

May

GENCenter

Bridging Generations, Building Community

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

All programs require advanced registration



Mon., 12PM-2PM
May 4, 11 and 18th

Join this group in the Art Room for a projects or participate in a workshop. If you are interested in what is going on - check out www.dpag.org for specifics!



Power and Punch
Mon., May 4-June 8th
@ 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.



Cinco de Mayo

Sponsored by

Generations @ Oakton

Tues., May 5th @ 12:30PM

M: \$10 NM: \$12

Make your own shredded chicken tacos (2) with choice of toppings (sour cream, guacamole, shredded cheese, shredded lettuce, tomatoes and onion. Includes tortilla chips and Mexican coleslaw.

Register by May 1



Lunch and Learn

Wed., May 6th

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.



Acupuncture
(Appts. Req.)

Wed., May 6th

12:30 PM- 3:30 PM

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.



Veterans Roundtable

Thurs., May 7th @ 11 AM.

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



Evolution of Aging
Panel Discussion

Thurs. May 7th @ 1PM

This informational panel is designed to give older adults a clear and practical guide to the different stages of care and planning as they age. **Register by May 6th**



Fri., May 8th @ 10AM

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



Mother's day Bloom
Pop Up Event

Fri., May 8th @ 10:30 AM

M: \$5 NM: \$10

Create a bouquet just in time for Mothers Day.

Sponsored by Pamela Swanson of North Suburban Flower Co.

Brunch & Brew
Tues., May 12th
@ 11AM
Register by
May 6th



M: \$10 NM: \$12
 Omelet stuffed pepper
 will be served alongside
 bananas foster French
 Toast and sausage links.



Mon., May 18th
@ 12 PM

Enjoy this friendly
 competition amongst
 friends.



Bunch Book Club
Thurs., May 28th @ 12 PM
The Jackals Mistress by
Chris Bohjalian

Virginia, 1864—Libby Steadman’s husband has been away for so long that she can barely conjure his voice in her dreams. While she longs for him in the night, fearing him dead in a Union prison camp, her days are spent running a gristmill with her teenage niece, a hired hand, and his wife, all the grain they can produce requisitioned by the Confederate Army. It’s an uneasy life in the Shenandoah Valley, the territory frequently changing hands, control swinging back and forth like a pendulum between North and South, and Libby awakens every morning expecting to see her land a battlefield.

And then she finds a gravely injured Union officer left for dead in a neighbor’s house, the bones of his hand and leg shattered. Captain Jonathan Weybridge of the Vermont Brigade is her enemy—but he’s also a human being, and Libby must make a terrible decision: Does she leave him to die alone? Or does she risk treason and try to nurse him back to health? And if she succeeds, does she try to secretly bring him across Union lines, where she might negotiate a trade for news of her own husband?



Chess Club
Wed., May 13th
and 27th @ 1PM

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



Save Your Back!
Lifting Mechanics
for Gardening
Tues., May 19th @
1PM

Theresa Benkeser,
 Clinical Director at ATI
 Physlcal Therapy, will be
 back to discuss proper
 techniques when
 gardening.



Sponsored by
Oak Street Health
Thurs., May 21st @ 12PM
M: \$12 NM: \$15

Kick off the start of
 summer with us and join
 us for a delicious BBQ.
 Enjoy a delicious wedge
 salad, followed by your
 choice of either a Hot
 Dog or Hamburger will
 all the fixings, served
 with potato salad and a
 slice of watermelon.
 Hugo’s Elvis will be with
 us, and we will enjoy
 Elvis’s favorite dessert-
 banana pudding.

Register by May 15th



Water Aerobics @
Discovery Village
Wed., May 13th
& 27th @ 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



Lunch @ 12:00 PM
Movie Begins @ 12:15 PM
Thursday Murder Club

A group of four residents, living in a
 retirement home, gather once a week
 to discuss mysterious old murders.

The residents include former MI6
 agent Elizabeth (Helen Mirren), former
 psychiatrist Ibrahim (Ben Kingsley),
 former union leader Ron (Pierce
 Brosnan), and former nurse Joyce
 (Celia Imrie). People in the retirement
 home are blindsided when one of the
 home's owners, Tony, is murdered.

Tony and his partner had been
 planning to turn the retirement home
 into flats, which makes Tony's murder
 look suspicious. The club, along with
 police officer Donna De Freitas
 (Naomi Ackie), agrees to solve the
 case.

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

Sherry McKee
Frisbie Volunteer
Liaison for VFW & VSO

<p>Tanya Reyes IDVA Representative Tuesday - Friday 8:30 AM to 4 PM</p>	<p>Veterans Crisis Line 800-273-8255 Help 4 Homeless Vets 877- 424-3838</p>
<p>Russell Meredith VFW Representative 1st Monday of every month 9 AM to 3 PM</p>	<p>Derek Giffin Veteran's Srvcs. Officer 3rd Tuesday of every month 10AM to 3PM</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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Christina Chervenak

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Oakton Place

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Senior Helpers

Sunrise Senior Living

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

Alice Barnhart
Walter Benbenek &
Diane Kosach
Brenda Boyce*
Peggy Brzezinski
Susan Clark
Terrence Comina
June Eldridge
Margaret Fugiel
Carol Heneghan
Thomas Hoffman
Mary Lou Karcher

Constance Kovacin*
Patricia Kowalski*
Waldemar Kubiak
Dominic & Rose LaMacchia*
Anne Larson*
Diane Lombardo
Gerry Malek
Daniel & Elizabeth McAleer*
Kathy Montalbano
Joan Morgan
Sylvia Mulligan
Linda Mullikin

Gary & Mary Olson
Mary O'Malley
Stuart & Rose Pinnock
Judith Poduch
Carole Powers
Mary Roach
Nancy Schacht
Laurie Steinbeiss
Diane Wagoner
Marja-Leena Williams &
Michelle Williams*
Wayne & Priscilla Woodworth

**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**

Spotlight Veterans

We celebrate Memorial Day on the last Monday in May, honoring the men and women who lost their lives while serving in the military. It is both a time of remembrance and reflection.

The GENCenter has many resources for Veterans and their loved ones. A monthly Veteran's Roundtable is held on the 1st Thursday of the month at 11AM. Each meeting brings an important presentation relevant to Veteran's and their families. Sherry McKee, our Veteran Liaison, spearheads this group and has authored a book to share her passion. If you haven't done so already, pick up a copy of her book "Museums, Monuments & Memorials: State by State Guide to Military History Museums in the USA."

In addition to this monthly group, we also have an onsite IDVA rep as well as a VSO and a VFW rep who are both here monthly.

Memorial Day also marks the unofficial beginning of summer, bringing communities together through gatherings and shared traditions. Yet beneath these celebrations lies a deeper purpose: to remember the cost of freedom and to express gratitude for those who made the ultimate sacrifice. If you see a serviceman during this month, Thank Them for their service.

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

March ~ Elaine Plummer (\$50 Gift Card to Jewel)

April- \$50 Gift Card to Chili's