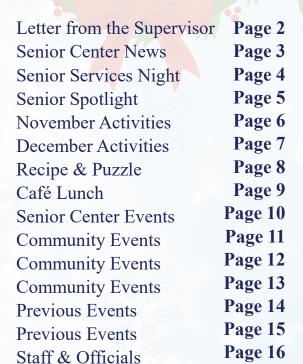
RICH TOWNSHIP SENIOR CENTER NOVEMBER & DECEMBER

2025

RICELLA ROLL



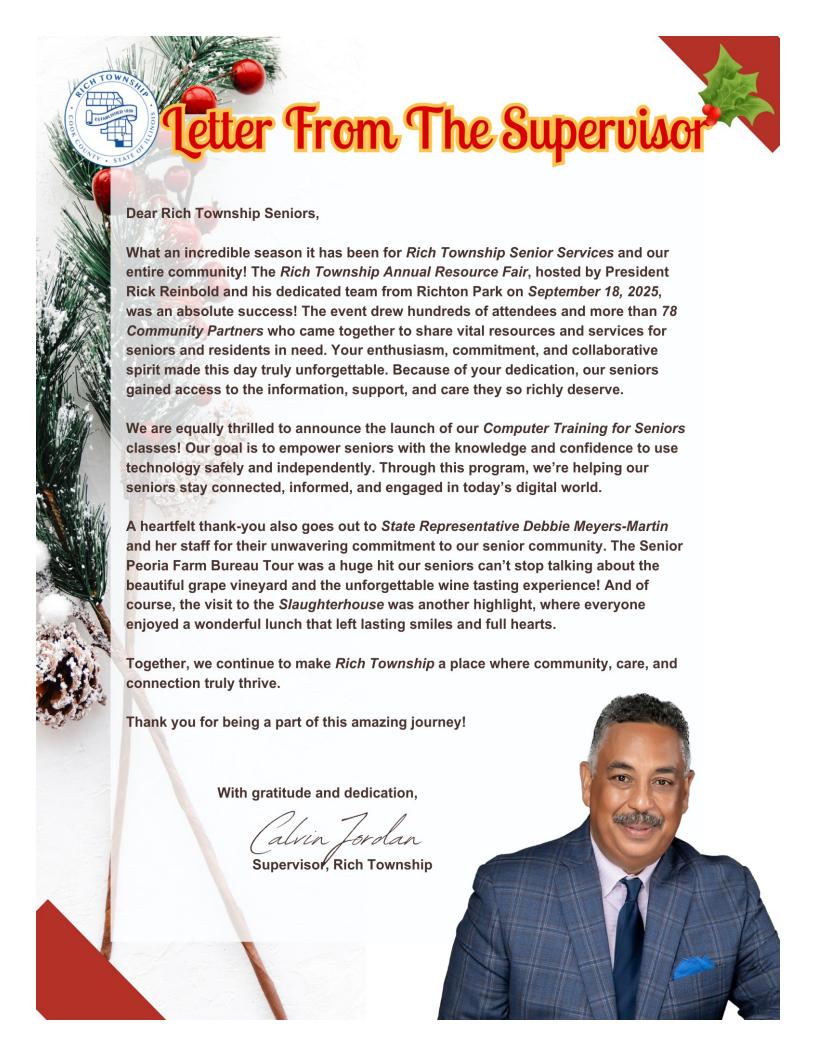


297 Liberty Drive, Park Forest, IL 60466

Please register for each activity

708.748.5454

*All programs are subject to change





aptop Skills Workshop

Rich Township Senior Services is launching a new hands-on Laptop Skills Workshop designed specifically for seniors who want to feel more confident using technology. Participants will learn how to navigate their laptops, organize files and folders, and communicate effectively through email. The program also covers internet browsing and online safety, teaching participants how to recognize scams and protect personal information. Each session includes guided demonstrations, easy-to-follow printed materials, and plenty of time for handson practice. With small class sizes and step-by-step support, seniors will gain practical computer skills in a relaxed, friendly environment.

By the end of the workshop, participants will be able to use their laptops comfortably for everyday tasks and communication. We are excited to get this started for those who have been asking for help with your computers and laptops. Don't forget to check the calendar for dates and times.

You must register with Senior Services to attend Workshops.

Welcome!

Rich Township Senior Services is pleased to have Mr. Randall Poindexter, CEO of ITRP Consultants NFP. Before retirement, he served the State of Illinois in various leadership roles in network management and technology training,

His experience, innovation and commitment to excellence make him a valued addition to our community. He will be leading our Computer Trainings and Workshops.



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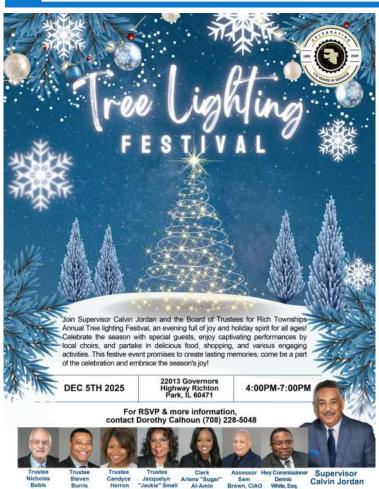


Senior Services Events





Comprising 10 municipalities, Rich Township is one of 30 townships in Cook County, Illinois. The Township serves all or part of the following municipalities: Country Club Hills, Flossmoor, Hazel Crest, Homewood, Matteson, Olympia Fields, Park Forest, Richton Park, Tinley Park and **University Park.**





HOURS OF OPERATION:

MON-FRI: 9:30 - 3:30 PM

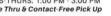
DISTRIBUTION HOURS:

RICH TOWNSHIP FOOD PANTRY

708-288-5032

PANTRY@RICHTOWNSHIP.ORG

Since 1984, The Pantry of Rich Township has been committed to fighting hunger and providing essential support to families in need. As a 501(c)(3) non-profit organization, we serve approximately 900 households across ten communities in Rich Township. Our mission is to ensure that no one in our community goes without food or



TUES-THURS: 1:00 PM - 3:00 PM Drive Thru & Contact-Free Pick Up

RIETTE WOODS

WHO IS ELIGIBLE:

If you reside outside of our service area, ou may receive a one-time emergency food package and resources for other food pantries in your area.

Clients can visit once every 30 days.

- Rich Township Residents
- Park Forest Residents
- Homeless Individuals
- Households that meet Emergency Food Program Income Eligibility

VOLUNTEER OPPORTUNITIES:

VOLUNTEER ROLES INCLUDE:

- · Packing & distributing food · Stocking & organizing inventory
- Greeting & assisting clients
- · Organizing food drives
- Planning fundraisers &

community events





Senior Spotlight



Mona Snyder

Greetings Rich Township!

My name is Mona Snyder and I am 96 years young. I've proudly called Park Forest home for 67 years, though I originally come from a small town in Kentucky. Family means the world to me. I have three children (two girls and one boy), two grand daughters and one great-grand daughter who brings me so much joy. I worked for Sears for 43 years, retiring at the age of 83 when the store closed. Last fall, my friend and I decided to attend the Wednesday lunches at the Senior Center for the first time, and we've been coming ever since!

It's such a wonderful place for seniors to gather, share laughter, and enjoy great company. From bingo and day trips to countless fun activities, there's always something to look forward to. Everyone is so kind, welcoming and full of joy.

The staff at Rich Township Senior Services absolutely light up when they see me walk through the doors. They say I bring warmth, wisdom, and a spark of energy to every visit and I feel the same about them. If you haven't been to the Senior Center yet, come join us! You'll find friendship, fun, and a community that truly feels like family.





Danielle Dixon

708-748-8848 danielle@danielleismyagent.com



308 Forest Blvd, Park Forest, IL www.danielleismyagent.com





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| ACTI | /ITIES | November 2025 | | | | |
|---|---|---|---|---|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Tai Chi 10-11 | 4 Chair Fitness 1-1:45 Needlework 1-3 Hula Hoop 2:15-3:00 | 5 Blood Pressure 9:30-11:30 Flexercise 10-11 Bingo 11 Lunch after Bingo Barb Jewelry 12:30-2 Line Dancing \$4.00 1-2 | 6 Chair Fitness 10-10:45 Needlework 1-3 Hula Hoop 2:15-3:00 | 7 Flexercise 10-11 Podiatrist 10-12 Smart Driver Tek 1:30-3 | | |
| 10 | 11 | 12 | 13 | 14 | | |
| Veteran's Day Coffee & Donuts 11-1 Flexercise 10-11 | Closed | Flexercise 10-11 Bingo 11 Lunch after Bingo Line Dancing \$4.00 1-2 | Chair Cardio 10-10:45 Haircuts 11-2 Needlework 1-3 Hula Hoop 2:15-3 | Flexercise 10-11 Social Media Presentation 1-2 | | |
| 17 | 18 | 19 | 20 | 21 | | |
| Tai Chi 10-11 AARP local 1:15-3 | Chair Zumba 1-1:45 Needlework 1-3 Hula Hoop 2:15-3 | Blood Pressure 9:30-11:30 Flexercise 10-11 Bingo 11 Lunch after Bingo Barb Jewelry 12:30-2 Line Dancing \$4.00 1-2 | Senior Luncheon 12-2 | NO Flexercise Turkey Giveaway 9-11 Health Chat: "Lifelong Learning & Curiosity" 11:30-1 | | |
| 24 | 25 | 26 | 27 | 28 | | |
| Flexercise 10-11 Cherrie Wire Jewelry 1-3 Smartphone Presentation 1-2 | Renee Crafts 12:30-2:30 Chair Zumba 1-1:45 Needlework 1-3 Hula Hoop 2:15-3 | Flexercise 10-11 Bingo 11 NO Lunch Line Dancing \$4.00 1-2 | Closed | Closed | | |
| | | | | Some programs are by appointment 708-748-5454 Programs are subject to change | | |

| ACTIV | /ITIES | D | December 2025 | | | | |
|---|---|---|--|--|--|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday | | | |
| flexercise 10-11 Jazzin' with Seniors Medicare 1-3 | 2 Chair Fitness 1-1:45 Needlework 1-3 Hula Hoop 2:15-3 | 3 Blood Pressure 9:30-11:30 Flexercise 10-11 Bingo 11 Lunch after Bingo Barb Jewelry 12:30-2 Line Dancing \$4.00 1-2 | 4 Chair Fitness 10-10:45 Needlework 1-3 Hula Hoop 2:15-3 | 5 Flexercise 10-11 Podiatrist 10-2 | | | |
| Flexercise 10-11 | 9 Needlework 1-3 Renee Crafts 12:30-2:30 Hula Hoop 2:15-3 | Flexercise 10-11 Bingo 11 Lunch after Bingo Line Dancing \$4.00 1-2 | 11 Chair Cardio 10-10:45 Haircuts 11-2 Needlework 1-3 Hula Hoop 2:15-3 | Man Cave 12-2 | | | |
| 15 Tai Chi 10-11 AARP local 1:15-3 | 16 Chair Zumba 1-1:45 Needlework 1-3 Hula Hoop 2:15-3 | Blood Pressure 9:30-11:30 Flexercise 10-11 Bingo 11 Lunch after Bingo Barb Jewelry 12:30-2 | Jingle Mingle Activity Luncheon 11-2 | Health Chat "Mental Health & the Holidays" 11:30-1 | | | |
| Flexercise 10-11 Cherrie Wire Jewelry 1-3 | 23 Renee Crafts 12:30-2:30 Scrabble 12-3 Chair Zumba 1-1:45 Needlework 1-3 Hula Hoop 2:15-3 | 24 Flexercise 10-11 Bingo 11 Lunch after Bingo Line Dancing \$4.00 1-2 | 25 Closed | 26 Closed | | | |
| Flexercise 10-11 | 30 Needlework 1-3 Hula Hoop 2:30-3 | 31 Flexercise 10-11 | | Some programs are by appointment 708-748-5454 Programs are subject to change | | | |



So

This easy apple crisp is made the old fashioned way like Grandma used to make, and is perfect with a scoop of vanilla ice cream and salted caramel sauce!

Ingredients

- 6 golden delicious apples (peeled & chopped or sliced)
- 2 tbsp granulated sugar
- 3/4 tsp ground cinnamon
- 1 ½ tsp lemon juice
- 1 cup light brown sugar

3/4 cup old fashioned oats

3/4 cup all-purpose flour

1 tsp ground cinnamon

pinch of Kosher salt

1/2 cup cold unsalted butter (diced into small cubes)

Instructions

- 1 Preheat oven to 350 degrees F. Butter an 8x8 baking dish, or spray with nonstick cooking spray. Set aside.
- 2 In a separate mixing bowl, add topping ingredients (brown sugar, oats, flour, 1 tsp cinnamon, salt and diced cold butter).
- 3 Use two forks or your hands to cut the butter into the oat mixture, using a slight downward twisting motion, until mixture resembles pea-sized crumbs.
- 4 Spread topping over apples in baking dish, and gently pat to even it out. Bake 40-50 minutes, until golden brown and bubbly.

February

5 Serve warm and enjoy! Top with either vanilla bean ice cream or whipped cream.

Winter Word Search

| S | K | 1 | 1 | Ν | G | S | N | 0 | W | В | 0 | 0 | Н | T |
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| S | F | 1 | R | E | P | L | A | C | E | 1 | N | G | E | 0 |
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WORD BANK

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|----------|-----------|----------|--|--|
| blizzard | fireplace | plow | | |
| boots | frosty | scarf | | |
| coat | hat | shovel | | |
| cocoa | ice | skiing | | |
| cold | icicles | sledding | | |
| December | January | snow | | |
| earmuffs | March | | | |
| | | | | |

mittens

sweater winter





IOVEMBER | 20 SENIOR CENTER MENU

DECEMBER | 2025

SENIOR CENTER MENU

5

Turkey Club Wrap Chicken Baja Soup **Bag of Chips** Whole Apple Cookie

12

Chicken Salad Croissant Pasta Salad Bag of Chips **Cup of Fruit** Cookie

3

Roast Beef Wrap Potato Salad **Bag of Chips** Whole Apple Cookie

10

Tuna Salad Croissant **Cup of Soup Bag of Chips** Whole Apple Cookie

CHOICE OF BOX LUNCH OR SHOWCASE SALAD **EACH WEDNESDAY**

SHOWCASE SALAD

Tossed Greens Topped with Grilled Chicken. Cheese & Assorted Vegetables with Dinner Roll and Cookie. Choice of Ranch or Italian Dressing Packets.

On days that Chili or Soup is served, it will be included with salad choice also.

MENU SUBJECT TO CHANGE WITHOUT NOTICE





19

Chicken Salad Croissant Pasta Salad **Bag of Chips** Fruit Cup Cookie

17

Turkey Sub Sandwich Pasta Salad Bag of Chips Whole Apple Cookie

WINTER BREAK DEC 22-JAN 7



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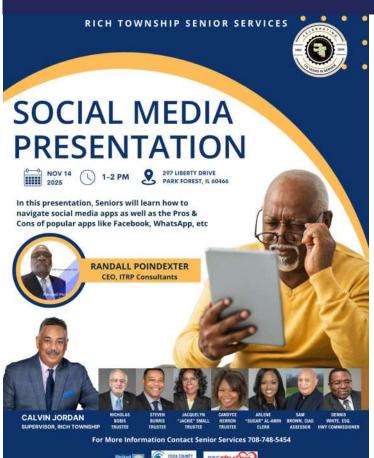
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Senior Center Chats/Events

















Senior Prom

Friday, November 7, 2025 | 5:00 PM - 8:30 PM

Join the Matteson Community Center for an unforgettable glitz, glamour, and nostalgia evening at the annual Golden Gala Senior Citizen Prom. This enchanting event is designed to transport you back to the golden days of your youth, where timeless elegance and lively dance floors reign supreme. The best dressed will be crowned queen and king. Registration Deadline **Monday, November 3**rd. **This event is \$20 per participant**.

Matteson Community Center 20642 Matteson Ave, Matteson, IL 60443





Holiday Lights

Friday, December 5, 2025 | 5:00 PM - 9:00 PM

Holiday lights is a treasured Homewood event, capturing the joy, excitement and traditions of the season in one memorable evening. Unique stores and restaurants will be filled with gifts and recipes, ice sculptures, antique care parade, and so much more! All sales benefit the Cancer Support Center.

Downtown Homewood Martin Ave & Ridge Road





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Please Note: Events are subject to change. Please contact Villages for more information.

Breakfast with Santa

Saturday, December 6, 2025 | 10:00 AM - 11:30 AM

Start your holiday season with joy and a delicious breakfast meal with Santa! Families will enjoy a festive breakfast, holiday music, and a chance for children to meet Santa in person. **Registration deadline is Monday, Dec. 1. This event is \$10 per participant.**

Matteson Community Center 20642 Matteson Ave, Matteson, IL 60443





Tinley Park Holiday Market

Saturday, December 6, 2025 | 12:00 PM - 9:00 PM

Stroll through the cozy warmth of a heated tent and shop for unique handmade crafts and creations. Enjoy tasty treats and live music by local groups and entertainers. Children can make holiday crafts, write letters for the soldiers and decorate cookies!

Harmony Square 6700 North Street, Tinley Park, IL 60477

Park Forest Holiday Market

Saturday, December 13, 2025 | 11:00 AM - 2:00 PM

The annual Holiday Market returns to Downtown Park Forest! Enjoy a festive afternoon featuring Santa, kids' train, food trucks, vendors and holiday fun for all ages! Don't miss this chance to shop local, grab a bite, and celebrate the season with neighbors and friends!

Downtown Park Forest Village Green (349 Main Street)





Holiday Lights Parade

Thursday, December 18, 2025 | 4:30 PM

Enjoy this fantastic holiday Flossmoor tradition with us! Set up some lawn chairs or stop by the viewing station in Flossmoor Park and watch as Flossmoor Police, Fire, and Public Works Departments travel through Flossmoor neighborhoods with vehicles adorned in holiday cheer!

Flossmoor Park 2449 Flossmoor Rd, Flossmoor, IL 60442





- **THURSDAY, DECEMBER 18, 2025**
- **BRUNCH: 10 AM 12 PM**
- **JINGLE MINGLE: 12 PM 3 PM**
- 297 LIBERTY DR, PARK FOREST IL 60466

MUST REGISTER FOR ACTIVITIES!

call: 708-748-5454

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JACQUELYN "JACKIE" SMALL TRUSTEE

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On September 24, 2025, Seniors took a trip to Peoria County for some leisurely and educational fun. During this trip, Seniors visited Peoria County Farm, Rabers Packaging Co., and Tres Rojas Winery. At these locations, Seniors not only enjoyed some delicious wine tasting, but also learned about local crops and farm equipment, meat packaging, as well as the process of wine making. They were even able to partake in some surprise Apple Donuts from a local apple orchard!













Frankie Beverly Tribute



Rich Township Senior Center 297 Liberty Drive Park Forest, IL 60466

November/December Issue
Mailed November 2025
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