



September - October 2026

# SENIOR BUZZ NEWSLETTER



MOUNT PROSPECT AGING IN COMMUNITY INITIATIVE

## Older Adult Health & Wellness Expo



**Thursday, September 3**

9:30 - 11:30 a.m.

Mount Prospect Village Hall  
50 S. Emerson Street



### JOIN US FOR:

- HEALTH SCREENINGS
- VACCINE CLINIC\*
- INFORMATION
- LOCAL RESOURCES

**Free event! All are welcome.**

No registration required. Call  
(847) 870-5680 with questions.

*\*BRING YOUR PRESCRIPTION  
CARD & MEDICAL INSURANCE CARD*



A PART OF THE AGING IN COMMUNITY INITIATIVE:

### FUEL, MOVE, CONNECT:

The Pillars of Healthy Aging



Join us for a special community health event on aging well! Learn practical tools for a happier, healthier lifestyle from a multidisciplinary team of health and wellness experts. They'll team up to discuss the three essentials: moving safely, eating right for sustained energy, and staying socially connected.

Wednesday, October 7 | 2:00 - 3:00 p.m.  
Village Hall, Farley Community Room  
50 S. Emerson Street

Registration required. To register,  
call the Human Services Department  
at (847) 870-5680.

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Join us for a nutrition & health promotion program that combines bingo with education & fun inclusive exercises for everyone!

- 5 week program
- 1 class per week (5 total)
- Must be a Mount Prospect resident to attend



**Wednesdays**

**November 4 - December 2**  
**1:00 - 2:30 p.m.**



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



Space is limited.

**Registration begins October 1.**

Register by calling (847) 870-5680

## Medical Lending Closet

The Medical Lending Closet provides Mount Prospect residents with a short-term alternative to purchasing expensive medical equipment. Residents may borrow most equipment free of charge for up to 3 months.



Located at Mount Prospect Village Hall  
in the Human Services Department.

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.

## VILLAGE OF MOUNT PROSPECT

# FIT 4 LIFE FRIDAYS!

**10:00 - 10:45 a.m.**

All classes are seated and held in the Farley Community Room, 50 S. Emerson Street.

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

**NOTE: Friday, September 25**  
**join us for Tai Chi pop-up**  
**class**

**Zumba®Gold**  
**Chair with**  
**Natalia**

**Seated**  
**Exercise with**  
**Village Nurse**

**Whole Body**  
**Wellness**  
**with Angela**

**1<sup>st</sup> Friday: 9/4 & 10/2**  
**Easy-to-follow seated**  
**Zumba® for balance &**  
**coordination**

**2nd, 4th, & 5th Friday:**  
**9/11, 10/9, 10/23, 10/30**  
**A fun, low-impact workout**

**3rd Friday: 9/18 & 10/16**  
**A program to boost**  
**posture, lungs, and joint**  
**mobility**



# HEALTH SCREENING CLINICS



## APPOINTMENTS REQUIRED



*Village Hall*  
*Human Services Department*  
*50 S. Emerson Street*  
Every Tuesday from  
9:00 - 11:00 a.m.

*Community Connections Center*  
*1711 W. Algonquin Road*  
Schedule a one-on-one appointment  
with the Village Nurse.

### Clinic services provided are:

Blood Pressure Reading (free)  
Heart Rate (free)  
Oxygen Saturation Level (free)  
Fasting Blood Glucose (free)  
Total Cholesterol Screening (\$2.00 charge)  
Complete Lipid Panel (\$20.00 charge)  
A1C Testing (\$20.00 charge)

Must be a Mount Prospect resident. Please call (847) 870-5680 for appointments.



## PREMISE ALERT PROGRAM (PAP)

BRIDGES THE GAP BETWEEN DISPATCH AND YOUR FAMILY'S NEEDS



### WHAT IT IS:

THE PREMISE ALERT PROGRAM (PAP) IS A CONFIDENTIAL DATABASE MAINTAINED BY THE NORTHWEST CENTRAL DISPATCH SYSTEM (NWCDS). IT PROVIDES VITAL INFORMATION TO MOUNT PROSPECT POLICE, FIRE, AND EMS PERSONNEL BEFORE THEY ARRIVE AT THE SCENE OF AN EMERGENCY.

### WHO IT IS FOR:

DATABASE ENTRIES ARE MADE AT THE REQUEST OF INDIVIDUALS, FAMILIES, OR CAREGIVERS ON BEHALF OF RESIDENTS WITH DISABILITIES OR SPECIAL MEDICAL NEEDS.

### HOW IT WORKS:

WHEN AN EMERGENCY CALL IS PLACED, THE PAP AUTOMATICALLY ALERTS PUBLIC SAFETY PERSONNEL TO THE RESIDENT'S SPECIFIC NEEDS, ENABLING MOUNT PROSPECT'S FIRST RESPONDERS TO QUICKLY IDENTIFY INDIVIDUALS REQUIRING SPECIALIZED ASSISTANCE, ADAPT THEIR RESPONSE STRATEGIES, AND ENHANCE OVERALL SAFETY DURING A CRISIS.

### HOW TO REGISTER:

FAMILIES OR INDIVIDUALS MUST COMPLETE BOTH REQUIRED PREMISE ALERT PROGRAM NOTIFICATION FORMS AND SUBMIT THEM DIRECTLY TO THE MOUNT PROSPECT POLICE RECORDS SECTION FOR PROCESSING. THE FORMS AND ADDITIONAL DETAILS CAN BE FOUND ONLINE AT [WWW.MOUNTPROSPECT.ORG/DEPARTMENTS/MPPD/HOW-DO-I/PREMISE-ALERT-PROGRAM](http://WWW.MOUNTPROSPECT.ORG/DEPARTMENTS/MPPD/HOW-DO-I/PREMISE-ALERT-PROGRAM).

PRESENTED IN PARTNERSHIP BY THE VILLAGE OF MOUNT PROSPECT HUMAN SERVICES, POLICE, FIRE, AND EMERGENCY MANAGEMENT

## HUMAN SERVICES



**WITS  
WORKOUT™**



Engage in a series of challenging puzzles and brain teasers designed to help you discover how to keep your brain sharp and healthy!



Village Hall, 50 S. Emerson Street  
Farley Community Room



**THURSDAYS: OCTOBER 8 & 15,  
NOVEMBER 5 & 12 | 10:00 - 11:30 A.M.**  
**NO CLASS OCTOBER 22 & 29 DUE TO EARLY VOTING  
IN THE COMMUNITY ROOM.**



**MOUNT PROSPECT RESIDENTS ONLY**  
**FOUR SESSION COMMITMENT REQUESTED**  
**REGISTRATION REQUIRED BY OCTOBER 1**



**REGISTER WITH THE HUMAN SERVICES DEPARTMENT**  
**AT (847) 870-5680.**



## SENIOR GAME DAY

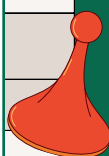
COME PLAY OLD FAVORITES,  
LEARN A NEW GAME, & CONNECT!  
CARD, BOARD, DICE GAMES, & MORE

**SEPTEMBER 14 AND  
OCTOBER 5**

**9:30 - 11:00 a.m.**

VILLAGE HALL  
FARLEY COMMUNITY ROOM  
50 S. EMERSON STREET

**NO REGISTRATION REQUIRED**



## FOOD DRIVE



**Help Restock The Mount Prospect Food Pantry**



**COSTCO  
Randhurst Village**

99 N. Elmhurst Road  
Saturday, October 10  
9:30 a.m. - 4:30 p.m.

## IMPORTANT NOTICE! Changes to Medicare Part D Assistance

Please note that the Human Services Department is no longer scheduling Medicare Part D SHIP Counselor appointments.

As a reminder, the Medicare Annual Open Enrollment period runs from October 15 to December 7.

**SHIP APPOINTMENTS:**  
**Call a site below every September to schedule a session with a SHIP Counselor.**

- Advocate Lutheran General Hospital: (847) 723-7277
- Arlington Heights Senior Center: (847) 253-5532
- GENCenter - Formerly Frisbie: (847) 768-5942
- Elk Grove Township: (224 ) 220-0942
- Kenneth Young Center: (847) 524-8800
- Palatine Township Senior Center: (847) 991-1112
- Wheeling Township: (847) 259 -7730



**Questions? Call the Human Services  
Department at (847) 870-5680**



## SENIOR CONNECTIONS

**CONNECT WITH YOUR COMMUNITY**  
**FARLEY COMMUNITY ROOM AT**  
**VILLAGE HALL, 50 S. EMERSON ST.**  
**THURSDAY, OCTOBER 1**



**9:00 a.m.** Presentation by the Public Works Department - Tree Selection and Maintenance  
**9:45 a.m.** Village updates  
**10:00 a.m.** Q & A and socialize with your neighbors

Refreshments will be served. Mount Prospect residents only. Questions? Call (847) 870-5680.



**PLEASE NOTE:** Next Senior Connections is on Thursday, November 19

**Village Hall will be closed to the public on Monday, September 7 in observance of Labor Day.**  
**We will be also closed on Monday, October 12 for in-service day.**



## SENIOR SEATED SOUND BATH MEDITATION

Nurture your mind and body | No yoga mat required! Join us for a deeply relaxing Seated Sound Bath Meditation designed to support your well-being. Simply sit back and let the soothing vibrations of singing bowls wash over you. Beginners welcome!

### Benefits

- Relaxation & mindfulness
- Brain stimulation for memory and focus
- Quiet reflection

### What to bring

- A shawl or small blanket (if desired)
- A pillow for extra comfort (if interested)
- An open heart & mind

**Thursday, November 19**

**1:30 - 2:30 p.m.**

**Village Hall, 50 South Emerson Street  
Farley Community Room**



Registration begins on Monday, October 5.  
Call the Human Services Department at  
(847) 870-5680.

**MOUNT PROSPECT RESIDENTS  
ONLY | SPACE IS LIMITED**

## TRANSPORTATION RESOURCE FAIR

Presented by the  
Village of Mount Prospect  
Aging in Community Initiative



**Tuesday, September 29**



**2:00 - 3:30 p.m.**



**Village Hall, 50 S. Emerson St.  
3<sup>rd</sup> Floor Board Room**

Learn about transit options for seniors and persons with disabilities from the providers that serve our community. This free event starts with a presentation and is followed by a resource fair. Attendees will have the opportunity to complete transit applications on site.



### Registration required:

Call the Human Services  
Department at (847) 870-5680

**Speakers Include:** Connections to Care, PACE,  
RTA, Wheeling Township, Elk Grove Township



## Looking for local resources and programs tailored for older adults?



The Human Services Department makes this information easily accessible at  
Senior Services webpage: [www.mountprospect.org/humanservices](http://www.mountprospect.org/humanservices)

### SENIOR ACTIVITIES:

Stay active, engaged,  
and connected with  
local community  
programming. ✓

### SENIOR SOCIAL WORK SERVICES:

Access direct services  
and linkage to resources  
and information. ✓

### SENIOR BUZZ NEWSLETTER:

Read the most recent  
edition to stay up to  
date on news, events,  
and schedules. ✓

## FIRE DEPARTMENT

### MOUNT PROSPECT FIRE DEPARTMENT

# OPEN HOUSE

AT RANDHURST VILLAGE

SEPTEMBER 12, 2026  
10AM - 2PM



ACTIVITIES INCLUDE:  
KIDS FIRE POLE  
KIDS COMBAT CHALLENGE  
FIRE SAFETY PROGRAMS  
SPECIAL TEAM DEMOS  
SENSORY FRIENDLY AREA

FIRE TRUCKS & AMBULANCES, EMERGENCY MANAGEMENT DISPLAY,  
POLICE VEHICLES, LOCAL COMMUNITY PARTNERS, NORTHWEST CENTRAL  
DISPATCH, PRIZES & GIVEAWAYS, HOT DOGS & ICE CREAM

VISIT US: [WWW.MOUNTPROSPECT.ORG/FIREDEPARTMENT](http://WWW.MOUNTPROSPECT.ORG/FIREDEPARTMENT) OR [FACEBOOK.COM/MOUNTPROSPECTFD](https://FACEBOOK.COM/MOUNTPROSPECTFD)

## PUBLIC WORKS DEPARTMENT

### FALL YARD WASTE & BRUSH COLLECTION REMINDERS

As fall approaches, the Village provides free curbside collection of brush and organic yard waste on your regularly scheduled garbage day. Items may be placed at the curb starting at 4:30 p.m. the day before and must be set out by 6:30 a.m. on collection day.

#### Brush Collection

Residents may place an unlimited amount of properly prepared brush at the curb for collection at no additional cost. No sticker is required.

**Requirements:** Branches must be under 3.5 inches in diameter, under 5 feet long, under 50 lbs., and tied with biodegradable twine or cloth (no wire or plastic). Brush bundles are collected on your regular garbage collection day.



#### Yard Waste & Leaves

Dispose of leaves, grass, and organic yard waste using either biodegradable kraft paper bags or rigid containers (up to 95 gallons; containers 32+ gallons must be wheeled carts).

**Important:** Leaves, grass clippings, and other yard waste should never be placed in plastic bags. Individual bags and smaller containers must not exceed 32 gallons or 50 lbs.

Preparing materials correctly helps ensure safe, efficient collection for both residents and collection crews. Thank you for helping keep our community clean!

For more information on yard waste, leaf, and brush collection, visit the Village of Mount Prospect Public Works website at [www.mountprospect.org/publicworks](http://www.mountprospect.org/publicworks) or call (847) 870-5640.

PUZZLE ANSWERS: First Row: HARVEST, APPLE CIDER, SCARECROW, PERSIMMON, LEAVES  
Second Row: ACORN, PUMPKIN, OCTOBER, HAYRIDE, CINNAMON

## POLICE DEPARTMENT

### DON'T GET PUSHED INTO BUYING SOMETHING OR SIGNING UP FOR SOMETHING AT YOUR DOOR

Solicitors can sometimes be very persistent and disruptive. Here are a few quick reminders to keep you safe and comfortable in your home:



- Don't open your door to anyone you don't know. Speak through the locked door, use an intercom or video doorbell.
- You are not obligated to answer questions, accept flyers, or let anyone into your home.
- You have the right to say "No" and ask them to leave your property immediately - even if you are approached outside in your yard.
- If they refuse to leave or continue to pressure you, call the police right away to have an officer come out and assist you.

**NOTE:** Here in Mount Prospect, all calls for police service are made by calling 911, not just emergencies. Share this with your neighbors and friends to help keep our community safe!

## MOUNT PROSPECT PUBLIC LIBRARY

### TRUE CRIME: FINANCIAL FRAUD

**Monday, September 14, 2:00 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.

### CHOOSING YOUR MEDICARE SUPPLEMENT INSURANCE POLICY

**Tuesday, October 6, 2:00 p.m.**

Tom Kilkenny from Weiss Financial Ratings will provide helpful guidance needed to navigate Medicare supplement options with a Medicare Supplement Insurance Buyers' Guide.

### UNDERSTANDING MEDICARE CHOICES

**Monday, October 12, 7:00 p.m.**

Join financial educator Karen Chan for an overview of Medicare options to help you understand your choices, avoid costly mistakes, and select coverage that fits your healthcare needs.

*All programs will be held at the Mount Prospect Public Library, 10 S. Emerson Street. Registration required at [www.mppl.org](http://www.mppl.org) or by calling (847) 253-5675.*



## 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](mailto:homebound@mppl.org).**



Mount Prospect  
Public Library

[mppl.org](http://mppl.org) | 847-253-5675

10 S. Emerson St., Mount Prospect, IL 60056

## PARK DISTRICT INFORMATION

### SIMPLY ELTON AT JACOB HENRY MANSION

Prospect Heights Park District  
104 W. Camp McDonald Road  
Thursday, September 10 | Trip cost: \$89  
9:30 a.m. - 4:00 p.m.

Join other active adults for a celebration of the legendary Sir Elton John. This is more than just a tribute show, it's an Elton Concert experience, spanning decades of iconic hits. Prospect Heights Park District will start the day with a self-guided tour of the Jacob Henry Mansion followed by lunch and show. For information and to register, call (847) 394-2848 or visit [www.phparks.org](http://www.phparks.org).



### FITZGERALD'S FISH BOIL DINNER

Prospect Heights Park District  
Thursday, October 8  
3:00 - 7:00 p.m. | Trip cost: \$59

Join other active adults for a delicious getaway to Fitzgerald's Genoa Junction, one of Northern Illinois' hidden dining gems! This charming restaurant is housed in a beautifully restored Victorian-style building known for its distinctive octagonal design and sun-filled dining room. For information and to register, call (847) 394-2848 or visit [www.phparks.org](http://www.phparks.org).



PROSPECT HEIGHTS PARK DISTRICT PRESENTS  
**GOLDEN YEARS WELLNESS EXPO**  
MON., OCTOBER 12 | 10:00A-2:00P  
110 W. Camp McDonald Road, Prospect Heights  
For more information, call (847) 394-2848 or visit [www.phparks.org](http://www.phparks.org)

### OUTDOOR WALKING YOGA

River Trails Park District

Thursdays, October 8 - 29

5:00 - 6:00 p.m.

Cost: \$49 resident/\$53 non-resident

Refresh your mind and body with Outdoor Walking Yoga low-impact, stress-relieving practice open to all fitness levels.

No experience needed. To register, call (847) 255-5380 or visit [www.rtpd.org](http://www.rtpd.org).



# Senior Offerings

For details, call **847-640-1000** or visit [mppd.org](http://mppd.org)

**Resident** \$127  
**Non-Resident** \$137  
**The Art Studio**  
1326 W. Central Rd.

**Try a Class at the Art Studio!**

**Watercolor for Adults**

|                           |                |       |
|---------------------------|----------------|-------|
| Tuesday, 1:00-3:30 PM     | Sep. 1-Oct. 13 | 52852 |
| Tuesday, 9:30 AM-12:00 PM | Oct. 20-Dec. 8 | 52853 |

**Creative Pastels**

|                       |                |       |
|-----------------------|----------------|-------|
| Tuesday, 1:00-3:30 PM | Sep. 1-Oct. 13 | 52856 |
| Tuesday, 1:00-3:30 PM | Oct. 20-Dec. 8 | 52857 |

**Oil or Acrylic Painting Studio Time**

|                          |                |       |
|--------------------------|----------------|-------|
| Wednesday, 12:30-3:00 PM | Sep. 2-Oct. 14 | 52854 |
| Wednesday, 12:30-3:00 PM | Oct. 21-Dec. 9 | 52855 |

**\$1 BINGO Bonanza**

**RecPlex**  
420 W. Dempster St.

**Wednesdays**  
**12:30-1:30 PM**

Sep. 2 • Sep. 16 • Sep. 30  
Oct. 14 • Oct. 28  
Nov. 18 • Dec. 2

**Free Walking at RecPlex**  
420 W. Dempster St.  
Seniors can walk the gym

**Tuesdays**  
**9:00 AM-12:00 PM**

## COMMUNITY SPOTLIGHT

### B(older) U

### Be Older + Be U

A Ministry of St. Mark Lutheran Church

Celebrate aging with purpose!

St. Mark Lutheran Church offers engaging activities and presentations to help you stay active, independent, and do what you love.

All community members and friends are welcome!

**St. Mark Lutheran Church**  
**200 S. Wille Street,**  
**Mount Prospect**

**Join St. Mark Lutheran Church:  
September Lunch and Learn  
Bringing the Spirit of '76 to Mount Prospect  
Presented by Emily Dattilo  
from the Mount Prospect Historical Society**



Emily will highlight how Mount Prospect marked the 1976 U.S. Bicentennial through local patriotic events, a newly designed water tower, and a special visit from the American Freedom Train.

**WHEN:** September 24 – 11:30 a.m. – 1:00 p.m.

**WHERE:** Great Room, St. Mark Lutheran Church

\$10 suggested lunch donation. RSVP to the church office (847) 253-0631 | stmarkmp@stmarkmp.org by Tuesday, Sept 21.

B (older) U exercise program will resume on Thursday, September 17. Class will meet every Thursday morning from 10:00 - 11:00 a.m. for seated chair exercises in the Great Room.

## SENIOR BUZZ PUZZLE



# THE GREAT AUTUMN WORD SCRAMBLE



**Instructions: Unscramble these classic autumn words!**

TREAVESHA

\_\_\_\_\_

EPAPL RCEDI

\_\_\_\_\_

CRERSAECW

\_\_\_\_\_

ENMTSAPTI

\_\_\_\_\_

AEFSVEL

\_\_\_\_\_

OACRN

\_\_\_\_\_

MUPNIPKI

\_\_\_\_\_

OERCTOB

\_\_\_\_\_

AERYAH

\_\_\_\_\_

ISMNATNEO

\_\_\_\_\_



Answer key for AUTUMN WORD SCRAMBLE on page 6



## SEPTEMBER

### **SATURDAY, SEPTEMBER 5, 3:00 - 8:00 p.m. | Lions Club Bluesmobile Cruise Nights**

Downtown Mount Prospect in the east commuter lot at the SE corner of Northwest Highway and Maple | Cruise Nights happen every Saturday in September (weather permitting). Join the Lions Club this week as they welcome Volkswagen Night! Visit [www.mplions.org](http://www.mplions.org) for more information.

### **WEDNESDAY, SEPTEMBER 9, 7:00 - 9:00 p.m. | Bessie's Workbasket at Mount Prospect Historical Society**

Central School, 103 S. Maple Street | Join Mount Prospect Historical Society for their **Knit Like a Viking** class. Create a Viking knit with wire that results in a beautiful, tubular woven chain! Mount Prospect Historical Society will provide materials and step-by-step instructions. This is a beginner friendly activity. Space is limited. Cost: \$10 members; \$15 non-members. For more information, call (847) 392-9006. To register visit [www.mtphist.org](http://www.mtphist.org).

### **THURSDAY, SEPTEMBER 10, 2:00 p.m. | Movies at Mount Prospect Public Library**

10 S. Emerson Street | Join Mount Prospect Public Library for a screening of "Wolfs." To register, visit [www.mppl.org](http://www.mppl.org) or call (847) 253-5675.

### **SUNDAY, SEPTEMBER 13, 8:00 a.m. - 1:00 p.m. | Lions Club Farmers Market**

Downtown Mount Prospect in the west commuter lot at the SE corner of Northwest Hwy. and Main St. (IL Route 83) | Join the Lions Club for their weekly farmers market happening every Sunday through October 25. Come rain or shine! Come check out one of the best farmers markets in the Chicago suburbs! Visit [www.mplions.org](http://www.mplions.org) for more information.

### **MONDAY, SEPTEMBER 14, 2:00 p.m. | True Crime: Financial Fraud at Mount Prospect Public Library**

10 S. Emerson Street | 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. To register, visit [www.mppl.org](http://www.mppl.org) or call (847) 253-5675.

### **TUESDAY, SEPTEMBER 15, 9:00 a.m. - 12:00 p.m. | Free Senior Walking at RecPlex**

Mt. Prospect Park District, 420 W. Dempster Street | Hot outside and want to walk? Join Mt. Prospect Park District for FREE walking at RecPlex. For more information, please visit [www.mppd.org](http://www.mppd.org) or call (847) 640-1000. **Runs every TUESDAY in September.**

### **FRIDAY, SEPTEMBER 18, 4:00 - 11:00 p.m. | Oktoberfest & Fall Festival**

Intersection of Emerson Street & Busse Avenue | Celebrate the season at Downtown Mount Prospect's Oktoberfest & Fall Festival, a two-day event filled with music, food, family fun, and community spirit. This beloved tradition brings together Mount Prospect's rich heritage with autumn festivities for all ages. This program continues on Saturday, September 19. For event schedule visit [www.mpdowntown.com](http://www.mpdowntown.com).

### **TUESDAY, SEPTEMBER 29, 7:30 - 9:30 a.m. | Fall Bird Walks with Prospect Heights Park District**

You are invited to join walk leader, Cyndi Lubecke, to lead you around the Slough at Izaak Walton Park, experiencing the wonder of birds and learning how to spot birds and identify them. Learn where to look for birds in your community and how to adjust binoculars for your eyes. All ages are welcome. FREE class. For more information and to register, call (847) 394-2848 or visit [www.phparks.org](http://www.phparks.org).

### **TUESDAY, SEPTEMBER 29, 12:00 - 3:00 p.m. | Cemetery Walk at Mount Prospect Historical Society Central School**

St. John Lutheran Cemetery, 1100 Linneman Road | The Mount Prospect Historical Society's Cemetery Walk invites the community to step back in time and meet some of the Village's most notable residents from the past. Costumed actors will bring these former citizens to life, sharing their stories and shedding light on the early days of Mount Prospect. For program cost and registration, call (847) 392-9006. To register, visit [www.mtphist.org](http://www.mtphist.org).



## OCTOBER

### **SUNDAY, OCTOBER 4, 8:00 a.m. - 1:00 p.m. | Lions Club Farmers Market**

Downtown Mount Prospect in the west commuter lot at the Southeast corner of Northwest Highway and Main Street (IL Route 83) | Join the Lions Club for their weekly Farmers market every Sunday and note that the season is ending on October 25. Come rain or shine! Come check out one of the best farmers markets in the Chicago suburbs! Visit [www.mplions.org](http://www.mplions.org) for more information.

### **MONDAY, OCTOBER 5, 9:30 - 11:30 a.m. | Senior Game Day**

Village Hall, 50 S. Emerson Street, Farley Community Room | Come on down to the Farley Community Room for our monthly GAME DAY! We have card games, board games, unique games, and great company! No need to RSVP - just show up ready to have fun, sharpen your skills, and connect with fellow older adults in the community. Any questions? Call the Human Services Department at (847) 870-5680.

### **TUESDAY, OCTOBER 6, 9:00 a.m. - 12:00 p.m. | Free Senior Walking at RecPlex**

Mt. Prospect Park District, 420 W. Dempster Street | Hot outside and want to walk? Join Mt. Prospect Park District for FREE walking at RecPlex. For more information, visit [www.mppd.org](http://www.mppd.org) or call (847) 640-1000. **Runs every TUESDAY in October.**

### **WEDNESDAY, OCTOBER 7, 2:00 - 3:30 p.m. | Pillars of Health**

Village Hall, 50 S. Emerson Street | Join Human Services for a special community health event on aging well! Learn practical tools for a happier, healthier lifestyle from a team of health and wellness experts. They'll team up to discuss the three essentials: moving safely, eating right for sustained energy, and staying socially connected. To register, call the Human Services Department at (847) 870-5680.

### **WEDNESDAY, OCTOBER 14, 7:00 - 9:00 p.m. | Bessie's Workbasket at Mount Prospect Historical Society**

Central School, 103 S. Maple Street | Test your creativity with this Japanese art form of transforming fabric scraps into mosaic pictures without using needles or thread. Combine fabric colors and patterns to complete a 3D masterpiece! No experience necessary. Bring a pair of sharp scissors, a seam ripper, or a metal nail file if you have them. If you would like to use your own fabric, you can bring that as well! Cost: \$10 for members/\$15 for non-members. To register or for more details, visit [www.mtphist.org](http://www.mtphist.org) or call (847) 392-9006.

### **SUNDAY, OCTOBER 18, 11:00 a.m. - 3:00 p.m. | Blacksmith Demonstration at Mount Prospect Historical Society**

101 S. Maple Street | Come see modern-day blacksmiths who will be on the lawn at Mount Prospect Historical Society. They will be showcasing the skill and strength behind this historic trade. Don't miss the chance to explore the John Meyn Blacksmith Shop exhibit, also open for viewing. It's a unique opportunity to witness history at work. Cost: FREE. For more information, visit [www.mtphist.org](http://www.mtphist.org).

### **MONDAY, OCTOBER 19, 5:00 - 7:00 p.m. | Frame-Worthy Watercolors: Paint, Create, and Display**

110 W. Camp McDonald Road | Prospect Heights Park District invites you to join their friendly instructor who will guide you step-by-step, from mastering watercolor washes to layering details that make your painting pop. No stuffy landscapes here, think vibrant colors, bold designs, and your own unique flair. Cost \$40. For more information and to register, call (847) 394-2848 or visit [www.phparks.org](http://www.phparks.org).

### **SUNDAY, OCTOBER 25, 1:45 p.m. | The Shakespeare Project of Chicago: Macbeth at Mount Prospect Public Library**

10 S. Emerson Street | Sponsored by the Library Foundation. This is about how a brave Scottish general's hunger for power - fueled by three witches and his ruthless wife that plunges him into a spiral of guilt and bloodshed. To register, visit [www.mppl.org](http://www.mppl.org) or call (847) 253-5675.

### **TUESDAY, OCTOBER 27, 10:30 a.m. | Movies at Mount Prospect Public Library**

10 S. Emerson Street | Join Mount Prospect Public Library for a screening of "The Martian." To register, visit [www.mppl.org](http://www.mppl.org) or call (847) 253-5675.



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

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## SENIOR BUZZ NEWSLETTER

### HUMAN SERVICES DEPARTMENT STAFF MEMBERS

Director: Julie Kane  
Deputy Director: Esther Salutillo  
Senior Services Social Worker: Ginny Thomas  
Police Social Worker: Sandy Ziesak  
Police Social Worker: Ivon Garcia  
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

**FREE!**

**BALLOON ARTIST**

**GIVE-AWAYS!**

**GET UP CLOSE WITH POLICE AND FIRE VEHICLES**

**POLICE**

**KONA ICE TRUCK!**

**PHOTO BOOTH**

**MEET OUR POLICE DOGS!**

**HERO THEMED: COME DRESSED AS YOUR FAVORITE HERO**

**FIVE-O FAMILY FEST**

**SATURDAY, SEPTEMBER 26, 1:00 – 3:30 p.m.**

**MOUNT PROSPECT POLICE HEADQUARTERS**

**911 E. KENSINGTON ROAD**

**\*Be a HERO and bring bath tissue and paper towels to support the Mount Prospect Food Pantry**

**SCAN FOR DETAILS AND PARKING INFORMATION**