



GENCenter

Bridging Generations, Building Community

Please call (847) 768-5944 to register for programs
All programs require advanced registration



Power and Punch
Mon., June 22-July 27th
@ 2:30 PM
M: \$45 NM: \$50
Limit 12
Register by May 1

This 6 week, 30M Fitness class is a non-contact, boxing-inspired class that blends coordination, rhythm, and light strength work. Participants perform controlled punching patterns and movement drills designed to improve posture, balance, reaction time, and cardiovascular endurance.



Police Corps & Fire
Wed., June 3rd @ 10AM



Lunch and Learn
Wed., June 3rd

Lunch served @ 12 PM
Presentation @ 12:30 PM

Join us for a presentation related to health and wellness. Please note: You must stay for the entire presentation in order to receive a lunch.



Veterans Roundtable
Thurs., June 4th @ 11 AM.

Join us monthly for coffee as well as for discussion around topics related to Veterans

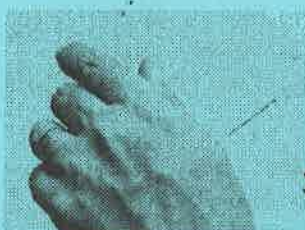


Driver Safety

Mon., June 8th & Tues., June 9th
9:30AM-1:30PM

The AARP smart driver course is the nations first refresher course designed specifically for drivers age 50 and older. In Illinois, drivers may benefit from a discount on their auto insurance premium upon completion of this course.

Payable on the 1st day of class
AARP Mem: \$20; Non AARP Mem: \$25



Acupuncture
(Appts. Req.)
Wed., June 3rd
12:30PM- 3:30PM
NM: \$5

Victoria Sous of Healing Paradise Acupuncture will be onsite to give complimentary mini acupuncture sessions. ***Due to the high demand of this service, please alternate months between appts. You will be unregistered if you dont. Also, only those with confirmed appts will be seen.***



Brunch & Brew
Tues., June 9th
@ 11AM

M: \$10 NM: \$12

Sunshine salad served with scrambled eggs and Bourbon Maple Bacon Stuffed toast.
Register by June 3rd



Water Aerobics
@ Discovery Village
Wed., June 10th
& 24th @ 1PM
M: \$6 NM: \$12

Enjoy this fun and low-impact way to stay fit.
*You must have a ticket in order to participate.
Discovery Village, 800 S. River Rd. Des Plaines



Chess Club
Wed., June 10th & 24th
@ 1PM

Interested in playing chess?
Join this group for a friendly game of strategy.



Fri., June 12th @ 10AM

Join us for a brief discussion and snacks, followed by a leisurely walk around the lake.

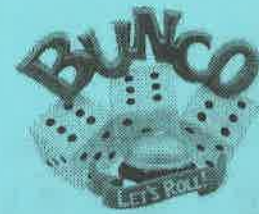
Please Note: we will be meeting at Lake Park Golf Course located at 1015 Howard Ave in Des Plaines.

Des Plaines Library



Wed., June 17th @ 10AM

A Pair of Wings by Carole Hopson



Wed., June 17th @ 12PM

M: \$12 NM: \$15

Join us for lunch which will include a salad followed by a slice, or 2 of pizza. We then will play 2 rounds of bunco. Person with the highest score wins a prize.

Minimum of 12 players required. Registration due by June 15th

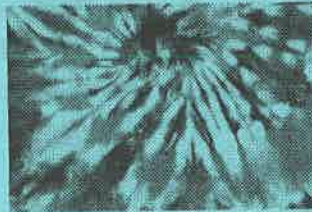


Lunch @ 12:00 PM

Movie Begins @ 12:15 PM

Hamnet

The powerful story of love and loss that inspired the creation of Shakespeare's timeless masterpiece, Hamlet.



Patriotic Tie Dye T-Shirts

Mon., June 29th @ 1PM

M: \$15 NM: \$20

Have fun making a Tie Dye shirt just in time for 4th of July.

Register by June 25th



Patriotic Paint & *Sip

Tues., June 30th

@ 1PM

M: \$15 NM: \$20

As we get ready to celebrate Independence Day, join us for a fun paint and *sip where you will create a Patriotic Painting. *Sparkling Cidar will be served.

Register by June 26th



Brunch & Brew

Thurs., July 2nd

@ 11AM

M: \$10 NM: \$12

Register by June 26th

Hearty brunch breakfast bowl served with mixed berry French toast.



The Facility will be closed on Fri., July 3rd.



Ice Cream Social

Wed., July 1st @ 1:30PM

M: \$3 NM: \$5

Choice of 2 scoops of ice cream with choice of toppings.



You can now register online for our programs. Visit

www.myactivecenter.com to sign up.

Please note, payment MUST be made with a credit card when registering for paid programs and you MUST also have a key tag to register.

Please Note
Due to the timeline of food related events, we kindly ask that you arrive on time. The Majority of events (unless stated otherwise) will run from 12PM to 2PM. Should you arrive late and have not notified a staff member of your tardiness ahead of time, no meal will be available to pick up and no refund will be issued.

Also, if you register for a food related event that is not a to go event and plan to take your meal to go, your meal will be handed out last.





Monday	Tuesday	Wednesday	Thursday	Friday
1 8:45 Ping Pong 9:00 VFW Rep. 9:00 Woodcarvers 9:00 Zumba Gold 10:30 Adv. Ping Pong 10:30 Line Dancing 11:30 Beg. Line Dance 12:00 People's Poker 12:30 Pickleball 12:30 Pinochle 2:30 Power & Punch	2 8:45 Ping Pong 9:00 Rep. Mussman Office Hrs. 11:00 Line Dancing 12:00 Chair Beachball Volleyball 12:30 Pinochle 1:00 Chair Yoga 1:00 Rummikub	3 8:45 Ping Pong 10:00 Police Corps and Fire 10:30 Chair Beachball Volleyball 11:45 Better Balance 12:30 Canasta 12:00 Lunch and Learn 12:30 Accupuncture (Appts. Req.) 1:00 Chair Yoga 1:00 Quilting Group	4 8:45 Tai Chi 10:00 MP Quilting Grp. 10:00 Tech Help 10:45 Advanced Ping Pong 11:00 Veteran's Roundtable 11:00 Upper/Lower Body Toning 12:30 Pinochle 1:00 Mexican Train Dominoes	5 9:00 Zumba Gold 10:00 Mexican Train Dominoes 10:15 Upper Body Toning 11:00 Better Balance 12:30 Line Dancing 1:00 Cash Bingo
8 8:45 Ping Pong 9:00 Woodcarvers 9:00 Zumba Gold 9:30 AARP Driver Safety 10:30 Adv. Ping Pong 10:30 Line Dancing 11:30 Beg. Line Dance 12:00 People's Poker 12:30 Pickleball 12:30 Pinochle 2:30 Power & Punch	9 8:45 Ping Pong 9:00 Rep. Mussman Office Hrs. 9:30 AARP Driver Safety 11:00 Brunch and Brew 11:00 Line Dancing 12:00 Chair Beachball Volleyball 12:30 Pinochle 1:00 Chair Yoga 1:00 Rummikub	10 8:45 Ping Pong 10:30 Chair Beachball Volleyball 11:45 Better Balance 12:30 Canasta 12:30 Podiatrist (Appts Required) 1:00 Chair Yoga 1:00 Chess Club 1:00 Quilting Group	11 8:45 Tai Chi 10:00 MP Quilting Grp. 10:00 Tech Help 10:45 Advanced Ping Pong 11:00 Upper/Lower Body Toning 12:30 Pinochle 1:00 Mexican Train Dominoes	12 9:00 Legal Counsel (Appt. Req) 9:00 Zumba Gold 10:00 Mexican Train Dominoes 10:00 Walk with a Doc at Lake Park 10:15 Upper Body Toning 11:00 Better Balance 12:30 Line Dancing 1:00 Cash Bingo
15 8:45 Ping Pong 9:00 Woodcarvers 9:00 Zumba Gold 10:30 Adv. Ping Pong 10:30 Line Dancing 11:30 Beg. Line Dance 12:00 People's Poker 12:30 Pickleball 12:30 Pinochle 2:30 Power & Punch	16 8:45 Ping Pong 11:00 Line Dancing 12:00 Chair Beachball Volleyball 12:30 Pinochle 1:00 Chair Yoga 1:00 Rummikub	17 8:45 Ping Pong 10:00 D.P. Library Book Club 10:30 Chair Beachball Volleyball 11:45 Better Balance 12:00 Bunco & Pizza 12:30 Canasta 1:00 Chair Yoga 1:00 Quilting Group	18 8:45 Tai Chi 10:00 MP Quilting Grp. 10:00 Tech Help 10:45 Advanced Ping Pong 11:00 Upper/Lower Body Toning 12:30 Pinochle 1:00 Mexican Train Dominoes	19 The Facility is closed in Observation of Juneteenth
22 8:45 Ping Pong 9:00 Woodcarvers 9:00 Zumba Gold 10:30 Line Dancing 10:30 Adv. Ping Pong 11:30 Beg. Line Dance 12:00 People's Poker 12:30 Pickleball 12:30 Pinochle 2:30 Power & Punch	23 8:45 Ping Pong 11:00 Line Dancing 12:00 Chair Beachball Volleyball 12:00 Lunch and a Movie 12:30 Pinochle 1:00 Chair Yoga 1:00 Rummikub	24 8:45 Ping Pong 10:30 Chair Beachball Volleyball 11:45 Better Balance 12:30 Canasta 12:30 Podiatrist (Appts Required) 1:00 Chair Yoga 1:00 Chess Club 1:00 Quilting Group	25 8:45 Tai Chi 10:00 MP Quilting Grp. 10:00 Tech Help 10:45 Advanced Ping Pong 11:00 Upper/Lower Body Toning 12:30 Pinochle 1:00 Mexican Train Dominoes	26 9:00 Legal Counsel (Appt. Req) 9:00 Zumba Gold 10:00 Mexican Train Dominoes 10:15 Upper Body Toning 11:00 Better Balance 12:30 Line Dancing 1:00 Cash Bingo
29 8:45 Ping Pong 9:00 Woodcarvers 9:00 Zumba Gold 10:30 Adv. Ping Pong 10:30 Line Dancing 11:30 Beg. Line Dance 12:00 People's Poker 12:30 Pickleball 12:30 Pinochle 1:00 Patriotic Tie Dye Shirts 2:30 Power & Punch	30 8:45 Ping Pong 11:00 Line Dancing 12:00 Chair Beachball Volleyball 12:30 Pinochle 1:00 Chair Yoga 1:00 Patriotic Paint & Sip	1-Jul 8:45 Ping Pong 10:30 Chair Beachball Volleyball 11:45 Better Balance 12:30 Canasta 1:00 Chair Yoga 1:00 Quilting Group 1:30 Ice Cream Social	2-Jul 8:45 Tai Chi 10:00 MP Quilting Grp. 10:00 Tech Help 10:45 Advanced Ping Pong 11:00 Brunch and Brew 11:00 Upper/Lower Body Toning 12:30 Pinochle 1:00 Mexican Train Dominoes	3-Jul The Facility will be Closed in Observation of the Independence Day holiday

**Thank you to all those who have renewed their Membership
and have become New Members*.**

Jim & Sue Blair
Mary Bowman
John Burke*
Pam Burns*
Alan Cervenka
Vince Clark*
Don Conway
Corliss Copeland
Marsha Cote*
Suzanne DeMaria
Winifred Depner
Gerijo Duda
John & Ruth Duszynski

Marion Eilken
Marilyn Epstein
Patricia Hacker
James Hickey & Erleen Myers
Ronald Hogdahl
Mark & Nora Kermgard*
Haley & Jung Kim*
Maureen Koziol*
Cathy Kudyba
Joseph Lagattolla
Rich & Gloria Ludwig
Harriett Mann

Melody Metzger*
Diane Ostermann
Felicia Pawlisz*
Virginia Pickell*
Larry & Diane Rabcicke
Terri Ring
Mary Safin*
Philip Schubitz*
Maria Staszel
Helen Van Alstin
Sheila Whitman*
Katherine Wirtz
Rosalind Yovovich*

**Your Membership Expiration Date is listed in parenthesis on your newsletter envelope address label.
Please make sure to pay your membership dues on time.**

Senior Advisory Council

**Meet the 2nd Tuesday of each month
@ 9:30 AM**

I know this comes as no surprise, but the GENCenter plays an important role in supporting your health and well-being by providing you with a consistent place for connection and activity. As we age, people may face increased risks of isolation due to retirement, mobility changes, or loss of social networks. The GENCenter helps counter this by offering a welcoming space where individuals can build friendships, share experiences, and stay socially engaged. This sense of community is closely linked to better mental health and a lower risk of loneliness and depression.

Beyond individual benefits, senior centers strengthen communities as a whole. They allow older adults to remain active participants in society, whether through volunteering, mentoring, or simply staying informed and engaged. By supporting independence and dignity, senior centers help ensure that aging populations continue to live meaningful, connected lives rather than becoming isolated from the world around them.

2026

"10 for 10 for 10" Program

The "10 for 10 for 10 Program" is an affordable way for you to make a charitable gift to the GENCenter. Simply donate \$10 for 10 months, or the entire \$100, to be eligible for 10 prizes awarded for the months of **February - November.**

Not only will you support the GENCenter, but you will also be automatically entered into a raffle (every month) for fantastic prizes. **Please note**, all \$10 donations are due by the end of each month to be eligible for that month's prize. To be eligible for November's prize, you must donate for all 10 months.

Nancy Brandt	Sharon Madison	Joyce Raygor
Darlene Budakovic	Bill McNutt	Irma Rodriguez
Joan Bugay	David Meegan	Mary Jo Thelander
Ann Fastert	Thomas Molina	Pat Tomasiewicz
Nancy Gonzalez Valez	Kathy Montalbano	Mona Vady
Rita Howley	June Morita	Linda Villarreal
Anne Lin	Anna Palumbo	Angela Volpe
Aryliss Lisner	Christine Paulding	Karen Wierer
Gloria Ludwig	Elaine Plummer	Barbara Winfield
Holly Lynch		Denise Yonkers

April- June Morita (\$50 Gift Card to Chili's)

May- \$50 Gift Card to Meijer's

Membership

	Join at anytime of the year. Annual Membership runs 1 year from the date you joined.	
Single	1 Yr \$75	2 yrs. \$130
Couple*	\$120	\$220
	*Must live in the same household. Proof of address required	

Veteran Outreach

<p>Tanya Reyes IDVA Representative Tuesday - Friday 8:30 AM to 4 PM (847) 294-4664</p>	<p>Sherry McKee Frisbie Volunteer Liaison for VFW & VSO</p>
<p>Russell Meredith VFW Representative 1st Monday of every month 9 AM to 1 PM</p>	<p>Veterans Crisis Line 800-273-8255 Help 4 Homeless Vets 877- 424-3838</p>

Services

<p>Benefit Access Program The Benefits Access Program offers two benefits to seniors and persons with disabilities: license plate discount and free/reduced fare rides on fixed-route transit systems. To be determined eligible you must submit a benefits access application on the internet. Paper applications are not available. Eligibility is based on age, disability, residency, and income.</p>	<p>Medicaid Application Medicaid is a joint federal and state program that provides health coverage (eligibility based on modified adjusted gross income). Other available programs include SNAP benefits and Medicare Savings Program.</p>
<p>Handicap Placards We offer temporary handicap placards (3 months). Your doctor will need to fill out a form in order to obtain placard.</p>	<p>Medical Closet Open Monday thru Friday 9AM to 3:30 PM Rent or purchase gently used medical equipment at a discounted rate.</p>
<p>Meals on Wheels Delivery takes place M-F to homebound Des Plaines residents only. Call (847) 894-3482 for more info. Volunteers always needed</p>	<p>SHIPs Counseling A free and unbiased statewide health insurance counseling service for Medicare beneficiaries, their families and caregivers.</p>

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Edward Jones,
Christina Chervenak

Generations at
Oakton Place

Medicare Insurance Grp.

Octihealth, Inc.

Senior Helpers

Sunrise Senior Living



GENCenter

<p>Exciting Day Trips 2026 Call: 847-768-5944 Monday-Friday 8:30 - 4:00 52 E. Northwest Hwy Questions: Call Sally: 847-207-9438 Join us we're having fun!</p>	<p>Mayflower Cruises and Tours Travel Talk May 28th 10:30am Including... 2026 Door County, Dec Mystery Trip, 2027 Hawaiian Cruise, Snake Rivers/ Rails Sails. 2028 Egypt Cruise & more. Early Bird sign up savings. Refreshment</p>
<p>Mystery Casino Wednesday, May 27th 8:00am-5:30pm \$39 Mem \$49 Non-Mem \$10 Slots Free Play Limited seating 29</p>	<p>Hawaiian Luau Cruise w/ Buffet Lunch Lake Geneva Thursday, September 10th 11:30am-3:00pm \$106 mem \$116 non-mem</p>
<p>Bison Broken Wagon Ranch Hobert Indiana/Lunch Tatte's Cafe Experience a rare encounter with Bison Available for purchase... Bison Products & Meats Wednesday, June 10th 8:15am - 4:00pm \$75 Mem \$85 Non-member Wait list only</p>	<p>Mystery Casino Wednesday, August 19th 8:00am-5:00pm \$39 Mem \$49 Non-Mem \$10 Slots Free Play Limited seating 29</p>
<p>Four Winds Casino New Buffalo Senior Day Wednesday, June 24th 8:00am-5:30pm \$39 Mem \$49 Non-Mem \$15 Slots \$10 Food Voucher Buffet open 39 max</p>	<p>All in the Italiano Family Sample Five Wines Delicious Lunch at Mumbo Italiano Friday August 7th 9:15am-3:00 pm \$86 Mem \$96 Non-Mem</p>
<p>Opera in Focus "William 2026 Repertoire" See the world's most lifelike puppets Lunch at Rose Garden Thursday, July 16th 9:45am-2:00am \$67 Mem \$77 Non-Mem</p>	<p>Mystery Casino Wednesday, July 29th 8:00am-5:00pm \$39 Mem \$49 Non-Mem \$10 Slots Free Play Limited seating 29</p>

Mayflower Cruises & Tours

Travel Talk May 28th

10:30am

Featuring...

**2026 Delightful Door County &
Mystery Trip**

2027 Hawaiian Cruise

**Highlights of Columbia & Snake
Rivers & Rails Sails & Redwoods
of Sierra Nevada.**

2028 Egypt Cruise

Early Bird sign up savings. Refreshments