



MOUNT PROSPECT

SENIOR BUZZ NEWSLETTER



MARCH - APRIL 2026

VILLAGE OF MOUNT PROSPECT
HUMAN SERVICES DEPARTMENT



OLDER ADULT SOCIAL ENGAGEMENT EXPO

Hosted by the Aging in Community Initiative

It's a fun-filled event where you can find new hobbies, meet new friends, & discover exciting opportunities to stay active & engaged in your community.

JOIN US FOR:

- Community Resources:** Connect with local organizations that offer support, services, & social connections.
- Social Clubs & Groups:** Find your niche with groups for hobbies, interests, & shared passions
- Exercise & Wellness Programs:** Explore fitness classes & resources for maintaining an active lifestyle.

THIS IS A FREE EVENT!
NO REGISTRATION NEEDED

Friday, April 17
9:30 am - 11:30 am



Village Hall
50 S. Emerson St.
Farley Community Room



Questions?
Call Human Service
at 847-870-5680



CELEBRATING SOCIAL WORK MONTH: THE IMPACT OF OUR SOCIAL WORKERS

Often working behind the scenes, our Social Workers are the architects of a stronger, more resilient Village. Their expertise goes beyond simple help; they provide clinical support, crisis intervention, and long-term advocacy for our residents. This March, we recognize the Human Services Social Work team for their passion, their professional excellence, and the countless lives they touch. Thank you for being the foundation of our community's well-being!

THE MISSION OF THE HUMAN SERVICES DEPARTMENT
IS TO IMPROVE THE HEALTH AND WELLBEING
OF THE PEOPLE AND COMMUNITY WE SERVE.



MENTAL HEALTH MATTERS 2026 - SAVE THE DATE!

MENTAL HEALTH MATTERS
FREE COMMUNITY EVENT TO FOCUS ON WELLNESS AND SUPPORT POSITIVE MENTAL HEALTH

FEEL GOOD FRIDAY!

JUNE 5, 2026 | 5 - 6:30 PM | EDWIN & ELSIE (MEYN) BUSSE "POCKET" PARK

Mental Health Matters returns for its 6th year on **Friday, June 5th**. The Human Services Department will host this event in partnership with *Fridays on the Green*. We hope you join us for this

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feel-good friday free community event. Stay tuned to the Human Services Facebook Page and Mental Health Matters webpage MountProspect.org/MHM for more details.

DISCOVER THE POWER OF NUTRITION

by Nicole Cooper Ffrench, the Village Nurse

As we welcome the sights of spring this March, we also celebrate National Nutrition Month. It is the perfect time to reflect on how the foods we choose impact our energy, mood, and overall health.



As we age, our nutritional needs shift. Staying "healthy" is about more than just avoiding illness; it's about having the power to lead a vibrant life through the choices we make every day. Whether it's adding more fiber to support digestion, choosing lean proteins for muscle strength, staying hydrated, or sharing a meal with loved ones, small changes can make a big difference in our everyday lives.

Remember, healthy eating doesn't have to be complicated or bland. It's about finding a balance that works for your lifestyle and nourishes your body from the inside out.

Looking to take the next step in your wellness journey? Join us for our upcoming Bingocize class! This six-week program is a fun, interactive way to learn about the core dimensions of wellness. Over the course of the program, we will talk about five different areas of health and wellness: physical, mental, social, nutrition, and hygiene. Bingocize is the perfect opportunity to gain the tools you need to lead a healthy life while staying active and connecting with friends.



Master physical, mental, social, nutrition, & hygiene wellness during our empowering six-week "Universal Health" program that combines bingo with education & fun inclusive exercises for everyone!

- 6 week program
- 1 class per week (6 total)
- Must be a Mount Prospect resident to attend

 Wednesdays
April 22 - May 27 | 1-2:30 pm

 Village Hall, 50 S. Emerson St.
Farley Community Room (1st floor)

  Space is limited.
Register by calling
(847) 870-5680

VILLAGE OF MOUNT PROSPECT

FIT 4 LIFE FRIDAYS!



10 - 10:45AM

All classes are seated and held at the Village of Mount Prospect Farley Community Room located at 50 S. Emerson St, Mount Prospect.

Zumba®Gold Chair with Natalia

1st Friday of the month
3/06, 04/03

Easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Seated Exercise with the Village Nurse

2nd, 4th, 5th
Fridays of the month
3/13, 3/27, 4/10

Join the nurse for a fun, socially engaging, total body low-impact workout. The class aims to increase strength, improve flexibility, and promote daily movement.

Whole Body Wellness with Angela C-IAYT

3rd Friday of the month
3/20, 04/24

Program designed to support good posture and lung function, maintain joint mobility, stimulate brain function and the vagus nerve, and improve balance and core strength.



****NO CLASS ON 04/17. Please join us for the Older Adult Social Engagement Expo from 9:30 - 11:30am**

No registration required. Must be a Mount Prospect resident to attend. Call 847-870-5680 with any questions.



HEALTH SCREENING CLINICS



Village Hall

Every Tuesday from 9:00 a.m. - 11:00 a.m.

Human Services Department, 2nd Floor
50 S. Emerson Street, Mount Prospect

Community Connections Center

Schedule a one-on-one appointment with the nurse.

Human Services Satellite location
(Community Connections Center)
1711 W. Algonquin Road, Mount Prospect

APPOINTMENT REQUIRED

Clinic Includes Free:

- Blood Pressure Reading
- Heart Rate
- Oxygen Saturation Level
- Fasting Blood Glucose

Total Cholesterol Screening (\$2 fee)



Must be a Mount Prospect resident.

Please call (847) 870-5680 if you have any questions.





Medical Equipment Lending Closet Update

EFFECTIVE IMMEDIATELY:

We are no longer accepting or distributing toileting items (commodes and raised toilet seats) and single-use soft items (braces, slings, etc.).

AVAILABLE ITEMS INCLUDE:

Wheelchairs, transport chairs, rollators, walkers (all types), knee scooters, canes, crutches, shower chairs/stools, transfer benches, toilet rails, bedrails, and various dressing/daily living aids.

The Lending Closet provides Mount Prospect residents with a short-term alternative to purchasing expensive medical equipment. Mount Prospect residents may borrow most equipment free of charge for up to 3 months. Equipment is available on a first come, first serve basis.

Located at Mount Prospect Village Hall (50 S. Emerson Street) in the Human Services Department (2nd Floor).

Hours: Mondays, Wednesdays and Thursdays from 8:30 a.m. to 4:00 p.m.

Please call 847-870-5680 to check availability and schedule a pick up.



FILE OF LIFE



WHAT IS IT?

File of Life is a program that allows Emergency First Responders to easily reference important medical information for a patient in the event of an emergency.

WHAT DO I NEED TO DO?

- Fill out the File of Life medical card and be sure the information is accurate and legible. If necessary, have someone assist you.
- Use pencil to fill out the form to allow for future updates.
- Once completed, fold your File of Life medical card and place in the red magnet pouch. Put the pouch on your refrigerator.
- Keep all information up to date.

WHERE DO I GET ONE?

Please visit the Human Services Department on the 2nd floor of Village Hall to pick up the needed materials.

*Must be a Mount Prospect resident.



HUMAN SERVICES DEPARTMENT

SENIOR GAME DAY

COME PLAY OLD FAVORITES, LEARN A NEW GAME, & CONNECT!

ACTIVITIES:

CARD & BOARD GAMES, PUZZLES, & MORE!

2nd Monday every month

MARCH 9
APRIL 13

9:30 - 11:00 AM
50 S. Emerson St.

4th Thursday every month

MARCH 26
APRIL 23

11:30 AM - 1:00 PM
1711 W. Algonquin Rd.

Spanish & English



SENIOR CONNECTIONS

CONNECT WITH YOUR COMMUNITY

Learn something new, socialize with neighbors & meet Village staff. No registration needed!

APRIL 2

9:00 AM - 9:45 AM

Senior Scam Safety Presentation
Presentation by Cook County Sheriff's Office

9:45 AM - 10:00 AM

Village Updates

10:00 AM - 10:30 AM

Q & A and Socialize with your Neighbors

FARLEY COMMUNITY ROOM AT VILLAGE HALL, 50 S. EMERSON ST

Refreshments will be served. Mount Prospect residents only.

If you have questions, please call 847-870-5680.



VILLAGE OF MOUNT PROSPECT

VOTE EARLY: 2026 GUBERNATORIAL PRIMARY ELECTION

Make your plan to vote! Early voting for the March 17. Primary Election will be held at Village Hall in the Farley Community Room (Side Room), located at 50 S. Emerson Street.

Early Voting Schedule:

March 2 – March 8

Monday – Saturday:

9:00 a.m. – 5:00 p.m.

Sunday (March 8): 10:00 am – 4:00 pm

March 9 – March 16

Monday – Saturday: 9:00 a.m. – 5:00 p.m.

Sunday (March 15): 10:00 a.m. – 4:00 p.m.

Monday (3/16): 9:00 am – 5:00 pm (**Final Day**)



5th ANNUAL MOUNT PROSPECT CITIZENS CIVICS ACADEMY

Get a Peek Behind the Curtain of Village Operations at the 5th Annual Mount Prospect Citizens Civics Academy.



The Academy will begin on April 9 and run for eight weekly sessions. This free educational program is designed to give Mount Prospect residents an inside look at how their local government operates.

Participants will learn about the Village's many responsibilities and services, how Village departments work together and with the community, and the essential role residents play in local government. The goal of the Academy is to increase public awareness, foster civic understanding, and provide firsthand insight into Village operations.

For more information or to complete an application, visit mountprospect.org/citizenscivicsacademy.

MOUNT PROSPECT POLICE DEPARTMENT

Protecting our Community Together

Join a **FREE, in-person presentation** focusing on **Senior Safety**.



AROUND TOWN



AT HOME



PERSONAL SAFETY

Hosted by the Mount Prospect Police Department
In partnership with Human Services Department



Friday, March 20, 2026
1:00 – 2:00 p.m.



Village Hall, Farley Community Room
50 S. Emerson Street

CALL THE HUMAN SERVICES DEPARTMENT
TO REGISTER AT 847-870-5680.



DEA NATIONAL PRESCRIPTION DRUG TAKE BACK EVENT

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

Any unwanted, unused, and/or expired medications can be dropped off for safe disposal by the United States Drug Enforcement Administration. (DEA)

Location:

Mount Prospect Police Department
911 E. Kensington Road, Mount Prospect



Date: Saturday, April 25

Time: 10:00 a.m. - 2:00 p.m.



FIRE DEPARTMENT



Dryer Safety 101

Overloading is a Fire Hazard. Stuffing your dryer might seem efficient, but it's dangerous and can cause many issues. Overloading reduces airflow, straining the motor and heating elements to work harder.

This leads to overheating, mechanical strain, and potentially leading to a higher risk of a fire.

Warning Signs of an Overloaded Dryer:

- Clothes are still damp after a full cycle.
- Excessive lint on clothes or inside the lint trap.
- The machine makes unusual noises, shakes, or vibrates.
- The dryer stops mid-cycle due to overheating.

Quick Safety Tips:

- **The General Rule:** Keep the drum no more than half to three-quarters full so air can circulate and clothes can tumble.
- **Clean the Lint:** Clear the lint filter after every load.
- **Check the Vent:** Ensure the outside vent hose is clear of debris and properly connected.
- **Maintenance:** Follow the manufacturers guidelines or call a specialist to service your dryer.

Protect Your Home:

Ensure you have working smoke and carbon monoxide alarms on every level of your home. Test them monthly. In an emergency, do not hesitate to call 911.

Questions or Concerns?
Contact the Fire Prevention Bureau at
847-818-5253.

SENIOR DISCOUNTS

Caputo's, 215 E. Prospect Avenue

10% senior discount (62 years or older) every Thursday: excludes all advertised sale items. Please mention "Senior Discount" before checking out.



ROSS Dress for Less, 1050 Mt. Prospect Plaza

Seniors aged 65 and over can enjoy a 10% discount at Ross every Tuesday. Simply inform a store associate before making your purchase, and please be ready to show your ID for age verification.

Jelly Cafe, 1784 W. Golf Road

Available Monday through Friday from 7:00 a.m. - 2:00 p.m. At Jelly Café, you can order from the \$8.99 Senior Special Menu that features five menu choices and includes a cup of coffee.



www.jelly.cafe/senior-specials

Montrose Market, 1731 W. Golf Road

15% senior discounts available every Wednesday. For customers 65 and older. Valid ID is required. For discount restrictions, please inquire at the store.

EMERGENCY MANAGEMENT

You're Invited To

Emergency Management Community Seminar Series

Date: Wednesday April 8, 2026

Time: 6:00 PM - 8:00 PM

Panel discussion begins at 6:30 PM



Location: Mount Prospect
Fire Station 13
111 E Rand Road

- Weather alerts and notification systems
- Flood preparedness
- Utility outages
- Post storm clean up and recovery

Topic:
Storm Preparedness

To reserve your seat call 847-818-5253
or Email: ema@mountprospect.org

COMMUNITY DEVELOPMENT

COFFEE TALK AND CONSTRUCTION

Join the Building and Inspection Services Department for Coffee Talk & Construction!



This is a relaxed, informal chat designed especially for homeowners looking to maintain and improve their residence for long-term comfort and safety. We will discuss practical tips for aging in place and making your home more accessible.

Community Development team members will be available to answer your questions.

The third Tuesday of the month

Tuesday, March 17

Tuesday, April 21

7:30 a.m. to 9:00 a.m.

Village Hall, Farley Community Room
50 S. Emerson Street, Mount Prospect

For additional information, call (847) 818-5396 or email permit@mountprospect.org.

Homebound Delivery Services

Can't make it to the library?
Let the library come to you!

Mount Prospect residents who are physically unable to come to the library due to age-related issues, illness, or disability are eligible for homebound delivery.

For more information, call our homebound coordinator at 847-590-4078 or email homebound@mppl.org.



mppl.org | 847-253-5675
10 S. Emerson St., Mount Prospect, IL 60056

Vehicle License Plate Sticker Renewals

Illinois residents can now renew and purchase license plate stickers at the Main Library. No appointment is needed!

For fees and more information visit mppl.org/vehicle-sticker.



mppl.org | 847-253-5675
10 S. Emerson St., Mount Prospect, IL 60056

Making the Most of Medicare Thursday, March 5, 7:00 p.m.

Enza Haas, Benefit Specialist at the Kenneth Young Center, will explain the parts of Medicare and how to make the most of your benefits.

Birds in the Garden: Creating and Enjoying a Bird Oasis Wednesday, March 11, 7:00 p.m.

Create a bird-friendly garden by learning how to attract and support local bird populations through thoughtful landscape enhancements and native plant selection from gardener Pam Karlson.

Irish Traditional and Folk Music with Trillium Thursday, March 12, 7:00 p.m.

Join Trillium for an energetic array of Celtic, folk, ragtime, bluegrass and Dixieland music.



AARP Driver Safety Course Monday, March 30, 1:00 p.m. and Tuesday, March 31, 1:00 p.m.

This two-part, eight-hour program provides a refresher course for motorists age 55 and up.

True Crime: Financial Fraud Wednesday, April 8, 7:00 p.m.

Detective John Napoleon of the Mount Prospect Police Department will review real case examples of common financial scams, offer tips on how to keep your finances safe, and discuss what to do if you are the victim of a financial crime.

The Shakespeare Project of Chicago: The Witch Sunday, April 26, 1:45 p.m.

Dare to step into a shadowy world of dark magic, lust, and revenge with Thomas Middleton's *The Witch*. Adapted and directed by Peter Garino. Sponsored by the Library Foundation.

Programs will be held at the Mount Prospect Public Library, 10 S. Emerson Street.
Registration required at www.mppl.org or by calling (847) 253-5675

PARK DISTRICT INFORMATION

BUNCO

Prospect Heights Park District

Gary Morava Recreation Center

110 W. Camp McDonald Road

(847) 394-2848 | Cost: \$8

Monday, March 2, 10:00 a.m. - 12:00 p.m.

Monday, April 6, 10:00 a.m. - 12:00 p.m.

Join Prospect Heights Park District to play BUNCO!

Bunco is a game of dice, played in rounds. Players take turns rolling the dice and trying to accumulate as many points as possible to win each round. Gift prizes awarded.



Active Adult: Free Walking

River Trails Park District

Weiss Community Center - Gym

1500 E. Euclid Avenue | (847) 255-1200

Wednesday, March 11, 7:00 p.m.

FREE walking for Seniors from 7:30 -10:00 a.m. every Thursday through March 26.



Spring Fling - Yoga & Mimosas

River Trails Park District

Rob Roy Golf Course Banquet Hall

505 E. Camp McDonald Road

(847) 255-1200 | Cost: \$30 before April 12, (April 13 and forward) \$35 Resident/\$45 Non-Resident

Saturday, April 25, 9:30 a.m. - 12:00 p.m.

Fling into spring with this one-day social yoga event to conclude the spring session. The morning starts with a Yoga flow Class taught by Janice Herbst accompanied by live music by Tom Herbst. Following the yoga class will be mimosas and light appetizers. **21 and older.**



Blossoms & Blooms

Spring Craft/Vendor Fair
Discover one-of-a-kind treasure and support local talent

Sunday, April 26
10:00A-3:00P

FREE ADMISSION

- Local Artisans
- Crafters
- Small Business Vendors
- Young Makers Market

Gary Morava Recreation Center
110 W. Camp McDonald Road
Prospect Heights, IL

847.394.2848 phparks.org

MT. PROSPECT PARK DISTRICT
Est. 1955
mppd.org

Senior Offerings

Friendship Park Conservatory
395 W. Algonquin Road, Des Plaines

Community Cards (And Coffee) for Seniors
All are welcome for free play cards, games, and puzzles at Friendship Park Conservatory

Tuesdays | 10:30 AM-12:30 PM

For details, call **847-640-1000** or visit mppd.org

\$1 BINGO Bonanza
RecPlex 420 W. Dempster St.
Wednesdays | 12:30-1:30 PM
Mar. 4 • Mar. 18 • Apr. 1

Free Walking at RecPlex
420 W. Dempster St.
Seniors can walk the gym
Tuesdays | 9:00 AM-12:00 PM



Introducing the New GENCenter (formerly the Frisbie Senior Center)

After over 20 years as the Frisbie Senior Center, the organization is entering a new chapter with a fresh name, a new look, and a forward-thinking mission!

While the name is changing, organization's heart remains the same. GenCenter is building to create an even more inclusive and impactful community hub.

For more information visit the GENCenter at 52 E. Northwest Highway, Des Plaines or visit GenCenter at www.genctr.org.



Kenneth Young Center's Memory Café is a free, supportive social event for people living with memory impairments and their caregivers. The Café is held on Friday's from 12:30 to 2:00 p.m.

Kenneth Young Center
1001 Rohlwing Road Elk Grove Village, IL 60007
March 20 & April 17

Rolling Meadows Park District
3705 Pheasant Drive Rolling Meadows, IL 60008
March 13 & April 10

Please register by calling 847-524-8800 ext. 124
Registration is required

kennethyoung.org

District 214 Community Education
Gold Card Club

NEW! Complimentary Admission to Sporting Events

Seniors 62+ who reside within District 214 can now enjoy free entry to District 214 athletic events (excluding IHSA State series games).

Plus, Enjoy These Member Benefits:

- Free admission to select Fine & Performing Arts concerts and performances
- Discounted rates on hundreds of Community Education classes and workshops

Celebrate our students, stay connected, and take advantage of these exciting community opportunities—all with your D214 Gold Card!

Apply today! ce.d214.org/goldcard • **847-718-7700**

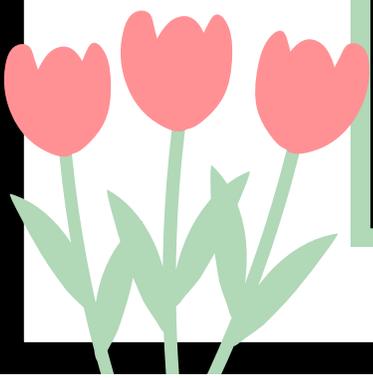


SENIOR BUZZ SPRING WORD SEARCH



- APRIL
- BUMBLE BEE
- BLOOM
- BREEZE
- BUTTERFLY
- FLOWER
- MARCH
- MAY
- MUD
- POLLEN
- RAIN
- SEEDS
- SPROUT
- SPRING
- TULIP

M	A	R	C	H	A	D	M	U	D	Y	E	B
B	R	C	D	T	P	U	C	H	I	J	B	U
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R	T	U	J	B	R	E	E	Z	E	B	F	E
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C	K	W	F	Y	R	E	B	E	M	A	Y	O



COMMUNITY EVENTS IN AND AROUND MOUNT PROSPECT



TUESDAY, MARCH 3, 9:00 a.m. - 12:00 p.m. | Free Senior Walking at RecPlex
Mt. Prospect Park District | 420 W. Dempster Street | Free walking at RecPlex. For more information, visit www.mppd.org or call (847) 640-1000. **Runs every Tuesday in March.**



THURSDAY, MARCH 5, 10:00 a.m. - 11:00 a.m. | B(OLDER) U Exercise Program for Seniors
St. Marks Church 200 S. Wille Street | The program focuses on exercising all parts of the body to increase strength, endurance. For more information email stmarkmp@stmarkmp.org or call (847) 253-0631. **This program runs every Thursday.**

THURSDAY, MARCH 5, 7:00 p.m. | Drop-In Crochet and Knit Group at Mount Prospect Public Library, 10 S. Emerson Street | Bring your latest crochet or knit and share your enthusiasm with other needlecrafters. No registration required. *This program runs the first Thursday of each month.* For more information visit www.mppl.org or call (847) 253-5675.



FRIDAY, MARCH 6, 1:00 p.m. | Pick-up Fish Fry Fridays at GENCenter
52 E. Northwest Highway, Des Plaines | A pick-up Friday Fish Fry at the GENCenter. Every Friday in March. Members: \$10/Non-Members \$12. Reservations are required one week in advance. Choice of cod or shrimp served with fries, coleslaw and water. For a reservation call the Gen Center at (847) 768-5944 and more information visit www.genctr.org.



TUESDAY, MARCH 10, 7:00 p.m. | Bunco Night at Mount Prospect Historical Society Central School | 103 S. Maple Street | Join Mount Prospect Historical Society for a lighthearted evening of good company and great laughs! No bunco experience needed – just bring a friend or two and enjoy the game. Adults only. Suggested donation: \$5.00. For more information, and to register visit www.mtphist.org.



WEDNESDAY, MARCH 11, 10:00 a.m. - 12:00 p.m. | Bessie's Workbasket at Mount Prospect Historical Society Central School, 103 S. Maple Street | Join MPHS for our beginner-friendly macrame plant hanger class. Please bring a 4-6 inch empty pot. All other supplies will be provided. Cost: \$10. For more information, and to register visit www.mtphist.org.



THURSDAY, MARCH 12, 7:00 p.m. | Book Club at Mount Prospect Historical Society Central School, 103 S. Maple Street | 103 S. Maple Street | Join Mount Prospect Historical Society as we dive into the extraordinary life of Marquis de Lafayette with "Lafayette in the Somewhat United States" by Sarah Vowell and/or "The Hero of Two Worlds" by Mike Duncan. For more information, and to register visit www.mtphist.org.



SUNDAY, MARCH 15, 3:00 p.m. | A St. Patrick's Day Concert with "The Galway Gals presented by D214 Community Education | Get into the spirit of St. Patrick's Day with an afternoon of lively Irish music and beloved classics! Tickets are \$20 each. For tickets call (847) 718-7700 visit www.ce.D214.org/events or email ce@d214.org.



MONDAY, MARCH 16, 11:00 a.m. | Password Safety at Mount Prospect Public Library
10 S. Emerson Street | Join Mount Prospect Public Library and Mike Gershbein from **Very Smart People**, who will show you how to create safe passwords, and use password managers to make your online life easier. To register, visit www.mppl.org or call (847) 253-5675.



FRIDAY, MARCH 17, 11:30 a.m. | St. Paddy's Luncheon at GENCenter
52 E. Northwest Highway, Des Plaines | Enjoy a traditional Irish meal consisting of corned beef and cabbage with potatoes and carrots. There will be entertainment and dessert. Members: \$12/Non-Members \$15. Advance reservation are required. Call the Gen Center at (847) 768-5944. For more information visit www.genctr.org.



THURSDAY, MARCH 19, 4:00 p.m. | Intergenerational Program at GENCenter
52 E. Northwest Highway, Des Plaines | Join members from the Des Plaines Youth Commission for puzzles and pizza. Advanced registration required. To reserve a spot call GENCenter at (847) 768-5944. For more information, visit www.genctr.org.

COMMUNITY EVENTS IN AND AROUND MOUNT PROSPECT



TUESDAY, MARCH 24, 10:30 a.m. | Movies at Mount Prospect Public Library

10 S. Emerson Street | Movie: *Hidden Figures*; to register, visit www.mppl.org or call (847) 253-5675.



SUNDAY, MARCH 29, 9:30 a.m. - 4:30 p.m. | Beach Boys Tribute at Jacob Henry Mansion with Prospect Heights Park District

Spend the day with other active Adults to hear the four-part harmonies that defined a generation, delivered by a cast of performers who have been perfecting this tribute since 2015. Cost: \$89. For more information and to register call (847) 394-2848 or visit www.phparks.org.



TUESDAY, APRIL 7, 9:00 p.m. - 12:00 p.m. | Free Senior Walking at RecPlex

Mt. Prospect Park District, 420 W. Dempster Street | Free Walking at RecPlex. For more information, visit www.mppd.org or call (847) 640-1000. *Runs every Tuesday in April.*



WEDNESDAY, APRIL 8, 7:00 p.m. | Bessie's Workbasket at Mount Prospect Historical Society

Central School, 103 S. Maple Street | Brighten up your table or door with a mesh ribbon candle holder or wreath. You will learn the techniques to make a statement piece for spring. Cost: \$10. For more information and to register visit www.mtphist.org.



SUNDAY, APRIL 12, 3:00 p.m. | Arlington Jazz Exchange Presents: "Jazz Royalty" Concert

Forest View Educational Center, 2121 S Goebbert Road, Arlington Heights | The Arlington Jazz Exchange (AJE) is an all-volunteer group featuring 17 instrumentalists and 1 vocalist, dedicated to the study and performance of big band jazz music. Admission is free, donations at the door are welcome and appreciated. Seating is limited, reserving a ticket in advance is recommended to guarantee a seat. For more information call (847) 718-7700 or visit www.ce.D214.org/events.



SUNDAY, APRIL 19, 3:00 p.m. - 4:30 p.m. | Arlington Heights Community Concert Band Presents: "A Concert for Viewers Like You"

Forest View Educational Center, 2121 S. Goebbert Road, Arlington Heights | The all volunteer band prides itself on spreading the love and knowledge of music with the local community with free concerts. Admission is free, donations at the door are welcome and appreciated. Seating is limited, reserving a ticket in advance is recommended to guarantee a seat. For more information, call (847) 718-7700 or visit www.ce.D214.org/events.



WEDNESDAY, APRIL 22, 7:00 p.m. | Prospect High School Spring Musical - Something Rotten!

801 W. Kensington Road | Don't miss Prospect High's production of Something Rotten! a witty, song-filled tribute to Broadway and Shakespeare. Cost: \$15 Adults/\$10 Students & Seniors. Ticket are available at www.phsfinearts.com/theater. *Show runs from April 22 through April 25.*



THURSDAY, APRIL 23, 10:30 a.m. - 5:30 p.m. | Father of the Bride at Drury Lane with Prospect Heights Park District

110 W. Camp McDonald Road | Spend the day with other Active Adults to see **Father of the Bride** a timeless comedy that captures the whirlwind of emotions, from the sticker shock of the catering bill to the bittersweet realization that a daughter is truly growing up. Lunch before the show. Cost: \$99.00 For information and to register call (847) 394-2848, or visit www.phparks.org.

THURSDAY, APRIL 23, 7:00 p.m. | Mount Prospect Stories: Bringing the Spirit of '76 at Mount Prospect Public Library

10 S. Emerson Street | Join MPPL and , Mount Prospect Historical Society Director Emily Dattilo to take a look at the last big national anniversary: the 1976 Bicentennial and the many ways that Mount Prospect celebrated this national milestone. To register, visit mppl.org, or call (847) 253-5675.



TUESDAY, APRIL 28, 10:30 a.m. | Movies at Mount Prospect Public Library

10 S. Emerson Street | Movie: *Sully*; to register, visit www.mppl.org or call (847) 253-5675.



Village of Mount Prospect
50 S. Emerson Street
Mount Prospect, IL 60056

PRSRT STD
U.S. Postage
PAID
Mount Prospect, IL
Permit No. 13
CR RT

SENIOR BUZZ NEWSLETTER

HUMAN SERVICES DEPARTMENT STAFF MEMBERS

Director: Julie Kane
Deputy Director: Esther Salutillo
Senior Services Social Worker: Ginny Thomas
Police Social Worker: Karyn Nelson
Police Social Worker: Sandy Ziesak
Community Social Worker: Jhoana Mendoza-Torres
Community Social Worker: Jacqueline Damian

Public Health Nurse: Nicole Cooper-Ffrench
Senior Activities Coordinator: Lisa Tenuta
Office Manager: Esther Grimaldo
Administrative Assistant: Rosa Gonzalez
Administrative Assistant: Slav Mirkovic
Therapy Dog: Hoover

Human Services
50 S. Emerson St.
Mount Prospect, IL 60056
Phone: (847) 870-5680
Community Connections Center
1711 W. Algonquin Rd.
Mount Prospect, IL 60056
Phone: (847) 506-4930

SENIOR APPRECIATION COMMUNITY LUNCHEON



SHARING A MEAL, SHARING GRATITUDE

WHEN & WHERE

Friday, May 8
11:30 a.m. - 1:30 p.m.

LOCATION

Mount Prospect Village Hall
Farley Community Room
50 S. Emerson Street

THE DETAILS

- ENTERTAINMENT
- SELF-CARE
- LUNCH

Call the Human Services Department at 847-870-5680 to register.

REGISTRATION BEGINS ON MONDAY, MARCH 16
REGISTER BY FRIDAY, APRIL 24
MOUNT PROSPECT RESIDENTS ONLY

