



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
Stickney, IL 60638
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

Labor Day

Monday • September 7th

Columbus Day

Monday • October 12th

National Night Out

August 4

Schools Open

August 18



SUPERVISOR'S MESSAGE

Township Celebrates 125th Anniversary

Dear Neighbor,

As we enjoy the warm days of summer, it was a pleasure to see people across the country come together in different ways to celebrate our nation's 250th anniversary. While we continue to celebrate this important national event, we also have a local birthday of our own.

This Spring, Stickney Township proudly marked our 125th anniversary!

The areas comprising Stickney Township today were unincorporated at the turn of the century, with dirt roads and without any nearby towns to provide services. As residents sought a form of government to provide services, they established a township form of government and in 1901 Stickney Township was born.

The original mission of townships in Illinois was to provide essential human services—including making and maintaining roads, providing relief to those in need, offering local assistance, and helping with county government.

Today, we remain committed to this original mission while providing an array of additional offerings. Township bus service, support for seniors, programs for families and youth, and an increasing number of public health services have grown with the township.

Our ongoing goal is to serve all parts of our community with compassion, empathy and respect. And, while you will hear more about improvements we are making in equipment, staffing, and technology in our upcoming news, at this time, we want to invite you to learn more about Stickney Township in person. This summer we are out in the community at many events, so stop by and say hello. Learn more about what we offer. As always, our clinics are open and senior activities are held Monday through Friday and newcomers 60+ are welcome! Special 125th anniversary events for all ages—***Ice Cream Social, Open House, Tree Planting and more***—will be held at all of our locations.

Please have a healthy, safe and enjoyable summer! Thank you for the privilege of serving you in Stickney Township.

Very sincerely,
Diane Viverito



Pictured above (front row l. to r.) trustees Peter Ferreri, Laura Kreil, Donna Galeher, Supervisor Diane Viverito and Trustee Louise Toribio Zelinski. (back row l. to r.) Administrator/ Health Director Dr. Christopher Grunow, Assessor Amy Dimas-March, Clerk Hector Cesario and Highway Commissioner Daniel Paluch.

Stickney Township 125th Anniversary Celebration Events

Central Building

Tuesday, August 25th • 4:30-5:45 p.m.

Saturday, September 26th • 9 a.m.-12 p.m.

South Building

Thursday, September 17th • 3-7 p.m.

North Building

Tuesday, September 29th • 4-7 p.m.

All Are Welcome • More details to come

Township Services

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.

All phone numbers begin with a 708 area code

ANIMAL CONTROL	237-8967
ASSESSOR	788-9100
BEHAVIORAL/MENTAL HEALTH	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 Health Center	788-9100
6721 W. 40th Street, Stickney	
Central Community Center	458-8855
4949 S. Long Avenue, Stickney	
MINI BUS TRANSPORTATION	424-9221
OFFICE ON AGING	636-8850
PODIATRY	424-9200 and 788-9100
PUBLIC HEALTH NURSING	424-9200
TOWNSHIP CLERK	424-9200
TOWNSHIP SUPERVISOR	424-9200

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



North Building



South Building



Central Community Center



Louis S. Viverito Senior Center

Home Delivered Meals

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

Mini Bus Transportation

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

Schedule Mini-Bus Service by Planning Ahead!

All rides must be scheduled ahead of time (24 hours or more) by phone (424-9221) and confirmed by our staff. Our dispatcher is available during business hours Monday through Friday from 8 a.m.-4 p.m. For next day appointments call between 8 a.m. and 12 p.m. the day before.

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

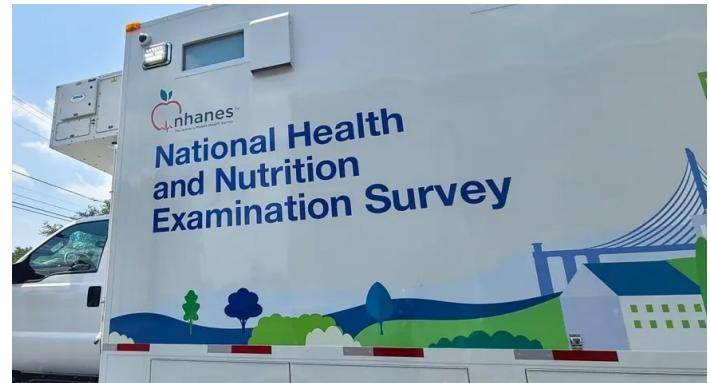
Highway Department

Winds from summer storms often bring down trees and limbs. One of the responsibilities of the Highway Department is to pick up, chip and dispose of debris blocking streets and sewer drains. Maintenance and repair of roads in unincorporated areas is under the jurisdiction of Stickney Township.

Township Spotlight

Stickney Township Proud to be Selected as Local Site to Host National Health and Nutrition Examination Survey

You may wonder what's happening in the South Clinic parking lot between July 22nd and September 27th. Stickney Township Public Health District is cooperating with the Center for Disease Control's **National Center for Health Statistics and the National Health and Nutrition Examination Survey** (NHANES) to collect health information from area residents. The survey statistically selects twenty communities around the United States. Last year, the University of Illinois Medical Center was selected, this year Stickney Township Health District was chosen as the summer host site. It's where the survey will be headquartered and where the medical trailers will be parked.



NHANES is unique among population surveys because it combines in-person interviews, health exams, lab tests, and dietary assessments using state-of-the-art mobile exam centers.

600 randomly chosen area residents and households will be contacted and invited to take part in the survey. In addition to phone and in-person interviews, testing includes a three-hour physical. A monetary stipend, travel support and other benefits are offered to anyone who is a willing participant. If you are contacted, you surely may wish to participate! It helps our nation understand the current state of America's health and plan on what future healthcare services to provide at the Township level. Plus, it's a great opportunity to receive access to the test results. It's free information about your health!

In addition to the physical, there are a variety of tests which may be done, all free of charge, depending upon age and health. These can include blood, urine, bone density tests along with dental examinations. Outside of the study, the test results are only shared with participants, who may choose to share them with their personal doctor.

5,000 adults and children in communities across the United States participate in the survey annually. Participating in this survey provides a snapshot of America's health. The data and information about health is important to healthcare planning, both nationally and locally. Plus, our nation's science and medical research benefits from the data as well. The CDC and NHANES will be reimbursing the Township for any expenses incurred during their presence.

Comings and Goings



Jorge Sanchez with Supervisor Viverito.



Dr. Grunow was recognized at his retirement by the Illinois Department of Public Health.

In May, we acknowledged the retirement of Township Administrator and Public Health Director Dr. Christopher Grunow, as well as the retirements of Director of Behavioral Health Melinda Antoskiewicz, Director of Environmental Health Michael Katcher, and WIC Program Director Lynn Warszalek—all of whom served our residents over 30 years each.

Dr. Grunow, a clinical psychologist, applied his training in health care to lead the Township's Public Health District while also handling an array of administrative duties.

With the retirement of Dr. Grunow, Supervisor Viverito was happy to welcome our new Township Administrator, Mr. Jorge Sanchez, to the staff. Jorge is an area resident, a graduate of St. Laurence High School and a former EMT. He has a Masters degree in Health Care and is an experienced senior services residential and health care administrator.



Michael Katcher



Melinda Antoskiewicz



Lynn Warszalek

Public Health Programs

School and Sports Physicals

Children entering Preschool/Early Childhood, Kindergarten, 6th and 9th grades are required to have a physical exam, as do most school sports and many colleges.

Stickney Public Health District offers physical exams with a healthcare provider at no cost. Some services, such as immunizations or lead screening, may have a minimal fee. All residents are welcome, regardless of age, income, insurance, or immigration status.



Schedule Your Appointment Today!

Please have available when scheduling:

- Medicaid/insurance information (*if applicable*)
- Child's complete immunization record
- Stickney resident ID card (*required at appointment*)
- Payment: Cash or check only (*no credit/debit cards*).

To schedule an appointment call 708/424-9200.



Clinics

Did you know that the services at the Stickney Public Health Department are offered free or at affordable fees?

Walk-in service and appointments are available to all Stickney Township residents at both our North and South clinics for the following services:

- Immunizations for children and adults
- Blood Lead Screening for children
- Minor illness
- Minor injury
- Well child/adult exams

Dental

The dental program serves Township residents—children in grades K through 8 and seniors 55+.

Dental services are offered free of charge, by appointment only.

SENIORS

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

SOUTH CLINIC *Seniors only*

Monday, Tuesday, Wednesday, Friday • 708-424-9200

SCHOOL CHILDREN

The Mobile Dental trailer is located at the LSV Senior Center this summer until the beginning of the 2026-27 school year. The trailer sealant program begins in late August, at Burbank Elementary School.



Current Stickney ID required for all adult patients and parents/guardians of minor patients.

Behavioral Health

Stickney Township provides counseling services to address well-being and mental health concerns of residents. Four degreed and licensed clinical staff members offer services by appointment, with evening hours available.

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 708/237-8918 for an appointment. Confidentiality is assured.

BEHAVIORAL HEALTH WORKSHOP

Beautifully Broken: Mindfulness through Kintsugi

Friday • July 24th • 1 p.m.

Stickney Forest View Library • 6800 43rd St. • Stickney

Wednesday • September 16th • 11 a.m.

Prairie Trails Library • 8449 S. Moody Ave. • Burbank

This presentation combines breathing with mindfulness—drawing on bowls that mimic the process of Kintsugi, an ancient Japanese art. The process mirrors our own personal resilience by overcoming hardships and embracing our imperfections. Leave the stress behind and take home a reminder of your inner strength.



In this session, attendees will:

- Learn mindfulness breathing techniques to pair with the creative process as a method to relieve stress and promote relaxation.
- Learn about self-compassion through acceptance of imperfections

Call 708/ 237-8918 for registration.

Public Health Programs

Eat Safe Food after a Power Outage

After a power outage, throw out perishable food in your refrigerator after 4 hours.

- ⚡ Check temperature of food in your freezer and in coolers. Throw out food above 40°F.
- ⚡ You can safely refreeze or cook thawed frozen food that still contains ice crystals or is at 40 °F or below.

When in doubt, throw it out.



www.cdc.gov/foodsafety



Free Blood Pressure Checks!

A Public Health District nurse provides blood pressure checks at these times and locations:

LSV SENIOR CENTER

7745 S. Leamington, Burbank

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

CENTRAL COMMUNITY CENTER

4949 S. Long Ave. Stickney

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

BURBANK PARK DISTRICT FUSION RECPLEX

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.

Cooking Food Safely

Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer.

Safe Internal Temperatures for Different Foods

- **Whole cuts of beef, veal, lamb and pork, including fresh ham • 145°F** (then allow the meat to rest for 3 minutes before carving or eating)
- **Fish with fins • 145°F** or cook until the flesh is opaque and separates easily with a fork
- **Ground meats, such as beef and pork • 160°F**
- **All poultry, including ground chicken and turkey • 165°F**
- **Leftovers and casseroles • 165°F**

Refrigerate food promptly

Bacteria can multiply rapidly if left at room temperature or in the "Danger Zone" between 40°F and 140°F. Never leave perishable food out for more than 2 hours (or 1 hour if exposed to temperatures above 90°F). Keep your refrigerator at 40°F or below and your freezer at 0°F or below.

Environmental Health Programs

The Environmental Health Division serves 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 pest abatement programs help our residents avoid the spread of disease. Questions or concerns? Contact us at 708-424-9200.

Summer Season Health

What You Need to Know to Protect Yourself Against Lyme Disease

Lyme disease is an illness spread through the bite of an infected tick and can be cured with antibiotics when treated early. If untreated, Lyme disease can cause serious long-term complications affecting the joints, heart, nerves and memory.

SYMPTOMS TO WATCH FOR:

- A circular red rash similar to a bull's eye
- Fatigue
- Fever or chills
- Headache
- Swollen lymph nodes
- Joint or muscle pain

See a doctor if you develop a rash or flu-like illness with fever after a tick bite.



Mosquito Control Starts at Home

FIGHT THE BITE and Prevent Diseases Like Zika and West Nile Virus by Taking the Following Mosquito Control Prevention Tips:

- Use insect repellent: It works! Look for these ingredients: *Deet, Picaridin, IR3535, Oil of Lemon Eucalyptus, Para-Menthane-Diol.*
- When weather permits, wear long sleeves, long pants and socks when outdoors. Spray clothes for extra protection.
- Anything that holds water for more than a few days can be a mosquito habitat! Empty items that hold water, such as tires, buckets, planters, birdbaths, flower pots or trash containers.
- Report abandoned or unmaintained pools or standing water to Stickney Township Environmental Health.

For more information on Zika and West Nile Virus visit the Centers for Disease Control website at www.cdc.gov.

Animal Control

Environmental Health includes control of wild animals that pose a health threat to the community as well as identifying stray pets. Concerns about animal problems of any kind, whether wildlife or domestic, can be directed to 708/424-9200 ext 2187.

Never Feed Coyotes

Coyotes in Stickney Township? Yes, we have them! In fact, coyotes are present throughout the Midwest and often in suburban or even urban areas. But, coyotes need not be a public health concern—they seldom bite humans and can be deterred from entering your property by eliminating food sources and following these guidelines:

- Keep grills and barbecues clean.
- Keep garbage cans inside.
- Use sealed compost bins and never feed the animals.
- Coyotes can carry rabies, distemper, sarcoptic mange, heartworm and canine diseases, so keep pets' vaccinations current.
- Keep an eye on small pets, especially at night.
- Keep pet food and water dishes inside.
- Keep the ground below bird feeders and trees clean.
- Protect vegetables with netting and fruit with fences.
- Use welded wire to block areas under decks, sheds, patios and porches



Senior Programs



BINGO

Friday • July 31st • 9:30 a.m. • North
Super Bingo

Friday • August 28th • 9:30 a.m. • North
Super Bingo

Friday • September 25th • 9:30 a.m. • North
Super Bingo



HEALTH

Tuesday • July 14th • 12 p.m. • LSV
Heat, Health and Safety Chat with Public Health nurses. Held during lunch. Fun and prizes included!

Friday • July 17th • 9:30 a.m. • North
Aliya Healthcare presents Caregiver Burnout

Tuesday • July 28th • 12 p.m. • North
Alzheimer's, Dementia and Research by Rush Hospital

Wednesdays 1:15 p.m. • Thursdays 1:45 p.m.
July 29th through September 17th • LSV
Free, evidence-based Wellness Arthritis Exercise Class sponsored by White Crane Wellness. Registration required.

Call 708/636-8850. Class Max: 40 participants

Wednesday • August 5th • 10:00 a.m. • LSV

What to Expect at Rehab presented by Aliya Healthcare.



Friday • August 14th • 9:30 a.m. • North
What to Expect at Rehab presented by Aliya Healthcare.

BUSINESS

Wednesday • July 15th • 10 a.m. • LSV East Wing
Real Estate Issues with Attorney Michael Maslanka

Mondays • July 20th • August 17th • September 21st 10:30 a.m. • LSV West Wing
Money Smart Series presented by Burbank Community Bank

Friday • August 7th 12 p.m. • North
Fraud Talk

Wednesday • September 9th • 10 a.m. • LSV
Tel Tex Technology: Government related program offering accessible communication devices and technology for individuals with disabilities.

ENTERTAINMENT

Thursday • August 13th 10:30 a.m. • LSV

Join us for John Magic!

Illusions, magic, music, comedy, mind-reading *and more!*



Friday • August 28th • 11:30 a.m. LSV • Grand Activity Room
Cross Harlem Classic!
Stickney Township • Bridgeview Park District • Peace Village. Pizza, dessert and refreshments served.

Call 708/636-8850 for information and registration

STICKNEY TOWNSHIP *Annual Community Fair*

FRIDAY • SEPTEMBER 18 • 2026

9:30 a.m. - 12 p.m.

Louis S. Viverito Senior Center

7745 S. Leamington • Burbank

Everything You Need to Age Well—All in One Place

Join Us To:

- Meet local service providers
- Receive free health screenings
- Learn about programs and benefits
- Explore services for seniors and caregivers
- Connect with community resources
- Enjoy giveaways and refreshments

Free Admission

Open to Seniors, Caregivers & Family Members

Featuring 40+ Local Organizations & Service Providers!



Monday • September 28th • 10:30 a.m. • LSV
Oktoberfest with Eddie Korosa!
Polka, accordion music, German food!

Senior Programs

SENIOR ADVISORY COMMITTEE MEETINGS SUMMER 2026



We welcome residents to participate in our monthly Senior Mealsite Advisory meetings for program discussion, feedback, ideas and suggestions.

NORTH MEAL SITE

MEETS FIRST TUESDAY – 9:30 A.M.

July 7th • August 4th • September 1st

LSV SENIOR CENTER

MEETS SECOND WEDNESDAY – 9 A.M.

July 8th • August 12th • September 9th

CENTRAL STICKNEY

MEETS FOURTH WEDNESDAY – 9:30 A.M.

July 22th • August 26th • September 23rd

MARK YOUR CALENDAR

Medicare Open Enrollment Begins October 15th

WORKSHOP OFFERED

Wednesday • October 7th • 10 a.m.

LSV Senior Center

Did You Know We Can Help You:

- Understand Medicare benefits
- Find best options to fit your situation
- Learn how to save money

During open enrollment time people with Medicare can enroll, disenroll or switch Medicare Part D plans, including Medicare Advantage plans.



Changes made during this period will take effect January 1, 2027.

*Give us a call!
We're a free,
unbiased service,
708/636-8850.*

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

Mondays at 10 a.m.

July 14th • August 1st • September 8th

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

For Registration Call 708- 636-8850

Caring Crew

Care, Connect, Recharge

Third Tuesday of Each Month • 10-11 a.m.

July 21st • August 18th • September 22nd

Louis S. Viverito Senior Center

7745 S. Leamington Ave. • Burbank

Caring for a loved one can be rewarding—but can also feel overwhelming. Join our support group for a welcoming space to connect, share, and learn alongside others who understand the journey. Participants enjoy conversation, supportive fellowship, and helpful educational topics that provide practical tools and encouragement for caregivers.

In This Group, You Can:

- Connect with other caregivers
- Share experiences in a supportive setting
- Learn helpful tips and resources
- Gain insight on caregiving topics
- Take time for yourself

Who Should Attend:

All caregivers are welcome, including those caring for a loved one with Alzheimer's disease, dementia, or other ongoing needs. Whether you're new to caregiving or have years of experience, you'll find support here.

Call ahead to reserve lunch.

Youth Programs

PRE-K PROGRAMS

Register Now for 2026 Pre-School



Classes Begin Monday, September 14th

*Four 8-week Sessions throughout the School Year
Two Locations to Choose From*

NORTH CENTER

6721 West 40th St., Stickney

LSV CENTER

7745 South Leamington, Burbank

*We Are Excited to Announce Our Pre-K 4 Program
is Now 5 Days a Week!*

PRE-K 4

Monday, Tuesday, Wednesday, Thursday, Friday

Cost of each session: \$30 (due at time of registration)

PRE-K 3

Monday, Wednesday and Friday

Cost of each session: \$25 (due at time of registration)

*Children must be 3 and/or 4 by September 1st and
fully potty-trained. If the parent or guardian has a
valid Health and Family Service (HFS) medical card,
programs are reduced to half price per session.*

Celebrating Our Pre-K Graduates!



(Above) Parents, teachers and Township officials were delighted to attend this year's graduation ceremonies and performances by the children, held at both South and North buildings.

(Left) Children and teachers ready to board the bus for a fieldtrip.





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. Reserve lunch the day before by 11 a.m. \$2/meal suggested donation. See staff 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 - 11:30 a.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
10:30 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

Ballroom Dancing
9 a.m.
Grand Activity Room

Nutri-B's Bingo Club
9 a.m. - 12 p.m.
Art Studio

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

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

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

Poor Man's Poker/Golf
12 - 2 p.m.
Grand Activity 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



Stickney Township Senior Events

NORTH • 6721 W. 40th St. Stickney • 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. Reserve lunch the day before by 11 a.m. \$2/meal suggested donation. See staff 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 a.m.
Community Room

Tai Chi
12 - 1 p.m.
Lower Level

Computer Lab
Open 8:30 a.m. - 3:30 p.m.

Thursday

T.O.P.S.
9 - 10:30 a.m.
Lower Level

Cut the Deck Poker
11 a.m. - 12:15 p.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.
Lower Level

Computer Lab
Open 8:30 a.m. - 3:30 p.m.

CENTRAL • 4949 S. Long St., Stickney, IL • 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. Reserve lunch the day before by 11 a.m. \$2/meal suggested donation. See staff 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
10:30 - 11:30 a.m.
Community Center

Shadowboxing
12:30 p.m.
Community Room

Sit-Be-Fit
12:45 p.m.
Community Room

ESL Class
9 a.m. - 12:45 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.
Community Center

ESL Class
9 a.m. - 12 p.m.
Community Center

Friday

Movie
11 a.m.
Community Center

*English as a Second Language (ESL) classes are offered in conjunction with Morton College beginning August at the Central Community Center.
Contact Morton College at 708/656-8000 for additional information.*



STICKNEY TOWNSHIP

5635 State Road
Burbank, IL 60459

708.424.9200



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

TORNADO WATCH

Tornadoes are possible in and near the watch area.

What it means: Conditions are favorable for tornadoes to develop. Be prepared.

What You Should Do: Stay Informed. Have a plan ready and act if a warning is issued.

TORNADO WARNING

A Tornado is happening or is imminent in the warning area.

What it means: A tornado has been spotted. Take action now.

What You Should Do: Take shelter immediately. Protect yourself and others.

Morton College Offers Free English Classes at Central Stickney Community Center *Clases de inglés Gratis*

PLACEMENT TEST AUGUST 11TH
FALL SESSION BEGINS AUGUST 18TH

LEARN ENGLISH

- Advocate for your family
- Help your children with homework
- Reach your goals with us



Central Community Center
4949 S. Long Ave., Stickney

For information and
registration call Morton College
708/656-8000, ext. 2373 or
email: adulted@morton.edu

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BOARD MEETINGS • SUMMER 2026

Board of Health: 6 p.m. • Board of Trustees: 6:30 p.m.

Monday, July 27th	South Clinic
Monday, August 10th	South Clinic
Monday, August 31st	North Clinic
Monday, September 14	Central Clinic
Monday, September 28	South Clinic