

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
Thompsen

Trips
Coordinator

Steven
Stanke

Maintenance

Lori
Ronczka

Bookkeeper



Veterans Roundtable Thurs., Oct. 1st @ 11 AM.

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



Beginners Mah Jongg Mon., @ 1PM Oct. 5-Nov. 2 M: \$20/NM: \$25 Limit 4

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.



Power and Punch Mondays, @ 3 PM Sept. 21st - Oct. 26th M: \$45 NM: \$50 Limit 12 Registration 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 begins October 6th NM: \$5



Wed., Oct. 7th 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., Oct. 7th
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.



**Medicare Options
Tues., Oct. 13th @ 1PM
NM: \$5**

Learn what your options are when selecting Medicare.
Register by Oct. 9th



**Water Aerobics
@ Discovery Village
800 S. River Rd. Des Plaines
Wed., @ 1PM
Oct. 14th and 28th
M: \$6 NM: \$12**

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



**Sound Bath
Wed., Oct. 7th @ 2PM
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



**Lunch & A Movie
Tues., Oct. 13th
M/ NM: \$12
Lunch @ 12:00 PM
Movie Begins
@ 12:15 PM
Devil Wears Prade 2**

Miranda Priestly faces the decline of traditional magazine publishing while clashing with her former assistant Emily, now a powerful luxury advertising executive. Nearly two decades after the original, the film reunites Meryl Streep, Anne Hathaway, Emily Blunt, and Stanley Tucci, adding new stars like Lady Gaga and Kenneth Branagh. With high-fashion drama, sharp wit, and industry intrigue, it's poised as a stylish, must-see return to the Runway world.

Des Plaines Library



**Wed., October 21st
10AM
Pineapple Street
by Jenny Jackson**



**Wed., Oct. 21st
@ 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 Oct. 16th**



**Brunch & Brew
Thurs., Oct. 29th @ 11AM
M: \$12 NM: \$15**

Apple Caramel Streusel French Toast Casserole served with tomato bacon breakfast strata and bacon.
Register by Oct. 8th.

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.

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 & Wednesday 8:30 AM to 4 PM (847) 294-4664	Sherry McKee Frisbie Volunteer Liaison for VFW & VSO
Derek Griffith VSO Representative 3 rd 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.



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.



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



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Journal & Topics

Greg MacDonald, Attorney at Law

Ptasinski & Smith

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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, 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.

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

Jack Aldworth			Stella Pocijewski
Ronald Bare*			Keith Puetz
Ann Bechtel	Karen Hoeffleur	Mary Ann Lohman	Maureen Schneider
Margret Bohac	Kenneth Killips	Anna Marie Markko	Edith Schulz
Lynette Bonse	Christine Kirner	Joyce Matkovic	Lera Stahl
Carrie Brooks	Irmgard Klingenberg	Lois Mieszala	John Teevans
Joe & Darlene Budakovic	Christopher & Judith Ladner*	Helen North	Marty Unternaehrer
Deborah Buelow	George & Aryliss Lisner	Elaine Plummer	Eileen & Ingrid Van Roeyen
Ronald Finstad			Ingrid Wenner
Jane Fojtik*			Barbara Woolf
Maureen Gildea			Denise Yonkers
Terry & Mary Hanney			Robert & Corinne Zych*

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.

Senior Advisory Council
Meets the 2nd Tuesday of each month
@ 9:30 AM

On Monday, October 19th from 10AM to 12PM, Senior Advisory Council will be hosting our **Fall Open House**. This is your opportunity to bring your friends, neighbors or family members who may not be familiar with the GENCenter and showcase how much fun we have here. They will have the opportunity to take a tour and/or participate in activities. Refreshments will be served.

Nancy Brandt	Holly Lynch	Joyce Raygor
Darlene Budakovic	Sharon Madison	Irma Rodriguez
Joan Bugay	Bill McNutt	Mary Jo Thelander
John Dalin	David Meegan	Pat Tomasiewicz
Ann Fastert	Thomas Molina	Mona Vady
Nancy Gonzalez Velez	Kathy Montalbano	Linda Villarreal
Rita Howley	June Morita	Angela Volpe
Gloria Kazimer	Anna Palumbo	Karen Wierer
Anne Lin	Christine Paulding	Barbara Winfield
Aryliss Lisner	Elaine Plummer	Denise Yonkers
Gloria Ludwig		



August- Joyce Raygor
(\$50 Gift Card to Olive Garden)
September
(\$50 Gift Card to Walmart)