

**Glendale Heights Center for Senior Citizens
Senior Citizens Advisory Committee Meeting
August 24, 2022
Minutes**

PRESENT

Jennifer Alagna
Leona Breede
Lavonna Hawkins
Joan Kernan
Pat Maritato
Joanne Soo
Joe Toma

ABSENT

Mary Schroeder
Patti Pauling

The meeting was called to order at 8:33am.

The minutes of the June 22, 2022 meeting were reviewed and accepted.

Pickle ball

Jennifer explained that pickle ball games had started at the Hub. The sport is played with whiffle ball, net and racket and is combination of racquetball, volleyball and ping pong. Eight to ten people are currently playing and it is offered every morning from 9:30 to 12:00.

Hub Club

Beginning January 1, 2023 the Hub will begin a new program called The Hub Club to combine all Hub exercise classes, excluding use of the the gym, for a \$42.00 fee annually. This plus the \$5.00 annual membership fee to the Senior Center will allow members to have full use of all exercise classes at the Senior Center and Hub facilities. It was advertized at the Senior Expo yesterday and today at Drury Lane.

Craft Fair and Bake Sale – November 17, 2022

Joan and Kathy will work with Carolyn to coordinate the craft fair. Carolyn ran the previous craft fairs and will organize with Gabi this year. It will be in the community room and not be on a Bingo day this time. It will be scheduled with the fall bake sale. For the bake sale we will use

the usual signup sheet but will not have walk in donations as in the past. The same room and system will be used for the bake sale.

Bingo Size

We have picked up White Train Wellness for additional exercise classes. They will conduct the classes at the center free to members. Instructors, bingo and prizes will be supplied by them and they will monitor the exercise for participants. It will be held on Monday in the community room. It is designed for seniors who may not usual exercise to allow them to be more active while still doing bingo. It will last for 26 weeks initially and begin September 19, 2022 at 1:00pm. We will coordinate with Pace Bus if Bob cannot take participants home after class.

Fit and Strong

Fit and Strong will also be run by White Train Wellness and will replace our current class being held on Friday at 1:00. This will also be free and include an instructor.

Lunch and Learn

We no longer have lunch and learn events because DSCC who conducted them every Monday, Wednesday and Friday before COVID in 2020 has not resumed them. Jennifer is having a difficult time getting any responses from DSCC regarding options for lunches for seniors and the programs they featured in the past. Jennifer will plan to have these events through the Senior Center and the first one will be tomorrow, August 25 at 11:30 for a tour and lunch at the Glendale Heights fire station.

Senior Center Use

The senior center records from 2019 are no longer available to allow for comparing center use from before COVID. We currently have 608 active members now. 700 have not renewed membership from 2019. Some have passed and some went to assistant living arrangements. Currently we will focus on the 608 active members for the programs we arrange and schedule. We have added some afternoon programs and did pass out 100 day passes at the Senior Expo yesterday.

Line Dancing

Jennifer is preparing to have line dancing lessons at the Glendale Lakes Golf Course. As yet we have not found a line dancing teacher. Pat volunteered to look for an instructor for the classes.

Casino Trips

Our bus driver, Bob has agreed to drive to Dubuque, Iowa casino on October 3, 2022. It will be a one day trip leaving at 7:30am and returning at 7:00pm. The cost is \$20.00. In the future we

will put together 2 day casino trips. Elgin and Joliet casinos were suggested as other one day trips as options for Monday, Wednesday and Friday when Bob is running the bus.

Golf Course

It was suggested to have a lunch at the golf course to acquaint the members to the village's golf course. We could structure it as a lunch and tour and do it in the summer of 2023.

The next meeting is scheduled for September 28, 2022 at 8:30am.

The meeting was adjourned at 9:30am.

Respectfully submitted,

Joanne Soo