FOREST PARK SENIOR NEWS

HOWARD MOHR COMMUNITY CENTER

7640 JACKSON BLVD.

FOREST PARK, IL 60130

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RORY HOSKINS, MAYOR

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September
October
2025

Dear Day Travelers & Friends:

Summer seems to have gone by so fast. Autumn is approaching quickly. Welcome to those beautiful shades of fall, in the leaves, the clothes we wear, the sunsets. Come with us on our day trips to enjoy all this season has to offer.

We open September with a trip North to Lake Geneva and Genoa City, WI where we will stop first at the *Lake Geneva Safari*, then stop at a museum to learn a bit about the history of Lake Geneva and then finish out the day with a fish boil at *Fitzgerald's.* Next, we travel to *see Come From Away* at the *Paramount Theater.* We will have lunch first at *Two Brothers Roundhouse.*

October begins with a trip to *Jacob Henry Mansion* to see the *Disco Circus,* a disco/funk 1970's tribute band that will take us to Funkytown! The middle of October brings us to a new venue, the *Metropolis Performing Arts Center* in Arlington Heights. We will see the ever famous, *Grease*! Lunch before the musical will be at *Peggy Kinnane's Irish Pub* in Arlington Heights.

October wraps up with the annual **Cindy Lyons Health Fair** on Wednesday, October 29th! The fair runs from 10:00am – 1:00pm. Come get your flu shot, COVID booster, find out about State programs for seniors and MUCH more! Free!

"I enjoy long walks in the fall, especially if they lead me to a bakery with pumpkin pie."

Karen & Brenda



..DON'T FORGET...



Monday	Shopping Trader Joes
Tuesday	Senior Club meets 9am – 1pm
	Senior chair Exercise 1pm – 1:45pm
Wednesday	Shopping Jewel
Friday	Walmart *Walmart shopping can also be scheduled Monday, Wednesday, Thursday*

Shopping trip pick up begins at **9:30am. Call the Center at least 24 hours in advance to schedule.

Pace Transportation

Please call the Center ***at least 24 hours before*** your scheduled appointment. Cost is $2.00 per ride. Coupons are available for purchase. 708-771-7737



Senior Bingo & Lunch 12:00noon (Bingo begins at 1:00pm)

Thursday, September 25th and Thursday, October 23rd (call for lunch menu)
Registration is required

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

Class will begin Tuesday, September 9th. Class runs from 1:00pm to 1:45pm
Call 708-771-7737 to register

Senior Movies – 1:00pm

Thursday, September 11th – "13 Minutes" and Thursday, October 9th - "Senior Moment"
Popcorn will be served. Reservations not required.

Pinochle

Club meets on Thursdays. Call Center for more information or to join.

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 at 708-366-2425.

Trips MUST be paid by the due date, or your reservation will be cancelled. ***Programs may be cancelled if minimum not met***

In order to accommodate those on the waiting lists, please allow at least a 48-hour notice if you need to cancel your trip

No refunds on trips unless we can find someone to take your place

Please save the first row behind the driver for the trip escort and the first two rows of seats for those with limited mobility

DAY TRIPS

September 11th THURSDAY Lake Geneva Safari/Fish Boil

Level of walking:



Today we will visit the only wildlife preserve in the Chicago area! This unique experience is home to animals from around the world. It is not a zoo or an amusement park, but one of the most exciting things to do in Lake Geneva. The animals, many vanishing breeds, are allowed to roam the vast conservation park, interacting with other animals, much as they would in their own environment. We dis-embark the coach bus and embark on an escorted wagon ride. We are provided with one cup of animal feed per person to feed the animals should they decide to approach the wagon. We will also visit the Geneva Lake Museum for a quick tour that educates us on the history of beautiful Lake Geneva. Our last stop of the day will be at Fitzgerld's Genoa Junction for their famous Fish Boil. This location also serves BBQ chicken and apple slab pie. Yum!

MEAL: Pre-set dinner menu. We will have boxed snacks as we start out on the day!

Cost is $ 120.00 (Resident) $ 123.00 (Non-Resident)

Min 25/ Max 30 Payment due: Friday, August 29th

Center Bus Pick-up is 7:00am Coach Bus Leave at 7:15am Approximate return time 6:45pm

September 24th Wednesday Paramount/Come From Away

Level of walking:



"Come From Away" is a hit musical that tells the remarkable true story of 7000 airline passengers that got stranded in Newfoundland during the 911 attacks. The small local community welcomed the travelers with music and an open bar. This musical explores the generosity and kindness of the locals, but also the clashes of cultures and language. We will have lunch before the musical at Two Brothers Roundhouse, a favorite historic eatery. Sugar cookies for a treat after lunch.

MEAL: includes fried pickles for appetizers, beverages and French fries with your choice of:

1. Classic burger: ½ lb beef patty, lettuce, tomato, red onion served on a buttery bun
2. Brewers Rueben: corned beef, thousand island dressing, sauerkraut, swiss cheese served on marble rye
3. Chicken Ceasar Wrap: grilled chicken, romaine, cherry tomatoes, caesar dressing served in a flour tortilla wrap

Cost $125.00 (Resident) $ 128.00 (Non-Resident)

Min 25/ Max 30 Payment due by Friday, September 12th

Center Bus Pick-up is 9:45am. Coach Bus Leave at 10:00pm Approximate return is 5:15pm

October 1st Wednesday The Disco Circus/Jacob Henry Mansion

Level of walking: 

Come join us for a day at the historic Jacob Henry Mansion. First, we start with a self-guided tour of the mansion, followed by a fabulous lunch. The Chicago based "Disco Circus" show begins at 1:00pm. This show combines the energy and excitement of a 3-ring circus with the grooviest music from the 1970's! Let's all go to Funkytown!

MEAL: Preset: Includes fresh tossed garden salad, warm rolls, whipped butter, dessert and coffee. The main entre is Tuscany Chicken: Italian herb seasoned chicken breast sauteed with garlic, red pepper and spinach in a white wine cream sauce served over pasta.

Cost is $ 105.00 (Resident) - $ 108.00 (Non-Resident).

Min 25 / Max 30 Payment due: Friday, September 19th

Center Bus Pick-up is 9:30am Coach Bus Leaves at 9:45am Approximate return is 4:30pm

October 16th THURSDAY Grease/Peggy Kinnane's Irish Pub

Level of walking: 

Today we will visit the Metropolis Performing Arts center in Arlington Heights to see "Grease". Step back to the fabulous 50's! Join bad boy Danny and new girl Sandy and their friends as they navigate their senior year at Rydell High. This show has all the unforgettable hits from the blockbuster movie and the Broadway play. Lunch will be before the show at Peggy Kinnane's Irish Pub in Arlington Heights. Chocolate Chip cookies for a treat after lunch.

MEAL: includes appetizers, beverage and your choice of entree:

1. Kinnane's famous Fish & Chips: Fresh Alaskan cod dipped in our special recipe Guiness beer batter served with Irish "chips", Killarney sauce and coleslaw.
2. Shepherd's Pie: Tender ground sirloin, diced carrots, sweet tender peas, onions and vegetables in a rich brown sauce topped with mashed potatoes
3. Corned Beef Colcannon: Sliced boiled potatoes with butter and bacon served on a bed of cabbage topped with our freshly sliced lean corned beef and green onions.

Cost is $ 110.00 (Resident) $ 113.00 (Non-Resident)

Min 25/ Max 35 Payment due by Friday, October 3rd

Center Bus Pick-up is 10:15am. Coach Bus Leave at 10:30am Approximate return is 6:15pm