

The RICH Years



into wellness!

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297 Liberty Dr. Park Forest, IL 60466

Please register for each activity

708.748.5454

*All programs are subject to change

Letter from the Director



As the warmth of spring comes upon us, it's the perfect time to embark on a journey of wellness and rejuvenation. This year we would like to focus on holistic wellness for Seniors, encompassing both mental and physical health.

We are thrilled to introduce an array of exciting programs and events tailored to empower our Seniors. There is so much in store this season!

Discover the art of "meditation in motion" with our new Tai Chi classes, designed to harmonize your mental and physical well-being through gentle movements and focused breathing techniques. Drum up some fun and excitement with our Cardio Drumming session happening in March. With upbeat rhythms and fun cardio exercises, Cardio Drumming provides a full-body workout while lifting your spirits and boosting your mood.

Join us on March 15th and April 19th for our Mental Health Chats, sponsored by 4S Wellness Services. Let's come together to foster open discussions and support each other's mental well-being.

Fellowship and community building are essential components of mental wellness. We encourage our Seniors to get out, socialize and cultivate a sense of community this season.

Drop in for our weekly Bingo and Café Lunch every Wednesday or dine together at one of our Senior Luncheons. Our St. Patrick's Day and Spring luncheons are approaching! Pre-registration is required to secure your spot!

Unleash your creativity and express yourself through various creative outlets. From jewelry making classes to craft sessions and crochet groups, there's something for everyone to explore and enjoy.

Prioritize your health and well-being with our range of self-care services, including blood pressure checks, podiatrist visits, and haircuts. Refer to the calendar for dates and times.

Mark your calendars for April 9 and join us for our annual town hall meeting. It's an invaluable opportunity to stay informed about community updates.

Let's spring into wellness together, embracing each moment with enthusiasm and positivity. We can't wait to embark on this transformative journey with you and witness the beauty of growth and renewal in our community.

Warmest Regards,
Mayme Buckley



Senior Center News

Parfait Day



In January, the Senior Services Staff surprised the Flexercise class with a parfait bar, offering a wholesome and energizing treat to enjoy after their workout session.



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Teresa Perkins

tperkins@lpicommunities.com

(800) 950-9952 x2611

Cedar Ridge ELDERLY

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Apartment Home Features

- Spacious 1 bedroom
- Convenient to shopping, dining and entertainment
- Minutes from Metra Station and Interstate 57
- Fully equipped kitchens with pantry
- Each home has air conditioning and is cable ready
- Rich Township & Pace transportation available
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- On-site Professional Management

Cedar Ridge Elderly Towers offers affordable housing to seniors 62 years of age and over or under 62 years of age with a disability.



(708) 748-1976 TTD/TTY: 7-1-1

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www.benchmarkgrp.com



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Senior Center Chats/Activities



NO WOMEN ALLOWED

OPEN

MEN ONLY

Man CAVE

HEALTHY DISCUSSIONS FOR MEN

UPCOMING DISCUSSIONS

FEBRUARY 9

APRIL 12

JUNE 14

AUGUST 9

OCTOBER: TBA

DECEMBER: TBA

CALVIN JORDAN
RICH TOWNSHIP SUPERVISOR

DR. TERRY MASON

RICH TOWNSHIP SENIOR CENTER
297 LIBERTY DR. PARK FOREST, IL 60466

12 PM - 2 PM

To register call: 708-748-5454

2024

RENEE'S CRAFT CORNER

Rich Township
297 Liberty Drive
Park Forest, IL 60466
(708)748-5454

Schedule 2024
Wednesday 12:30 - 2:00

March 14th - Iron On Art
March 28th - Transfer Art

April 11th - Spring Vase
April 25th - Pretty Pen

Pre-registration Required
\$5 fee for supplies

WELLNESS SERVICES
Involve. Educate. Empower. Live!

MENTAL WELLNESS HEALTH CHAT

MENTAL HEALTH MATTERS

TOPIC:
Taking Care of Your Mental Health

WHEN
Friday, March 15, 2024

TIME
11:30 am - 1:00 pm

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

Scan to subscribe to the 4S Wellness Services Newsletter!

We are Here For You!

WELLNESS SERVICES
Involve. Educate. Empower. Live!

MENTAL WELLNESS HEALTH CHAT

*There will be a guest speaker!

MENTAL HEALTH MATTERS

TOPIC:
Caregiving

WHEN
Friday, April 19, 2024

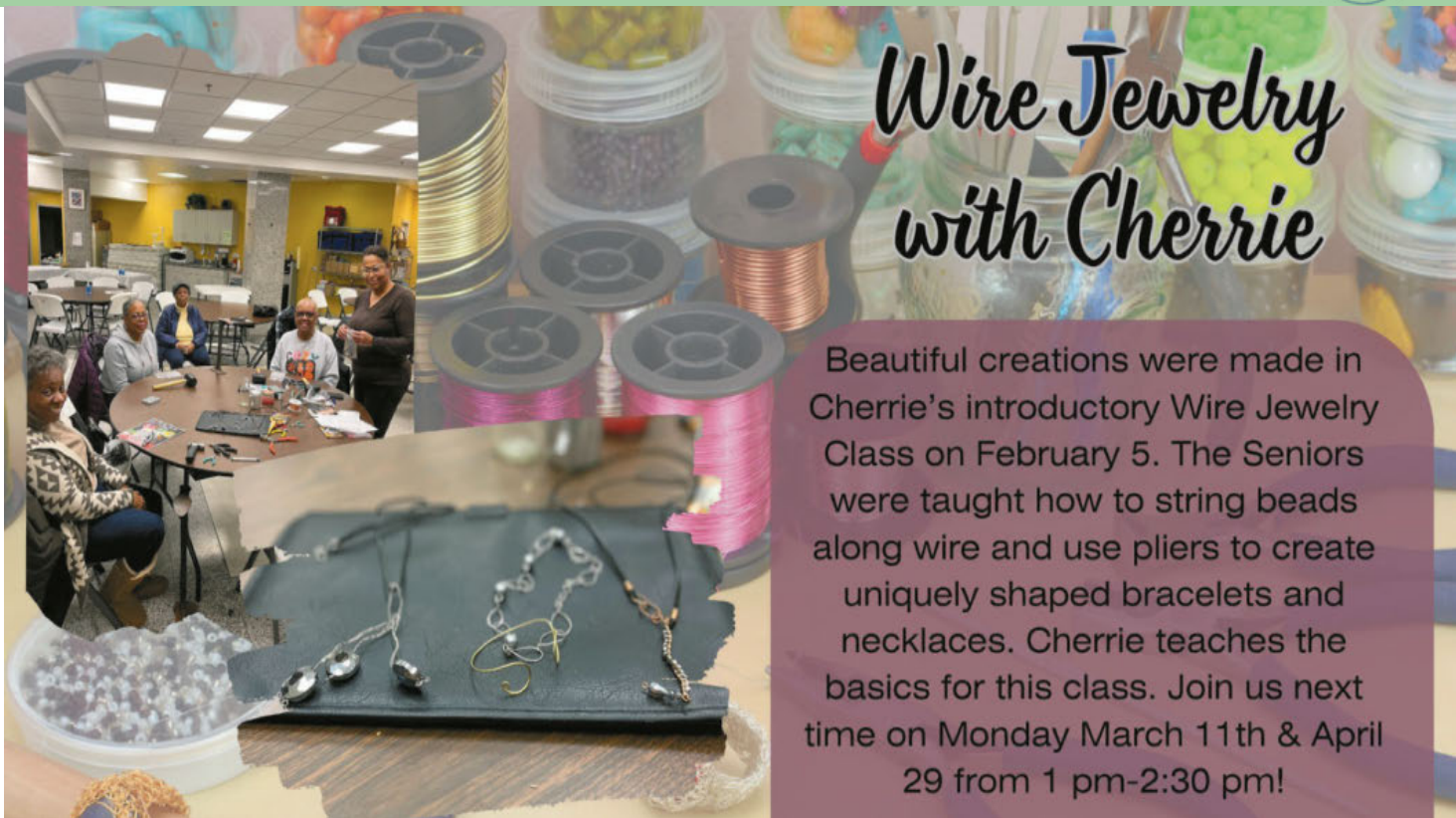
TIME
11:30 am - 1:00 pm

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

Scan to subscribe to the 4S Wellness Services Newsletter!

We are Here For You!

Wire Jewelry



Wire Jewelry with Cherrie

Beautiful creations were made in Cherrie's introductory Wire Jewelry Class on February 5. The Seniors were taught how to string beads along wire and use pliers to create uniquely shaped bracelets and necklaces. Cherrie teaches the basics for this class. Join us next time on Monday March 11th & April 29 from 1 pm-2:30 pm!

LET'S GROW YOUR BUSINESS
 Advertise in our Newsletter!

CONTACT ME
Teresa Perkins

tperkins@lpicommunities.com
 (800) 950-9952 x2611

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- * Foot & Ankle Problems
- * Nail Problems

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 to schedule your appointment

All Insurance Is Accepted



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March ACTIVITIES



2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Some programs require pre-registration 708-748-5454</p> <p><i>*Programs are subject to change</i></p>	<p>Temperature check required prior to entry</p>	<p>Cards and Chess available to play anytime!</p>	<p>No Hula-Hoop In March Resumes April 16</p>	<p>1 FLEXERCISE 10-11</p> <p>PODIATRIST 10-12</p>
<p>4</p> <p>CLOSED</p> <p>Casimir Pulaski Day</p>	<p>5</p> <p>CHAIR ZUMBA 1-1:45</p> <p>NEEDLEWORK 1-3</p>	<p>6</p> <p>GOV STATE STUDENT INTERACTION 9:20-11</p> <p>BLOOD PRESSURE 9:30-11:30</p> <p>FLEXERCISE 10-11</p> <p>BARB'S JEWELRY CLASS 12:30- 2</p> <p>CAFÉ LUNCH 12</p> <p><i>Bingo before lunch</i> 11</p> <p>LINE DANCING \$4 1-2</p>	<p>7</p> <p>AMAZING WOMEN EVENT (Offsite) 11:30-2</p> <p>NO ACTIVITIES</p>	<p>8</p> <p>FLEXERCISE 10-11</p>
<p>11</p> <p>TAI CHI 10-11</p> <p>WIRE JEWELRY WITH CHERRIE 1-2:30PM</p>	<p>12</p> <p>BENEFIT ACCESS By appt. only 10-2</p> <p>CARDIO FITNESS 1-1:45</p> <p>NEEDLEWORK 1-3</p>	<p>13</p> <p>FLEXERCISE 10-11</p> <p>CAFÉ LUNCH 12</p> <p><i>Bingo before lunch</i> 11</p> <p>RENEE'S CRAFT CORNER 12:30- 1:30</p> <p>LINE DANCING \$4 1-2</p>	<p>14</p> <p>ST. PATRICK'S DAY LUNCHEON 12-2</p> <p>NO ACTIVITIES</p>	<p>15</p> <p>FLEXERCISE 10-11</p> <p>4S WELLNESS MENTAL HEALTH CHAT: CAREGIVING 11:30-1</p>
<p>18</p> <p>FLEXERCISE 10-11</p> <p>AARP CHAPTER MEETING 1-3</p>	<p>19</p> <p>CARDIO FITNESS 1-1:45</p> <p>NEEDLEWORK 1-3</p>	<p>20</p> <p>BLOOD PRESSURE 9:30-11:30</p> <p>FLEXERCISE 10-11</p> <p>CAFÉ LUNCH 12</p> <p><i>Bingo before lunch</i> 11</p> <p>LINE DANCING \$4 1-2</p>	<p>21</p> <p>CARDIO DRUMMING POP UP 10-10:45</p> <p>NEEDLEWORK 1-3</p>	<p>22</p> <p>FLEXERCISE 10-11</p>
<p>25</p> <p>TAI CHI 10-11</p>	<p>26</p> <p>CARDIO FITNESS 1-1:45</p> <p>NEEDLEWORK 1-3</p>	<p>27</p> <p>FLEXERCISE 10-11</p> <p>CAFÉ LUNCH 12</p> <p><i>Bingo before lunch</i> 11</p> <p>RENEE'S CRAFT CORNER 12:30- 1:30</p> <p>LINE DANCING \$4 1-2</p>	<p>28</p> <p>CHAIR CARDIO 10-10:45</p> <p>HAIRCUTS 10-2</p>	<p>29</p> <p>CLOSED</p> <p><i>Good Friday</i></p>



April



ACTIVITIES

2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 FLEXERCISE 10-11	2 CHAIR ZUMBA 1-1:45	3 BLOOD PRESSURE 9:30-11:30 BARB'S JEWELRY CLASS 12:30- 2 FLEXERCISE 10-11	4 NEEDLEWORK 1-3	5 FLEXERCISE 10-11 PODIATRIST 10-12
8 TAI CHI 10-11	9 BENEFIT ACCESS By appt. only 10-2 CARDIO FITNESS 1-1:45 NEEDLEWORK 1-2 ANNUAL TOWNHALL MEETING 6pm	10 FLEXERCISE 10-11 CAFÉ LUNCH 12 <i>Bingo before lunch 11</i> RENEE'S CRAFT CORNER 12:30- 1:30 LINE DANCING \$4 1-2	11 CHAIR CARDIO 10-10:45 HAIRCUTS 10-2 NEEDLEWORK 1-3	12 NO FLEXERCISE MAN CAVE 12-2 <i>No women allowed</i> 
15 FLEXERCISE 10-11 SPEAKER: DOMESTIC VIOLENCE IN LATER LIFE 11-12 AARP CHAPTER MEETING 1-3	16 CHAIR ZUMBA 1-1:45 NEEDLEWORK 1-3 HULA-HOOP 3-3:45	17 BLOOD PRESSURE 9:30-11:30 FLEXERCISE 10-11 CAFÉ LUNCH 12 <i>Bingo before lunch 11</i> BARB'S JEWELRY CLASS 12:30- 2 LINE DANCING \$4 1-2	18 SPRING LUNCHEON 12-2 NO ACTIVITIES	19 FLEXERCISE 10-11 4S WELLNESS MENTAL HEALTH CHAT 11:30-1
22 TAI CHI 10-11	23 CARDIO FITNESS 1-1:45 NEEDLEWORK 1-3 HULA-HOOP 3-3:45	24 FLEXERCISE 10-11 CAFÉ LUNCH 12 <i>Bingo before lunch 11</i> RENEE'S CRAFT CORNER 12:30- 1:30 LINE DANCING \$4 1-2	25 HAIRCUTS 10-2 CHAIR CARDIO 10-10:45 NEEDLEWORK 1-3 HULA-HOOP 3-3:45	26 FLEXERCISE 10-11
29 FLEXERCISE 10-11 WIRE JEWELRY WITH CHERRIE 1-2:30	30 CHAIR ZUMBA 1-1:45 NEEDLEWORK 1-3 HULA-HOOP 3-3:45	Cards and Chess available to play anytime!	Temperature check required prior to entry	Some programs require pre- registration 708-748-5454 <i>*Programs are subject to change</i>



Recipe and Puzzle

Tropical Green Smoothie



Ingredients:

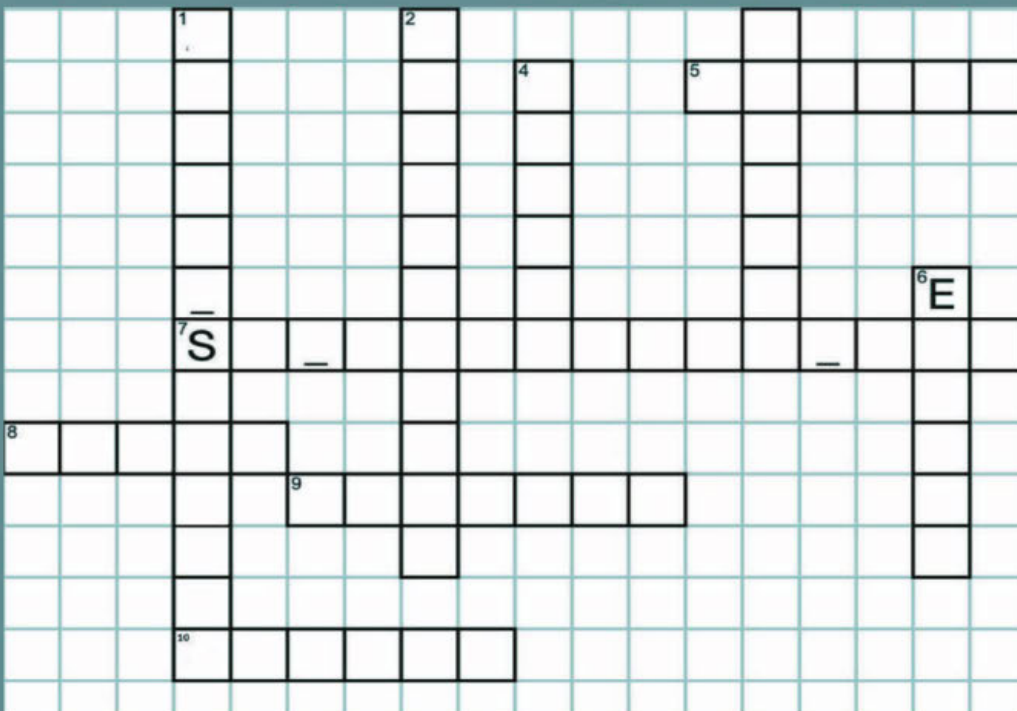
- 1 cup fresh spinach leaves
- 1/2 cup frozen pineapple chunks
- 1/2 cup frozen mango chunks
- 1/2 ripe banana
- 1/2 cup coconut water or regular water
- Optional: a squeeze of lime juice for extra freshness

Instructions:

1. Place all the ingredients in a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy your tropical green smoothie!

This smoothie is packed with vitamins and antioxidants from the spinach, pineapple, and mango, while the banana adds natural sweetness and creaminess. It's perfect for a refreshing springtime drink!

SPRING CROSSWORD PUZZLE



Down

1. This brings May Flowers
2. A long nap for animals
3. The colors we see in Spring
4. These have to have 4 leaves to be lucky
6. Spring Holiday

Across

5. You can have one in your yard
7. The greenest holiday!
8. Flowers do this when they are ready
9. These can grow in a meadow
10. The Upcoming Season

Café Lunch



MARCH | 2024 Senior Center Menu

<p>6 Turkey Club Sub Cup of Broccoli Soup Potato Salad Whole Apple Cookie</p>
<p>13 Ham and Cheese Wrap Cup of Chili Bag of Chips Whole Apple Cookie</p>
<p>Chicken Salad Croissant Bag of Chips Pasta Salad Whole Apple Cookie</p>
<p>27 Twin Turkey Sliders Cup of Minestrone Soup Bag of Chips Whole Apple Cookie</p>

CHOICE OF BOX LUNCH OR SHOWCASE SALAD EACH WEDNESDAY

EVERY WEDNESDAY-SHOWCASE SALAD: Tossed Greens Topped with Grilled Chicken, Cheese and 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

APRIL | 2024 Senior Center Menu

<p>3 NO SERVICE SPRING BREAK</p>
<p>10 Tuna Salad Croissant Bag of Chips Carrots and Dip Cup of Fruit Cookie</p>
<p>17 Turkey Club Wrap Cup of Chicken Baja Soup Bag of Chips Whole Apple Cookie</p>
<p>24 Roast Beef Sub Cup of Chili Bag of Chips Cup of Fruit Cookie</p>

CHOICE OF BOX LUNCH OR SHOWCASE SALAD EACH WEDNESDAY

EVERY WEDNESDAY-SHOWCASE SALAD: Tossed Greens Topped with Grilled Chicken, Cheese and 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

Cost for Café Lunch is \$4.50. Food is made fresh & provided by Rich Township School District 227. Meals are offered on Wednesdays at 12:00 pm. Bingo is played at 11:00 am, before mealtime. Your choice will consist of either a cold sandwich, chips and cookie or chef salad and cookie. MUST register by Monday afternoon.



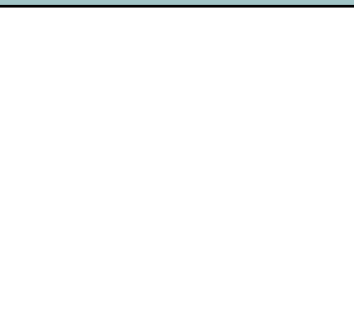
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Upcoming Events



RICH TOWNSHIP SENIOR SERVICES

SENIOR LUNCHEON

Rich Township Residents

St. Patrick's Day

THURSDAY | **MARCH 14** | **12 PM-2 PM**
2024

RICH TOWNSHIP SENIOR CENTER
297 LIBERTY DR. PARK FOREST, IL

CALVIN JORDAN
RICH TOWNSHIP SUPERVISOR

JANELLE M. 'SUGAR' AL-SAYID ELDER
SAM A. BROWN CHIEF ASSESSOR
DEBRA A. WHITE EXEC. DIR. COMMUNITY CENTER
ROBERT P. BERRY TOWNSHIP CLERK
STEVEN E. BROWN TOWNSHIP CLERK
JACQUELYN M. 'SUGAR' HARRIS TOWNSHIP CLERK

RSVP REQUIRED
708.748.5454

RICH TOWNSHIP SENIOR SERVICES

SPRING LUNCHEON

Rich Township Residents

THURSDAY | **APRIL 18** | **12 PM - 2 PM**
2024

Location to be Announced

RSVP REQUIRED:
708.748.5454

CALVIN JORDAN
RICH TOWNSHIP SUPERVISOR

JANELLE M. 'SUGAR' AL-SAYID ELDER
SAM A. BROWN CHIEF ASSESSOR
DEBRA A. WHITE EXEC. DIR. COMMUNITY CENTER
ROBERT P. BERRY TOWNSHIP CLERK
STEVEN E. BROWN TOWNSHIP CLERK
JACQUELYN M. 'SUGAR' HARRIS TOWNSHIP CLERK

RICH TOWNSHIP

Annual TOWNHALL MEETING

TUESDAY, APRIL 9, 2024 | **06:00 PM**

297 LIBERTY DR., PARK FOREST, IL

FREE & OPEN TO THE PUBLIC

STAY INFORMED ON WHAT'S HAPPENING IN YOUR COMMUNITY

Visit Us richtownship.org | Contact Us 708.748.6722

A RICH TOWNSHIP POP-UP

FREEDOM HALL

410 LAKEWOOD BOULEVARD | PARK FOREST, IL 60466

THE BEST OF BROADWAY

TICKETS \$29 | **TUESDAY APRIL 9TH, 2024 11:00AM**

FEATURING NANCY HAYS

CALVIN JORDAN RICH TOWNSHIP SUPERVISOR
JANELLE M. 'SUGAR' AL-SAYID ELDER
SAM A. BROWN CHIEF ASSESSOR
DEBRA A. WHITE EXEC. DIR. COMMUNITY CENTER
ROBERT P. BERRY TOWNSHIP CLERK
STEVEN E. BROWN TOWNSHIP CLERK
JACQUELYN M. 'SUGAR' HARRIS TOWNSHIP CLERK

Limited Spaces Available. Contact the Rich Township Senior Center for Tickets (708)-748-5454

Guest Speaker

CRISIS CENTER FOR SOUTH SUBURBIA

Domestic Violence in Later Life

Date: April 15th
Time: 11am - 12pm
Location: 297 Liberty Dr. Park Forest, IL 60466



Senior Spotlight

Senior Spotlight: Highlighting Local Businesses

WE APPRECIATE YOUR CONTINUOUS SUPPORT OF RICH TOWNSHIP!



Bizios Fresh Market is a family-owned business and has been a staple in the community for 16 years. They are located in Olympia Fields and are open Monday- Sunday from 8am-8pm.

"With your support we can continue to support our communities and hope to grow together. We take pride in our quality and fresh foods" - Bizios Fresh Market



All-Out Smoke Pit is family owned and operated. Owners Antiwone and Shalonda Hardy have been in business in Downtown Park Forest since 2021. The restaurant is open Wednesday-Saturday from 11am-8pm.

"We pride ourselves on providing great food and great customer service. We want to make sure every guest leaves here happy" - All-Out Smoke Pit

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



Community Events



PANCAKE PICNIC



**SATURDAY, MARCH 9TH, 9:00 AM –
11:00 AM**

EXPLORE THE INTRIGUING PROCESS AND RICH HERITAGE OF CONVERTING MAPLE SAP INTO SYRUP DURING A STROLL THROUGH THE FOREST. THE TRAIL ENDS WITH AN ENLIGHTENING TREE-TAPPING PRESENTATION FOLLOWED BY A DELECTABLE PANCAKE FEAST ACCOMPANIED BY AUTHENTIC MAPLE SYRUP. PRE-REGISTRATION REQUIRED. AGES: ALL AGES. FEE: \$9 R/\$11 NR

**IRONS OAKS ENVIRONMENTAL LEARNING
CENTER 20000 WESTERN AVE, OLYMPIA
FIELDS, IL, UNITED STATES**

Barbie



WOMEN'S HISTORY MONTH MOVIE MATINEE: BARBIE (2023)

WEDNESDAY, MARCH 20, 2024 – 4:30 PM

CELEBRATE WOMEN'S HISTORY MONTH WITH A SPECIAL SHOWING OF LAST SUMMER'S HIT BLOCKBUSTER, BARBIE (2023)! REGISTRATION REQUIRED. FOR MORE INFO, CONTACT KAITLYN AT (708) 748-3731 EXT 31.

**PARK FOREST PUBLIC LIBRARY, 400 LAKEWOOD BLVD, PARK
FOREST, IL 60466**

ADULT FLASHLIGHT EGG HUNT



**FRIDAY, APRIL 5TH, 8:00 PM –
10:00 PM**

JOIN THE IRONS OAKS FOUNDATION FOR AN EVENING OF FUN, GAMES AND ADVENTURE WHILE ENJOYING THE OUTDOORS! EGGS FILLED WITH PRIZES WILL BE HIDDEN ALONG THE TRAILS SO PLEASE BRING A FLASHLIGHT AND A BASKET. GRAB A DATE, GET YOUR PALS TOGETHER, OR COME MEET NEW FRIENDS.

**IRONS OAKS ENVIRONMENTAL LEARNING
CENTER 20000 WESTERN AVE, OLYMPIA
FIELDS, IL, UNITED STATES**

SENIOR SOCIAL HOUR



**FRIDAY, APRIL 12TH, 1:00 PM –
2:00 PM**

**JOIN US FOR A FUN HOUR
OF SOCIAL TIME!**

**HOMWOOD PUBLIC LIBRARY,
17917 DIXIE HWY, HOMWOOD, IL 60430**



Community Events & Resources



RICH TOWNSHIP

JOIN
RICH TOWNSHIP,
SUPERVISOR CALVIN JORDAN &
OLYMPIA FIELDS PARK DISTRICT

20912 WESTERN AVE. OLYMPIA FIELDS, IL 60481



"Easter Jamboree"

Saturday, March 30, 2024
11:00am - 2:00pm

Bring your camera, take pictures with the Easter Bunny Food-Games-Fun











Contact: Pamela Al-Amin (708) 228-5022 or Jesus Vargas (708) 481-7315 for more information

SHRED AND E-RECYCLING DAY

HOSTED BY

MICHAEL E. HASTINGS
State Senator, 19th District



CALVIN JORDAN
Rich-Township Supervisor





SUNDAY, APRIL 21st
10:00 A.M. - 12:00 P.M.

RICH TOWNSHIP
22013 GOVERNORS HIGHWAY
RIGHTON PARK, IL 60471

This event is FREE & open to the public

Important Information:

- Shredding is limited to two boxes per household (please remove paper clips & other bindings)
- Residential shredding only (no commercial shredding)
- Cardboard boxes cannot be left at the event
- Shredding accepting until shred trucks reach capacity
- Electronics is limited to: Computers/Laptops, Copiers, Printers, Scanners, House & Cell Phones, one TV per household**



Shredding services will be provided by R4 Information Management Company



RICH TOWNSHIP SENIOR SERVICES

IN-HOME SERVICES



Are you a Senior seeking home management services?

If so, our In-Home Services program might be a good fit for you! In-Home Workers provide home management services to Senior and disabled citizens in Rich Township.

PROGRAM DESCRIPTION

- LIGHT HOUSE CLEANING SUCH AS VACUUMING, DUSTING, LAUNDRY, ETC.
- TRANSPORT SENIOR CLIENTS TO LOCAL APPOINTMENTS & SHOPPING WITHIN RICH TOWNSHIP
- LIGHT MEAL PREPARATION
- QUALIFICATION IS BASED ON A NEEDS ASSESSMENT

SUBSIDIZED PROGRAM
CLIENTS PAY A LOW FEE FOR SERVICES

FOR MORE INFO CONTACT:
bhurley@richtownship.org
PHONE:
(708) 228-5961





RICH TOWNSHIP SENIOR SERVICES

PARTNERING WITH

golden corral

Extend-A-Meal

Did you know?

Rich Township delivers hot meals to Seniors Monday through Friday (excluding holidays). Meals include hot and cold portion with a drink. Contact us for further details.



ONLY \$6.50 PER MEAL

CONTACT INFO

708.748.5454
297 Liberty Dr,
Park Forest, IL 60466

richtownship.org



CALVIN JORDAN
Rich Township Supervisor



What's happening at the Senior Center?

CARDIO DRUMMING

Yvette Roberts

Yvette Roberts' new Pop-Up Cardio Drumming Class has been a huge success here at the Senior Center! This class is currently full. If interested, we can place your name on the waitlist. Please call 708-748-5454.



TAI CHI

Brian Thompson

Brian Thompson's Tai-Chi-Gong classes teach "meditation in motion." Join us on the 2nd and 4th Monday of each month from 10-11am.

RENEE'S CRAFT CORNER

Renee Thornton



Renee's Craft Corner meets on the 2nd and 4th Wednesday of every month from 12pm-2pm. Craft projects vary for each session. Their most recent creation: a wooden tray made out of Jenga Blocks!



...And so much more!

View calendar on pgs. 6 & 7 for full list of activities



Valentine's Day "Heart 2 Heart" Luncheon

February 15, 2024



Heart Work

Valentine's Day is a time to celebrate love and kindness, and what better way to do so than by bringing generations together? Students from School District 159 served our Seniors with the utmost care and attention. From taking orders to serving meals, they went above and beyond to ensure that every attendee felt cherished and appreciated.

Love your Heart

While the Seniors enjoyed a wholesome meal, the American Heart Association shared valuable insights on self-love and heart care. The informative session provided practical tips and resources for maintaining heart health, empowering attendees to make informed choices for their well-being.



Rich Township Senior Ctr.

297 Liberty Drive
Park Forest, IL 60466

March/ April Issue

Mailed: March 2024

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Senior Center Staff

Mayme Buckley,
Director of Senior Services

Diane Klein

Natalia Hill

Brittney Hurley

Lynn Smith

Township Officials

Calvin Jordan, *Supervisor*

Arlene "Sugar" Al-Amin, Clerk

Sam A. Brown, CIAO Assessor

Dennis A. White, ESQ Hwy. Commissioner

Nick P. Bobis, Trustee

Steven R. Burris, Trustee

Therese H. Goodrich, Trustee

Jacquelyn M. Small, Trustee

