

All programs require advanced registration

SEPTEMBER

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



Power and Punch
Mondays, @ 3 PM
Aug. 30th -Sept. 14th
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.



Wed., Sept. 2nd @ 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.

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



Acupuncture
(Appts. Req.)
Wed., Sept. 2nd
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.



Thurs., Sept. 3 @ 10AM
NM: \$5
Dr. Fideler, total joint specialist at Illinois Bone and Joint will be onsite giving this presentation.



Veterans Roundtable
Thurs., Sept. 3rd @ 11 AM.
Join us monthly for coffee as well as for discussion around topics related to Veterans



The Facility will be closed on Monday, Sept. 7th in Observation of Labor Day.



Driver Safety

**Tues., Sept. 8th & Wed., Sept. 9th
9:30AM-1:30PM**

The AARP smart driver course is the nations first refresher course designed specifically for drivers age 50 and older. In Illinois, drivers may benefit from a discount on their auto insurance premium upon completion of this course.

Payable on the 1st day of class

AARP Mem: \$20; Non AARP Mem: \$25



**Police Corps. & Fire
Wed., Sept. 9th
@ 10AM**

**PLEASE NOTE: TODAY'S
PROGRAM WILL TAKE
PLACE AT THE POLICE
STATION. PLEASE MEET
THERE.**



**Water Aerobics
@ Discovery Village**

800 S. River Rd.

Des Plaines

**Wed., Sept. 9th &
23rd @ 1PM**

M: \$6 NM: \$12

Enjoy this fun and low-
impact way to stay fit.

*You must have a ticket
in order to participate.



**Fri., Sept. 11th
@ 10AM**

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



**Des Plaines Art Guild
Paper Making Workshop**

Mon., Sept. 14th

12PM-2PM

NM: \$5

Learn how to make paper using
recycled materials.



**Lunch & A Movie
Tues., Sept. 15th
M/ NM: \$12**

*The story of Michael Jackson, one of the most
influential artists the world has ever known, and his
life beyond the music. His journey from the
discovery of his extraordinary talent as the lead of
the Jackson Five, to the visionary artist whose
creative ambition fueled a relentless pursuit to
become the biggest entertainer in the world,
highlighting both his life off-stage and some of the
most iconic performances from his early solo career.*

**Lunch @ 12:00 PM
Movie Begins
@ 12:15 PM
Michael**



Caramel Apple Bar

Tues., Sept. 22nd @ 1:30PM

M: \$3 NM: \$5

In celebration of the 1st day of
fall, join us for a caramel apple.
Choice of a red or green apple
sliced, topped with caramel
sauce and choice of toppings

Register by Sept. 18th.



**Bunch Book Club
Thurs., Sept. 24th @
10:30AM**

***The Lion Women
of Tehran*
by Marjan Kamali**

The Lion Women of Tehran follows
Ellie and Homa, who meet as girls
in 1950s Tehran and dream of
fearless futures. Torn apart by
class divides and political unrest,
their bond endures through
betrayal, exile, and revolution,
shaping their lives across decades
and inspiring the next generation.



**Oktoberfest
Luncheon**

Thurs., Sept. 24th

Doors Open at 11:30AM

M: \$12 NM: \$15

Sponsored by The Oaks at Elevate Care

Enjoy a traditional German meal that will
consist of a Bratwurst with Sauerkraut,
Chicken Schnitzel served with German potato
salad and German Green Beans. The

Internationals are the afternoon
entertainment, followed by a German dessert.

Register by Wed., Sept. 16th

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



Platinum Partners

Gold Partners

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, 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.

From the Desk of... *Shavonne*

Hello GENCenter Family,

It is truly an honor to introduce myself as the new Executive Director & CEO of GENCenter. I officially joined the organization on June 29, 2026, and I couldn't be more excited to become part of this wonderful community. Over the past several weeks, I've had the pleasure of meeting many of our members, volunteers, staff, and community partners. Thank you for the warm welcome you've extended to me. Your kindness, passion, and dedication have already shown me what makes GENCenter such a special place.

As I begin this journey, my priority is simple: to listen, learn, and build relationships. I believe the best ideas come from the people who know and love GENCenter, and I look forward to hearing your stories, learning about your experiences, and working together to build upon the strong foundation that already exists.

My vision is to ensure GENCenter continues to be a welcoming place where people connect, stay active, learn, volunteer, and thrive. Together, we'll continue strengthening our programs, expanding community partnerships, and creating opportunities that enrich the lives of those we serve.

Please don't hesitate to stop by and introduce yourself whenever you see me around the Center. My door is always open, and I look forward to getting to know each of you.

Thank you for welcoming me into the GENCenter family. I am excited for all that lies ahead!

"My goal is simple: to listen, learn, build relationships, and work alongside our community to ensure GENCenter continues to thrive for generations to come."

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

Harry Appleton	James Fornelli	Norine Keese*	Jerry Nach	William & Vicki Scalzitti
Stan Augustyn	David Gibson	Patricia Kiel	Anna Palumbo	Teresa Shattuck
Martha Avina	Janice Gilligan*	Amy Laskiewicz*	Christine Paulding	Juliet Shiba*
Judy Becker	Antonia Grana	Jay Lindsay*	Anna Pawluk	Alois Soehn
Debbie Caccavale	Gloria Herrick	Cathy Lopez	Stephen & Cindy Pelletier	Marianne Strzelecki*
Iris Chan & David Lee*	Rosemary Holland*	Art Maks	Richard Peterson	Jean Studinger
Alice Conlon	Kail Hsu	Sandra Marcoux	William Rechnitz	Katherine Tomaras
Antonia Decaro*	Margie Hupalo*	Kathleen Mietus*	Pili Richardson	Edwin Uhrik*
Chris Dorn	Steve Jameson	Harry Monroe	Dennis & Ann Ritti	Mona Vady
Karen Epps*	Reijo & Eeva Kallio	Leon Mulee	Samuel Romano*	Linda Villarreal
April Evans*	Gerri Kania		Pat Saczawski*	Neil Wells
Frances Feldman				David & Mary York*

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	Sharon Madison	Irma Rodriguez
Darlene Budakovic	Bill McNutt	Mary Jo Thelander
Joan Bugay	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	Joyce Raygor	
Holly Lynch		

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

July- Sharon Madison (\$50 Gift Card to Walgreens)