



Stickney Township News & Views

Stickney Township 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

REMINDERS:

President's Day

Monday • February 16th



Daylight Savings Time

Sunday
March 8th
Set clocks
ahead one
hour

Message from the Supervisor

Greetings Neighbors! Welcome to our Winter 2026 newsletter. It is my honor to serve as the new Supervisor of Stickney Township, and I want to thank you for your support and for some of you, involvement in my new administration. It has been an informative time and as I complete my eighth month, we have had the opportunity of getting to better know the programs, activities, budget, facilities, services and staff who make Stickney Township the successful entity that it is, along with meeting many of you, the residents of our community. During this time I have become more keenly aware of the impact that township services have on residents: helping ensure that everyone has access to basic healthcare, that growing families can be supported through pre-k, youth, dental and clinical health programs, that seniors can find assistance, support, meals and social interaction and that all ages have access to mental health counseling.

The former supervisor made a habit of telling people “Don’t move out of Stickney, you won’t have these services elsewhere!” I have found that in most cases he was right about that. After meeting many state and local government leaders, it is gratifying to learn that Stickney Township services are emulated and held as a model by other entities. For many reasons, the residents of Stickney Township, the communities of Burbank, Forest View, Village of Stickney, Central Stickney and Nottingham Park, find our area is a great place to live, to work and to raise a family. We have excellent schools, nice homes and good people partnering to make our communities even better. And, we have forward-thinking officials who care deeply as well, and are committed toward the same goals: to

make our communities stronger and the best they can be. Our community is built on dedication and collaborations, and I’m excited to be working together with others and share this journey with you all.



Diane M. Viverito

My previous career at our local community college provided me the opportunity to interact with and support students from all around the world to feel welcome and to gain access to education and programs that could propel their careers and lives in new directions. Please let me assure all residents of Stickney Township that I remain committed to the mission of creating welcoming places and

environments where diverse people can come together and enjoy the experience of shared community and shared values. While we already serve thousands of residents annually, one of my other priorities in the months ahead is to make sure residents are more familiar with the services Stickney Township provides. We will seek to increase awareness of what we do, as well as advance our collaborations to enhance community events. We are also improving the use of technology and re-engineering our webpage to interact more effectively. As we move forward, this newsletter is your source for updates and I invite your ideas and feedback. Please feel free to contact me anytime.

—Supervisor Diane M. Viverito

Township Spotlight

We encourage residents to take advantage of these high-quality programs and services.

Stickney Township, established in 1901, and the Stickney Public Health District, established in 1946, have been providing an array of services at minimal cost to township residents. Our dedicated staff and modern facilities allow for the continuation of walk-in community care at high professional levels.

Township Services

All phone numbers begin with a 708 area code

ANIMAL CONTROL	237-8967
ASSESSOR	788-9100
BEHAVIORAL/MENTAL HEALTH SERVICES	237-8918
DENTAL CARE	
South	424-9200
North	788-9100
Dental Trailer	878-3828
ENVIRONMENTAL HEALTH	424-9200
GENERAL ASSISTANCE	424-9200
HEALTH CENTERS	
South	424-9200
5635 State Road, Burbank	
8:30 a.m. - 4 p.m., Monday-Friday	
North	788-9100
6721 W. 40th Street, Stickney	
8:30 a.m. - 4 p.m., Monday-Friday	
HIGHWAY DEPARTMENT	424-5570
MEAL/SOCIAL/RECREATION SITES	
Louis S. Viverito Senior Center	636-8850
7745 S. Leamington Avenue, Burbank	
North Community Medical Center	788-9100
6721 W. 40th Street, Stickney	
Central Community Center	458-8855
4949 S. Long Avenue, Chicago	
MINI BUS TRANSPORTATION	424-9221
OFFICE ON AGING	636-8850
PODIATRY	424-9200
PUBLIC HEALTH NURSING SERVICES	424-9200
TOWNSHIP CLERK	424-9200
TOWNSHIP SUPERVISOR	424-9200
YOUTH COMMISSION	788-8122

TOWNSHIP BUILDING & OFFICE HOURS
Monday-Friday 8:30 a.m. - 4 p.m.



South Building



North Building



Central Community Center



Louis S. Viverito Senior Center

Township Spotlight

Recent Events and Highlights



Pre-k Safety Drills

Pre-k kids met with the local fire department to learn fire safety drills.

Veterans Event

Supervisor Viverito, LSV and North staff “Saluted our Veterans” with celebrations dedicated to their service.

Senior Happy New Years Celebration!

Seniors danced the morning away at the LSV Center. Our very own Line Dancing Club entertained the packed crowd!



Public Health Nurses

Our nurses were available to offer information and free blood pressure checks during the Burbank District #111 Health and Wellness Fair.



Learning and Play in Pre-K

2025 was more than fun and games for our Pre-K program as one of their field trips took them to the Oak Lawn Children’s Museum.

Township Earns Recognition

In 2025 Stickney Township was named the IPRF Member of the Year by the Illinois Public Risk Fund, recognizing our commitment to workplace safety and reduced workers’ compensation claims related to accidents.



Township Spotlight

Environmental Health

The Environmental Health Division services the community by addressing environmental issues as they relate to Public Health. The department is responsible for enforcing food safety, controlling populations of pests that can spread disease, as well as animal control of both wildlife and domestic animals gone astray. Our robust abatement programs help our residents avoid serious health concerns for their families.

Food Safety Program

The Food Safety Program includes regular inspections of food-related establishments in our jurisdiction, including restaurants, stores, schools and nursing homes. Over 260 permits for food, drink and food retail stores and restaurants were issued or renewed this past year. As a state certified Public Health department, we also investigate all foodborne illness complaints, as well as food nuisance issues that are filed.



Emergency Response



The Stickney Township Emergency Response Services works with area first responders to provide support and supplies during local disasters, medical, and weather emergencies. In addition, the office coordinates a team of volunteers who may be called upon in an emergency.

Assessor

The Township Assessor does not assess the value of properties for tax purposes, but is your advocate or middle man to help you address assessments, senior exemptions and other issues with Cook County.



Our Office is located at 6721 W 40th Street, Stickney, with office hours at both North and South from 9 a.m. - 4 p.m., Monday through Friday.

Clerk's Office

BOARD MEETINGS • WINTER 2026
Board of Health: 6 p.m. • Board of Trustees: 6:30 p.m.

Monday, February 9th	South Clinic
Monday, February 23rd	South Clinic
Monday, March 9th	Central Clinic
Monday, March 30th	South Clinic

General Assistance



Stickney Township provides advocacy and support for residents who may be seeking benefits or services from government agencies or other non-profit organizations such as Social Security, Disability, Medicaid, Veterans Affairs, etc. Our Counselor is skilled in dealing with a number of agencies and can help applicants get through sometimes complicated processes.

General Assistance

All townships in the state of Illinois are mandated to consider applications for help in the cases of extreme need or situations of “last resort”, which is known as General Assistance. A person who is waiting for or not qualified for any other support may be qualified for General Assistance help. We advise residents, collect required documents, and determine eligibility on a case-by-case basis.

Emergency Assistance

Emergency assistance refers to support for one-time emergency help for individuals or families in extreme need, under extreme duress of an unexpected event, which impacts the income of the chief wage earner, and/or to avert an even more serious financial crisis. Our GA Counselor sees residents at all four township buildings by appointment; please call 708-424-9200.

Township Spotlight

Highway Department

Stickney Township maintains roads and highways in unincorporated portions of the township. The Highway Department addresses safety issues and cleans all streets and roadways in Nottingham Park and Central Stickney. This includes cleaning, snow removal, filling potholes, completing minor pavement repairs, as well as removing leaves and brush to ensure water drainage in the streets. We monitor and repair all street lights in the unincorporated areas and are responsible for all safety and crosswalk markings outside of the villages. We make it safer to cross the streets. Alley lights however, belong to and are maintained by ComEd.

Snow Removal Update Winter 2026



Our department plows and salts roads in unincorporated areas in an effective, quick and responsible manner during and after any heavy sleet, snow and related weather situations.

- We ask that residents cooperate with township road clearing efforts in Central Stickney and Nottingham Park.
- When clearing cars, please move snow onto the parkway and grass areas rather than pushing it back onto the street after they have been cleaned.
- Clear roads are safer for residents and important for fire or emergency vehicles to get through neighborhoods quickly.
- We appreciate the efforts of residents as we work together to keep our roads safe.



Mini Bus Transportation

The Stickney Highway Department provides Mini Bus Transportation for disabled and senior residents. We operate the Mini-Bus/wheelchair lift transportation service and provide our residents with safe and reliable transport to essential locations such as doctors and hospitals, grocery stores, hair salons and other places important to health and welfare. We also offer transportation for activities and meals at our township buildings.

Schedule Mini-Bus Transportation by Planning Ahead!

All rides must be scheduled ahead of time (24 hours or more) by phone and confirmed by our staff. Our dispatcher answers phones and returns calls during regular business hours Monday through Friday from 8 a.m.-4 p.m. For next day appointments please call between 8 a.m. and 12 p.m. the day before.

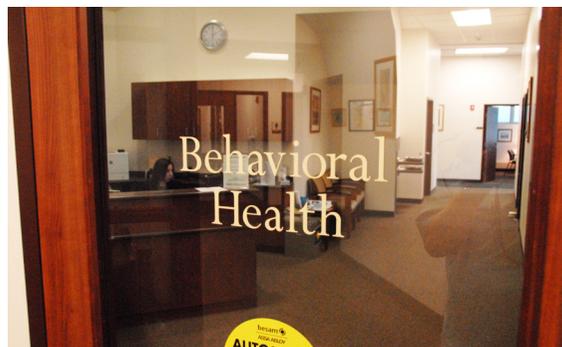
To utilize the service, seniors and disabled residents must be able to get from their home to street level. This is for resident safety, driver safety and to ensure we are able to arrive at destinations on time. Escorts may also ride the bus. Please call 424-9221 to schedule Mini-Bus transportation.

Stickney Township provided thousands of rides for residents last year and we are committed to retaining these services for our Stickney Township residents.



Public Health Programs

Behavioral Health



Stickney Township uniquely provides services to address emotional well-being and mental health concerns of residents. Four degreed and licensed clinical staff members offer services by appointment.

We also offer support for clients who use psychiatric medications for their health. The township accepts Medicare, Medicaid and private insurance, and offers a sliding scale for a reduced fee that is affordable to township residents.

Our counselors include therapists who are fluent in Polish and Spanish. Call for an appointment or more information. Confidentiality is assured.

OUR SERVICES INCLUDE:

ADULTS

- Individual therapy
- Family therapy
- Couples therapy
- Group therapy
- Psychiatric evaluation
- Medication monitoring
- Crisis assessment and hospital referral

CHILDREN

- Individual therapy
- Family therapy
- School consultation



MIND AND MOOD BINGO: WELL BEING WINS!

Thursday • February 5th • 1 p.m.

LSV Senior Center
7745 Leamington Avenue • Burbank

Join us for fun, interactive bingo with questions on self-talk, feelings and self-care.

MENTAL HEALTH AND WELLNESS JEOPARDY

Friday • February 6th • 11 a.m.

Prairie Trails Library
8449 S. Moody Avenue • Burbank

- Boost your mental health knowledge
- Take home helpful wellness tools
- Win prizes! Connect with others

GIVE SHAME THE BOOT: TRANSFORM NEGATIVE THINKING

Monday • February 9th • 2 p.m.

Stickney-Forest View Library
6800 43rd Street • Stickney

Shame is a universal emotion. This workshop helps you to distinguish between healthy shame and toxic shame and provides tools to build resilience.

- Identify triggers that result in negative thoughts
- Practice self-compassion
- Develop a more positive self-narrative
- Connect with others in a supportive environment

THRIVING TOGETHER: EMBRACING MEANINGFUL SELF-CARE IN YOUR SENIOR YEARS

Friday • March 20th • 9:30 a.m.

North Community Center
6720 40th Street • Stickney

- Take home helpful wellness tools
- Win prizes! Connect with others



Public Health Programs

Dental



Did you know your oral health is linked to your overall well-being? Conditions like periodontal disease can increase your risk for serious health issues such as diabetes, heart disease, and dementia.

Stickney Township provides seniors (55 and over) and elementary school children access to free examinations, cleanings and some dental treatment services.

Our skilled and highly qualified dentists, provide dental services daily to township residents and also offer educational dental health workshops to our local schools and seniors. We are proud of our excellent team here at Stickney Township.

SENIORS

Free dental care for Seniors 55 and over. Dental services by appointment at our South and North Clinics.

STICKNEY SOUTH CLINIC

Monday-Friday (Seniors only) 708-424-9200

STICKNEY NORTH CLINIC

(Thursday) 708-788-9100

Podiatry



SCHOOL CHILDREN

Free dental care is offered to school age children, either in the Mobile Dental Trailers or by appointment at our South and North locations. The school day schedule is coordinated in cooperation with Burbank School District 111 schools during the regular school year. Parents may contact the Stickney Township Dental office directly to schedule at the Mobile Trailer or our South or North office for after school hours.

MOBILE DENTAL TRAILER SCHEDULE

(Monday-Thursday)

Kennedy School

77th and Central, Burbank

Stationed through February 12, 2026

Byrd School

83rd & Lavergne, Burbank

February 16, 2026-March 26, 2026

Liberty Junior High

5900 W. 81st St, Burbank

March 30, 2026 -April 23, 2026



Podiatry screening and foot and ankle care is available for all ages at both the North and South Clinic sites. Most services are free, Medicare/Medicaid or cash transactions accepted for a nominal fee.

Call 708-424-9200 for information or to schedule an appointment with our podiatrist.

Healthy Feet are Happy Feet!

Public Health Programs

Nursing

February is Heart Health Month: Take Steps Toward a Healthier Heart



February Heart Health Month is a national reminder to prioritize cardiovascular health and take steps to prevent heart disease, the leading cause of death in the U.S.. The American Heart

Association (AHA) offers trusted, evidencebased resources, including hearthealthy lifestyle tips and tools to help individuals reduce their risk. Now is the perfect time to take small, meaningful steps toward a healthier heart.

- **Eat Smart:** Choose more fruits, vegetables, whole grains, and lean proteins.
- **Move More:** Aim for regular physical activity – even short walks make a difference.
- **Avoid Tobacco:** Quitting smoking is one of the most powerful ways to protect your heart.
- **Know Your Numbers:** Keep up with blood pressure, cholesterol, and blood sugar checks.
- **Maintain Healthy Habits:** Focus on sleep, stress management, and maintaining a healthy weight.

For hearthealthy tips, recipes, and tools, visit the American Heart Association (AHA)—a leading source for evidence based guidance on preventing heart disease at www.heart.org



CELEBRATE AMERICAN HEART MONTH WITH STICKNEY PUBLIC HEALTH NURSES

Tuesday • February 10th 12:30 p.m.

Burbank Park District Fusion RecPlex
6800 W. 85th St. • Burbank

We'll play rounds of bingo and share tips for keeping our hearts healthy.

Public Health District Free Blood Pressure Checks!



A Stickney Public Health District provides blood pressure checks at the following times and locations:

LOUIS S. VIVERITO SENIOR CENTER

7745 S. Leamington, Burbank

First Thursday of Every Month • 9:15-11:15 a.m.

CENTRAL CLINIC

4949 S. Long Ave. Stickney

Second Wednesday of Every Month • 10:30 a.m. -12 p.m.

BURBANK PARK DISTRICT FUSION REC PLEX

6100 W. 85th St. Burbank

Third Tuesday of Every Month • 12:15-1:15 p.m.

NORTH CLINIC

6721 W. 40th St. Stickney

Fourth Tuesday of Every Month • 9:15-11:15 a.m.

STICKNEY-FOREST VIEW PUBLIC LIBRARY

6800 W. 43rd St. Stickney 60402

Fourth Tuesday of Every Month • 12 -1 p.m.

PRAIRIE TRAILS PUBLIC LIBRARY

8449 Moody Ave Burbank 60459

Fourth Thursday of Every Month • 9:30-10:30 a.m.

Public Health Programs

Health Clinics

Medical services are available for township residents at the health clinics. All clinic sites are staffed with medical providers (MD, NP or PA) who are available for all residents, regardless of age, income level or insurance status. The physician exam is free of charge. Minor charges may be necessary depending on care received.

The Stickney Public Health District operates two clinics providing free medical services and Health District programs to township residents.

Scheduling of appointments is encouraged, but walk-in visits are accepted for health services. Make an appointment by calling (708) 424-9200 for the South Clinic and (708) 788-9100 for the North Clinic. School physicals and immunization services are by appointment only.

Our providers typically offer services for preventive care, or supplement primary care and those in need of routine medical services.

- Care for minor illnesses
- Check up for blood pressure and diabetes counseling
- Children physicals to meet local school requirements
- Communicable diseases
- Screenings/Tests: Covid-19, Flu, Strep, Glucose, Cholesterol, Urinalysis, Pregnancy, Lead, Tuberculosis
- Procedures including ear irrigation, sutures, staple removal, splints, minor dressing changes, EKG, nebulizer treatment
- Flu shots and immunizations
- Infectious disease and related information
- Lead testing
- Medical referral and office resources
- Respiratory illnesses and health
- Sexually Transmitted Disease/Infections
- Vision and Hearing- off site for children
- Well-being checks



ID Cards

A Township Resident Identification Card is required to use the medical /public health services of the Township clinics. Any person who resides in Stickney Township is eligible for a township identification card. Id cards can be obtained at both the South and North Clinic buildings during regular business hours. Please bring the following:

- 2 proof of address, such as a letter from a bank, a credit card company or a utility bill.
- 1 photo id from another official agency, such as a valid driver's license, passport or government issued id.

Senior Programs

Office on Aging

Stickney Township Office on Aging supports residents age 60+ through a variety of programs and services that promote independence, health and well-being. Offerings include information and assistance, senior advocacy for benefits and entitlements, home-delivered meals, assessments for home services, case management, caregiver support and senior dining programs. We provide engaging programs such as exercise class, arts, social events, educational workshops, volunteer opportunities and referrals to community resources.

COMMUNITY CARE PROGRAM (CCP)

Illinois Department on Aging’s Community Care Program (CCP) helps older adults who might otherwise need nursing home care to remain in their homes by providing in-home and community-based services.

CCP aims to assist older adults in maintaining their independence and providing cost-effective alternatives to nursing home placement. Services include comprehensive care coordination, adult day services, in-home service, emergency home response services, and automated medication dispenser service.

The Community Care Program is available to any person who requests services and meets all current eligibility requirements.

WHO IS ELIGIBLE?

- Older adults 60 years or more
- Either U.S. citizens or eligible non-citizens
- Residents of Illinois
- Have non-exempt assets of \$17,500 or less
- Have an assessed need for long-term care (to be at risk for nursing facility placement as measured by the Determination of Need (DON) assessment.)
- Apply for and, if eligible, enroll in Medicaid

ADULT DAY SERVICE

Designed especially for older adults who want to remain in the community but due to physical, social and/or mental impairments require adult day service. Respite is provided for family caregivers, especially those employed outside the home, and socialization for isolated older adults. Medication supervision, personal care and recreational/therapeutic activities are also available.

AUTOMATED MEDICATION DISPENSER SERVICE

Automated Medication Dispenser Service (AMD) is a portable, mechanical system that can be programmed to dispense or alert a participant to take non-liquid oral medications at home through auditory, visual or voice reminders; to provide tracking and caregiver notification of a missed medication dose; and to provide 24-hour assistance to the participant and responsible party in the home. A dispenser base unit is connected to a AMD provider through either a telephone line or wireless/cellular connection that won’t interfere with normal use of a telephone or emergency home response system.



IN-HOME SERVICE

In-Home Service provides assistance with household tasks such as cleaning, planning and preparing meals, doing laundry, shopping and running errands. Homecare aides also assist participant with personal care tasks, such as dressing, bathing, grooming and following special diets.

Need a Little Extra Help?

WE’RE HERE FOR YOU

If you are on a fixed income, you may qualify for programs that can make life a little easier. Our Office on Aging can assist you with applications for benefits such as a License Plate Discount, RTA Ride Free Pass, SNAP (*food stamps*), Extra Help with prescriptions, Medicare Savings Programs, and LIHEAP (*energy assistance*).

Call us at 708-636-8850—our team is happy to help you find out what you qualify for!

BENEFIT	INCOME LIMIT
License Plate Discount	\$33,562.00/year (household of 1)
RTA Ride Free Pass	\$44,533.00/year (household of 2)
SNAP (food stamps)	\$2,510.00/month (household of 1) \$3,406.00/month (household of 2)
Extra Help (prescriptions)	\$1,976.00/month (household of 1) \$2,663.00/month (household of 2)
Medicare Savings Program (pays Medicare Part B premium)	\$1,976.00/month (household of 1) \$2,663.00/month (household of 2)
LIHEAP (Low Income Energy Assistance)	\$3,332.00/month (household of 1) \$4,357.00/month (household of 2)

Senior Programs



Caring for an older adult or loved one with a disability? Stop by and meet our Caregiver Specialist to learn about programs, support, and resources available to family caregivers through Stickney Township. Discover how our Caregiver Resource Center can help you navigate challenges, find respite options, and connect with valuable services designed just for caregivers.

CENTRAL COMMUNITY CENTER DROP-IN ASSISTANCE FOR OLDER ADULTS & FAMILY CAREGIVERS

Wednesday February 11th • 10 a.m.

Central Clinic • 4949 South Long Avenue

Stop by the Central Community Center and meet with our Senior Advocate and Caregiver Specialist for personalized guidance and support! They'll share information about programs and benefits available to older adults, including Medicare, Medicaid, Benefit Access, SNAP, LIHEAP, and more.

And, we will discuss programs designed to support family caregivers—learn about respite options, educational workshops, and ways the Stickney Township Caregiver Resource Center can help you care for your loved one. **No appointment needed—just drop in and let us help you access the services and support you deserve!**

CARING CREW MONTHLY LUNCHEON

**Tuesdays • February 17th • March 17th
10-11 a.m.**

LSV Senior Center • 7745 Leamington Ave. • Burbank

The Caring Crew Luncheon is a monthly event for any older adult, 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. Call 708.636.8850 to reserve lunch.

Senior Meals

IN-PERSON SENIOR DINING

Our in-person senior meals are a big hit with local residents. Fresh, nutritious and tasty meals are served daily Monday through Friday where residents can enjoy conversation, fun and interaction in a comfortable setting .

STICKNEY NORTH BUILDING

Tuesday and Friday • 11:30 a.m.

CENTRAL COMMUNITY CENTER

Wednesday • 11:30 a.m.

LSV SENIOR CENTER

Daily Monday through Friday • 11:30 a.m.

Good nutrition and healthy meals are lifelong challenges in this modern era. Stickney Township supports the health of our older adult residents by participating in federal and state programs that support their health and well-being.

Sign up for meals in advance, in-person, or by calling your mealsite location by noon the day before.

Hundreds of local seniors currently participate and we welcome them to our facilities, as well as providing friendly delivery to those who cannot attend in person.

HOME DELIVERED MEALS

Five days per week meals are delivered to the front door of home-bound seniors who unable to drive or arrive in person. To determine if the resident is qualified for our Home Delivery service, a Stickney Township professional staff member will interview and make a determination. Call 708-636-8850 to schedule a meeting with a caseworker.



Senior Programs

Senior Activities

Refer to calendars on pages 14-15 for additional activities

LSV SENIOR CENTER

SUPER BINGO

Tuesdays • February 24th • March 24th
9:30 a.m.

ILLUMIDENT ORAL HEALTH PRESENTATION

Wednesday • February 11th
10 a.m.

SCAMS & FRAUD-HOW TO PROTECT YOURSELF

Presented by the Attorney General's Office
Wednesday • March 4th
10 a.m.

CENTRAL STICKNEY

ILLUMIDENT ORAL HEALTH PRESENTATION

Wednesday • March 11th
10 a.m.

NORTH BUILDING

SUPER BINGO

Fridays • January 30th • February 27th • March 27th
9:30 a.m.

MAINTAINING MOBILITY TALK & BINGO

Friday • January 30th
Joint Relief Institute Talk at 10 a.m. • Bingo 10:30a.m.



A MUSIC THERAPY PROGRAM *For Those with Cognitive Issues* **Musical Connections**

Monday, February 9th & Monday March 9th • 10 a.m.

This Program is Especially For

- Seniors/Older Adults with Dementia
- *Those Who Help:* Family Caregivers, Helpers Escorts

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

Music Therapy Can

- Boost your mental health knowledge
- Promote Wellnes
- Manage Stresss
- Enhance Memory
- Improve Communication
- Alleviate Pain
- Promote Physical Rehabilitation
- Express Feelings

For information and registration call 708- 636-8850.

Valentine's Day Party

**Friday • February 13th
10:30 a.m.**

Frank Sinatra Tribute
*(Entertainment with
Gary Thomas)*

Lunch to follow

Must register by February 10th



Hook and Needle Club Meets Fridays • 12–2 p.m.

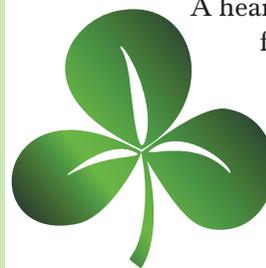
**LSV Senior Center
7745 Leamington Avenue • Burbank**

Last year Hook and Needle Club members created over 1,400 handmade items for donation to local hospitals and shelters, ranging from infant blankets, hats, and booties to scarves, shawls, and lapghans.

The club welcomes new friends. Drop in for a meeting and see what they're about! Donations of yarn are appreciated, and can be delivered to the LSV Senior Center.

Annual Bingo Bash!

Sponsored by the Martinkus Family



A heartfelt thanks to the Martinkus family for their yearly sponsorship of the St. Patrick's Day Bingo Bash in honor of their mother, Pat Martinkus. As a resident of the township, Pat enjoyed frequent use, of the SeniorCenter facilities and attended meals and programs regularly. Her family shows gratitude by giving back to other seniors in the community to honor her memory.

Friday • March 13th • 9:30 a.m.

Lunch to follow

Must register by March 10th

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.

Youth Programs

Pre-K Programs Offer Great Value

There's Still Time to Join the Fun!

Two Locations to Choose From

NORTH CENTER • 6721 West 40th Street, Stickney

LSV CENTER • 7745 West Leamington, Burbank

Registration is still available in our Pre-K 3 program for children 3-5 years old. Stickney residents pay only \$25 for an 8-week program. Our Pre-K 4-year old program is \$30 for an eight week session. Both programs run until May.

If the parent or guardian has a valid Health and Family Service (HFS) medical card, programs are reduced to half price per session.



Registration

Children currently enrolled in a Pre-K3 or Pre-K4 Program may begin registering on **Monday, April 20th**

Registration is open for all other township residents beginning on **Tuesday, May 5th**

Summer Fun programs for 4-7 year olds begin in June and fill quickly. Call 708-788-8122 for more information.



(above) Children enjoy a host of fun activities in a safe learning environment.

(left) Our township Animal Control Officer brought a therapy dog to spend time with seniors and Pre-K students. Intergenerational programs are held throughout the year.



Stickney Township Senior Events

LOUIS S. VIVERITO SENIOR CENTER • 7745 Leamington Ave. Burbank • 708.636.8850

Meal Program Dine-In • Community Room • 11:30 a.m. • Monday through Friday

Must be 60 years of age or more to participate. Please reserve lunch the day before by 11 a.m. \$2 suggested donation per meal. See staff for information and to register.

Monday

Game Room
Open for use all day

Zumba Gold
9:30 - 10:30 a.m.
Grand Activity Room

Movie Mondays
12:30 p.m.
Get Fit Pit

Sweatin' To The Oldies
1 - 2 p.m.
Grand Activity Room

Tuesday

Ball Room Dancing
9 a.m.
Grand Activity Room

Bingo
9:30 - 11:30 a.m.
Get Fit Pit

Line Dancing
10 - 11:30 a.m.
Grand Activity Room

Quilling Club
9:30-11a.m.
Art Studio

Group Games
10:30 a.m.
Game Room

Open Paint/Paint Class
2:30-3:30 p.m.
Art Studio

Poor Man's Poker/Golf
12 - 3 p.m.
Game Room

Brain & Balance Boost Camp
1 - 2 p.m.
Grand Activity Room

Wednesday

VIP Bingo Club
10 a.m. - 2:30 p.m.
Art Studio

Silver Circle Senior Club
10 a.m. - 1:30 p.m.
West Room

SEAT
10 - 10:45 a.m.
Grand Activity Room

Pilates/Barre
11 - 11:45 a.m.
Grand Activity Room

Shadowboxing
12 - 1 p.m.
Grand Activity Room

Thursday

Ball Room Dancing
9 a.m.
Grand Activity Room

Nutri-B's Bingo Club
9 a.m. - 12 p.m.
West Room

Quilling Club
9:30 - 11 a.m.
Art Studio

Line Dancing
10 - 11:30 a.m.
Grand Activity Room

Cardio/Tone/Stretch
11:45-12:45 p.m.
Grand Activity Room

Poor Man's Poker/Golf
12 - 3 p.m.
Game Room

Friday

Game Room
Open for use all day

Adult Coloring Class
9:30 - 11:15 a.m.
Art Studio

Yoga
10 - 11 a.m.
Grand Activity Room

Wii Bowling
12 p.m.
Grand Activity Room

Hook & Needle Club
12 - 2:30 p.m.
Art Studio

BILLIARD HALL AND COMPUTER LAB ARE OPEN FOR USE ALL DAY EVERY DAY!





Stickney Township Senior Events

NORTH BUILDING • 6721 W. 40th St. Stickney, IL 60402 • 708.788.9100

Meal Program Dine-In • Community Room • 11:30 a.m. • Tuesdays and Fridays

Must be 60 years of age or more to participate. Please reserve lunch the day before by 11 a.m. \$2 suggested donation per meal. See staff for information and to register.

Monday
Zumba Gold
 11:15 - 11:45 a.m.
 Community Room
Fit Sit
 11:45 a.m. - 12:15 p.m.
 Community Room
Computer Lab
 Open 8:30 a.m. - 3:30 p.m.

Tuesday
Bingo
 10:30-11:30 a.m.
 Community Room
Loteria!
 12:30 p.m.
 Community Room
Computer Lab
 Open 8:30 a.m. - 3:30 p.m.

Wednesday
Golden Age Club
 10:30 a.m. - 1:30 p.m.
 Community Room
Tai Chi
 12 - 1 p.m.
 Lower Level
Computer Lab
 8:30 - 11:30 a.m.
 1:30 - 3:30 p.m.

Thursday
T.O.P.S.
 9-10:30 a.m.
 Lower Level
Cut The Deck Poker
 11 a.m.
 Lower Level
Computer Lab
 Open 8:30 a.m. - 3:30 p.m.

Friday
Bingo
 10:30-11:30 a.m.
 Community Room
Yoga
 12 - 1 p.m.
 Art Studio
Computer Lab
 Open 8:30 - 11:30 a.m.
 1:30 - 3:30 p.m.

CENTRAL COMMUNITY CENTER • 4949 S. Long St. Stickney, IL 60402 • 708.636.8850 or 708.458.4126

Meal Program Dine-In • Community Room • 11 a.m. • Wednesdays

Must be 60 years of age or more to participate. Please reserve lunch the day before by 11 a.m. \$2 suggested donation per meal. See staff for information and to register.

Monday
Bingo
 11 a.m.
 Community Center
Yoga
 11 a.m. - 12 p.m.
 Classroom
Adult Coloring
 12:15 p.m.
 Classroom

Tuesday
Zumba Gold
 9:30-10:30 a.m.
 Community Center
Shadowboxing
 10-11 a.m.
 Community Center
Sit-Be-Fit
 12:45 p.m.-1:45 p.m.
 Community Room
ESL Class
 9 a.m - 12 p.m.
 Community Center

Wednesday
Bingo
 11 a.m.
 Community Center
Blood Pressure Check
 9 - 11 a.m.
 Classroom
 Second Wednesday of
 each month

Thursday
Sweatin' to the Oldies
 10:30 - 11:30 a.m.
 Community Center
**Brain-Balance
 Boostcamp**
 12 - 1 p.m.
ESL Class
 9 a.m - 12 p.m.
 Community Center

Friday
Movie
 11 a.m.
 Community Center



STICKNEY TOWNSHIP

5635 State Road
Burbank, IL 60459

708.424.9200

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BEDFORD PARK, IL
PERMIT NO. 1025

Stickney Township celebrates 125 years of service on April 23, 2026. More information in the Spring!

Stay Connected!

Check Out our Facebook pages for Current News and Follow Us on Facebook

Stickney Township Public Health District
Stickney Township Office on Aging
Stickney Township Behavioral Health
Stickney Township Youth Services

Visit us online at:

www.townshipofstickney.org
www.stickneypublichealthdistrict.org

SENIOR ADVISORY COMMITTEE MEETINGS WINTER 2026

Stickney Township welcomes residents to participate in our monthly Senior Mealsite Advisory Meetings which provide the opportunity for program discussion, feedback, ideas and suggestions.

NORTH MEAL SITE

MEETS FIRST TUESDAY – 9:30 A.M.

February 3

March 3

LSV SENIOR CENTER

MEETS SECOND WEDNESDAY -9 A.M.

February 11

March 11

CENTRAL STICKNEY

MEETS FOURTH WEDNESDAY – 9:30 A.M.

February 25

March – no meeting

We are happy to once again host Morton College English as a Second Language/ESL Classes

CENTRAL STICKNEY

Tuesdays and Thursdays

9 a.m. - 12 p.m.

Central Stickney Community Center • 4949 S. Long Ave.

Contact Morton College for information and upcoming classes. New classes beginning in March.

Stickney Township Board of Trustees



Diane M. Viverito
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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 Acts: 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.