

STICKNEY TOWNSHIP

News & Views

Fall 2024

Stickney Township Office Locations

SOUTH

5635 State Road
Burbank, IL 60459
708/424-9200

NORTH

6721 W. 40th Street
Stickney, IL 60402
708/788-9100

CENTRAL

4949 S. Long Avenue
708/458-4126

LOUIS S. VIVERITO SENIOR CENTER OFFICE ON AGING

7745 S. Leamington
Burbank, IL 60459
708/636-8850

WEBSITES

www.townshipofstickney.org
www.stickneypublichealthdistrict.org



A MESSAGE FROM YOUR TOWNSHIP SUPERVISOR

Ensuring the Legacy of our Local Heroes



Louis S. Viverito

As I write this, military conflict continues in both Eastern Europe and the Middle East. Soldiers embroiled in these conflicts put their lives on the line for what they believe in, just as American soldiers once did during the two World Wars. It has always been a priority of my administration to recognize those who are willing to sacrifice everything to defend our freedoms here at home.

To that end, it is with great pride that we have spearheaded the recent restoration and conservation of the World War II mural at the Stickney

Township North Clinic Building. The mural, located in the reception area, is more than 70 years old and commemorates World War II battles with an enlarged map and images of soldiers on the battlefield. (*See related story and photos on page 2.*)

Mounted in the vestibule of the building, plaques list the names of soldiers who served in the First and Second World Wars and offer families still living in the area an opportunity to see their loved ones memorialized. Long term residents may want to also look for familiar names.

Join us for an Open House at the North Community Center, November 8th, 10:30 am to 1 pm. Festivities include a presentation on the restored artwork and a remembrance of Stickney Township veterans who served in both world wars. Light refreshments will be served.

In addition to this celebration, our annual "Salute to Vets," will be held on December 6th at both the North Clinic and the LSV Senior Center. Veterans can look forward to lunch, entertainment and a commemorative gift. All local veterans are invited to attend and to bring memorabilia to display and be photographed with.

From recognizing the past, to looking ahead to the future, the leadership of Stickney Township has strived to provide services for both our senior and youngest residents.

Historical Mural Commemorating Vets Restored at North Community Center



A mural commemorating those who fought in World War II has been restored and preserved by Stickney Township at the North Community Center in Stickney. The artwork, more than 70 years old, is located in the building's lobby, adjacent to memorial plaques listing area residents who fought in both World Wars.

"It's our hope that local families whose relatives are listed there will not only be able to search for their relative's names, but enjoy the period art depicting the various battles for the foreseeable future," said Township Supervisor Louis S. Viverito.

To that end, the Township contracted with The Conservation Center, a Chicago

based company specializing in restoring and conserving artwork, including murals.

According to Tabitha Amoroso, Managing Director of the company, "We would describe this as wallpaper rather than

a mural, as a mural is typically painted directly onto the wall. In this case, the artwork consists of prints on paper, which have been mounted onto Masonite and then attached to the wall."

"Because the artwork is fixed to the wall, our conservators must employ specialized treatment techniques for filling areas of loss and flattening the surface," explained Amoroso.

"One of the key challenges with projects like this," continues Amoroso, "is that the artwork will be viewed from various angles. For example, our conservators might retouch an area while standing on scaffolding, but they will also need to assess whether the retouching appears visually consistent from a lower angle



or from different viewpoints around the space. This process ensures the final presentation is cohesive from all perspectives.”

Conservators Bozena Szynanski and Katrina Flores, joined by Lauren Luciano, spent two weeks working on-site to conserve the mural, which spans three walls of the lobby. Szynanski, a 35 year veteran of such work, studied in Poland, worked in Italy, Britain, and Germany before gaining a certificate in preservation processes at the George Eastman House, Rochester, NY.

Flores been doing conservation work for the past 13 years, has a background in photography and art history, and holds an advanced degree in paper conservation from the Camberwell College of Art, part of the University of the Arts, London.

Both have skills that align with the Township’s efforts, as much of the mural has photographic elements on paper. Part of the art was hand-painted, perhaps to bring back the original colors. Other parts appear to be photographic images.

Szynanski explains that “it was never covered with glassine and was exposed to light, dirt, humidity, and changes in temperature. At some point it was covered with some sort of varnish which deteriorated and yellowed the artwork.”

Office on Aging Annual Community Fair Shares Information with Local Residents



Stickney Township administration and staff on hand to greet residents and answer questions at the Community Fair., as service providers share important information with community members in attendance.

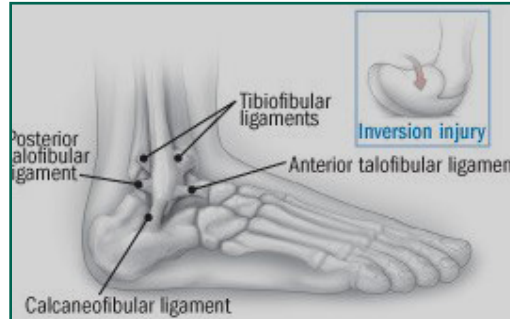


FOOTNOTES

Podiatry Information from Dr. Thomas J. Mack

ANKLE SPRAINS

A sprained ankle is a common injury in which your ankle ligaments are stretched or torn by an abnormal twisting movement of the ankle on the leg. These occur during a misstep or a fall in which the ligaments between the bones are injured. Ankle sprains are graded according to the amount of force that causes the ligament to stretch beyond its limit. Sometimes, the ligament also pulls off a portion of bone to become a fracture or broken ankle. Grade I ankle sprains are mild in which there is small injury to the ligament causing pain and swelling and bruising. This “twisted ankle” typically heals by itself without treatment. Grade II ankle sprains have a partial tear of the ligament which results in



more pain and swelling and bruising. You may want to see a doctor with this type of injury because of difficulty walking. Grade III ankle sprains involve a complete tear of the ankle ligament with tenderness, swelling, bruising and weight-bearing.

Occasionally, the ligament pulls off a fragment of bone. This type of injury is called an Avulsion Fracture. This condition accompanies ligament damage and requires a cast and or

surgical fixation to correct.

The first one or two days after a sprain is the most challenging. Symptoms can be relieved by rest, ice, ace bandages, compression, and elevation.

These injuries do heal on their own, but if normal healing does not occur, continued use may progress to long-lasting repeated ankle sprains as the stretched damaged ligament gets weaker and longer stability is compromised.

See your Podiatric Medical Specialist for treatment and recommendations to get back to regular activity.

Foot and Ankle services are available to Stickney Township residents through the Podiatry Department. Call 708-424-9200 to schedule an appointment.



Line dancing at the Louis S. Viverito Senior Center.



Join Us

STICKNEY TOWNSHIP IS PROUD TO
salute our vets
WITH A SPECIAL DAY IN THEIR HONOR

FRIDAY • DECEMBER 6

PROGRAM BEGINS 9:15 AM AT NORTH COMMUNITY CENTER
10:15 AM AT THE LOUIS S. VIVERITO SENIOR CENTER

Music by **SWEET REMEMBER** (NORTH BLD)
SADDLE SHOE SISTERS (LSV CENTER)

Children's Performance • Special Guests • Lunch from Connie's Restaurant

LOUIS S. VIVERITO SENIOR CENTER
7745 S. LEAMINGTON | BURBANK
PLEASE RSVP TO: 708.636.8850

NORTH BUILDING
6721 W. 40TH ST. | STICKNEY
PLEASE RSVP TO: 708.788.9100

VETERANS OF ALL AGES ARE INVITED TO ATTEND
AND EACH WILL RECEIVE A COMMEMORATIVE GIFT
BRING YOUR MEMORABILIA TO DISPLAY AND HAVE YOUR PHOTO TAKEN

CEDA Gas and Electric Program

Receive assistance to help pay for gas and electric bills through the Low Income Home Energy Program (LIHEAP)

WHAT IS IT?

For many households, utility bills can place stress on a family's budget. In some cases, the household may be forced to make difficult decisions, such as sacrificing certain necessities in order to pay their energy bills. LIHEAP hopes to take some of that stress away and keep utilities running.

HOW DOES IT HELP?

You receive a one-time benefit provided to eligible households towards your gas and electric bill.

DO I QUALIFY?

FAMILY SIZE	30 DAY GROSS INCOME
1	\$2,510
2	\$3,407
3	\$4,303
4	\$5,200

WHAT DO I NEED TO DO?

If you are 60 years of age or older, or permanently disabled, you can contact our office at 708/636-8850 to schedule an appointment.

Living on a Fixed Income?

You may qualify for certain public benefit programs!



Stickney Township Office on Aging can help you complete your application



BENEFIT	INCOME LIMIT
LICENSE PLATE DISCOUNT	\$33,562.00 per year (household of 1)
RTA RIDE FREE PASS	\$44,533.00 per year (household of 2)
SNAP (food stamps)	\$2,510.00 per month (household of 1) \$3,406.00 per month (household of 2)
EXTRA HELP (prescription medications)	\$1,902.00 per month (household of 1) \$2,575.00 per month (household of 2)
MEDICARE SAVINGS PROGRAMS (These pay your Medicare Part B premiums)	\$1,717.00 per month (household of 1) \$2,323.00 per month (household of 2)
LIHEAP (Low Income Energy Assistance)	\$2,510.00 per month (household of 1) \$3,407.00 per month (household of 2)

For assistance, call Stickney Township Office on Aging at 708-636-8850

A bi-annual publication from your Township ○ FALL 2024

AGING AND DISABILITY RESOURCE NETWORK



Do You Have Questions About Medicare and Medicaid?

OPEN ENROLLMENT

BEGINS OCTOBER 15TH...ENDS DECEMBER 7TH

Stickney Township Office on Aging is Offering Medicare Open Enrollment Presentations to Answer Your Questions

LOUIS S. VIVERITO SENIOR CENTER

Monday, October 28th • 10 am
7745 Leamington Ave., Burbank

NORTH BUILDING

Tuesday, October 22nd • 9:30 am
6721 W. 40th Street, Stickney

PRAIRIE TRAILS LIBRARY

Wednesday, November 14th • 10 am
8449 Moody Ave., Burbank

WE CAN HELP YOU:

- ✓ Understand Medicare benefits
- ✓ Sort Options to find the best for your situation
- ✓ Learn how to save money

For more information or to register for one of these presentations, please call Stickney Township Office on Aging at 708-636-8850.

Po polsku

امسح بهاتفك على رمز الاستجابة السريع



Inscripcion abierta de Medicare

COMIENZA EL 15 DE OCTUBRE, 2024 Y TERMINA EL 7 DE DICIEMBRE, 2024

USTED SABIA? QUE PODEMOS AYUDARLE A:

- ✓ Entender los beneficios de Medicare
- ✓ Mostrarle opciones para encontrar la mejor opcion para usted
- ✓ Aprender como ahorrar dinero

STOA ESTA OFRECIENDO PRESENTACIONES DE INSCRIPCIONES ABIERTAS DE MEDICARE PARA CONTESTAR SUS PREGUNTAS: EN LAS SIGUIENTES UBICACIONES.

Lunes 28 de Octubre, 2024 a las 10 am
LSV Centro Para Personas Mayores
7745 S. Leamington Ave. Burbank, IL

Martes 22 de Octubre, 2024 a las 9:30am
North Stickney Centro Comunitario
6721 W. 40th St. Stickney, IL

Jueves 14 de Noviembre, 2024 alas 10am
Prairie Trails Libreria Publica
8449 S Moody Ave, Burbank, IL

CAREGIVER RESOURCE CENTER

Information About TCARE (Tailored Caregiver Assessment and Referral)

TCARE is a caregiver assessment tool that identifies the stressors of individual caregivers and provides personalized tools and resources to support the caregiving journey.

How does TCARE work?

TCARE is the first tool of its kind to assess the needs of the caregiver rather than focus on the care receiver. Through a series of questions, the TCARE assessment tool identifies the specific drivers of the caregiver's distress. Once stressors are identified, an individualized care plan is created to help the caregiver feel more equipped to manage their role and identity as a caregiver. Counseling, support groups, respite and other supports are put in place to manage stressors and prevent caregiver burnout.

If you are caring for a loved one who is an older adult (60+) or a loved one who is living with memory loss due to Alzheimer's disease or related dementias – you are a caregiver, and we can help! The high demands



INTRODUCING...

Musical Connections

A MUSIC THERAPY PROGRAM

Hosted by Stickney Township Office on Aging

Enjoy music-making and movement to music while exploring emotional wellness, social skills and creativity, as well as cognitive & physical development. The 45-60 minute sessions will be led by board-certified music therapist, Melissa Howard.

Music therapy can

- Promote Wellness, Manage Stress, Alleviate Pain, Express Feelings, Enhance Memory, Improve Communication, Promote Physical Rehabilitation

Sessions are held at 10 am on the 3rd Monday of the month

- 9/16 • 10/21 • 11/18 • 12/16

Who is invited

- Older adults with Dementia, family caregivers, older adults



- Louis S. Viverito Senior Center, 7745 S. Leamington Ave., Burbank, IL

To register please call (708) 636-8850.

Funds (in whole/part) for this publication were provided through an award from AgeOptions through grants from the Illinois Department on Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older Americans Act. Notice of non-discriminatory practices: Stickney Township does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination in Employment Act, and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging. For information, call 1-800-252-8966 (voice or TDD), or contact the Stickney Township Administrator, 708-424-9200.



of caring for a loved one can cause increased levels of stress. Through supportive services, we can equip you with tools, training, and resources to continue to care for your loved one. Complete the

TCARE screener below and be connected with our Caregiver Specialist.

Link to the TCARE screener: https://caregiver.tcare.ai/screener/app/stickney/stcajzRHkijTfkqMqLDwYhCuF

CAREGIVER RESOURCE CENTER

Information About Trualta Care Companions

Trualta helps families and informal caregivers managing care at home with a library of lessons on various topics, solving day-to-day needs. The lessons give simple, practical advice. Even better, lessons are short (about 5 minutes), making it easy to fit them into a busy schedule.

Caregivers are onboarded to an interactive eLearning environment, delivering engaging and personalized training. Lessons are created by experts in aging to provide professional-level training adapted for informal caregivers. The platform is easy to use for all ages, completely private, and accessible 24/7. No app is required, view on any browser, computer, laptop, phone or tablet. Print material is available to supplement the digital platform.

Trualta tailors benefits to caregiver needs. Benefits include:

- How to help with bathing, toileting, and dressing
- Strategies for the transition from hospital to home
- How to balance work and caregiving
- Ways to provide care for grandchildren
- Safety measures for preventing falls



Stickney Township Office on Aging Provides Care for Caregivers

*Join Us Monthly to Enjoy
Lunch and Fellowship*

The Caring Crew Luncheon is a monthly event for any caregiver or caregivers assisting someone with Alzheimer’s disease and dementia. Join us to enjoy fellowship, participate in educational programs and gain knowledge on many different topics that provide help to family caregivers.

We’ll provide lunch—come and meet new friends! Bring your loved one with you to enjoy an informative and relaxing morning.

Please call (708) 636-8850 to register and reserve lunch.

CAREGIVER RESOURCE CENTER

Caring Crew Meetings

Tuesdays

9/17 • 10/15 • 11/19 • 12/17

10 - 11 a.m.

LSV Senior Center
7745 S. Leamington
Burbank, IL

Funding in whole or in part by AgeOptions. Notice of non-discriminatory practices: Stickney Township does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination in Employment Act, and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have the right to file a complaint with the Illinois Department on Aging. For information, call 1-800-252-8966 (voice and TDD), or contact the Stickney Township Administrator, 708-424-9200.



- Safe transfers and use of mobility devices like walkers and canes
- Types of legal documents such as power of attorney and how to start these conversations
- Medication management tricks
- Realistic self-care practices

Trualta Care Companions program has drop-in groups for caregivers to connect and share experiences and tips.

To learn more about Trualta and to be connected to the platform, contact our Caregiver Specialist at 708-636-8850.

How to Be Sure 'Bag' Lunches Remain Safe

Whether it's off to school or work, millions of Americans carry "bag" lunches. Food brought from home can be kept safe if it is first handled and cooked properly. Then, perishable food must be kept cold while commuting via bus, bicycle, on foot, in a car, or on the subway. After arriving at school or work, perishable food must be kept cold until lunchtime.



as bread, lettuce, and tomatoes, be sure to wash the board after using it to cut raw meat and poultry. Consider using one cutting board for fresh produce and a separate one for meat and poultry.

WHY KEEP FOOD COLD?

Harmful bacteria multiply rapidly in the "Danger Zone" — the temperatures between 40 and 140 degrees F. So, perishable food transported without an ice source won't stay safe long. Here are safe handling recommendations to prevent foodborne illness from "bag" lunches.

BEGIN WITH SAFE FOOD

Perishable food (refrigerated), including meat, poultry and eggs, must be kept cold at all times. Eggs should be purchased cold at the store and kept cold at home. In between store and home, transport perishable food as fast as possible when no ice source is available. At home, refrigerate perishables promptly. Food should not be left out at room temperature more than 2 hours — 1 hour if the temperature is above 90 degrees F. Prepackaged combos are sometimes packed

for lunch. These combos often contain perishable foods such as luncheon meats, cheese, and cut fruit that must be kept refrigerated, even though they may be cured or contain preservatives.

KEEP EVERYTHING CLEAN

Before beginning to pack lunches, make sure to wash your hands with soap and warm water for 20 seconds. Wash cutting boards, dishes, utensils, and countertops with hot, soapy water after preparing each food item and before you go on to the next item. A solution of 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water may be used to sanitize surfaces and utensils. Keep family pets away from kitchen counters.

DON'T CROSS-CONTAMINATE

Harmful bacteria can spread throughout the kitchen and get onto cutting boards, utensils, and countertops. Always use a clean cutting board. When using a cutting board for food that will not be cooked, such

way, there won't be a problem about the storage or safety of leftovers. After lunch, discard all leftover food, used food packaging, and paper bags. Do not reuse packaging because it could contaminate other food and cause foodborne illness. It's fine to prepare the food the night before, but pack lunch bags right before leaving home. Freezing sandwiches helps them stay cold. However, for best quality, don't freeze sandwiches containing mayonnaise, lettuce, or tomatoes. Add these later. Insulated, soft-sided lunch boxes or bags are best for keeping food cold, but pack at least two ice sources with perishable food in any type of lunch bag or box you use.

KEEPING LUNCHES COLD

Prepare cooked food, such as turkey, ham, chicken, and vegetable or pasta salads, ahead of time to allow for thorough chilling in the refrigerator (40 degrees F or below). Divide large amounts of food into shallow containers for fast chilling. Keep

cooked food refrigerated until time to leave home.

To keep lunches cold away from home, include at least two cold sources. You can use two frozen gel packs (not smaller than 5x3-inches each) or combine a frozen gel pack with a frozen juice box or frozen bottle of water. Freeze gel packs overnight. When packing your bag lunch, place them on top and bottom of the perishable food items to keep them cold. Of course, if there's a refrigerator available at work or school, store perishable items there upon arrival. If you place your insulated bag in the refrigerator, leave the

lid or bag open so that cold air can keep the food cold. Some food is safe without a cold source. Items that don't require refrigeration include whole fruits and vegetables, hard cheese, canned meat and fish, chips, breads, crackers, peanut butter, jelly, mustard, and pickles.

KEEPING LUNCHES HOT

Use an insulated container to keep food like soup, chili, and stew hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Keep the insulated container closed until lunchtime to keep the food hot — 140 degrees F or above.

Blood Pressure Check Schedule

A nurse from Stickney Public Health District will be offering FREE blood pressure checks at the following locations:

LSV SENIOR CENTER
First Thursday of every month • 9:15-11:15 am

CENTRAL COMMUNITY CENTER
Second Wednesday of every month • 10:30 am-Noon

BURBANK PARK DISTRICT FUSION RECPLEX
Third Tuesday of every month 12:15-1:15 pm

NORTH COMMUNITY CENTER
Fourth Tuesday of every month • 9:30-11:45 am

FOREST VIEW LIBRARY
Fourth Tuesday of every month • 12:30-1:30 pm

PRAIRIE TRAILS LIBRARY
Fourth Thursday of every month • 9:30-10:30 am

High Praise for Our Dental Team

October 11, 2024

Dear Louie:

I know I've written you before about how much I appreciate the dental services provided at the medical center on State Road. Since my son is also a senior and lives in Burbank, we both want to thank you for the great care we receive from Dr. Marchese and Laura. I can only imagine what they have saved us over the years. I also have to thank you for allowing the procedure with the Silver something that stops cavities instantly. It has worked wonders for my bridgework that has cost me, I would imagine, about the price of a Corvette over time. Dr. Marchese and Laura work together effortlessly and make a great team. We loved Sandy when she was able to work too, but Laura has stepped right in and done a fantastic job.

I've lived in Burbank since 1959 and my three children were raised here. Now my Granddaughter and great grandsons also live in Burbank and are enjoying the new Burbank school. My three kids and granddaughter all attended Reavis and my son Gary had a wonderful career as a bus driver/maintenance man and locksmith for over 21 years and has a nice retirement now thanks to Reavis. Burbank has been very good to us and

just wanted you to know you've done a fantastic job the whole time you've been in office. I campaigned for you when I was a 20 year old young Mom, along with your old friend Marie Schaefer. I dread the day you'll want to take your retirement, but nobody deserves to take it easy more than you

after all your years of service. Please let Dr. Marchese and Laura know how highly we, and I'm sure others, think of them. Thanks for all you've done!

Sincerely,
Maura
Maura Glazewski

Take Control of Your Blood Pressure



What Do Your Blood Pressure Numbers Mean?

NORMAL RANGE

- Top Number: < 120 mm Hg *and*
- Bottom Number: < 80 mm Hg

ELEVATED RANGE

- Top Number: 120-129 mm Hg *and*
- Bottom Number: <80 mm Hg

HIGH BLOOD PRESSURE RANGE

- Top Number: 130 mm Hg or higher *or*
- Bottom Number: 80 mm Hg or higher

How to Accurately Check Your Blood Pressure

BEFORE

- Avoid exercising, drinking caffeine or alcohol, or smoking for 30 minutes prior.
- Go to the bathroom.
- Put the cuff on your skin, not over clothing.
- Sit and relax for at least 5 minutes.

DURING

- Put your feet flat on the floor.
- Don't talk.
- Rest your arm on a table so it's supported and at the level of your heart.

Tome el control de su presión arterial

¿Qué significan los números de presión arterial?

RANGO NORMAL

- Número superior: < 120 mm Hg y
- Número inferior: < 80 mm Hg

RANGO ELEVADO

- Número superior: 120-129 mm Hg y
- Número inferior: <80 mm Hg

RANGO DE PRESIÓN ARTERIAL ALTA

- Número superior: 130 mm Hg o más o
- Número inferior: 80 mm Hg o superior

Cómo comprobar con precisión tu presión arterial

ANTES

- Evite hacer ejercicio, beber cafeína o alcohol, o fumar durante los 30 minutos previos.
- Ve al baño.
- Colóquese el brazalete sobre la piel, no sobre la ropa.
- Siéntese y relájese durante al menos 5 minutos.

DURANTE

- Coloque los pies apoyados en el suelo.
- No hables
- Apoye su brazo sobre una mesa de modo que quede apoyado y al nivel de su corazón.

Po polsku

امسح بهاتفك على رمز الاستجابة السريع



New wall graphic for the Pre-K room at North Community Center.



STICKNEY TOWNSHIP OFFICE ON AGING- NORTH CLINIC SENIOR CENTER
6721 W. 40TH ST. STICKNEY, IL 60402 (708) 788-9100

Meal Program: 60 years of age & older. Reserve lunch the day before by 11 a.m. \$2.00 donation. See staff for more information & to register

Activity Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
Community Room	Meal Program – Tuesdays & Fridays				
	Pick-Up 10:30 a.m. -12:00 p.m.		Dine-in 12:00 p.m.		
	NEW – LOTTERIA! Mexican Bingo (1st Monday, monthly) 12:30-1:30	Bingo 10:30 - 11:30	Stickney Golden Age Club 10:30-1:30		Bingo 10:30 - 11:30
Lower Level	ZUMBA GOLD 11:15 - 11:45 FIT SIT 11:45 - 12:15		TAI CHI 12:00-1:00	T.O.P.S 9:00 - 10:30 CUT THE DECK POKER 11:00	YOGA 12:00 - 1:00
Computer Lab	Open for use 8:30-3:30	Open for use 8:30-3:30	Open for use 8:30 - 3:30	Open for use 8:30-3:30	Open for use 8:30 - 11:30 1:30 - 3:30

Activities & exercise classes available to those 55 years of age and older. See staff for more information & to register.
Exercise: Must wear proper attire; gym/tennis shoes required.



STICKNEY TOWNSHIP OFFICE ON AGING-LOUIS S. VIVERITO SENIOR CENTER
7745 S. LEAMINGTON AVE. BURBANK (708) 636-8850

Meal Program: 60 years of age & older. Reserve lunch the day before by 11 a.m. \$2.00 donation. See staff for more information & to register.
Activities & Exercise Classes: 55 years of age & older. **Exercise:** Must wear proper attire; gym/tennis shoes required.

Activity Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
Art Studio	Craftynoons * 1:00 p.m.	Quilling Class 9:30-11:00 Open Paint & Paint Class* 12:30 - 3:30	VIP Senior Bingo Club 10:00- 2:30	Quilling Class 9:30-11:00	Hook & Needle Club 12:00 - 2:00
*See Instructors Schedule					
Billiard Hall	Open for use	Open for use	Open for use	Open for use	Open for use
Computer Lab	Open for use	Open for use	Open for use	Open for use	Open for use
Game Room	Open for use	Poor Man's Poker/ Golf 12:00 - 3:00	Open for use	Poor Man's Poker/ Golf 12:00 - 3:00	Open for use
Get Fit Pit And		Bingo 9:30 - 11:30	Tai Chi 10:15-11:15		
East Room	LUNCH PROGRAM: DINE-IN 12:00 p.m.				
West Room	NEW -Loteria! (Mexican Bingo) 1st Monday, monthly 9:30-11:00	Seniors on the Go Senior Club 10:00 - 2:30 (2nd & 4th Tuesday)	Silver Circle Senior Club 10:00 - 1:30	Nutri B's Senior Bingo Club 9:00 - 12:00	Adult Coloring Class 9:30 - 11:15
Grand Activity Room	ZUMBA Gold 9:30 - 10:30 Sweatin' to the Oldies 1:00 - 2:00	Line Dancing 10:00-11:30 Brain & Balance Boost-Camp 1:00-2:00	SEAT 10:00-10:45 Pilates/Barre 11:00-11:45 Shadowboxing 12:00-1:00	Line Dancing 10:00-11:30 20/20/20 Cardio/Tone/Stretch 11:45-12:45	YOGA 10:00-11:00 Wii Bowling 12:00
Bump-Out Window	LUNCH PROGRAM: PICK-UP 10:30 a.m. -12:00 p.m.				



STICKNEY TOWNSHIP OFFICE ON AGING- CENTRAL STICKNEY 4949 S. LONG AVE.
 OPEN TO RESIDENTS OF STICKNEY TOWNSHIP, ONLY
FOR PROGRAM INFORMATION CALL 708-458-4126

MEAL PROGRAM: RESERVE LUNCH THE DAY BEFORE, BY 11 A.M.

	Monday	Tuesday	Wednesday	Thursday	Friday
Community Room	Bingo 11:00	ZUMBA Gold 9:30 -10:30 Shadowboxing 11:00-12:00 Sit-Be-Fit 12:45-1:45	Meal site -60 years of age & older \$2.00 donation per meal Pick-Up 10:30-11:30 Dine-In 11:30 Bingo-12:00	Sweatin' to the Oldies 10:30-11:30 Brain-Balance-Boostcamp 12:00-1:00	Popcorn & a Movie 11:00
Classroom	YOGA 11:00-12:00 Adult Coloring 12:15		Blood Pressure 2nd Wednesday, monthly 9:00-11:00		
Office			General Assistance 9:00-12:00 Call for appointment Jerry Mulvihill 708-931-8027		

Activities & exercise classes available to Stickney Township residents 50 years of age & older. See staff for more information & to register.

Exercise: Must wear proper attire- gym/tennis shoes & comfortable clothing required.

STICKNEY TOWNSHIP NEWS & VIEWS

5635 State Road
Burbank, IL 60459
708/424-9200



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BEDFORD PARK, IL
PERMIT NO. 1025

Information for residents of the City of Burbank, Villages of Forest View, Bedford Park and Stickney, Central Stickney and Nottingham areas.

Stickney Township Officials *'Working For You'*



Louis S. Viverito
Supervisor



Ettore "Hector" Cesario
Clerk



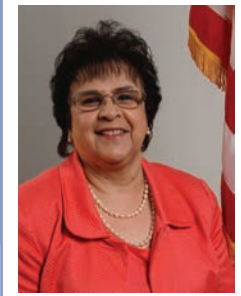
Amy March
Assessor



Daniel Paluch
Highway Commissioner



Donna R. Galeher
Trustee



Louise Toribio Zelinski
Trustee



Laura Kreil
Trustee



Diane Viverito
Trustee

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TOWNSHIP OFFICE CLOSINGS

Monday • 11/11/24
Veteran's Day

Thursday/Friday • 11/28-29/24
Thanksgiving Holiday

Wednesday • 12/25/24
Christmas Day

Wednesday • 1/1/25
New Year's Day

*Wishing All of You a
Happy and Healthy
Holiday Season!*

