



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



**Tax Aide (Apts. Req.)  
Feb. 10- April 8**

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.



**Office Hours: 9AM-1PM  
Tues., March 3rd  
Thurs., March 26<sup>th</sup>**

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!**



**Arthritis Exercise Class  
Tues., 10AM to 11AM  
M: Free/NM: \$5**



**Senior Corps & Fire  
Wed., March 4<sup>th</sup> @ 10AM**



**Lunch and Learn  
Wed., March 4<sup>th</sup>  
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.



**Tech Help  
Thursdays,  
10AM to 12PM**

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



**Veterans Roundtable  
Thurs., March 5<sup>th</sup>  
@ 11 AM**

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



**Fridays  
During Lent  
M: \$10 NM: \$12**  
Choice of cod or shrimp with fries/chips, coleslaw and water.  
**Registration due 1 week in advance.**



**Mondays, 12PM-2PM  
March 9 and March 23**

The Guild meets on alternate Mondays in the Art Room at the GENCenter to work on projects & hold some workshops.



**Members/Non-Members**  
Please remember to check in for your activities when you arrive. Our receptionists will kindly remind you Also, please stop by the front desk for your new GENCenter key card and take a new picture.  
Thank you!



### Podiatrist

Now 2X/month

Wed., March 11 & 25<sup>th</sup>

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.**



### Regretting You

A mother and daughter must grapple with what's left after a devastating accident reveals a shocking betrayal and forces them to confront family secrets, redefine love, and rediscover themselves.

Starring Allison Williams, McKenna Grace and Dave Franco, Scott Eastwood.

**Register by March 9<sup>th</sup>**



### Acupuncture (Appts. Req.)

Wed., March 25<sup>th</sup>

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.

### 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.



### St. Paddy's Luncheon

Tues., March 17<sup>th</sup>

Doors Open @ 11:30 AM

M: \$12 NM: \$15

**Register by March 11<sup>th</sup>**

Enjoy a traditional Irish meal consisting of Corned Beef and cabbage with potatoes and carrots. Don Reitsma is the afternoon entertainer, followed by shamrock lasagna for dessert.



### Bunch Book Club

Thurs., March 26<sup>th</sup>

@ 12 PM

**This is Happiness by: Niall Williams**

After dropping out of the seminary, seventeen-year-old Noel Crowe finds himself back in Faha, a small Irish parish where nothing ever changes, including the ever-falling rain. But one morning the rain stops and news reaches the parish – the electricity is finally arriving. With it comes a lodger to Noel's home, Christy McMahon. Though he can't explain it, Noel knows right then: something has changed. As Noel navigates his coming-of-age by Christy's side, falling in and out of love, Christy's buried past gradually comes to light, casting a glow on a small world and making it new.



### Cannoli Demo

Thurs., March 26<sup>th</sup>

@ 1 PM

M: \$15 NM: \$20

Tony Cannoli is coming all the way from Mundelein to teach you how to make cannoli. He will need some helpers, so you may be asked along the way to help in the process. After the demo, each participant will receive 3 pre-made cannoli shells which you can fill with different fillings. You can either bring them home or enjoy them on the spot!

**Register by March 19<sup>th</sup>**



### Intergenerational Program

Thurs., March 19<sup>th</sup> @ 4PM

Join members from the Des Plaines Youth Commission for puzzles and pizza.

Advanced Registration Required.

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

# Services

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

# Our Corporate Partners

## Diamond Partners



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Ptasinski & Smith

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Dignity Memorial

Edward Jones,  
Christina Chervenak

Sunrise Senior Living

Generations at Oakton Place

Medicare Insurance Group

Senior Helpers

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

Agnes Akel\*  
Ruth Bower  
Vince Cesare  
Jeanette Cox  
Cynthia DeVos  
Adele Gentile  
Joanne Goczkowski  
Daniel Heim  
Nancy Kavanaugh  
Barbara Kier  
Pamela Kranz  
Gloria Kristopek

Frank Leavitt  
Alberta Lucchesi\*  
Edward & Irene Marquardt  
Dolores Mielzynski\*  
Melanie Miller\*  
Thomas Molina  
John Pauls  
Karen Rudnick\*  
Ray Sandusky  
Mark & Janet Thompson\*  
Shirley Walter & Alfred Corbett

**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***

A much-needed renovation has finally taken place and we are looking good! New flooring has been put down, and fresh paint adorns the walls. The facility looks bright and welcoming. Many thanks to all who worked hard to make this possible, especially Steve Samuelson. There are some minor things left to do, but we've taken a big step.

The Senior Advisory Board has welcomed new members: Mike Aarons, Beverly Bertolozzi, Anna Palumbo and Dennis Ritti. Feel free to reach out to any of our board members with concerns or praises.

As we say good-bye to January, we have some exciting activities planned leading up to our 50<sup>th</sup> Anniversary Celebration. We will be hosting an Art Fair the weekend of Feb. 14<sup>th</sup>. Giuseppe's will be onsite selling slices of pizza, so come out and make a day of it. We also have our March Madness pool coming up and don't forget our Anniversary Raffle, which runs through August. Lots of fun things happening every month so stay tuned.

**Feb ~ \$50 Gift Card to IHop**

**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  
Joan Bugay  
Ann Fastert  
Nancy Gonzalez Velez  
Anne Lin  
Aryliss Lisner  
Gloria Ludwig  
Holly Lynch  
Sharon Madison**

**Thomas Molina  
June Morita  
Anna Palumbo  
Joyce Raygor  
Mary Jo Thelander  
Mona Vady  
Angela Volpe  
Barbara Winfield**