



Welcome!

Waukegan Township Park Place Senior Center offers a variety of services for adults 55 years of age and better. Approximately 4,000 seniors participate monthly in a variety of activities. Park Place programs attract seniors with diverse backgrounds and interests who frequent the center for social interaction, educational, fitness and wellness programs, and delicious noon-time meals provided daily Monday – Friday by Catholic Charities and the Park Place Café. If you are recently retired, or simply want a delightful place to remain active, healthy, and enjoy good fellowship, please visit us soon.

Patricia Jones

Patricia Jones
Township Supervisor
Trustees

Katherine Rothwell-Francis
 Percy Johnson
 Jeff McBride
 Charles “Chuck” Willms
 Township Clerk—Rose Staben

Senior Citizen Services Committee

Angelica Douglass—Chairman
 Frances Jesenko—Vice-Chair
 Norma Jensen—Secretary
Committee Members

Afimed Saunders, Beverly Bogdala,
 Mary Blair-Moore, Thomas Parks, Opal Rice

Waukegan Township Park Place

SeniorSize

Based on the Arthritis Foundation Exercise Program

A program of exercise presented by the Arthritis Foundation that encompasses a structured, comprehensive routine of exercises designed specifically for the individual who suffers from any form of arthritis, of which there are over 100 specific kinds of diagnostic inflammatory diseases. These exercises are done in a non-threatening exercise environment and taught by a certified Arthritis Foundation instructor. This program will help an individual regain flexibility and maintain mobility and hopefully, a reduction in inflammation and the pain associated with the many forms of arthritis. Participation is not restricted to those with Arthritis, but to anyone who wants a gentle, enjoyable approach to exercise.

Strength & Stamina

An hour of exercise designed to bring you the best in overall fitness. All clients are urged to work at their own pace. Warm-up includes stretching for flexibility and injury prevention, and through a gradual increase in pace of overall body exercises designed to work every part of the body, concentrating on increasing muscle strength by working all major muscle groups through the use of weights (not a requirement). Aerobic activity is introduced during the muscle strengthen portion, and 15-20 minutes are spent in continuous movement designed to give a great ‘fun’ cardio-vascular workout. The cool down encompasses stretching to prevent soreness and injury, and concludes with a relaxation session that clears the mind, relaxes the body, and moves the soul.

Schedule of Fitness Opportunities

Monday	9:15—10:15 am	SeniorSize
	10:15—11:15 am	SeniorSize
	5:30 - 6:30 pm.	Chicago Line Dancing (\$2.00 fee)
	5:30-6:30pm	ZUMBA GOLD
Tuesday	10:00—11:00 am	Country Line Dancing
Wednesday	9:15—10:15 am	SeniorSize
	10:15 - 11:15 am	SeniorSize
Thursday	10:15—11:15 am	SeniorSize
	5:30 - 6:30 pm.	Chicago Line Dancing (\$2.00 fee)
Friday	9:30—10:30 am.	Strength & Stamina
Saturday	10:00—11:00 am.	ZUMBA GOLD

YOU MUST REGISTER FOR CLASS SESSIONS



Waukegan Township
Park Place

Makes 55 and Better Fun!

Fitness and Wellness Programs



414 S. Lewis Avenue
Waukegan, IL 60085

Phone—847-244-9242

Fax—847-244-9258

www.waukegantownship.com

**PARK PLACE
WELLNESS PROGRAM
& HEALTH SCREENINGS**

Rosalind Franklin University
Scholl College of Podiatric Medicine
Complimentary Foot Care
*Please Call Park Place for
Reservations and Dates*

Rosalind Franklin
Community Care Coach
*Please Call Park Place for
Reservations and Dates*

Park Place Blood Pressure
With Ms. Bobbi Crooks, RN
Every Monday at 10:00am

Blood Pressures by Waukegan
Fire Department
*Third Wednesday of each month
9 a.m. to 10 a.m.*

Presented at
WAUKEGAN TOWNSHIP PARK PLACE
414 SOUTH LEWIS AVENUE,
WAUKEGAN, IL
847-244-9242

**(REGISTRATION IS REQUIRED
FOR ALL WELLNESS WORKSHOPS
AND SCREENINGS)**

The Wellness Program is
sponsored in part by a
Grant from
The Healthcare Foundation
of
Northern Lake County

Waukegan Township's Park Place Senior Center has been awarded a fifth year grant from **the Healthcare Foundation of Northern Lake County**, which will continue to provide opportunities to expand health resources to Waukegan Township seniors.

Medical referrals are also available to senior citizens based on their income and insurance supplement coverage. Park Place can provide transportation to the Wellness Workshops and screenings.

The Park Place Fitness Program provides six Arthritis Foundation exercise classes, one strength and stamina exercise classes, two ZUMBA and country line dancing weekly. All classes are free.

Park Place offers regular health screenings for seniors. Free blood pressure checks, free foot care, and free vision and hearing screenings are also provided.

For further information, please contact Pat Barker, Wellness Coordinator at 847-244-9242.

Registration for Workshops & Transportation (3 days in advance) required—Call 847-244-9242
All events held at Park Place unless otherwise noted!

2013 Wellness Calendar

JANUARY
COMMUNITY CARE COACH
FREE HEALTH SCREENINGS
TUESDAY, JANUARY 8, 2013—10:00AM

FOOT CARE
Tuesday, January 8, January 15, and January 29, 2013—1:00pm
Facilitated by Rosalind Franklin

ABC'S OF NUTRITION
Wednesday, January 16, 2013—1:00pm—2:30pm
Dr. Walter Fredrick

FEBRUARY
COMMUNITY CARE COACH/FREE HEALTH SCREENINGS
TUESDAY, FEBRUARY 5, 2013—10:00AM

Balance Screening
Wednesday, February 6, 2013—1:00pm
Rosalind Franklin, Physical Therapy Dept.

Wednesday, February 20, 2013—Life Line Screenings

MARCH
COMMUNITY CARE COACH/FREE HEALTH SCREENINGS
TUESDAY, MARCH 5 —10:00AM

Complimentary Foot Care
Tuesday, March 5 and March 19, 2013—1:00pm—
Facilitated by Rosalind Franklin School of Podiatry
Kidney Mobile

Wednesday, March 13th, 2013 at 9:00am

Balance Screening
Friday, March 22, 2013 at 1:00pm
Rosalind Franklin, Physical Therapy Dept.

APRIL
FOOT SCREENING
Friday, April 5, 2013—1:00pm
Facilitated by Rosalind Franklin, Physical Therapy
ALZHEIMERS—KNOW THE 10 SIGNS
Wednesday, April 17, 2013 - 1:00pm

13th ANNUAL SENIOR WALK
Saturday, September 14, 2013
Celebration walk begins at 10:00am at the Abbott
Parking Lot, North Chicago
Music, fun, games at Victory Park, Wkgn

13TH ANNUAL SENIOR WALK

Saturday, September 14, 2013

*Celebration walk begins at 10:00 a.m. at the Abbott Parking
Lot in North Chicago ending at Victory Memorial Park in
Waukegan—Free screenings, family fun,
food, bingo and much more!*

MARK YOUR CALENDARS

**Annual Breast Cancer Awareness Day and
Memorial Service**

Wednesday, October 24 from 1:00 to 3:00 p.m.

3rd Annual Eddie Washington Diabetes Forum

Tuesday, November 20, 2012 from 11:00 a.m. to 2:00 p.m.

Sponsored by the Diabetes Association of America

REGISTRATION REQUIRED—847-244-9242