



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

**As a reminder, the facility will be closed from
 Jan. 1st - Jan. 19th.**



Tax Aide

Feb. 10- April 8

**Schedule your appt starting
 January 5th**

Sign up for FREE income tax prep through the AARP/IRS Tax Counseling for the Elderly Prgm. This prgm helps tax payers with low to middle income with special attention to those 60 and over. Both spouses **MUST** be present unless the spouse who is present has POA over the non present spouse.



Restarts Jan. 20th, 2026
Arthritis Exercise Class
Tues., 10AM to 11AM
M: Free/NM: \$5



Intergenerational Prgm.
Tues., Jan. 20th @ 11 AM
 Join members of the Des Plaines Youth Commission for line dancing and lunch.
Register by Jan. 16th



Podiatrist
Wed., Jan 21st
12:45-3:30
(Appts. Required)

Dr. Kelsey Krotiak, from Podiatry of Arlington Heights, specializes in Diabetic Foot Care, Wound Care, Surgery of the Foot, Orthotics, Toenail fungus, Warts, Flatfeet, Bunions, Hammertoes, Gout, Heel Pain, Neuromas, Sprains, Fractures, Geriatric Foot Care and Ingrown Toenails.

Please bring your completed form, ID, insurance card and a list of your meds to your appt.



Tech Help
Restarts Jan. 22nd
Thursdays,
10AM to 12PM

Volunteer Tom Harris, will be onsite to help you with all your computer related questions.



Upper Body Toning
Thursdays, starting Jan. 22nd
@ 11:30 AM
M: \$7 NM: \$9

Susan Uribe will be teaching a 2nd Upper Body Toning Class that will be 45M in length and will include some lower body moves.





Monday, January 26th

We've refreshed our space, and we can't wait to share it with you!
Join us for our Open House to explore our new look, enjoy light refreshments, and connect with our team. Your presence will make the celebration complete!"



**Acupuncture
(Appts. Req.)
Wed., Jan. 28th
10 AM to 1PM
NM: \$5**

Victoria Sous of Healing Paradise Acupuncture will be onsite to give complimentary mini acupuncture sessions. In order to allow other members access to this benefit, we ask that you skip a month between appts. You will be unregistered if you book back to back.



Raisin bread French toast served with sausage and a slice of eggs benedict casserole



Office Hours: 9AM-1PM

Thurs., Jan. 22nd
Jacki Kaiser, Outreach Coordinator, will be onsite to answer your questions or get you the answers you need to your questions.
Stop by and say HI!



**Bunch Book Club
Thurs., Jan. 29th
@ 12 PM
Afterlife
by: Julia Alvarez**

"Afterlife" follows Antonia Vega, a retired professor grappling with grief after her husband's death, as she navigates family dynamics, immigration issues, and her own identity.

Members/Non-Members

We require all people who participate in programs, to sign in when they enter the building. Not only is this important because it helps us know who is in the building at any given time, but we also use this data to apply for grants. As a non-profit organization, we rely on grants as a funding resource. Please continue to check in and if you haven't been checking in, please start to do so. Our receptionists will be reminding you if they see you have not done so. Thank you!
Also, we will be taking new pictures of everyone. Stop by the front desk for your new picture.



Podiatrist
Now 2X/month
Wed., Feb. 4 & 18
12:45-3:30
(Appts. Required)

Dr. Kelsey Krotiak, from Podiatry of Arlington Heights, specializes in Diabetic Foot Care, Wound Care, Surgery of the Foot, Orthotics, Toenail fungus, Warts, Flatfeet, Bunions, Hammertoes, Gout, Heel Pain, Neuromas, Sprains, Fractures, Geriatric Foot Care and Ingrown Toenails.

Please bring your completed form, ID, insurance card and a list of your meds to your appt.



Cookie Decorating for Valentine's Day
Tues., Feb. 10th @ 1 PM
Register by Feb. 3rd

The Chef's at Rivers Casino will once again be baking cookies for us to decorate just in time for Valentine's Day. Join us for an afternoon of fun!



Office Hours: 9AM-1PM
Tues., Feb. 3rd and
Thurs., Feb. 26th

Jacki Kaiser, Outreach Coordinator, will be onsite to answer your questions or get you the answers you need to your questions.

Stop by and say HI!



Veterans Roundtable
Thurs., Feb. 5th @ 11 AM

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



Wed., Feb. 4th @ 12PM

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.



Valentine Paint and *Sip

Thurs., Feb. 5th @ 1 PM
M: \$15 NM: \$20

Stella Reeves is back for another painting instruction, this time... Valentine themed.

*Sparkling cider will be served.

Register by Jan. 30th

Valentine's Luncheon
Wed., Feb. 11th

Doors Open @ 11:30AM

M: \$10 NM: \$12

Register by Feb. 4th



Enjoy Chicken Piccata served over linguini with roasted vegetables. Hugo's Elvis will be performing his Memphis to Vegas show followed by strawberry cheesecake for dessert.



Intergenerational Program

Mon., Feb. 16th @ 11AM

Join members from the Des Plaines Youth Commission for a friendly competition of Trivia.



Art Exhibition

Sat., Feb. 14-Sun., Feb. 15th

The Des Plaines Art Guild will be hosting an Art Exhibit featuring art work from the local community.



Acupuncture (Appts. Req.)

Wed., Feb. 25th

10 AM to 1PM

NM: \$5

Victoria Sous of Healing Paradise Acupuncture will be onsite to give complimentary mini acupuncture sessions.

In order to allow other members access to this benefit, we ask that you skip a month between appts. You will be unregistered if you book back to back.



Lunch To Go

Tues., Feb. 17th @ 12PM

M/NM: \$15

To celebrate Chinese New Year, we will once again cater from Chinese Munch Inn. You will have the choice of either an Orange Chicken Lunch, shrimp egg foo young lunch or Mongolian beef lunch. Includes drink, fried rice and egg roll.

Register by Feb. 11th.



Begins Feb. 20th

M: \$10 NM: \$12

This annual Fish Fry will take place Fridays during Lent.
Registration due 1 week in advance.



Brunch and Brew

Thurs., Feb. 19th @ 11 AM

M: \$10 NM: \$12

Register by Feb. 13th

Indulge in French toast stacked with Nutella and bananas and topped with whipped cream served alongside bacon and broccoli cheese egg casserole.



Balance Talk

Tues., Feb. 24th @ 1PM

NM: \$5

ATI Physical Therapy will be back to give a balance talk.

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.



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

Tanya Reyes IDVA Representative Tuesday - Friday 8:30 AM to 4 PM	Derek Giffin Veteran's Srvcs. Officer 3rd Tuesday of every month 10AM to 3PM
Russell Meredith VFW Representative 1st Monday of every month 9 AM to 3 PM	Sherry McKee Frisbie Volunteer Liaison for VFW & VSO
Lisa Mendez Hines VA Representative 3rd Tuesday of every month 10AM to 2PM	Veterans Crisis Line 800-273-8255 Help 4 Homeless Vets 877- 424-3838

Services

Benefit Access Program The Benefits Access Program offers two benefits to seniors and persons with disabilities: license plate discount and free 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.		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.
Handicap Placards We offer temporary handicap placards (3 months). Your doctor will need to fill out a form in order to obtain placard.		Medical Closet Open Monday thru Friday 9AM to 3:30 PM Rent or purchase gently used medical equipment at a discounted rate.
Meals on Wheels Delivery takes place M-F to homebound Des Plaines residents only. Call (847) 894-3482 for more info. Volunteers always needed		SHIPs Counseling A free and unbiased statewide health insurance counseling service for Medicare beneficiaries, their families and caregivers.

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Des Plaines

Dignity Memorial

Edward Jones, Dan Chervenak
and Christina Chervenak

Sunrise Senior Living

Generations at Oakton Place

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

Dawn Aleman	James Duffer*	Nancy Leitzke	Gail Prochaska
Milo & Inna Anderson*	Ed & Karen Galvin*	Anne Lin	Pam Roeske
Syed Azimuddin	Joe Geisler	Marsha Lucia	Fred Saldana*
Charlene Balkin	Bari Glick	Michael & Elizabeth Magliano	Mary Sevcik
April Bernar	Dolores Glover	Kuldip Singh Makker	Shirlee & Patricia Smith
Terry Blasi*	Nancy Gonzalez Velez	Pat Martin*	Greg Spudic*
Lillian Boehm	Rita Howley	Mary Meschbach*	Loreen Stone*
Marie Burke	Elizabeth Huth- Taylor	Carol Mikulski	Frances Strain &
Robert & Christine Cain*	Emily Iaccino	June Morita	Norman Viray
Martha Campbell	John & Karla Jacobson*	Edwina Mroz	Janice Swichtenberg
Michelle Castillon &	Andrea John	Judy Mulcahy*	John & Ann Marie Swiderski*
Andres Estrada*	Karen Kozenczak & Carl Pletzke	Earleen Myers	Carol Szymanski
Roseanne Chwal*	Joan Krystof	Joyce Neely	Barry & Audrey Ultmann*
Judy Delozier	Richard Kurtin & Jessica Beach*	Mary Pece*	Keith Weltch & Sany Murry*
Larry DiGangi*			Holly Wilson

**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***

Shout Out:

Joe and Darlene Budakovic

Joe and Darlene joined the center 8 years ago and have been active ever since; as members as well as volunteers. Darlene is on the Advisory Board and helps with the trips program. She is also the first one to get up and dance at luncheons; giving everyone else the courage to do the same. Joe is the official envelope stuffer for our newsletter. You can usually find them in the card room playing games and they welcome with open arms, anyone who wants to join in. There is always tons of laughter and plenty of conversation.

Many thanks to you both!

**October Winner - Holly Lynch
(\$50 Gift Card to Texas Roadhouse)
November Winner - Angela Volpe
(\$100 Visa Gift Card)**

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 your Senior Center. 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 Senior Center, 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	David Meegan	Debbie Skrzypek
Darlene Budakovic	Thomas Molina	Mary Jo Thelander
Joan Bugay	Kathy Montalbano	Pat Tomasiewicz
Ann Fastert	June Morita	Mona Vady
James Fornelli	Florence Oprondek	Nancy Velez Gonzalez
George Lisner	Christine Paulding	Linda Villarreal
Gloria Ludwig	Elaine Plummer	Angela Volpe
Holly Lynch	Joyce Raygor	Karen Wierer
Sharon Madison	Irma Rodriguez	Holly Wilson
Sherry McKee	Dianne Schmidt	Barbara Winfield
	Peg Shannon	Denise Yonkers