

FOREST PARK SENIOR

October

NEWS

November

December

2022

HOWARD MOHR COMMUNITY CENTER

7640 JACKSON BLVD.

FOREST PARK, IL 60130

708-771-7737

RORY HOSKINS, MAYOR

Karen Dylewski, Director

Brenda Powers, Assistant Director

Enjoy The Journey

...DON'T FORGET...

Monday	Shopping Trader Joes
Tuesday	Senior Club meets 9am – 1pm
Wednesday	Shopping Jewel
Thursday	Shopping Ed'sWay
Friday	Shopping Walmart



Shopping trip pick up begins at **9:30am**. Call the Center to schedule...Jewel and Walmart may sell out.

Fall is here again and time to enjoy all the beautiful colors and cooler weather it brings. Let's all say hello to fall with a trip on Thursday, instead of our usual Wednesday. It is our popular *Mystery Trip* that starts the month. The *Cindy Lyons Health Fair* returns this year on October 26th. Stay Healthy, Stay Happy!

Next, we travel North to Skokie to see *Camelot* and enjoy a delicious Italian meal at Maggiano's. The last trip in November is to Paramount Theater in Aurora to see *The Sound of Music* and dine at a new place right next door.

December brings us to see an Award Winning Broadway production of *The Lion King* at the Cadillac Palace Theater and then to Remington's for lunch. Our last Wednesday trip of 2022 will be to Drury Lane to see the hilarious play *Elf: The Musical* with a delicious lunch. Drury Lane will be set with holiday decorations, so let's take some photos and make memories with friends.

That brings us to the New Year Celebration that will ring in 2023! As always, we will have fabulous live music, great food and a Champaign toast and celebration poppers to ring in the new. Keep an eye out for the invite and flyer in the mail.

Wishing all a wonderful season filled with happiness and great memories!

Karen

Please call the Center at least 24 hours before your scheduled appointment. Cost is \$1.00 per ride. Coupons are available for purchase. 708-771-7737

Senior Exercise Reservations required. (must have at least 5 people)

Tuesday - 1:00pm Begins September 6th.

Senior Bingo

Thursday, October 27th. Stay tuned for our menu and pricing. Registration is required.

Senior Movie

Thursday, October 13, "Death on the Nile" and November 10, "Cyrano". There will NOT be a movie in December. Popcorn is served! If you need a ride and live in Forest Park, please call the Center. Reservations for the Movie are NOT required.

Are You OK Program

If you live alone, please consider signing up for this program. It is FREE to Forest Park residents and offered by the Forest Park Police Department.

- ❖ *Payment for trips are due on or before date noted.*
- ❖ *No refunds of trips unless we are able to find someone to take your place*
- ❖ *We ask that you please reserve the first four rows of seats on the bus for passengers with limited mobility*
- ❖ ***ALWAYS BRING YOUR MASK AND PROOF OF VACCINATION***

COVID Procedures for Theaters: We will confirm current protocols prior to the show as they may change based on evolving guidance.

If a mask and vaccination card ARE required, we will notify you.

DAY TRIPS

October 13 THURSDAY MYSTERY TRIP

Level of walking:



THURSDAY, Join us for our every popular Mystery Trip. "The Most Beautiful Thing We Can Experience is The Mystery"....Einstein. Pre-set lunch menu and special dessert are included.

Cost is \$95.00 (Resident) - \$98.00 (Non-Resident). Min 15/ Max 20 Payment due: Friday September 30th

Pick-up is 10:00am. Leave at 10:30am Approximate return to Center 5:00pm

Level of walking:



October 26 Wednesday Cindy Lyons Health Fair

The Cindy Lyons Health Fair is back! We will have the Illinois DMV here to renew your State Drivers License (vision test may be required) or apply for a State ID. Please visit www.ilsos.gov for items to bring for verification. Wal-Mart Pharmacy will also be here to give FREE Flu shots (high dose for seniors and regular dose for those over 10 yrs.), Covid Vaccines, Shingles Vaccines, Pneumonia shots and Tetanus shots. The Illinois Comptroller and other State and Village services will be in attendance. We will have blood pressure checks, balance tests and much much more!

Cost is FREE to all. Call the Center for transportation.

Level of walking:



November 9 Wednesday Camelot / Maggiano's Old Orchard

We travel North to Skokie and Wilmette. We will go to the Music Theater Works, North Shore Center to see Camelot. Join us as we recount the enduring legend of King Arthur, Guenevere, Lancelot and the Knights of the Round Table. Based on T.H. White's novel *The Once and Future King*, this Broadway classic is a four-time Tony Award winner packed with chivalry, passion, pageantry and betrayal. A family style dinner will follow at Maggiano's in Old Orchard.

Family Style meal will include: A Maggiano Salad, Garlic Bread, Italian Meatballs, Famous Rigattoni "D", Fettucine Alfredo, Chicken Parmesan and GiGi's Butter Cake. Coffee and Tea are included.

Cost is \$110.00 (Resident) - \$113.00 (Non-Resident). Min 20 / Max 35 Payment due: Monday October 3rd

Pick-up is 11:00am Leave at 11:30am Approximate return to Center is 7:30pm



November 30 Wednesday Sound of Music/Paramount Theater/Stop Island Social

We are traveling back to Aurora and the Paramount Theater to see "The Sound of Music". When carefree nun-in-training Maria is sent by her convent to be the governess of seven children, she finds herself unexpectedly questioning her choices in life and falling in love with the children's stern father, all while the events of World War II play out in the background. Experience it for the first time or all over again at Paramount Theater, where our lobby will be decked out in Christmas decorations, including a two-story Christmas tree. Lunch before at the Stop Island Social.

Level of walking:



Meal: All include a Gem Salad (Romaine, Creamy Dijon, Parmesan, Pickled Shallots, Pepita, Egg) Carrot Cake for Dessert and Beverages. **Your choice of:**

1. MUSHROOM PASTA *Seasonal Mushrooms, Mushroom Jus, Ricotta Salata*
2. ROASTED CHICKEN *Fava Beans, Cippolini Onions, Spring Garlic, Chicken Jus*
3. SEARED SALMON *Mustard Honey Glazed, Dill Yogurt, Cucumber*

Cost is \$105.00 (Resident) - \$108.00 (Non-Resident). Min 20/ Max 35 Payment due: Monday, October 31st

Pick-up is 9:30am. Leave at 10:00am Approximate return to Center 5:30pm

Level of walking:



December 7 Wednesday Lion King/Cadillac Palace

The Lion King is back at the Cadillac Palace Theater! Giraffes Strut. Birds Swoop. Gazelles Leap. The entire Serengeti comes to life! Pride Rock emerges in the background. One of the most breathtaking and beloved production to grace the Broadway stage. Dinner to follow at Remington's Chicago. . (Seats in BALCLC row D,E,F,G)

Meal: All include Soup of the Day, Dessert and Coffee, Tea or Soft Drink. **Your Choice of:**

1. ALL AMERICAN BURGER *black angus beef, cheddar, lettuce, tomato*
2. BLACKENED MAHI SANDWICH *lettuce, tomato, onion, remoulade*
3. CHICKEN DIP *rotisserie chicken, jack cheese, mayo, tomato, onion, arugula, chicken au jus*
4. VEGGIE PANINI *mushroom, red pepper, avocado, tomato, arugula, jack cheese, sriracha mayo*

Cost is \$115.00 (Resident) - \$118.00 (Non-Resident) Min 25 / Max 30 Payment due: Monday, November 7th

Pick-up is 10:00am Leave at 10:30am Approximate return to Center is 6:00pm

Level of walking:



December 21 Wednesday ELF: The Musical/Drury Lane

After discovering he is really a human raised as an elf, Buddy makes the journey from the North Pole to New York City to find his birth father, sharing the true meaning of Christmas along the way. *Elf the Musical* brings heart, hilarity, and holiday joy—after all, “the best way to spread Christmas cheer is singing loud for all to hear!” Based on the hit Christmas film, the musical adaptation was nominated for one Drama League Award. Lunch at Drury Lane Included.

Meal: All include Fresh baked bread and butter, Soup of the Day, Vanilla Sundae and coffee and teas. **Your choice of:**

1. Roasted Turkey: roasted garlic mashed potatoes with Turkey gravy, herbed green beans, stuffing and cranberry sauce
2. Lemon and Herb Crusted Cod: roasted garlic mashed potatoes, herbed green beans

Cost is \$105.00 (Resident) - \$108.00 (Non-Resident) Min 20 / Max 25 Payment due: Monday, November 21st

Pick-up is 10:30am Leave at 11:00am Approximate return to Center is 5:00pm