



Frisbie Senior Center

For more info on our programs,
please call (847) 768-5944

All programs require advanced registration



Fridays, thru March 22nd
MUST register 1 week in advance

Choice of Fried Cod or Fried
Shrimp, served with fries, tartar
sauce and a bottle of water.

M: \$10 NM: \$12



AARP Tax- Aide
Tues. and Wed.
Feb. 6-April 10

Sign up for FREE income tax prep through
the AARP/IRS Tax Counseling for the Elderly
program. This program helps tax payers with
low to middle income, with special attention
to those 60 and over. Because of an increase
in identity theft, both spouses **MUST** be
present if married and filing jointly unless
the spouse who is present has P.O.A over the
other spouse.



Arthritis Exercise Class

Tuesdays @ 10 AM

Sponsored by
White Crane Wellness
Non Members: \$5/class

Brunch & Brew

Tues, March 5

Doors Open

at 11:30 AM

M/NM: \$15

Register by Feb. 27th



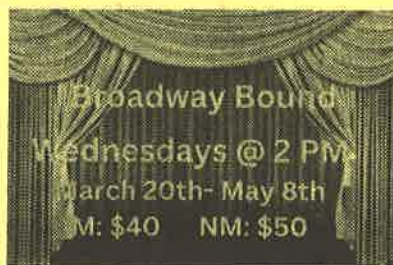
Senior Police
Corps. and Fire
Wed., March 6
10 AM to 12 PM



Wed., March 6 @ 12 PM

Join us for this monthly
series which will feature a
health and wellness topic.
*Please note: You **MUST** be
present for the entire
presentation to receive a
lunch.*

Join us for this special themed breakfast
where we will be serving up a traditional
Irish Breakfast. Included is a fried egg,
Irish breakfast sausage, back bacon,
tomatoes, baked beans and soda bread.
After the breakfast, Kevin Chapman will
be presenting an interactive
presentation that combines live bagpipe
music, humor & discussion.



Do your toes tap when you hear
music from your favorite
Broadway show? Come get in
your steps and learn dance
combinations from your
favorite musicals such as A
Chorus Line, Chicago, Hairspray
and The Wiz. No dance
experience needed. Jazz shoes
or gym shoes recommended.

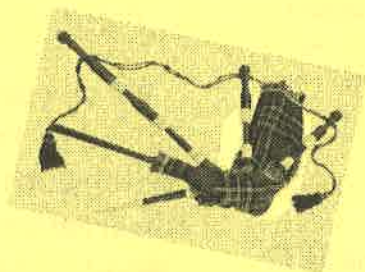
Advanced Registration
Required



Veterans
Roundtable

Thurs. March 7 @ 11 AM

Join us monthly for
coffee & as well as for
discussion around topics
related to Veterans.



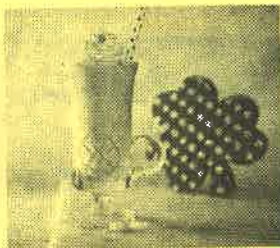


**St. Patty's
Luncheon
Tues., March 12th**

**Doors Open @ 11:30 AM
M: \$12 NM: \$15**

**Advanced Registration
Required by March 5th**

We will be serving up Corned Beef and Cabbage with potatoes and carrots. We welcome Galway Girls as our entertainment, followed by a slice of Bailey's Irish Cream Cheesecake for dessert.



**Tasty Treat
Mon., March 18
@ 12:30**

Michelle DeLaRosa, owner of MBD Martial Arts in Des Plaines, will be giving a 45M self defense demo.

Afterwards, join us for a tasty treat in the cafe. A Shamrock shake and cookie will be served in celebration of St. Patty's Day. Must attend demo to receive treat.

**Advanced Registration
Required by March 13**



**Bunch Book Club
Thurs., March 28 @ 12 PM
Unlikely Pilgrimage of
Harold Fry**



**Financial
Coffee Talk
Wed., March 13th
@ 10AM**

Christine Chervenak, from Edward Jones will be leading this monthly "Coffee Talk" to discuss important financial topics.



**Podiatry Services
Wed., March 20
12:30- 3:30
(appts. required)**

Dr. Truncale, from Podiatry of Arlington Heights, specializes in Diabetic Foot Care, Wound Care, Surgery of the Foot, Orthotics, Toenail fungus, Warts, Flatfeet, Bunions, Hammertoes, Gout, Heel Pain, Neuromas, Sprains, Fractures, Geriatric Foot Care and Ingrown Toenails.

**Please bring your completed form, ID,
Insurance card and a list of your
medications to your appt.**

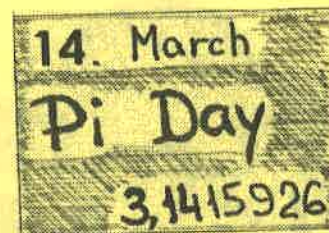


**Lunch and a Movie
Thurs., March 25
@ 12 PM
Tickets: \$10
Maestro**

This fearless love story chronicles the complicated lifelong relationship between music legend Leonard Bernstein and Felicia Montealegre Cohn Bernstein.

**Advanced Registration
Required by Feb. 19th**

Meet Harold Fry, recently retired. He lives in a small English village with his wife, Maureen, who seems irritated by almost everything he does. Little differentiates one day from the next. Then one morning a letter arrives, addressed to Harold in a shaky scrawl, from a woman he hasn't heard from in twenty years. Queenie Hennessy is in hospice and is writing to say goodbye. But before Harold mails off a quick reply, a chance encounter convinces him that he absolutely must deliver his message to Queenie in person. In his yachting shoes and light coat, Harold Fry embarks on an urgent quest. Determined to walk six hundred miles to the hospice, Harold believes that as long as he walks, Queenie will live.



**Noontime Knowledge
@ 12 PM**

Join us in what is to be the first of many presentations in our noontime knowledge series.

Bianca Diaz, a representative from the RTA, will be discussing making transit accessible. Topics include Ride Free/Reduced Fare, ACCESS program as well as other programs the RTA offers.

Just Presentation: Free

Lunch Option : M: \$7 NM: \$10

Hot dog and chips with a slice of Apple Pi A La Mode in celebration of Pi Day.

**Reservations Required by
March 11**



**Bunco
Wed., March 27 @ 12 PM
M: \$12 NM: \$15
Register by March 22**

Join us for a fun afternoon of Bunco and Pizza. Includes salad and drink.

Wear Green for St. Patty's Day

Prizes awarded to highest points per table per round and overall highest scorer at the end will win a prize.



**We will be
closed on Fri.,
March 29th in
Observation of
Good Friday**

Thank you to all those who have renewed their Membership and have become New Members*.

Jim & Lynn Albrecht	Gerijo Duda	Linda Lombardo	Ray Sandusky*	Shirley Walter &
Robert Aragosa	Bonnie Eberly	Edward &	Joan Schmidt &	Alfred Corbett
Rita Barth	Helga Eggemann	Irene Marquardt*	Kelly Abero*	Mike &
Judith Bataille	Marion Eilken	David &	Maureen Schneider	Jeanne Wehman
Norbert Bernauer &	Dorothy Elkins	Barbara Meegan	Holly Sitkiewicz*	Gerry White
June Feiereisel	George Harig*	Thomas Murray*	Mary Ellen Smith	Beverly Zuccarini
Karen Briskey &	Thomas Hoffman	Nancy Nolan	Rosemarie Smith	
Charles Waite	Carl Imburgia*	Joseph Noltemeyer*	Frances Strain &	
Doris Burns	James Kasz*	Helen North	Norman Viray	
Mary Cameron	Barbara Kier	Bonnie Olson*	Rhonda Taormina	
Lucille Carney	Joanne Kimball	Sheila Pearlman	Patricia Thompson	
Gerald & Judy Ciezadlo	Midge Klein	Lewis & Jean Pennisi	Elizabeth Unverricht	
Joseph Cipolla	Pooja Kunwar*	Rhonda Popko	Eileen Walter	
Jeanette Cox	Robert Levin	Susan Rasmussen		
Barbara Delia*		Brian Rowe		

**Membership Expiration Dates are listed in parenthesis on your newsletter envelope address label .
Please make sure to pay your membership dues on time.**

Senior Advisory Council

Meets the 2nd Tuesday of each month @ 9:30 AM

Get off the couch!! Keep moving and socialize.
We have line dancing, card games, ping pong, board games, pool
tables, and more. Stay in the game of life!

Who Is Alex?

Alex joined Frisbie in March 2023 as the Resource and Activities Coordinator. He has a Masters degree in Education, worked in social work for the state of Arizona, and was a teacher in Chicago Public Schools for 12 years. He's been married 33 years, and is the proud father of three children. Thank you Alex!

Shout out to our volunteer receptionists:

Sheila Blair Lucille Carney Holly Lynch Sharon Simon
Nancy Brandt Mary Hellguth Sharon Madison Kathi Stewart
Joan Bugay Corinne Hopkins Marilyn Masiarz Barb Winfield



"10 for 10 for 10" Program 2024

The "10 for 10 for 10 Program" is an affordable way for you to make a charitable gift to your Senior Center. Simply donate \$10 for 10 months, or the entire \$100, to be eligible for 10 prizes awarded for the months of **February - November.**

Not only will you support the Senior Center, you will also be automatically entered into a raffle (every month) for fantastic prizes.

Please note, all \$10 donations are due by the end of each month to be eligible for that months prize. To be eligible for November's prize, you must donate for all 10 months.

Nancy Brandt	Kathy Montalbano
Darlene Budakovic	Rose Pinnock
Joan Bugay	Elaine Plummer
Judy Ciezadlo	Joyce Raygor
Gloria Kazimer	Ann Ritti
Arylis Lisner	Diane Schmidt
Gloria Ludwig	Debbie Skrzypek
Holly Lynch	Mary Jo Thelander
Sharon Madison	Mona Vady
Sherry McKee	Angela Volpe
David Meegan	Karen Wierer
Thomas Molina	Denise Yonkers

Our Corporate Partners

Diamond Partners



Platinum Partners

Gold Partners

Oak Street Health

Silver Partners

Ascension Holy Family Journal & Topics Greg MacDonald, Attorney at Law
Ptasinski & Smith

Bronze Partners

@properties, Sharon Lynch

Alden
Healthcare

Arden Courts

Baird & Warner,
Andrea John

Edward Jones, Dan Chervenak and
Christina Chervenak

Generations at Oakton Place

Health Insurance
Exchange of the Midwest

One Trust Home Loans

Right at Home

Frisbie Senior Center Day Trips

Where Seniors are Independent, Engaged, & Connected

Exciting trips for 2024

Starting in March

Here is a few trips planned

More to come each week

Join us we're having fun!

Call 847-768-5944 M-F 8:30-4



Potawatomi Casino

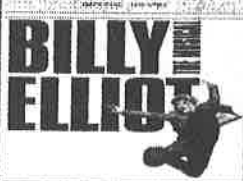
Tues. May 28th

8:00am - 5:30pm

\$39 Mem - \$49 Non Mem

Slot play \$10 Food credit \$10

PLAYBILL



Billy Elliot

Paramount Theatre

Hot Buffet Lunch

Wednesday, March 20th

10:45am - 5:30pm

\$79 Mem \$89 Non Mem



Illinois Railway Museum

Includes a 45 Minute Train ride. Several museums & stores

Lunch at Checker's II Restaurant

Tuesday, June 18th

9:00 am - 3:30 pm

\$63 Mem \$73 Non Mem



New Buffalo Wednesday

April 10th 2024

8:00am - 5:30 pm

Slot play \$15 Food \$10

DLB points / Buffet Open

Extended Trips 2024 Mayflower Cruises & Tours

Join us we're having fun!!!

The Great American Solar Eclipse April 6th-9th

The next Solar Eclipse
over the States is

NOT UNTIL 2044



Danube Delights River Cruise

Includes two nights in Prague

August 30th-September 9th

Extended trips Contact Sally: 847-207-9438



A Carol King Musical Paramount Theatre Hot Buffet Lunch

Wednesday, May 22nd

10:45 - 5:30

\$79 Mem \$89 Non Mem

Frisbie Senior Center Travel Talk with..

Mayflower Cruises & Tour

Friday April 5th 10:30

2024 Mystery Trip

December 4th-8th

2025 Alaska Cruising

Aboard the Nieuw Amsterdam

July 15th-27th

Welcome 2024 and a New Housing Market: There is Good News for 2024



We expect lower interest rates in 2024. We expect a 14% increase in home sales based on more sellers putting their homes up for sale. Existing and new buyers will be in the market place ready to buy. There is currently a shortage of homes for sale.



Have you been thinking of selling your home? Would you like to sit down and discuss the home-selling process?

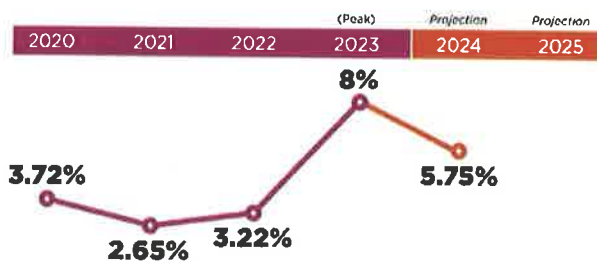
Maybe this year is a good year for you to sell, or maybe the following year. We can formulate a plan together to meet your needs. Feel free to reach out to me with any of your real estate questions. Consider me your real estate advocate. I have a team of attorneys, lenders, home inspectors and contractors to help you. I have been selling real estate since 1993. I have the knowledge and professionalism you need to get your home sold.

I look forward to hearing from you and I wish each of you all the best in 2024.

Sharon Lynch, @properties Christie's International Real Estate, 847.471.1984 or sharonlynch@atproperties.com.

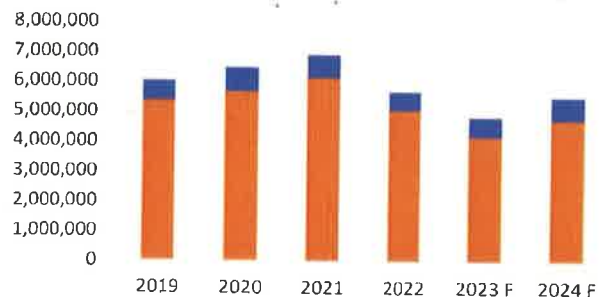
Charts are from Buffini and Company and the National Association of Realtors

Interest Rate Update



Total Home Sales: Upturn Next Year

New Sales up 19% and Existing-Home Sales up 13%



Source: NAR forecast and HUD



**Buying or Selling a home
can be an overwhelming event –
I can make it go smoothly.**

Sharon Lynch @properties

847 - 471 - 1984

sharonlynch@atproperties.com

Working with the best in the business is the only choice in real estate today.

I have been serving sellers and buyers in northwest Chicago since 1993.

Let's Make Your Dreams of Home Ownership a Reality!



**Sharon Lynch, Broker
847.657.7000**

