

The Recreation Center Can Help You Meet Your Exercise Goals

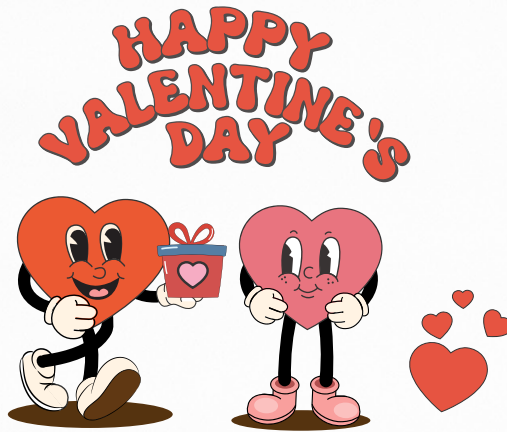
The Village offers a discounted Fitness Center membership rate for adults age 55 or older, who are looking to incorporate physical fitness into their lives. The Fitness Center was recently updated with new equipment including a variety of cable machines, free weights, and cardio equipment.



Included in the membership is the Group Exercise Room, located on the main floor of the Recreation Center. The Group Exercise Room is designed for individual and small group training. The room is ideal for open space exercises, circuit training, and meeting your personal fitness goals. Adults, age 55 and older, have priority usage of the Group Exercise Room Monday through Friday, from 9 am until 11 am.

The discounted membership rate for residents, age 55 or older is \$75 for a six-month membership and \$90 for an annual membership.

For more information about Fitness Center Memberships, please call (847) 671-8580.



9638 Irving Park Road
Schiller Park, Illinois 60176
847-678-2550
villageofschillerpark.com

VILLAGE OF SCHILLER PARK
MAYOR NICK CAIFA
CLERK ROSA JOS

TRUSTEES
RUSSELL KLUG
ROBERT LIMA
THOMAS DEEGAN
JOAN GOLEMBIEWSKI
TERRI SHERIDAN
MARIE LUKOWSKI

9526 West Irving Park Rd.
Schiller Park, IL 60176
(847) 678-2550
www.villageofschillerpark.com



PRESORTED STANDARD
U.S. POSTAGE
PAID
SCHILLER PARK, IL
60176
PERMIT NO. 49
CAR-RT



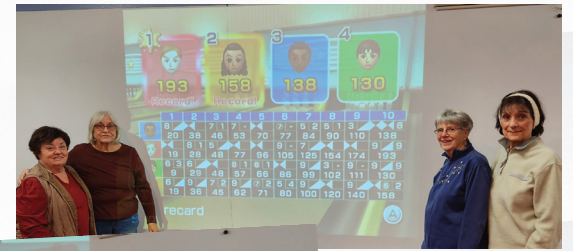
SchillerPark CONNECTIONS

CONNECTING RESIDENTS, 62 AND OLDER, TO SERVICES, PROGRAMS AND EACH OTHER

FEBRUARY 2024

Senior Wii Bowling at the Library

Have you tried Wii Bowling yet? Wii Bowling is a video game version of normal bowling and utilizes motion control instead of a ball to allow players to knock down pins. Wii Bowling is now being offered twice per month at the Schiller Park Public Library located at 4200 Old River Road. Sessions are scheduled for 1 pm until 2 pm on the following Thursdays:



February 8 and 22
March 7 and 21
April 4 and 18

Adults, age 62 and older, reserve your spot by calling Joanna at (847) 678-0433.



Essentrics® Aging Backwards for Adults Age 55 and Older

Essentrics® Aging Backwards is a low-impact, full-body strength and stretch workout that is safe for all ages and fitness levels. The next full 8-week session will be held on Mondays, February 19 through April 8 from 11 am until Noon at the Community Center located at 4501 N. 25th Avenue. The fee to participate is \$40 for residents and \$45 for non-residents. For more program details and to register online, visit the Village website at villageofschillerpark.com or register in person at the Recreation Center located at 9638 Irving Park Road. Please remember to wear comfortable clothes and to bring a bottle of water.



Pickleball is Easy to Learn and a Good Way to Stay Active and Social

The Recreation Center added Pickleball to its Fitness Center activities. The game is easy for beginners to learn, an effective way to remain active, and a lot of fun too!

Pickleball is a simple paddle game played using a perforated, slow-moving ball over a tennis net on a badminton-sized court. Pickleball Courts are open Mondays through Fridays from 9 am until 11 am at the Schiller Park Recreation Center located at 9638 W. Irving Park Road. Pickleball is included in Fitness Center Memberships, or you can pay an Open Gym fee of \$3 for residents and \$5 for non-residents. You need at least two people to play, so bring a friend!

MAYOR'S MESSAGE



We may be shivering through this Midwest winter, but we know spring is coming. This April we will again be hosting our annual Senior Appreciation Breakfast. The Board and I cordially invite you to a fun event that includes great food and a chance to gather with friends and neighbors. You will also receive information about upcoming spring and summer programs, events, and outings.

ANNUAL SENIOR APPRECIATION BREAKFAST

Friday, April 5, 2024

9:30 am until 11:30 am

Allegra Banquets, 5035 North River Road

Doors open 9:15 am

Please RSVP by Thursday, March 28 at 2 pm to Mary Maltese at seniorservices@schillerparkil.us or by calling (847) 678-8765.

Get Moving and Get Social

This newsletter includes information about a variety of fun classes and suggestions on how to get moving and get out of the house. Have you tried pickleball? This extremely popular, simple paddleball game is easy to learn. It is a wonderful way to incorporate exercise into your day. Also, it is a terrific way to meet new friends!

The Village offers a discounted Fitness Center membership for residents, age 55 or older. The rate is \$75 for a six-month membership and \$90 for an annual membership. You can find more information on page 4. Take advantage of the discounted rate and start your journey to improving your strength, coordination, and balance.

Rules of the Road Review Course

The Village of Schiller Park and the Secretary of State's Office will host a Rules of the Road Review Course on Thursday, March 14, from 10 am until Noon at the Community Center, located at 4501 N. 25th Avenue. The class gives drivers, especially senior citizens over 62 and persons with disabilities, the knowledge and confidence to renew or obtain a driver's license. The course combines an explanation of the driving exam with a practice written exam. The class is free; however, pre-registration is required. Register by emailing Mary Maltese at seniorservices@schillerparkil.us or by calling (847) 678-8765. You may also register on the Village's website at villageofschillerpark.com or in person at the Recreation Center, located at 9638 Irving Park Road, Monday through Friday from 9 am until 5 pm.

Keep checking our website for more information and program updates. Also, do not miss the fun at the Senior Appreciation Breakfast. Be sure to reserve your spot with Mary. I hope to see you there.

Stay Warm!

Mayor Nick Caiafa



Our annual Lunch & Learn was held in November and was by all measures an enormous success. A special thank you to Brad Winick from the Metropolitan Mayors Caucus who reviewed the results of the Aging-in-Community Resident Survey. Thank you also to our friends at Leyden Family Services, Triton College, Aging Care Connections, Age Options, and Municipal Consolidated Dispatch for their attendance and support. Representatives from the offices of U.S. Congresswoman Delia Ramirez, State Representative Brad Stephens, and Cook County Commissioner Sean Morrison also participated in the event.

Free Tax Preparation Services Are Available

It will soon be time to file your income tax returns. Triton College's Retired and Senior Volunteer Program (RSVP) is offering free tax preparation services to individuals age 60 or older from low to moderate income households. IRS trained and certified volunteers will prepare tax returns on Wednesdays at the Schiller Park Community Center, located at 4501 25th Avenue, by **appointment only beginning on February 7.**

Appointments can be made for Mondays through Fridays from 9:30 am until 12:30 pm and for Saturdays from 8:30 am until 11:30 am. There will be additional host sites for tax preparation services located throughout Triton College's district. For more information or to request an appointment, call (708) 456-0300, Ext. 3895.

Crafting Days – Join the Fun

Adults, age 62 and older, can participate in making themed craft projects at the Schiller Park Recreation Center at 9638 Irving Park Road from 10 am until Noon on the Thursdays listed below. There is a \$5 fee per session to cover the cost of the materials.



Upcoming Crafting Days are as follows:

February 15

March 28 (No fee required; Senior Appreciation Breakfast centerpieces will be made this day. If you would like to volunteer, we would love your help!)

April 25

To reserve your spot for any of the above dates, contact Mary Maltese at seniorservices@schillerparkil.us or by calling (847) 678-8765.

Take Charge of Your Diabetes Workshop

Have you been living with diabetes for years or just recently diagnosed? Are you a caregiver helping someone manage their diabetes? Are you pre-diabetic and concerned about disease progression? Having diabetes can feel overwhelming.

The Village, in partnership with Illinois Pathways to Health and Age Options, is offering a free in-person workshop to help you take charge of your diabetes by providing helpful tools to keep your blood sugar under control and your spirits up.

Benefits of this evidence-based workshop can include lower A1C levels, reduced pain, depression and worry about your health, and an increase in your confidence in managing diabetes symptoms. You will also learn meal planning skills that will help keep your health in check.

The class will meet on **Wednesdays from April 3 through May 8** from 10 am until 12:30 pm at the Community Center located at 4501 N. 25th Avenue.

For more information or to register, email Mary Maltese at seniorservices@schillerparkil.us or call (847) 678-8765.

CONNECT to Your Benefits

A Senior and Benefit Specialist from Leyden Family Services will be available to assist Schiller Park residents in applying for government benefits and programs including but not limited to Medicare, Medicaid, LIHEAP (energy assistance-when available), and other CEDA programs. They can also help with understanding medical bills and completing applications for license plate discounts and more. **In person appointments and walk-ins are available on the third Tuesday of every month starting at 9 am at the Schiller Park Community Center located at 4501 N. 25th Avenue. The last person is seen at 11:30 am. To make an appointment, call (847) 455-3929. Mark your calendar for the following dates:**

February 21

March 21

April 18

May 16

June 20

July 18

August 15

September 19

October 17

November 21

December 19