

SEPTEMBER & OCTOBER 2024

RICH



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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 SUPERVISOR

Calvin Jordan, Rich Township Supervisor





Greetings Rich Township Seniors!

As summer draws to a close, it's a great time to reflect on the wonderful moments we've shared together. The sun wasn't the only thing shining brightly this summer—our Rich Township community was too!

This summer, Rich Township hosted a Fourth of July Picnic in partnership with the Olympia Fields Park District. This patriotic celebration was nothing short of spectacular, with lively music, line dancing, and delicious BBQ, served up by our summer interns.

Our commitment to enriching the lives of our seniors was evident throughout the season. We organized a range of enlightening workshops, including a legal clinic and health discussions. The Sheriff Department also joined us to discuss "Sweetheart Scams", equipping our Seniors with essential tools and resources to safeguard against fraud.

On August 9, we were pleased to see 46 gentlemen partake in our Man Cave session. Dr. Terry Mason delivered a compelling talk on "Managing Everyday Stress," and Dr. Malik Zayed, podiatrist, held a Q&A session addressing the men's health concerns.

This summer, our seniors had the chance to venture beyond the township, enjoying excursions such as the Architectural Boat Tour, Navy Pier Lunch Cruise, Illinois State Fair, Jazzin' at the Shedd Aquarium, and an exciting White Sox game!

Looking ahead, we have a series of exciting events lined up:

- Resource and Health Fair: Mark your calendars for September 19, 2024, from 10 a.m. to 2 p.m. at the Matteson Holiday Inn. This event will feature over 100 vendors offering a wealth of community resources!
- Breast Cancer Awareness Spa Day: On October 3rd, join
 us for our second annual event dedicated to honoring
 fighters and survivors with a day of rejuvenation and
 relaxation.
- 10th Man Cave Session: We're thrilled to celebrate our 10th Man Cave session on October 11. This milestone reflects the growth of our program and the enthusiastic involvement of all the Rich Township men.
- <u>Senior Masquerade Luncheon:</u> Don't miss our festive Senior Masquerade Luncheon on October 17. It's an opportunity to showcase your finest mask and enjoy a fun-filled event!
- Senior Gala: Prepare for an evening of sophistication and celebration at our upcoming Senior Gala. Dress to impress and enjoy a memorable night of entertainment and camaraderie.

As we transition from summer to fall, the Rich Township community remains as radiant as ever. I eagerly anticipate celebrating these upcoming events with all of you and continuing to make our community a beacon of joy and togetherness.

Warm Regards,

00

Calvin Jordan Rich Township Supervisor



ARLENE M.
"SUGAR" AL-A

ASSESSOR

HWY COMMISSIONER

TRUSTEE

TRUSTEE

JACOUELYN M.
"JACKIE" SMALL

A CANDYCE HERRON



LEGAL CLINIC









This past summer at the Senior Center was both engaging and educational. In July, seniors participated in a legal clinic that offered insights on essential topics such as wills, trusts, power of attorney, and estate planning. Additionally, the Sheriff Department dropped in to deliver a presentation on "Sweetheart Scams." The session provided seniors with valuable strategies to protect themselves from common types of fraud that often target older individuals."

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CONTACT ME Teresa Perkins

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



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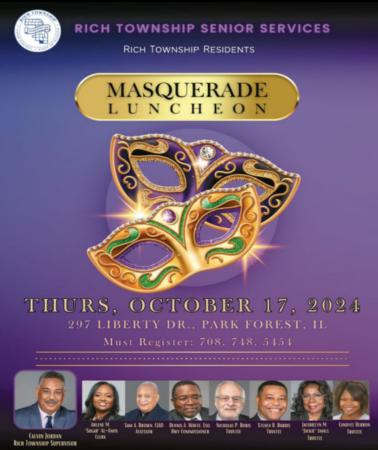
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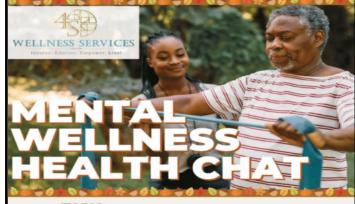


Senior Services Events









Dealing with the Loss of a Spouse

WHEN:Friday, September 20th

TIME:

11:30 am -1:00 pm

LOCATION:

Richt Township Senior Center

We are Here For You!

Call today to schedule a consult: (877) 205-8080

Visit our website to learn more about our services:

www.4swellnessservices.com

TOPIC:

The Importance of Companionship and How to Find It

WHEN:

Friday, October 18th

TIME:

11:30 am -1:00 pm

LOCATION:

Richt Township Senior Center

We are Here For You!

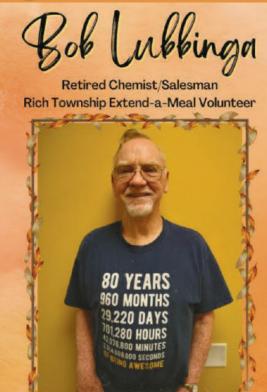
Call today to schedule a consult: (877) 205-8080

Visit our website to learn more about our services:

www.4swellnessservices.com







Bob Lubbinga, born on August 5, 1941, hails from the vibrant south side of Chicago. His academic journey led him through Little Flower Grammar School, St. Rita High School, and St. Joseph College in Rensselaer, Indiana, where he graduated in 1962. For nearly four decades, from 1962 to 2001, he delved into a career path as a chemist and sales extraordinaire. In 1967, he made the leap to Park Forest. Bob's charitable spirit shone bright from 1993 to 1996 at PADS St. Lawrence O'Toole and later at Meals on Wheels in Monee, IL, from 1996 to 2011. Since 2011, he has volunteered as an Extend-a-Meal driver for Rich Township Senior Services, providing countless meals to Seniors in the community. Bob's family life includes a loving spouse, three children, and six grandchildren. Bob thrives on connecting with people and basking in the joy of seeing them satisfied with the meals he delivers.

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

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		ACTIVITIES	10 · 1121	
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CLOSED	CHAIR ZUMBA 1-1:45	BLOOD PRESSURE 9:30-11:30	CHAIR CARDIO 10-10:45	FLEXERCISE 10-11
LABOR:	NEEDLEWORK 1-3	FLEXERCISE 10-11 BINGO 11	NEEDLEWORK 1-3	PODIATRIST 10-12
: DAY!-	HULA-HOOP 2:30-3:15	Café Lunch after Bingo BARB'S JEWELRY CLASS 12:30-2	HULA-HOOP 2:30-3:15	10-12
		LINE DANCING \$4 1-2		
9	10	11	12	13
TAI CHI 10-11	BENEFIT ACCESS By appt. only 10-2	FLEXERCISE 10-11	HAIRCUTS 11-2	FLEXERCISE 10-11
CHERRIE'S WIRE	RENEE'S CRAFT CORNER 12:30- 1:30	BINGO 11 Café Lunch after Bingo	NEEDLEWORK 1-3	
JEWELRY 1-2:30	NEEDLEWORK 1-3	LINE DANCING \$4 1-2	HULA-HOOP 2:30-3:15	
	HULA-HOOP 2:30-3:15			
16	17	18 BLOOD PRESSURE	19	20
	CARDIO FITNESS	9:30-11:30	RICH TOWNSHIP SENIOR SERVICES RESOURCE	FLEXERCISE 10-11
FLEXERCISE 10-11	1-1:45	FLEXERCISE 10-11	&HEALTH FAIR	4S WELLNESS
AARP LOCAL CHAPTER MEETING	NEEDLEWORK 1-3	BINGO 11 Café Lunch after Bingo	Holiday Inn 500 Holiday Plaza Dr, Matteson, IL	CHAT: Dealing with Loss 11:30-1
1-3	HULA-HOOP 2:30-3:15	BARB'S JEWELRY CLASS 12:30-2	10-2 SENIOR CENTER CLOSED	11100
		LINE DANCING \$4 1-2		
23	24 RENEE'S CRAFT	25	26 HAIRCUTS	27
TAI CHI	CORNER 12:30- 1:30	FLEXERCISE 10-11	11-2	FLEXERCISE 10-11
10-11	NEEDLEWORK 1-3	BINGO 11 Café Lunch after Bingo	NEEDLEWORK 1-3	10-11
	HULA-HOOP 2:30-3:15	LINE DANCING \$4 1-2	HULA-HOOP 2:30-3:15	
30 FLEXERCISE		Temperature check required prior to entry	PLEASE NOTE TIME CHANGE FOR	Some programs require pre-registration 708-748-5454
10-11		Cards and Chess available to play anytime!	HULA-HOOP & HAIRCUTS	<u>*Programs are</u> <u>subject</u> <u>to change</u>
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October		2024
ACTIVITIES	1000	

		ACTIVITIES	- 100 P	
Monday	Tuesday	Wednesday	Thursday	Friday
Temperature check required prior	1 CHAIR ZUMBA 1-1:45	2 BLOOD PRESSURE 9:30-11:30	3 BREAST CANCER AWARENESS SPA	4 FLEXERCISE 10-11
to entry	NEEDLEWORK	FLEXERCISE 10-11	DAY 12-2	PODIATRIST
Cards and Chess available to play anytime!	1-3 HULA-HOOP	BINGO 11 Café Lunch after Bingo	CHAIR CARDIO 10-10:45	10-12
arrytimes	2:30-3:15	BARB'S JEWELRY CLASS 12:30-2	NEEDLEWORK 1-3	
		LINE DANCING \$4 1-2	HULA-HOOP 2:30-3:15	
7	8	9	10	11
FLEXERCISE 10-11	BENEFIT ACCESS By appt. only 10-2	FLEXERCISE 10-11	HAIRCUTS 11-2	Man
10-11	RENEE'S CRAFT CORNER 12:30- 1:30	BINGO 11 Café Lunch after Bingo	NEEDLEWORK 1-3	12-2
	CARDIO FITNESS 1-1:45	LINE DANCING \$4	HULA-HOOP 2:30-3:15	NO ACTIVITIES
	NEEDLEWORK 1-3 HULA-HOOP 2:30-3:15	1-2		NO ACTIVITIES
14	15	16	17	18
CLOSED	CHAIR ZUMBA 1-1:45	BLOOD PRESSURE 9:30-11:30		FLEXERCISE 10-11
	1-1.40	FLEXERCISE 10-11		4S WELLNESS
Columbus/Indigenous	NEEDLEWORK 1-3	BINGO 11 Café Lunch after Bingo	Masquerade Luncheon	CHAT: Companionship
People's Day	HULA-HOOP 2:30-3:15	BARB'S JEWELRY CLASS 12:30- 2	12-2 NO ACTIVITIES	11:30-1
		LINE DANCING \$4 1-2		
21	22	23	24	25
FLEXERCISE	RENEE'S CRAFT CORNER 12:30- 1:30	FLEXERCISE 10-11	CHAIR CARDIO 10-10:45	FLEXERCISE 10-11
10-11 AARP LOCAL	CARDIO FITNESS 1-1:45	BINGO 11 Café Lunch after Bingo	HAIRCUTS 11-2	AARP SAFE
CHAPTER MEETING	NEEDLEWORK 1-3	LINE DANCING \$4 1-2	AARP SAFE DRIVING CLASS	DRIVING CLASS 12-4
1-3	HULA-HOOP 2:30-3:15 SENIOR GALA TRIP		12-4 NEEDLEWORK 1-3 NO HULA-HOOP	
28	29	30	31	Some programs
TAI CHI 10-11 CHERRIE'S WIRE	AARP SMART TEK 10-11:30	FLEXERCISE 10-11 BINGO 11	NEEDLEWORK 1-3	require pre- registration
JEWELRY 1-2:30	NEEDLEWORK 1-3	Café Lunch after Bingo	HULA-HOOP	708-748-5454 *Programs are
	HULA-HOOP 2:30- 3:15	LINE DANCING \$4 1-2	2:30-3:15	<u>subject</u> to change

Recipe and Puzzle



Healthy Pumpkin Maffins

This healthy pumpkin muffin recipe is a delicious, low sugar fall breakfast. Naturally gluten + dairy free - these muffins are easy to make and so tasty!

SERVING SIZE: 12

Ingredients

- 1/2 cup maple syrup or honey
- 11/2 cups pumpkin puree
- 2 eggs
- 1/4 cup milk- regular or nondairy
- · 2 teaspoons baking soda

- · 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ground ginger
- 1/2 teaspoon cloves
- · 2 cups oat flour
- 1/2 cup chocolate chips (optional)

Directions

- 1 Preheat oven to 350 + prepare a greased or lined muffin tin.
- 2 In a large bowl or stand mixer, combine maple syrup, pumpkin puree, eggs, and milk.
- 3 Once combined, add in baking soda, cinnamon, nutmeg, ground ginger and cloves.
- Add the oat flour to the wet ingredients. Mix until just combined (don't over mix!)
- Gently fold in chocolate chips.
- 6 Pour batter into greased or lined muffin tins, filling each cup with about 1/3 cup batter. Sprinkle with extra chocolate chips on top if you'd like.
- 7 Bake at 350 for 20-25 minutes, until a toothpick comes out clean when inserted in the center of the muffins









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 4Roast Beef Sandwich
Potato Salad
Bag of Chips
Whole Apple
Cookie

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

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

25 Ham and Cheese Sub Cup of Chili Bag of Chips Whole Apple Twin Hawaiian Ham and Cheese Sandwiches Potato Salad Whole Apple Bag of Chips Cookie

9
Italian Combo Sandwich
(turkey ham, bologna and
salami)
Cup of Chili
Bag of Chips
Fruit Cup
Cookie

Tuna Salad on Croissant
Bag of Chips
Carrots and Dip
Whole Apple
Cookie

Turkey Sub Sandwich
Cup of Soup
Bag of Chips
Fruit Cup
Cookie

Turkey Club Wrap (Turkey with Bacon) Potato Salad Bag of Chips Whole Apple Cookie

Cost for Café Lunch is now \$5.00!
Food is made fresh & provided by
Rich Township School District 227.
Meals are offered on Wednesdays.
Bingo is played at 11:00 am and
lunch is served afterwards. MUST
register by Monday afternoon.



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Community Resources





10 AM - 2 PM



Are you curious about the resources available to you in your community? Our upcoming Resource & Health Fair is your one-stop shop! Visit various resource tables and discover all your community has to offer.

- Health & wellness resources
- Community resources
- Network and connect

HOLIDAY INN CONFERENCE CENTER | 500 PLAZA DR., MATTESON, IL 60443

Rich Township Supervisor, Calvin Jordan





ARLENE M



SAM A. BROWN, CIAO



DENNIS A. WHITE. ESO.



NICHOLAS P. BOBIS TRUSTEE





TRUSTEE

JACQUELYN M "JACKIE" SMALL













Arlene M. "Sugar" Al-Amin Rich Township Clerk

DID YOU KNOW?

THE RICH TOWNSHIP CLERK'S OFFICE PROVIDES THE FOLLOWING SERVICES TO RESIDENTS:

Notary

Temporary/Permanent Handicap Placard
Voter's Registration

Mon-Fri | 9am-4pm (by appointment only)

22013 Governors Highway, Richton Park, IL • clerk@richtownship.org • 708-228-5045



WHEN

October 9th & 30th 9:30AM - 1:30PM

1 in 4 Illinois Adults Discovers Property to claim when they search

Rich Township Senior Center 297 Liberty Dr., Park Forest, IL

IllinoisTreasurer.gov/icash

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We help you search the unclaimed property database.

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



HOMEWOOD FAIL FEST

SATURDAY, SEPT. 21, 2024 | 12 PM - 9 PM

HOMEWOOD'S FAVORITE FALL TIME FESTIVAL
FEATURES LIVE ENTERTAINMENT, CRAFT VENDORS,
A PUMPKIN PATCH, CHILDREN'S CRAFTS, KIDFRIENDLY ACTIVITIES, AND SCRUMPTIOUS CUISINE
PREPARED BY LOCAL EATERIES.

MARTIN AVE & KRONER RD DOWNTOWN HOMEWOOD





PARK FOREST ART FAIR

SAT, SEPT. 21ST & SUN, SEPT. 22ND, 2024 10 AM-5PM

JOIN PARK FOREST FOR THEIR 68TH ANNUAL ART FAIR. THE FAIR INCLUDES A WONDERFUL VARIETY OF ARTWORKS, ART ACTIVITIES FOR CHILDREN, FOOD VENDORS AND LIVE MUSIC.

DOWNTON PARK FOREST ON MAIN ST BETWEEN WESTERN AVE AND ORCHARD DR.

DRIVE IN MOVIE NIGHT

FRIDAY, SEPT. 27, 2024 7:30 PM

JOIN THE VILLAGE OF HAZEL CREST FOR A NOSTALGIC MOVIE EXPERIENCE! THIS IS A FREE EVENT, LOCATED ON THE HAZEL CREST POLICE DEPARTMENT GROUNDS.

3000 W. 170TH PLACE HAZEL CREST, IL





OAKTOBER FEST

SATURDAY, SEPT. 28 10 AM - 9PM

JOIN THE VILLAGE OF FLOSSMOOR FOR A FULL DAY OF CELEBRATING NATURE AND COMMUNITY SPIRIT. GUIDED NATURE WALKS, INTERACTIVE WORKSHOPS AND NATURE-THEMED PROGRAMMING FOR KIDS. LATER, ENJOY LIVE PERFORMANCES, DELICIOUS FOOD, AND REFRESHING BEVERAGES UNDER THE STARLIT SKY.

FLOSSMOOR, IL



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

PARK FOREST FALL FESTIVAL

SATURDAY, OCT. 5, 2024 | 10 AM

JOIN PARK FOREST FOR THEIR HIGHLY ANTICIPATED FALL FEST! ENJOY A LIVE DJ, FOOD VENDORS, GAMES, GIVEAWAYS, AND MORE AT SOMONAUK PARK. BRING YOUR FRIENDS AND FAMILY FOR A DAY OF FUN! SOMONAUK PARK

266 SOMONAUK, PARK FOREST, IL





RICHTON PARK FIRE OPEN HOUSE

FRIDAY, OCT. 11, 2024 | 5 PM - 9 PM

RICHTON PARK IS SERVING UP SMOKE ALARM AND FIRE SAFETY AT THIS YEAR'S RICHTON PARK FIRE OPEN HOUSE! MEET YOUR REAL-LIFE HERO FIRST RESPONDERS TEAMS AND SEE EVERYTHING THAT OUR FIRE FIGHTERS AND PARAMEDICS DO ON THE DAILY. HELICOPTER LANDING AND VISIT 6PM-7PM.

4455 SAUK TRL, RICHTON PARK, IL









4th of July PICNIC





















































Rich Township Senior Ctr.

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Sam A. Brown, CIAO Assessor
Dennis A. White, ESQ Hwy. Commissioner
Nick P. Bobis, Trustee
Steven R. Burris, Trustee
Jacquelyn M. Small, Trustee
Candyce Herron, Trustee

