GENCenter

Bridging Generations, Building Community

All programs require advanced registration



52 E. Northwest Hwy. **Des Plaines, IL 60016** **(847) 768-5944**
Monday thru Friday **8:30AM to 4PM**
www.genctr.org
GENCenter
@gen_ctr

Shavonne Ekeledo PhD, MBA	Executive Director
Melissa Kalliantasis, LSW	Program Director
Olga Matskevych	Service Coordinator
Sally Thomphsen	Trips Coordinator
Steven Stanke	Maintenance
Lori Ronczka	Bookkeeper



Better Balance
now on Mondays @ 1PM
starting Nov. 2nd
M: $7 NM: $8



Power and Punch
Mondays, @ 2 PM
Nov. 2nd- Dec. 7th
M: $45 NM: $50
Limit 12

Registeration due 1 week before class begins.
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.



Arthritis Exercise Class
Tues., @ 10AM
NM: $5
Registration is Required



Wed., Nov. 4th
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.



Acupuncture
(Appts. Req.)
Wed., Nov. 4th
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. <u>You will be unregistered if you dont.</u>***
<u>Also, only those with confirmed appts will be seen.</u>

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.



Sound Bath
Wed., Nov. 4th @ 2PM
M: $12 NM: $15
Register by Oct. 30th

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



A.I. Colorization Program
Thurs., Nov. 5th @ 10AM
NM: $5

Learn how to use A.I. technology to bring your old Black and White photos to color.



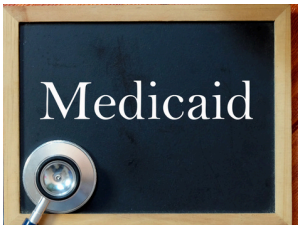
Veterans Roundtable
Thurs., Nov. 5th @ 11 AM.

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



Teach Different
Tues., Nov. 10th @ 3:30 PM

Join us for a conversation with students from Maine West High School to help build communication skills that bridge generations. Practice sharing and listening to differing viewpoints, using a famous quote as a starting point, for meaningful discussion. Students will share their perspectives and gain wisdom and life lessons from older adults and vice versa. This activity will be guided by Dan Fouts, a retired social studies teacher from Maine West High School and co founder of Teach Different.
Register by Nov. 6th



Medicaid Basics
Tuesday, Nov. 10th
@ 1PM
NM: $5

Learn the basics of Medicaid and income eligibility.



Beginners
Mah Jongg
Mon., @ 1PM
Nov. 9th- Dec. 7th
M: $20/NM: $25
Limit 8

Discover the exciting game of Mah Jongg and learn in a fun, relaxed setting. This class will introduce you to the tiles, basic moves, how to choose a hand, the progression of play, and strategies. Gameplay taught will be based on the American Standard Way. All supplies are included for game play.
Playing Mahjong with others stimulates the brain while enjoying the connection with new friends that makes the game so enjoyable.



Lunch @ 12:00 PM
Movie Begins
@ 12:15 PM
Spa Weekend

Four lifelong friends realize that somewhere between careers, relationships, families, and everyday responsibilities, they've forgotten how to take care of themselves and each other. Burned out and overdue for a break, the women escape to a luxury spa retreat for an unforgettable weekend dedicated to fun, laughter, and a lot of really bad decisions.
Starring Leslie Mann, Isla Fischer and Anna Faris

Water Aerobics
@ Discovery Village
800 S. River Rd. Des Planes
Wed., @ 1PM
Nov. 11th & Nov. 25th
M: $6 NM: $12



Enjoy this fun and low-impact way to stay fit.
*You must have a ticket in order to participate.



Save Your Back
"Winter Edition"
for snow
Tues., Nov. 17th
@ 1PM

ATI Physical Therapy is back for another educational presentation.



Medicare Options
Wed., Nov. 18th @
12:30 PM
NM: $5

Representatives from Partnership Financial Credit Union will be giving this educational seminar on what your options are during Open Enrollment.

Register by Mon., Nov. 16th



Thanksgiving Luncheon
Thurs., Nov. 19th

Doors Open @ 11:30AM
M: $12 NM: $15

Sponsored by the Grand at Twin Lakes

Join us for our traditional luncheon full of food, fellowship and fun! Enjoy a traditional Thanksgiving meal of roast turkey, mashed potatoes and gravy, corn casserole, cranberry sauce, roll and pumpkin pie for dessert. Edizon Dayo will be our entertainer.

Registration Required by Nov. 9th



Bunch
Book Club
Fri., Nov. 20th
@ 11AM

Braiding Sweetgrass
by Robin Wall Kimmerer

Braiding Sweetgrass explores reciprocal relationships between humans and the land, with a focus on the role of plants and botany in both Native American and Western European traditions.



Staying Independent: Understanding Medicare Covered Home Care
Tuesday, Nov. 24th
@ 1:30 PM

Many seniors want to remain safe and independent in their own homes, especially after a hospitalization, surgery, illness, or change in health. This presentation will explain how eligible seniors can access Medicare-covered home health services, including skilled nursing and therapy, and will discuss warning signs families should watch for when additional support may be needed at home.

Register by Nov. 20th



The Faciity will be closed on Thurs., Nov. 26th and Fri., Nov. 27th.



Is your Medicare Plan still right for you in 2027?
Monday, Nov. 30th @ 1 PM

Join Alem Duratovic, a retirement specialist with Bankers Life, for a seminar on navigating Medicare during Annual Enrollment. Plus learn smart strategies for protecting your retirement through life insurance, long-term care planning, and financial planning. Come learn how to make the most of your coverage and get your questions answered.

Register by Nov. 25th



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 (3rd & 4th) and Wednesday 8:30 AM to 4 PM (847) 294-4664	**Sherry McKee** Frisbie Volunteer Liaison for VFW & VSO
Derek Griffith VSO Representative 3rd Tuesday every month 10 AM to 3 PM	**Veterans Crisis Line** **800-273-8255** **Help 4 Homeless Vets** **877- 424-3838**

Social Services

Benefit Access Program Offers two benefits to seniors and persons with disabilities: license plate discount and free/reduced fare rides on fixed-route transit systems. 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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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.

SHIP
State Health Insurance Assistance Program
Navigating Medicare

Open Enrollment runs October 15-December 7th.

Schedule an appointment with one of our trained SHIP volunteers to go over your Part D (prescription drug plan).

Our Corporate Partners

Diamond Partners

Platinum Partners

Gold Partners

Humana

Silver Partners

Journal & Topics

Greg MacDonald, Attorney at Law

Ptasinski & Smith

Bronze Partners

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 Hagedorn 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, prominentely 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.

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

Michael & Sally Aarons
Marilyn Antepenko
Carolyn Boyle
Esperanza Calderon
Sandy Chapman
Candace Church
Judy Delozier
Janet Denk
Mark & Ann Fastert
Krystyna Fornalewska
Sal Furlin
Gregory Gatto*
Paulette Gebele*
Nancy Gonzalez Velez
Jasper & Patricia Grimaudo*
Graciela Kloth*

Rose Koshy*
Cheryl Lawson*
Richard & Kaphy Long*
James & Monica Malinowski
Harriet Malinowski
Barbara Miller
Ginny Mortensen
Brian Mulcrone
Robert Myers*
Christine Oken
Florence & Sheila Oser & Patt
Bruno & Sally Ozga
Sheila Paschelke
Donna Perkowski
Marcie Plank

Susan Rasmussen
Pili Richardson
Gerald Richert
Debbie Salvi*
James Sciabica*
Amal Marie Spearman
David Stasch*
Charlotte Stewart
John Storts
Janice Swichtenberg
Trinidad Valdez
Ingeborg Valencia
Kamen Venedikov*
Deanna Vihnanek
Angela Volpe
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.

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
Darlene Budakovic
Joan Bugay
John Dalin
Ann Fastert
Nancy Gonzalez Velez
Rita Howley
Gloria Kazimer
Anne Lin
Aryliss Lisner
Gloria Ludwig

Holly Lynch
Sharon Madison
Bill McNutt
David Meegan
Thomas Molina
Kathy Montalbano
June Morita
Anna Palumbo
Christine Paulding
Elaine Plummer

Joyce Raygor
Irma Rodriguez
Mary Jo Thelander
Pat Tomasiewicz
Mona Vady
Linda Villarreal
Angela Volpe
Karen Wierer
Barbara Winfield
Denise Yonkers





September- Denise Yonkers ($50 Gift Card to Walmart)

October- ($50 Gift Card to Outback)