



JULY-AUGUST 2026

SENIOR BUZZ NEWSLETTER



OLDER ADULT HEALTH & WELLNESS EXPO



FREE EVENT!

- ▲ Health screenings
- ▲ Vaccine clinic
- ▲ Local resources and more!



Thursday, September 3

9:30 - 11:30 a.m.

Mount Prospect Village Hall

50 S. Emerson Street

No registration required.

Call (847) 870-5680 with any questions.

AGING IN MOUNT PROSPECT What Families Need to Know

Empowering older adults and their families through every step of the aging journey. The event features an informative presentation followed by a resource fair.

Wednesday, July 22, 2026 | 6:00 - 8:00 p.m.

Mount Prospect Village Hall

Board Room - 3rd floor

50 S. Emerson Street

FREE Event



To register, scan
above QR code
or call
(847) 870-5680



A HEARTFELT THANK YOU TO OUR COMMUNITY!

The Senior Appreciation Community Luncheon on May 8 was such a spectacular success!



Thank you to every single person who attended. Your smiles, laughter, and presence are what made the afternoon so incredibly special.

We extend our sincere gratitude to partners who generously invested in our community and made this a day to remember. Thank you to the Lions Club, Mount Prospect Park District, and Fyzical Therapy & Balance Center.

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**HUMAN SERVICES DEPARTMENT
PRESENTS:**



**Tuesday, July 21
10:00 - 11:30 a.m.**

**Village Hall
Farley Community Room
50 S. Emerson Street**

**Registration required.
Call Human Services Department
at (847) 870-5680.**

**MOUNT PROSPECT RESIDENTS ONLY.
LIGHT REFRESHMENTS & SNACKS
WILL BE BE SERVED.**

**ILLINOIS SECRETARY of STATE
MobileDMV**



Driver's License & State ID Cards – Standard & REAL ID
(First time, Renewal, Duplicate, Corrected)

Vehicle Registration / License Plate Stickers

For a full list of acceptable documents visit ILSOS.gov

** Written and road tests are not available at Mobile DMV events.*

Village of Mount Prospect

**Village Hall (Farley Community Room)
50 S. Emerson Street**

**Friday, August 28, 2026
10:00 a.m. - 2:00 p.m.**



IL Secretary of State
Alexi Giannoulias

**Appointment Required
Call (847) 870-5680**



**SENIOR
CONNECTIONS**

**CONNECT WITH YOUR COMMUNITY
FARLEY COMMUNITY ROOM AT
VILLAGE HALL, 50 S. EMERSON ST.
THURSDAY, AUGUST 6**



9:00 a.m. Presentation by Northwest Central
Dispatch - *What to expect when calling 911*
9:45 a.m. Village updates
10:00 a.m. Q & A and socialize with your
neighbors

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

SENIOR GAME DAY

**COME PLAY OLD FAVORITES,
LEARN A NEW GAME, & CONNECT!**

**2ND MONDAY EACH MONTH
JULY 13 & AUGUST 10**

**CARD, BOARD GAMES,
PUZZLES, & MORE!**

9:30 - 11:00 a.m.

**Village Hall will be closed to the public on Friday, July 3,
in observance of Independence Day.**



IT'S PERSONAL!

The food pantry is collecting personal care and cleaning items.

- Bar soap
- Bodywash
- Shampoo
- Conditioner
- Feminine hygiene products
- Adult-Bladder control pads
- Razors
- Toothpaste
- Toothbrush
- Paper Towels
- Toilet paper
- Dish soap
- Laundry detergent (under 20oz)
- Laundry pods
- Household cleaning supplies



Scan QR code to access Human Services Amazon wishlist



HomeFit Presentation

HOMEFIT: MAKING HOMES SAFE AND LIVABLE FOR ALL:

The AARP HomeFit Presentation can help individuals and families make their current or future residence or that of a loved one their lifelong home.

A HomeFit Home Fits People of All Ages:



Discover how the AARP HomeFit Guide helps create aging-friendly homes through safety and comfort modifications designed for residents of every age.



HomeFit will address a range of household hazards and safety solutions.



HomeFit will review the ways home technology can improve residents' comfort and independence.

The AARP HomeFit Presentation will take place at:



Village of Mount Prospect
Farley Community Room
50 S. Emerson Street



Tuesday, August 25
10:00 - 11:00 a.m.

Everyone is welcome and registration is required.
Space is limited. Register now at (847) 870-5680



Looking for local resources and programs tailored for older adults?



The Human Services Department makes this information easily accessible at Senior Services webpage: www.mountprospect.org/humanservices

SENIOR ACTIVITIES:

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

SENIOR SOCIAL WORK SERVICES:

Access direct services and linkage to resources and information. ✓

SENIOR BUZZ NEWSLETTER:

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

HEALTHY FAMILIES, A STRONGER COMMUNITY

Family HEALTH FAIR



FREE COMMUNITY EVENT
HOSTED BY THE HUMAN SERVICES DEPARTMENT

**WED.
AUGUST 5**

**BUSSE
"POCKET"
PARK**

**6 PM
UNTIL
7:30 PM**

Join us for a fun-filled evening to:

- Empower your family towards a healthier future
- Connect with health & wellness organizations
- Participate in interactive activities
- Meet therapy animals



Stick around for Movies on the Green after the event!
Hosted by: Mount Prospect Downtown Merchants Assn.



MEDICAL LENDING CLOSET

The Medical Lending Closet provides Mount Prospect residents with a short-term alternative to purchasing expensive medical equipment. Mount Prospect residents may borrow most equipment free of charge for up to 3 months. Equipment is available on a first come, first served basis.

The Medical Lending Closet is located at Mount Prospect Village Hall, 50 S. Emerson Street, Human Services Department (2nd Floor).

Hours: Mondays, Wednesdays, and Thursdays from 8:30 a.m. to 4:00 p.m. Call (847) 870-5680 to check on equipment availability.



FILE OF LIFE



WHAT IS IT?

This program allows Emergency First Responders to easily reference important medical information for a patient in the event of an emergency. File of Life is a medical card and red magnet pouch meant to be placed on your refrigerator.

WHERE DO I GET ONE?

Pick up the needed materials in the Human Services Department on the 2nd floor of Village Hall.

This program is for Mount Prospect residents only.



FILE OF LIFE®



In an Emergency DIAL

911

KEEP INFORMATION UP TO DATE

VILLAGE OF MOUNT PROSPECT

FIT 4 LIFE FRIDAYS!



10:00 - 10:45 a.m.

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

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

PLEASE NOTE:
No class on 7/3

**Zumba®Gold
Chair with
Natalia**

1st Friday: 7/10 & 8/7
Easy-to-follow seated Zumba® for balance & coordination

**Seated
Exercise with
Village Nurse**

**2nd, 4th, & 5th Friday:
7/24, 7/31, 8/14, & 8/28**
A fun, low-impact workout

**Whole Body
Wellness
with Angela**

3rd Friday: 7/17 & 8/21
A program to boost posture, lungs, and joint mobility

HEALTH SCREENING CLINICS



APPOINTMENTS REQUIRED



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

Community Connections Center
1711 W. Algonquin Road
Schedule a one-on-one appointment
with the village nurse.

Clinic Services provided are:

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

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

FIRE DEPARTMENT

KNOXBOX - SAFETY AT YOUR DOOR



For older adults living alone, a medical emergency or fall can make it impossible to answer the door when help arrives. The Knox Box offers a simple, secure solution that can make a difference for Mount Prospect Residents.

KnoxBox is a durable, tamper resistant key box hung outside your door that is installed by the Fire Department. It holds your house key and can only be opened by firefighters and emergency responders using a secure master key. In an emergency, firefighters can gain immediate access to help you without any damage to doors and windows.

- **The Investment:** A one-time purchase from the KnoxBox company. Estimated total cost: \$300
- **Community Support:** A limited financial-need loaner program is available based on current inventory.
- **Pay it Forward:** When you no longer need your KnoxBox, you can donate it back to our loaner program to help another resident in need.
- **Learn More:** Reach out to the Fire Prevention Bureau at (847) 818-5253 for information and directions on ordering.



POLICE DEPARTMENT

NATIONAL NIGHT OUT

The Mount Prospect Police Department, along with the Mt. Prospect Park District, will sponsor the Village's celebration of "National Night Out," a nationwide community-building event.

This year's event will be held in a new location at Gregory Park, 404 E. Gregory Street, from 5:30 p.m. until 8:00 p.m., on Tuesday August 4.

Come out to purchase dinner from one of the food vendors that will be there. There will also be entertainment for all ages, an emergency vehicle show, and more.

Mark your calendars now for a fun evening celebrating community on August 4th - all to strengthen community spirit and police-community partnerships.

For more information, call Officer Greg Sill at (847) 870-5650.
#BringTheNeighborhood



PUBLIC WORKS RECYCLING RESIDENT DROP-OFF INFORMATION



Drop off household batteries at the battery recycling kiosk located on the west side of the Public Works parking lot.



Electronics recycling is available on Wednesdays from 10:00 AM - 12:00 PM (April-October) for items such as computers, printers, monitors, and TVs.



Medication disposal is available through the Sheriff Department's medication drop box program located on the west side of the Public Works parking lot.



Sharps disposal is available during regular business hours in the Public Works lobby.



MOUNT PROSPECT PUBLIC LIBRARY

SUMMER SOUND MEDITATION

Wednesday, July 8, 7:00 p.m.

Join sound meditation facilitator and musician Jay Taylor for an hour-long, immersive sound meditation.

GOOGLE MAPS 101

Wednesday, July 29, 10:00 a.m.

Explore Google Maps as a tool for navigation and exploration. Learn how to get directions and discover your surroundings with ease.

MONET LIVES: A PORTRAYAL OF CLAUDE MONET

Wednesday, August 5, 7:00 p.m.

Artist Jim Parks embodies Monet to reveal the inner life of the gifted artist in 1860s Paris.

SEED SAVING

Wednesday, August 12, 7:00 p.m.

Learn effective seed-saving strategies from a University of Illinois Extension Master Gardener.

TEN TIPS FOR GETTING THE MOST FROM YOUR RETIREMENT SAVINGS

Wednesday, August 26, 2:00 p.m.

Join financial educator Karen Chan to learn how smart retirement account strategies can help you reduce taxes, manage distributions, and make the most of the savings you've worked so hard to build.

Vehicle License Plate Sticker Renewals

Illinois residents can now renew and purchase license plate stickers at the Main Library. No appointment is needed!

For fees and more information visit mppl.org/vehicle-sticker.



Mount Prospect
Public Library

mppl.org | 847-253-5675
10 S. Emerson St., Mount Prospect, IL 60056



Mount Prospect
Public Library

Programs will be held at the Mount Prospect Public Library, 10 S. Emerson Street. Registration required at www.mppl.org or by calling (847) 253-5675.

PARK DISTRICT INFORMATION

SUMMER FESTIVAL OF MUSIC

Mt. Prospect Community Band

Join the Mt. Prospect Community Band this summer at RecPlex, 420 W. Dempster Street, and help them celebrate their 50th Anniversary! Concerts are held on Monday evenings at 7:30 p.m. FREE Event.

July 6 | America: Coast to Coast

July 13 | Thanks for the Memories

July 20 | Band on the Run

July 27 | Fantasia! Featuring an encor performance by the Mt. Prospect School of Classical Ballet



WISCONSIN STATE FAIR

Prospect Heights Park District

Tuesday, August 11

8:30 a.m. - 6:00 p.m. | Trip cost: \$39

For more information, visit: www.phparks.org.



The Wisconsin State Fair offers a unique experience to all who attend. With dozens of FREE entertainment stages, thousands of animals, endless activities, events, vendors, and culinary delights, there sure is something for everyone. Explore & enjoy on your own.

MILWAUKEE'S GERMAN FEST

Prospect Heights Park District,

Saturday, July 25

9:30 a.m. - 6:00 p.m. | Trip cost: \$39

For more information visit www.phparks.org.



Join Prospect Heights Park District at German Fest Milwaukee. The fest brings German spirit to life each summer with authentic food, lively entertainment, and a vibrant community atmosphere. Group will leave the festival following the 3:00 p.m. parade. Explore and enjoy the festival on your own.

SAVE THE DATE: GOLDEN YEARS WELLNESS EXPO

Prospect Heights Park District

110 W. Camp McDonald Road,
Prospect Heights

Monday, October 12 | 10:00 a.m. - 2:00 p.m.



The Golden Years Wellness Expo is an event tailored for active adults and seniors! For more information, visit www.phparks.org or call (847) 934-2848.

Senior Offerings

Mixed Succulent/Cactus Planter

Contrary to popular belief, succulents aren't always the easiest plants to grow. With proper guidance, however, you too can become a succulent expert. Create a beautiful assorted succulent/cactus planter that can be made to suit indoor or outdoor display!

Friendship Park Conservatory 395 W. Algonquin Road, Des Plaines

Wednesday, July 22 | 2:00-3:15 PM

R \$28 NR \$30 Register with Code 52174

For details, call **847-640-1000** or visit **mppd.org**

BINGO Bonanza

RecPlex 420 W. Dempster St.

Wednesdays | 12:30-1:30 PM

July 8 • July 22 • Aug 5 • Aug 19 • Sep 2

Free Walking at RecPlex

420 W. Dempster St.

Seniors can walk the gym

Tuesdays | 9:00 AM-12:00 PM



MOUNT PROSPECT LIONS CLUB

FOR MORE INFORMATION, VISIT WWW.MPLIONS.ORG



FARMERS MARKET

SUNDAYS, FROM
JUNE 7 - OCTOBER 25
8:00 AM - 1:00 PM

LIONS CLUB FESTIVAL

STARTING WEDNESDAY,
JULY 1 - SUNDAY, JULY 5

BLUESMOBILE CRUISE NIGHTS

SATURDAYS, FROM
MAY 16 - SEPTEMBER 26
3:00 - 8:00 PM
WEATHER PERMITTING



MOUNT PROSPECT HISTORICAL SOCIETY BOOK CLUB



THURSDAY, JULY 9, 7:00 - 8:00 PM

CENTRAL SCHOOL, 103 S. MAPLE STREET

FREE - SECURE YOUR SPOT AT WWW.MPHIST.ORG TODAY

BRING YOUR
THOUGHTS
AND YOUR LOVE
FOR HISTORY!

JOIN THE HISTORICAL SOCIETY BOOK CLUB: BILL BRYSON'S ONE SUMMER: AMERICA, 1927.

IT IS A FASCINATING LOOK AT HOW CELEBRITY CULTURE, TECHNOLOGY, AND POLITICS SHAPED THE AMERICA WE KNOW TODAY.

SENIOR DISCOUNTS

Angelo Caputo's Fresh Market

215 E. Prospect Avenue

10% senior discount (62 years or older) every Thursday: excludes all advertised sale items. Mention "Senior Discount" before checking out.



Jelly Cafe

1784 W. Golf Road

www.jelly.cafe/senior-specials

Available Monday through Friday from 7:00 a.m. - 2:00 p.m. At Jelly Café, you can order from the \$8.99 Senior Special Menu that features five menu choices and includes a cup of coffee.



ROSS Dress for Less

1050 Mt. Prospect Plaza

Seniors aged 65 and over can enjoy a 10% discount at Ross every Tuesday. Simply inform a store associate before making your purchase, and please be ready to show your ID for age verification.

Montrose Market

1731 W. Golf Road

15% senior discounts available every Wednesday. For customers 65 and older. Valid ID is required. For discount restrictions, please inquire at the store.

Ce Divine Hair Studio, at Phenix Salon, 91 Randhurst Village Drive, Suite #127

Full-Service Hair & Nail Salon, with \$10 off every Wednesday on haircuts for both men and women. Discount for clients 55+. Mention "Senior Wednesday" when booking your appointment. Phone: (847) 848-2619, www.cedivinehairstudio.glossgenius.com

Walgreens, 1028 S. Elmhurst Road and 1201 E. Kensington Road

Senior Citizens Day on the first Tuesday of every month. Shoppers 55 or older, or those with a valid AARP membership, receive 20% off eligible regular-priced items. Mention "Senior Day" to the cashier. For AARP or My Walgreens members.



JULY

TUESDAY, JULY 7, 9:00 a.m. - 12:00 p.m. | Free Senior Walking at RecPlex, Mt. Prospect Park District, 420 W. Dempster Street | Hot outside and want to walk? Join Mt. Prospect Park District for FREE walking at RecPlex. For more information, please visit www.mppd.org or call (847) 640-1000. **Runs every TUESDAY in July & August.**

THURSDAY, JULY 9, 2:00 p.m. | Movies at Mount Prospect Public Library, 10 S. Emerson Street | Movie: Hamnet
To register, visit www.mppl.org or call (847) 253-5675.

MONDAY, JULY 13, 7:00 p.m. | Mt. Prospect Community Band Concert, Mt. Prospect Park District, 420 W. Dempster Street | Mt. Prospect Community Band is celebrating their 50 year anniversary. The Sounds of Summer concerts are being held indoors at the RecPlex this year. Come enjoy an evening of beautiful music. For more information, visit www.mppd.org or call (847) 640-1000. Additional dates: July 6, July 20, & July 27.

TUESDAY, JULY 14, 6:30 - 7:30 p.m. | Medicare 101 Seminar with Endeavor Health, NCH Wellness Center, 900 W. Central Road, Arlington Heights | Join Endeavor Health for a FREE Medicare seminar to learn the ABC & D of Medicare. For more information and to register, visit www.nch.org/events or call (847) 618-3501.

FRIDAY, JULY 17, 6:00 p.m. | Fridays on the Green, Centennial Green (outside Village Hall), 50 S. Emerson Street
Village of Mount Prospect Fridays on the Green Summer Concert featuring Anchor's Away, a yacht rock band. Bring your lawn chairs and blankets!

TUESDAY, JULY 21, 10:00 a.m. - 4:00 p.m. | Denny Sings Neil & Barry at White Fence Farm
Spend the day with other active adults to come celebrate the music of Neil Diamond and Barry Manilow. You'll be tappin' your toes and singin' along all day long! You can enjoy White Fence Farms Famous 4-piece chicken dinner with all the trimmings. Cost: \$89 | For more information and to register, call (847) 394-2848 or visit www.phparks.org.

WEDNESDAY, JULY 29, 7:00 p.m. | An Evening with Abigail Adams at Mount Prospect Public Library, 10 S. Emerson Street | In this living history portrayal, actress and scholar Leslie Goddard brings spirited and bold Abigail Adams to life. Abigail was the wife of second president John Adams and mother of sixth president John Quincy Adams. To register, visit www.mppl.org or call (847) 253-5675.

AUGUST

TUESDAY, AUGUST 4, 5:30 - 8:00 p.m. | National Night Out, Gregory Park, 404 E. Gregory Street (new location) The Mount Prospect Police Department, with the Mt. Prospect Park District, will sponsor the Village's celebration of "National Night Out," a nationwide community-building event. Mark your calendars now for a fun evening celebrating community on August 4 - all to strengthen community spirit and police-community partnerships. For more information, call Officer Greg Sill at (847) 870-5650.

WEDNESDAY, AUGUST 5, 1:30 p.m. | Root Beer Floats at GENCenter, 52 E. Northwest Highway, Des Plaines
In honor of National Root Beer Float Day, the GENCenter is celebrating the day! Cost: Member: \$3/Non-Member: \$5. Call (847) 768-5944 to register by August 3.

FRIDAY, AUGUST 7, 6:00 p.m. | Fridays on the Green, Centennial Green (outside Village Hall), 50 S. Emerson Street
Village of Mount Prospect Fridays on the Green Summer Concert featuring Blackberry Jam, a high-energy southern blues rock band. Bring your lawn chairs and blankets!



SATURDAY, AUGUST 15, 3:00 p.m. | The Theater Lab Presents: Midsummer Night's Dream, Forest View Theatre, 2121 S. Goebbert Road, Arlington Heights | Presented by District 214 Community Education. Come see a performance of A Midsummer Night's Dream, a popular Shakespearean comedy about love, magic, and illusion. Tickets are \$20 each for seniors if purchased in advance. For more information, dates, and tickets, call (847) 718-7700, email ce@d214.org, or visit www.ce.d214.org/events.

TUESDAY, AUGUST 18, 7:30 - 9:00 a.m. | Coffee Talk & Construction with Mount Prospect's Building & Inspection Department, 50 S. Emerson Street; Farley Community Room | This meeting is designed especially for homeowners looking to maintain and improve their residence for long-term comfort and safety. Come with your questions about making your home more accessible. FREE Event. No registration needed.

FRIDAY, AUGUST 21, 12:30 - 2:00 p.m. | Kenneth Young Center Memory Café hosted at Rolling Meadows Police Department, 3705 Pheasant Drive, Rolling Meadows | Kenneth Young Center's Memory Café is a free, supportive social event for people living with memory impairments and their caregivers. Registration is required by calling (847) 524-8800 ext.124.

WEDNESDAY, AUGUST 26, 11:30 a.m. | Mindful Chair Yoga, 10 S. Emerson Street | Join Mount Prospect Public Library and Mather for a gentle seated yoga practice incorporating breath awareness and meditation. This program is for adults 55 and older. To register, visit mppl.org or call (847) 253-5675.

Discover the Farley Community Room Clubs & Groups

For more information and to be connected with club leadership, visit the Human Services Department on the 2nd floor or call us at (847) 870-5680

Bridge
(Intermediate Level)
Mondays & Fridays
12:00 - 4:00 p.m.

Hand & Foot
Card Game
Thursdays
12:00 - 4:00 p.m.

Mahjong
(Tile Based Game)
Wednesdays
9:30 - 11:30 a.m.

Senior Men's Club
(Pool & Social)
Wednesdays
12:00 - 4:00 p.m.

Women's Club
(October - May)
1st Tuesday of the month
11:30 a.m. - 2:00 p.m.

Mount Prospect Garden Club
(September - April)
2nd Tuesday of the month
9:30 a.m. - 12:30 p.m.

Sew Bee it Quilters Club
(Open to Quilters, Crafters & Needlers)
3rd Wednesday of the month
9:30 a.m. - 12:00 p.m.



Some clubs are independent & may have a fee.
You are welcome to attend a club or group to learn more.
Schedules are subject to change.





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

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SENIOR BUZZ NEWSLETTER

HUMAN SERVICES DEPARTMENT STAFF MEMBERS

Director: Julie Kane
Deputy Director: Esther Salutillo
Senior Services Social Worker: Ginny Thomas
Police Social Worker: Sandy Ziesak
Community Social Worker: Jhoana Mendoza-Torres
Community Social Worker: Jacqueline Damian
Public Health Nurse: Nicole Cooper-Ffrench

Senior Activities Coordinator: Lisa Tenuta
Office Manager: Esther Grimaldo
Administrative Assistant: Rosa Gonzalez
Administrative Assistant: Slav Mirkovic
Therapy Dog: Hoover

Human Services

50 S. Emerson St.
Mount Prospect, IL 60056
Phone: (847) 870-5680

Community Connections Center

1711 W. Algonquin Rd.
Mount Prospect, IL 60056
Phone: (847) 506-4930



**SATURDAY
AUGUST 22
11AM - 4PM**

BEHIND RECPLEX
420 DEMPSTER ST.

**CULTURAL
ENTERTAINMENT,
BOOTHS & CRAFTS**

Live music & dance performances,
displays from different countries,
& kids' activities

ETHNIC FOODS

Small bites, sweets, & drinks
from local restaurants

MOUNTPROSPECT.ORG/CELEBRATIONOFCULTURES