

# The RICH Years



**Happy  
New Year**

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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

As we step into the New Year, I am filled with excitement, gratitude, and anticipation for all that lies ahead for our senior community. This year promises countless opportunities for growth, connection, and innovation, and I am truly honored to share this journey with each of you. Together, we will make it a year to remember! Reflecting on the past year, I am proud to celebrate the success of our inaugural Annual Senior Gala. This remarkable event showcased the strength, vibrancy, and unity of our community. It was a time to honor the memories we've created, celebrate the milestones we've achieved, and embrace the bright future we're building together.

Seeing so many of you come together for this special occasion was truly heartwarming. Your participation and enthusiasm are a testament to the spirit that makes Rich Township such a wonderful place to live. Here's to many more moments of connection and celebration in the years ahead!

As we look ahead to 2025, even more exciting developments are on the horizon! Many of you had the chance to get an exclusive sneak peek at the plans for our upcoming Senior Center in Matteson. I'm thrilled to announce that this state-of-the-art facility is being designed with your needs and interests at heart. It will serve as a vibrant hub for wellness, connection, and personal growth, offering a wide range of programs and spaces dedicated to fitness, arts, hobbies, and social activities.

Whether you're interested in taking a fitness class, exploring a new hobby, or simply catching up with friends at a social gathering, this new space will offer endless opportunities to connect, grow, and thrive. The Senior Center will also feature wellness resources and services focused on health and mental well-being, ensuring you have the tools and support you need to live your best life. Stay tuned for more updates as we bring this exciting vision to life!

As we look ahead, I want to reaffirm that the needs of our senior residents will always be our top priority. Your involvement and feedback are the driving forces behind the programs and services we develop, and it is my honor to continue championing initiatives that enhance your quality of life.

This year, we will focus on expanding our offerings, improving our services, and ensuring that Rich Township remains a community where every senior feels valued, supported, and empowered. In the months ahead, we'll introduce exciting new programs and events designed to engage, entertain, and enrich our community. Be on the lookout for announcements about upcoming classes, workshops, social gatherings, and more at the Senior Center.

Let's make 2025 a year of growth, connection, and shared success. I can't wait to see what we'll accomplish together and to share in the joy of making this year truly extraordinary!

Warm regards,



Calvin Jordan  
Rich Township Supervisor



**CALVIN JORDAN**  
**RICH TOWNSHIP**  
**SUPERVISOR**



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# Senior Center News



December marked the final Mancave of the year, and it was a memorable one. Dr. Terry Mason provided valuable insights, sparking engaging conversations among the senior men in attendance. This event was a perfect blend of fellowship, thought-provoking discussion, and plenty of fun. Attendees enjoyed delicious food and meaningful connections, making it a wonderful way to close out the year. As we look ahead, the spirit of camaraderie and learning continues to inspire, setting the stage for even more great gatherings in the months to come.



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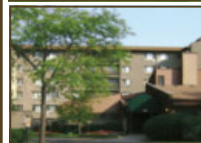
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# RICH TOWNSHIP 2025 UPCOMING EVENTS

**FEBRUARY**

Movie Mantinee

**MARCH**

Amazing Women Brunch

**MARCH 29**

Freedom Hall/ LaTonya Huges/ Queen of R&B

**APRIL**

Washington D.C./ Cherry Blossoms

**APRIL**

Play & Dinner/Downtown Chicago

**MAY**

City Winery Gospel Brunch

**MAY**

Casino: Wind Creek

**SPRING**

Mental Health and Wellness Summit

**SPRING**

Mystery Dinner Train

**SPRING**

White Fence Farm Lunch

**JUNE**

Amish Town/ Indiana

**JULY**

Lavender Farm

**AUGUST**

Jazzin at the Shed

**AUGUST**

State Fair

**AUGUST**

Botanical Garden

**SUMMER**

Weekend Game Day

**SUMMER**

Mackinac Island

**SEPT/OCT**

Fall Gala

**OCTOBER**

Galena, IL

**OCTOBER**

Casino: Four Winds

**DECEMBER**

Navy Pier/Holiday Lights



This year's annual Jingle Mingle Christmas Brunch was a heartwarming celebration filled with joy, laughter, and holiday spirit.

Our seniors gathered together to indulge in a delicious spread of festive treats, while enjoying a variety of fun activities. Highlights included cookie-making, arts and crafts, and a host of other creative projects that brought out everyone's holiday cheer. It was a truly special brunch, filled with fellowship, fun, and memories to treasure. The warmth and connection shared during this event reminded us all of the true meaning of the season. A heartfelt thank you to all who contributed to making this year's Jingle Mingle one to remember!



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# January 2025

## ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b></p> <p><i>Happy New Year</i></p> <p><b>CLOSED</b></p>	<p><b>2</b></p> <p>NEEDLEWORK 1-3</p> <p>HULA-HOOP 2:30-3:15</p>	<p><b>3</b></p> <p>FLEXERCISE 10</p>
<p><b>6</b></p> <p>TAI CHI 10-11</p>	<p><b>7</b></p> <p>CHAIR ZUMBA 1-1:45</p> <p>NEEDLEWORK 1-3</p> <p>HULA HOOP 2:30-3:15</p>	<p><b>8</b></p> <p>FLEXERCISE 10-11</p> <p>BINGO 11 <i>Café lunch after bingo</i></p> <p>LINE DANCING \$4, 1-2</p>	<p><b>9</b></p> <p>HAIRCUTS 11-2</p> <p>NEEDLEWORK 1-3</p> <p>HULA HOOP 2:30-3:15</p>	<p><b>10</b></p> <p>PODIATRIST 10-12</p> <p>FLEXERCISE 10-11</p>
<p><b>13</b></p> <p>FLEXERCISE 10-11</p> <p>AARP CHAPTER MEETING 1-3</p>	<p><b>14</b></p> <p>BENEFIT ACCESS <i>By apt. only</i></p> <p>CHAIR FITNESS 1-1:45</p> <p>NEEDLEWORK 1-3</p> <p>HULA HOOP 2:30-3:15</p>	<p><b>15</b></p> <p>BLOOD PRESSURE 9:30-11:30</p> <p>FLEXERCISE 10-11</p> <p>BINGO 11 <i>Café Lunch after Bingo</i></p> <p>LINE DANCING \$4 1-2</p> <p>BARB'S JEWELRY 12:30</p>	<p><b>16</b></p> <p>CHAIR CARDIO 10-10:45</p> <p>NEEDLEWORK 1-3</p> <p>HULA HOOP 2:30-3:15</p>	<p><b>17</b></p> <p>FLEXERCISE 10-11</p>
<p><b>20</b></p> <p><b>CLOSED</b></p>	<p><b>21</b></p> <p>NEEDLEWORK 1-3</p> <p>HULA-HOOP 2:30-3:15</p>	<p><b>22</b></p> <p>FLEXERCISE 10-11</p> <p>BINGO 11 <i>Café Lunch after Bingo</i></p> <p>LINE DANCING 1-2</p>	<p><b>23</b></p> <p>HAIRCUTS 11-2</p> <p>NEEDLEWORK 1-3</p> <p>HULA HOOP 2:30-3:15</p>	<p><b>24</b></p> <p>FLEXERCISE 10-11</p>
<p><b>27</b></p> <p>TAI CHI 10-11</p> <p>CHERRIE WIRE JEWELRY 1PM</p>	<p><b>28</b></p> <p>NEEDLEWORK 1-3</p> <p>CHAIR FITNESS 1-1:45</p> <p>HULA HOOP 2:30-3:15</p>	<p><b>29</b></p> <p>FLEXERCISE 10-11</p> <p>BINGO 11 <i>Café Lunch after Bingo</i></p> <p>LINE DANCING 1-2</p>	<p><b>30</b></p> <p>CHAIR CARDIO 10-10:45</p> <p>NEEDLEWORK 1-3</p> <p>HULA HOOP 2:30-3:15</p>	<p><b>31</b></p> <p>FLEXERCISE 10-11</p>





# FEBRUARY 2025 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>3</b> FLEXERCISE 10-11</p>	<p style="text-align: center;"><b>4</b> CHAIR ZUMBA 1-1:45 NEEDLEWORK 1-3 HULA H</p>	<p style="text-align: center;"><b>5</b> FLEXERCISE 10-11 BINGO 11 <i>Café Lunch after Bingo</i> BARB'S JEWELRY 11 LINE DANCING 1-2</p>	<p style="text-align: center;"><b>6</b> NEEDLEWORK 1-3 HULA HOOP 2:30-3:15  CHAIR CARDIO 10-10:45</p>	<p style="text-align: center;"><b>7</b> FLEXERCISE 10-11</p>
<p style="text-align: center;"><b>10</b> TAI CHI 10-11</p>	<p style="text-align: center;"><b>11</b> CHAIR FITNESS 1-1:45 BENEFIT AC- CESS NEEDLE WORK 1-3 HULA HOOP 2:30-3:15</p>	<p style="text-align: center;"><b>12</b>   <b>CLOSED</b></p>	<p style="text-align: center;"><b>13</b> HAIRCUTS 11-2 CHAIR CARDIO 10-10:45 NEEDLEWORK 1-3 HULA HOOP 2:30-3:15</p>	<p style="text-align: center;"><b>14</b> FLEXERCISE 10-11 MAN CAVE 12-2 (men only)</p>
<p style="text-align: center;"><b>17</b>   <b>CLOSED</b></p>	<p style="text-align: center;"><b>18</b> NEEDLEWORK 1-3 HULA HOOP 2:30-3:15</p>	<p style="text-align: center;"><b>19</b> FLEXERCISE 10-11 BINGO 11 <i>Café Lunch after Bingo</i> BARBS JEWELRY 11 LINE DANCING 1-2</p>	<p style="text-align: center;"><b>20</b> AARP SAFE DRIVING 12-4 NEEDLEWORK 1-3 HULA HOOP 2:30-3:15</p>	<p style="text-align: center;"><b>21</b> FLEXERCISE 10-11 AARP SAFE DRIVING 12-4</p>
<p style="text-align: center;"><b>24</b> TAI CHI 10-11  CHERRIE WIRE JEWELRY 1PM</p>	<p style="text-align: center;"><b>25</b> CHAIR CARDIO 10-10:45 NEEDLEWORK 1-3 HULA HOOP 2:30-3:15</p>	<p style="text-align: center;"><b>26</b> FLEXERCISE 10-11 BINGO 11 <i>Café Lunch after Bingo</i> LINE DANCING 1-2</p>	<p style="text-align: center;"><b>27</b> HAIRCUTS 11-2 NEEDLEWORK 1-3 HULA HOOP 2:30-3:15</p>	<p style="text-align: center;"><b>28</b> FLEXERCISE 10-11</p>

# Berry Yogurt Bark

Whip up this Berry Yogurt Bark for a fun and fruity snack that'll keep you satisfied! With a delightful blend of berries and yogurt, this easy-to-make treat is a perfect snack for anytime and a surefire hit with the whole family.



**Serving Size: 4**

## Ingredients

- 2 Cups of vanilla yogurt
- Honey
- Granola
- Mixed Berries and Strawberries

## Directions

1. Prepare the baking sheet: Line a baking sheet with parchment paper.
2. Spread yogurt: Spread the vanilla yogurt evenly on the parchment paper to form a thin layer.
3. Add toppings: Sprinkle granola over the yogurt, then top with mixed berries.
4. Drizzle honey: Drizzle honey over the top of the yogurt and berries for extra sweetness.
5. Freeze: Place the baking sheet in the freezer for at least 2-3 hours or until the yogurt is firm.
6. Break into pieces: Once frozen, break the bark into pieces and enjoy!

for them in all directions including backwards and diagonally.

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- ICICLE
- MITTENS
- PINECONE
- READING
- SKIING
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- SNOWBOARD
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- SWEATER



# Café Lunch

## JANUARY | 2025 SENIOR CENTER MENU

## FEBRUARY | 2025 SENIOR CENTER MENU

**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**

1	
8	Turkey Club Wrap Cup of Soup Bag of Chips Whole Apple Cookie
15	Chicken Salad Croissant Bag of Chips Pasta Salad Fruit Cup Cookie
22	Turkey Ham and Cheese Sub Cup of Chili Bag of Chips Whole Apple Cookie
29	Tuna Salad Sub Bag of Chips Carrots and Dip Cup of Fruit Cookie

5	Turkey Vegetable Wrap Cup of Soup Bag of Chips Whole Apple Cookies
12	Tuna Sub Sandwich Bag of Chips Carrots and Dip Cup of Fruit Cookie
19	Ham & Cheese Wrap Cup of Chili Bag of Chips Whole Apple Cookie
26	Chicken Salad Croissant Bag of Chips Potato Salad Whole Apple Cookie

6	
13	
20	
27	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 is served afterwards.



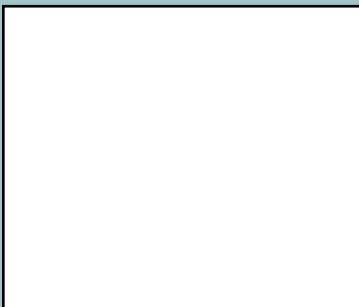
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Seniors 2024







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**January/February Issue**

**Mailed January 2025**

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**Diane Klein**  
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