



Community Connections Grant Events
For Information Kari Pohar—847-740-6708
kpohar@catholiccharities.net

We've switched to Zoom! As always, please let me know if you need help getting online to join in.

September

Wednesday September 2nd @ 10 am

Explore Africam

Have you ever wanted to watch animals in their native habitats live? We will be tuning into watch animal cameras from around the world. Will the elephants in South Africa be on the move? Or will the Manatees in California be playful? Depending on the animals that are active on the cameras will determine which we tune into.

****This program is great for video***

Website: www.zoom.us/join | Meeting ID: 734 215 2035

Passcode: 7c2nME

Thursdays beginning Sept 3rd @ 9:30 am

4 Week Chair Yoga. Great for anyone who would like to try gentle chair yoga. ***Please plan to arrive to the meeting 15 minutes early as class will start promptly at 9:30***

****This program is great for video***

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Please RSVP for program

Funding does not cover all the costs for these programs. Donations are appreciated, however no senior is ever denied to register for a program due to the inability to make a donation



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Friday, September 4th @ 1 pm

Virtual Book Club

We'll be reading Tagged for Death by Sherry Harris. We will discuss the book together as a group. Book is available in ebook/audiobook on Hoopla Digital through your local library

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Wednesday September 16th @ 1 pm

Senior Wordsmith Writers Group

Do you enjoy writing, but wanting to find others to get feedback? Join us for a friendly and supportive group to share pieces of your work. Time spent sharing will depend on the number of people joining.

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Monday September 21st @ 2 pm

Leaf Pressing

Have you ever wanted to learn how to press leaves and flowers? Join us for a presentation on some techniques and we'll discuss some crafts that you can use with your leaves and flowers after they're pressed. Feel free to bring ideas as well!

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Part of the Fall Prevention Week Programming!

Tuesday September 22nd @ 2 pm

Fall Prevention Facts

It's Fall Prevention Week and we're going to talk about some fall prevention facts and what we can do prevent falls

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Wednesday September 23rd @ 10 am

Robberies, Holdups, and Shootouts: True Crimes of Lake County

Hear infamous true crime stories of Lake County ranging from Rondout Train Robbery to the Fox Lake Massacre. This presentation will examine the historical evidence to focus on the who's, what's, and where's of fascinating historical crimes.

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Wednesday September 23rd @ 2 pm

Fall Hazard Checklist & Fall Hazard Game

It's Fall Prevention Week and we're going to talk about some fall hazard checklist items and we'll then take our knowledge to find the fall hazards in photos of other people's homes

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Thursday September 24th @ 2 pm

Let's Talk with A Pharmacist

Join us as we talk with a pharmacist to hear the importance of managing our medications correctly. Learn tips and things to ask at the pharmacy

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*****Part of the Fall Prevention Week Programming!*****

Friday, September 25th @ 2 pm

Cooking With Kari

It's Fall Prevention Week and we're going to finish the week with cooking with me. The recipe is easy enough that even a non-chef can do it. We'll be making our own pumpkin spice latte.

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Wednesday September 30th @ 10 am

Open Enrollment is Coming: Are you ready?

Join us as we talk with a SHIP (Senior Health Insurance Program) Counselor. She will discuss Medicare and some of the basics that go with it.

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