

The Howard Mohr Community Center, named for the late State Senator and Forest Park Mayor, is owned and operated by the Village. The Community Center provides activities for all Village residents while paying special attention to young children and seniors. Support services include a food pantry for temporary emergency relief for residents of any age based on a needs assessment. The Community Center is home base for many senior activities with day trips scheduled out of the Center every two weeks.

Community Center programs include:

- Clubhouse day care program for K-6 graders
- Senior Citizens Club
- Emergency assistance
- Senior door to door transportation for appt., etc.
- Weekly shopping trips for 55 and up.
- Health fair
- Senior's driver review class
- Free tax help for seniors
- Discounted PACE bus fares

Join the greatest group of people in the world, The

Forest Park Senior Club, & sign up for our trips!



RORY HOSKINS, MAYOR

Howard Mohr Community Center
7640 Jackson Blvd.
Forest Park, IL 60130
(708) 771-7737

Director: Karen Dylewski
kdylewski@forestpark.net



Senior Services

of Forest Park



Howard Mohr
Community Center
7640 Jackson Blvd.
Forest Park, IL 60130
(708) 771-7737

SENIOR EXERCISE

No Charge.

Please join us for the senior exercise class. The class will be structured with many of the exercises being performed in a chair. All exercises will be adaptable for those with varying fitness levels. Classes are Tuesdays, Sept-May at 1:00 PM.



SENIORS BEWARE

As always beware of people that suddenly appear at your door selling something, asking for directions or pretending that you called for repairs to your home. If someone shows up unexpected talk to them through the door and by all means do NOT open the door, if they persist or you feel uncomfortable call 911 immediately.



GIFT CERTIFICATES

Tired of the kids asking what you want for your Birthday, Mother's Day, Father's Day, Christmas etc.? Tell them what you really want.....A GIFT CERTIFICATE that can be used toward any trip or program at the Community Center. They are available in any amount.



ARE YOU OKAY PROGRAM

If you live alone, please consider signing up for this program. It is free to Forest Park residents and offered by the Forest Park Police Department.

708-366-2425

SENIOR CITIZENS CLUB

The Purpose of The Club is to provide social and recreational programs for Senior citizens, and a place to make new friends and enjoy good fellowship



SENIOR DOOR TO DOOR TRANSPORTATION

The center provides door-to-door bus service, by appointment, for all Forest Park Senior Citizen and disabled residents Monday through Friday, 8:30 am -2:00pm. Appointments must be made at least 24 hours in advance and are limited to a 2 mile radius outside of Forest Park. Cost is \$1 each way **



SHOPPING TRIPS FOR 55 AND UP

For all Forest Park Senior Citizen and disabled residents, Appointments must be made at least 24 hours in advance. Pick up begins at 9:00am

Monday	Trader Joes
Wednesday	Jewel
Thursday	Ed's Way
Friday	Walmart

**DISCOUNTED PACE BUS FARES

Coupon books available
10 rides for \$9.50

**DISCOUNTED BLUE CAB FARES

Coupon books available 10 rides for \$7.50



SENIOR TRAVEL

TRIPS There is so much to look forward to each month. We have sensational trips planned to take you into each Season. Whether you enjoy our always-exciting Mystery Trip, the beauty of Mother Nature, gambling, music or the theater we have it! Space is limited, fees vary by trip, and Reservations are required. Please call for a brochure.

708-771-7737



How Do You Spell Fun?



SENIOR BINGO

The fourth Thursday of each Month, join us for Lunch at Noon, with Bingo to follow at 1 pm. Reservations are required. Fees vary for Lunch & Bingo or just Bingo. Transportation available by appointment.



SENIOR MOVIE

No Charge
The second Thursday of each Month, join us for Popcorn and a Movie at 1 PM. NO Reservations are required. Transportation available by appointment.



EMERGENCY CARDS

If you have not filled out an emergency card or updated the information, please stop by and do so.

There are also many festivities to be had on Madison Street and throughout the Village!