Participants
Holiday Program with Sipos and Young	December 18, 2017	December 18, 2017	Free	35
Morkes Palatine Candy Making	February 2, 2018	January 12, 2018	\$20 Plus Lunch	13 (For Bus)
Johnny Cash Birthday with Steve Justman	February 26, 2018	February 12, 2018	Free	35

## Vernon Township Walking Club

Tuesday and Thursday mornings, 8:30 a.m. (sharp) to 9:30 a.m.! Starting December 1, 2017, the location of our walk will change to 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.

## Chair Yoga

Chair yoga is Yoga for every body. If you have trouble getting down to the mat for yoga stretches, bends and twists, chair yoga is for you. If you sit or travel a lot for your vocation, chair yoga is for you.

If you can breathe, you can do chair yoga! Join Vidya Nahar, ERYT who will teach you several ways to practice yoga while seated at your desk, standing by your chair or travelling. 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.

**Session 1:** Dec 7 – Jan 25 (six weeks)  
(No class Dec 28 and Jan 4)

**Session 2:** Feb 1 – Mar 15 (seven weeks)

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

**Days:** Thursdays

**Place:** Peterson Park

**Fee:** Session 1 - \$60 Non-resident: \$90  
Session 2 - \$70 Non-resident: \$105

**Min/Max:** 6/15

## Take Charge of Your Health

Would you like to actively manage your ongoing health conditions? Are you tired of feeling that there is nothing you can do to change your situation, that your health is controlling your life? In a Take Charge of Your Health workshop you learn to Thrive, not just survive.

This program lasts 6 weeks. Participants and facilitators meet weekly for 2½ hours. Workshops are led by facilitators who have professional or personal experience with ongoing health conditions.

Participants say, "The workshop puts us back in charge of our life and we feel great. We only wish we had done this sooner."

In Take Charge of Your Health, you will learn healthy eating strategies and exercise that works for you. Problem-solving and better communication skills. How to develop your own weekly goals and report on your progress each week. Gain support and encouragement from your fellow participants throughout the six weeks, and feel more confident that you can manage your health.

**Date:** February 7 - March 14 (6 Weeks)

**Time:** 9:30 a.m. – Noon

**Days:** Wednesday

**Place:** Administration Building

**Fee:** \$10 Non-Res \$15

**Min/Max:** 5/10

## Free Hearing Screening

Audibel Hearing Aid Center in Libertyville, a leader in "Better Hearing Health", is pleased to offer a Free Hearing Screening and Otolaryngology Exam event on Tuesday, February 6, 2018 from 10:00 a.m. to 1:00 p.m. at Vernon Township. To make your reservation, call or email Jeanne Pinkerton at [jeanepaudibel@gmail.com](mailto:jeanepaudibel@gmail.com) (847) 362-7500.

## Presentations (All Presentations will be from 1:00 p.m. to 2:30 p.m.)

Event	Date	Register by	Location	Cost	Min/Max
Alexander Hamilton	Thursday January 11, 2018	December 28, 2017	Peterson Park	\$10 - NR \$15	10/30
Best Actress Never to Win an Oscar	Friday March 2, 2018	February 16, 2018	Community Services Bldg.	\$10 - NR \$15	10/30
Princess Diana	Thursday March 22, 2018	March 8, 2018	Peterson Park	\$10 - NR \$15	10/30

## Workshops

Event	Date	Register by	Time	Location	Fee	Min/Max
Long Term Care - Cost and Financing Options	Tuesday January 16, 2018	January 2, 2018	7:00 - 8:00 p.m.	Peterson Park	Free	10/30
You Matter Too - The Journey of Caregiving	Wednesday January 17, 2018	January 3, 2018	10:00 - 11:30 a.m.	Peterson Park	\$5 NR \$7.50	10/30
Catholic Charity Lunch and Learn - Crime Prevention Program	Tuesday January 30, 2018	January 16, 2018	1:00 - 2:30 p.m.	Peterson Park	\$8 to Catholic Charities	10/20
All About Alzheimer's	Wednesday, February 21, 2018	February 7, 2018	7:00 - 8:00 p.m.	Peterson Park	Free	10/20
Financial Information for Veterans	Wednesday March 21, 2018	March 7, 2018	7:00 - 8:30 p.m.	Admin. Bldg.	Free	10/15

## Vacation with Vernon Township on American Classic Tours, Inc.

Please join us for an informational travel showcase presented by American Classic Tours on Wednesday, January 10, 2018 at 10:00 am or 7:00 p.m. at Peterson Park, 16652 North Buffalo Grove Road, Prairie View. American Classic Tours will present a virtual travel experience and preview the upcoming tours. RSVP: Beth Herchenbach at (847) 634-6060.

Event	Date	Final Payment Due	Cost	Deposit
Mr. Lincoln's Hometown via Train	April 3-5, 2018 (3 Days)	January 15, 2018	\$998 - Double Occupancy \$1198 - Single Occupancy	\$400
Mackinac Island Lilac Festival & Grand Hotel	June 14-19, 2018 (6 Days)	March 14, 2018	\$2,498 - Double Occupancy \$3,298 - Single Occupancy	\$800
Frankenmuth Oktoberfest Ford Museum/Greenfield Village	Sep 19-22, 2018 (4 Days)	June 15, 2018	\$1,298 - Double Occupancy \$1,469 - Single Occupancy	\$500
San Francisco & Napa Valley	October 18-23, 2018 (6 Days)	July 1, 2018	\$3,698 - Double Occupancy \$4,559 - Single Occupancy	\$1,500

If you have any questions or would like more information about any of the Adult and Senior programs, please check our website at [www.vernontownship.com](http://www.vernontownship.com) or call Beth at (847) 634-6060.

# 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: (    )	E-mail 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

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:
---	-------

### 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.