



GENCenter

Bridging Generations, Building Community

www.genctr.org

Please call (847) 768-5944 to register for programs

All programs require advanced registration



Power and Punch
Tues., June 23th - July 28th

@ 10:15 AM

M: \$45 NM: \$50

Limit 12

Register by June 12th

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.



Acupuncture
(Appts. Req.)

Wed., July 1st

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.



Ice Cream Social

Wed., July 1st @

1:30PM

M: \$3 NM: \$5

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

Register by June 29th



Brunch & Brew

Thurs., July 2nd

@ 11AM

M: \$10 NM: \$12

Register by June 26th

Hearty brunch breakfast bowl served with mixed berry French toast.



Veterans Roundtable
Thurs., July 2nd @ 11 AM.

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



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



Lunch & A Movie

Tues., July 7th

M/ NM: \$12

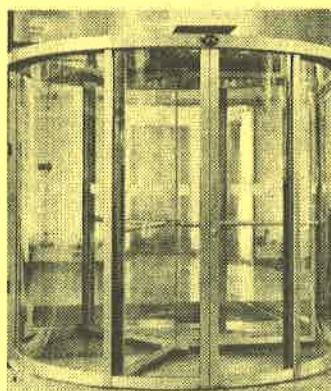
Lunch @ 12:00 PM

Movie Begins @ 12:15 PM

Marty Supreme

Marty Mauser, a young man with a dream no one respects, goes to hell and back in pursuit of greatness.

Register by July 2nd



Stop the Revolving Door
Wed., July 8th @ 12:30PM

NM: \$5

During this presentation, Bill Nold-Certified Aging in Place Specialist, will highlight how identifying specific environmental risks can proactively prevent the cycle of hospital readmission.



Water Aerobics
@ Discovery Village
Wed., July 8th & 22nd
@ 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



5 Moves to Stay Strong
after 55

Thurs., July 16th @ 10AM
NM: \$5

Catherine Marsden, a NASM-certified personal trainer and board-certified health coach based at the Buehler YMCA in Palatine, will be leading this 30M discussion.

She will cover: Why muscle loss accelerates after 55 and what reverses it, 5 safe and effective movements anyone can do, How to exercise around pain without making it worse and Simple daily habits that protect long-term independence.

Registration due by July 15th



Fri., July 10th @ 10AM

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



Bunch Book Club

Fri., July 24th @
11:30AM

Symphony of Secrets
by Brendan Slocumb

This gripping and thought-provoking novel that weaves together two timelines—one in the 1920s and the other in the 2020s. It tells the tale of Josephine Reed, a Black, neurodivergent musical genius, whose extraordinary compositions are stolen by a white musician, Frederick Delaney, who passes them off as his own.

Fast forward a century, a music professor named Bern Hendricks uncovers the truth behind Delaney's deceit and fights to give Josephine the recognition she deserves. The novel explores themes of artistic theft, racial inequality, and justice through the lens of music and history.



Online Scams
Wed., July 15th
@ 12PM
NM: \$5

Protecting older adults continues to be one of the most important jobs of the Attorney General's Office. Far too often, scam artists perceive senior citizens as vulnerable and relatively wealthy due to their ability to access retirement accounts and pensions. Join representatives from the IL Attorney General's Office to discuss ways to protect yourself from online scams. **Register by July 10th**



Wed., July 29th
@ 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 July 24th



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
				
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 Pinochle	6 8:45 Ping Pong 9:00 Rep. Mussman Office Hrs. 10:15 Power and Punch 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	1 8:45 Ping Pong 10:30 Chair Beachball Volleyball 11:45 Better Balance 12:30 Acupuncture (Appts. Req.) 12:30 Canasta 1:00 Chair Yoga 1:00 Ice Cream Social 1:00 Quilting Group	2 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 Veteran's Roundtable 11:00 Upper/Lower Body Toning 12:30 Pinochle 1:00 Mexican Train Dominoes	3 The Facility will be closed in Observation of Independence Day
13 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 Pinochle	14 8:45 Ping Pong 10:15 Power and Punch 11:00 Line Dancing 12:00 Chair Beachball Volleyball 12:30 Pinochle 1:00 Chair Yoga 1:00 Rummikub	8 8:45 Ping Pong 10:30 Chair Beachball Volleyball 11:45 Better Balance 12:30 Canasta 12:30 Stop the Revolving Door 1:00 Chair Yoga 1:00 Quilting Group	9 8:45 Tai Chi 10:00 MP Quilting Grp. 10:00 Tech Help 10:45 No Advanced Ping Pong due to Senior Olympics 11:00 Upper/Lower Body Toning 12:30 Pinochle 1:00 Mexican Train Dominoes	10 9:00 Legal Counsel (Appt. Req) 9:00 Zumba Gold 10:00 Mexican Train Dominoes 10:00 Walk with a Doc 10:15 Upper Body Toning 11:00 Better Balance 12:30 Line Dancing 1:00 Cash Bingo
20 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 Pinochle	21 8:45 Ping Pong 10:15 Power and Punch 11:00 Line Dancing 12:00 Chair Beachball Volleyball 12:30 Pinochle 1:00 Chair Yoga 1:00 Rummikub	22 8:45 Ping Pong 10:30 Chair Beachball Volleyball 11:45 Better Balance 12:30 Canasta 1:00 Chair Yoga 1:00 Quilting Group	16 8:45 Tai Chi 10:00 5 Moves to Stay Strong after 55 10:00 MP Quilting Grp. 10:00 Tech Help 10:45 Advanced Ping Pong 11:00 Upper/Lower Body Toning 12:30 Pinochle	17 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
27 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 Pinochle	28 8:45 Ping Pong 10:15 Power and Punch 11:00 Line Dancing 12:00 Chair Beachball Volleyball 12:30 Pinochle 1:00 Chair Yoga 1:00 Rummikub	29 8:45 Ping Pong 10:30 Chair Beachball Volleyball 11:45 Better Balance 12:30 Bunco and Pizza 12:30 Canasta 12:30 Podiatrist (Appts Required) 1:00 Chair Yoga 1:00 Quilting Group	23 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	24 9:00 Legal Counsel (Appt. Req) 9:00 Zumba Gold 10:00 Mexican Train Dominoes 10:15 Upper Body Toning 11:00 Better Balance 11:30 Lunch Bunch Book Club 12:30 Line Dancing 1:00 Cash Bingo
24 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 Pinochle	25 8:45 Ping Pong 10:15 Power and Punch 11:00 Line Dancing 12:00 Chair Beachball Volleyball 12:30 Pinochle 1:00 Chair Yoga 1:00 Rummikub	30 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	31 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	32 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

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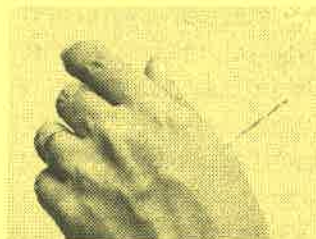
Please call (847) 768-5944 to register for programs
All programs require advanced registration



Power and Punch
Tues., @ 10:15AM
Aug. 4th- Sept. 8th
M: \$45 NM: \$50
Limit 12

Register by July 31st

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.



Acupuncture
(Appts. Req.)
Wed., Aug. 5th
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.



**Wed., August 5th
@ 12:00 PM**

**Lunch served @ 12PM
Presentation @ 12:30PM**
Join us for a presentation related to a health and wellness topic. Please note: You must stay for the entire presentation in order to receive a lunch.



Wed., Aug. 5th @ 1:30PM

In honor of National Root Beer Float Day tomorrow, we are celebrating today.

**M: \$3 NM: \$5
Register by Aug. 3rd**



**Veterans Roundtable
Thurs., Aug., 6th @ 11 AM.**

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



**Just Lunch
Tues., Aug. 11th @ 12:30 PM
M: \$5 NM: \$7**

As the dog days of summer wind down, join us for a hot dog, chips and a drink.



**Water Aerobics
@ Discovery Village
Wed., Aug. 12th & 26th @ 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. in Des Plaines

**Brunch and Brew
Thurs., Aug. 13th
@ 11AM
M: \$10 NM: \$12
Register by Aug. 7th**

Cheesy egg bites (2) served alongside cinnamon roll casserole with cream cheese glaze and blackberry honeydew salad with basil.



**Sour Dough
Workshop
\$25 per person
Thurs., Aug. 13th
@ 1PM**

Mad Glam Sour dough will be leading this hands-on training (Mixing, scraping, scouring) which will include an active and dehydrated starter kit to take home as well as a bowl and scraper. You will also have the opportunity to taste premade sour dough.
Register by Aug. 10th



Fri., Aug. 14th @ 10AM

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



Wed., Aug. 19th

@ 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 Aug. 14th



Sound Bath

Mon., Aug. 17th

@ 12:30 PM

M: \$12 NM: \$15

Register by Aug. 12th

A deeply relaxing experience that combines meditative practices with healing sound vibrations from the use of crystal and Tibetan singing bowls, gongs, chimes, and other acoustic instruments. Promotes relaxation, reduces stress, and facilitates a deeper connection with oneself. Can be done seated or lying down. Please bring your own mat. Please note that once the class begins, we're unable to allow entry after the first five minutes in order to preserve the experience for everyone



Banana Split Bar

Tues., Aug. 25th @ 1PM

M: \$3 NM: \$5

Includes 2 scoops of ice scream, 1/2 banana and choice of toppings.

Register by Aug. 21st

Des Plaines Library



Wed., Aug. 19th @ 10AM

The Frozen River

by Ariel Lawhon

Martha Ballard is an 18th-century Maine midwife whose diary holds the truth about an assault involving powerful men. When one accused is found frozen in the Kennebec River, her pursuit of the killer pits her against prejudice, danger, and the limits of justice



Lunch @ 12:00 PM

Movie Begins @ 12:15 PM

Office Romance

Jennifer Lopez and Brett Goldstein lead a raunchy romantic comedy about a secret office romance and the trouble two workaholics get in when they start thinking with their hearts.

Register by Aug. 21st

50th Anniversary Raffle

1st Prize - \$15,000

2nd Prize- \$1500 in Gift Certificates to Abby Resort (Lake Geneva, Wi)

3rd Prize- \$750 in Gift Cards to ABT Electronics

4th Prize- 4 Chicago Cubs Tickets (+/- \$300)

Game TBD

5th Prize- \$100 Lettuce Entertain you Gift Card

Tickets Still Available - \$100 each

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

Liz Bowman
Sam Campanile
John Dalin
Earl & Kathryn Flurkey
Marilyn Jaszowski
Beverly Johnson &
Betty Churchill
Alice Judge
Marie Lakomecki

Susan Lowe*
Carol Macejak
Dorothy Mallo
Sherry McKee
Lee Menzer
Joanne Mezzano
Donald Morman
Elaine Morrison
Nancy Murray

Mary Poulos
Gail Power
Kathy Rybarczyk
Jim Sauer
Michael Shearn
Gary & Julie Spedale
Daniel Tan
James Tittle*
Ute Van Stockum
Patricia Weber*

**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***

Leadership changes often mark the beginning of a new chapter for a community or organization. While transitions can bring uncertainty, they also create opportunities for growth, renewal, and fresh ideas. A new leader enters with a different perspective, shaped by unique experiences and values, and this can inspire people to rethink old habits and imagine better possibilities.

Strong leaders understand that progress depends not only on vision, but also on listening, empathy, and the ability to unite others around common goals. At the same time, successful leadership transitions honor the past while preparing for the future. Every leader inherits challenges as well as achievements. By learning from previous experiences instead of rejecting them, new leadership can create stability while encouraging innovation.

Ultimately, leadership changes remind us that renewal is a natural part of progress. They encourage individuals and institutions to adapt, grow, and pursue new opportunities with hope and determination. Though change may feel uncomfortable at first, it often becomes the foundation for stronger and more resilient organizations.

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 Velez	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

May- Gloria Ludwig (\$50 Gift Card to Meijer's)

June- (\$50 Gift Card to Texas Roadhouse)

*You're
Invited*

INTERGENERATIONAL
SOCK HOP



Grandparents, bring your grandchildren...Grandchildren, bring your grandparents...
FOR AN AFTERNOON OF FUN!!!

Sunday, July 12th, 1:00p - 3:00p

(Doors open @ 12:45p;
light refreshments will be available)

 **GENCenter**

52 E. Northwest Hwy., Des Plaines, IL 60016

RSVP by 7/09 at 847.768.5944

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 (847) 294-4664	Sherry McKee Frisbie Volunteer Liaison for VFW & VSO
Russell Meredith VFW Representative 1st Monday of every month 9 AM to 1 PM	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/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.	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.

Our Corporate Partners

Diamond Partners



Platinum Partners

Gold Partners

Silver Partners

Journal & Topics

Greg MacDonald, Attorney at Law

Ptasinski & Smith

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Alden of
Des Plaines

Arden Courts Memory Care of
Elk Grove Village & Northbrook

Baird & Warner,
Andrea John

College Hunks Hauling
Junk & Moving

Dignity Memorial

Discovery Village

Edward Jones,
Christina Chervenak

Generations at
Oakton Place

Medicare Insurance Grp.

Octihealth, Inc.

Senior Helpers

Sunrise Senior Living



Rooted in the past, growing for tomorrow, forever in our hearts.

The Clifford & Valerie Hagdorn Giving Tree has been "planted" for you to leave a lasting legacy in your name and to celebrate, commemorate or remember loved ones with a gift to the GENCenter.

Your tribute will be engraved on a rock, cloud or leaf, or other aspect of our distinctive tree landscape, prominently displayed at the entry of the GENCenter.

To dedicate a rock, cloud or leaf, or for other ways to support the GENCenter, please contact our Program Director at (847) 768-5944.

GENCenter

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!	Mayflower Cruises and Tours 2026 Door County Oct.11-15, Dec.1-6 Mystery Trip, 2027 Hawaiian Cruise Feb18-28 Highlights of Columbia & Snake Rivers Aug 7-14 / Rails Sails & Redwoods of The Sierra Nevada Sept 25-Oct3 2028 Egypt Cruise
Four Winds Casino New Buffalo Senior Day Wednesday, June24th 8:00am-5:30pm \$39 Mem \$49 Non-Mem \$15 Slots \$10 Food Voucher Buffet open 39 max	Four Winds Casino New Buffalo Senior Day Wednesday, Sept 30th 8:00am-5:30pm \$39 Mem \$49 Non-Mem \$15 Slots \$10 Food Voucher Limited to...39 max
Opera in Focus "William See the world's most lifelike puppets "2026 Repertoire" Lunch at Rose Garden Thursday, July 16th 9:45am-2:00am \$67 Mem \$77 Non-Mem	"Royal Oaks Apple Picking & Lunch" Famous for their Pot Pies Friday, October 1st 10am – 4pm \$69 mem \$79 non-mem
Mystery Casino Wednesday, July 29th 8:00am-5:00pm \$39 Mem \$49 Non-Mem \$10 Slots Free Play Limited seating 29	Paramount Theatre & Buffet Lunch Broadway's "MEAN GIRLS" Weds, September 23rd 10:30am-5:30pm \$80 mem \$90 Non mem
All in the Italiano Family Sample Five Wines Delicious Lunch at Mumbo Italiano Friday August 7 9:15am-3:00 pm \$86 Mem \$96 Non-Mem	Mystery Casino Wednesday, August 19th 8:00am-5:00pm \$39 Mem \$49 Non-Mem \$10 Slots Free Play Limited seating 29

Mayflower Cruises & Tours

2026 Door County Oct.11-15

Mystery Trip Dec.1-6

2027 Hawaiian Cruise Feb18-28

**Highlights of Columbia & Snake
Rivers Aug 7-14**

**Rails, Sails & Redwoods of The
Sierra Nevada Sept 25-Oct3**

2028 Egypt Cruise

Date and price available soon!

**If you want to go someplace not posted
I'll work to get you into a group
with all the perks!**

Contact: Sally Thomphsen 847-207-9438