



## Geneva Township Senior Center

400 Wheeler Drive  
Geneva, IL 60134

630-232-3602

Monday - Friday  
Hours 8:30 - 4:30

Geneva Township Officials  
J. Patrick Jaeger, Supervisor  
Sharon Brazill, Trustee  
John Connolly, Trustee  
Robert Kovacs, Trustee  
Richard Sharp, Trustee

Gayle Kennedy  
Senior Center Director



The Senior Center's Artists  
"Art in the Park"

### Important Dates

Flag Day Breakfast	6/14
Father's Day Bocce Tourney	6/18
Free Lunch-Cook Out	6/21
Swedish Day's Parade	6/27
"Nordic" Walking	6/29



Bobby Vinton Luncheon

June

2010



## Senior Center Newsletter

### Celebrating Father's Day

All the men of the Senior Center will be honored during our Father's Day celebration. We welcome all fathers. On Friday, June 18 at 12:00 we will start with a Chicago style hot dog lunch. Following lunch we will host our **First Annual Father's Day Bocce Ball Tournament**. This will be our first official tournament on our new bocce ball court. Teams will be established and bragging rights will be awarded to the winning team. No prior bocce ball experience is needed. Please let us know if you are able to attend so we can plan appropriately.

### FREE Cook-Out Monday, June 21

Our FREE lunch will be a summer cook-out on Monday, June 21 at 11:30. Join us for hamburgers, brats, potato salad and all the trimmings as we celebrate **Father's Day**. We welcome all Geneva Township residents aged 55+ as well as members of the Center. Reservations can be made starting June 1 and we can accommodate the first 120 people who sign up. We are beginning a new procedure where each member that signs up will be issued a printed name tag which will better help us keep track of attendance.

### We love the Swedish Day's parade!

Geneva's Midsummer Festival, **Swedish Days**, will be held from June 22 - 27, culminating with a parade through downtown Geneva on Sunday, June 27. The Geneva Township Senior Center will be represented again this year with a float of members waving to the crowd!



This serves a dual purpose as we promote the Senior Center and you get to ride in a parade! We will meet at the Senior Center at 11:15, leaving at 11:30 for the staging area. The parade begins at 1:00 and we will return to the Center about 3:00. To be invited in for an ice cream treat, please tell Gayle if you would like to be in the "parade brigade", either to ride on the float or walk beside it.

To Reach Director Gayle Kennedy call 1-630-232-3602

### Mission Statement

The mission of the Geneva Township Senior Center shall be to act as the primary community resource to serve all citizens of Geneva Township by enriching the social and intellectual life of our older adults; helping our older adults contribute to the well being of our community as effective and useful citizens of the township; helping those approaching or in retirement to plan appropriately; organizing community interest in improving the overall climate of living for our older residents; decreasing the sense of isolation and dependence that often accompanies old age; and, helping our older adults meet practical problems attendant with aging.

### Learn about Nordic Walking

In Nordic walking you walk with poles, similar to ski poles. Poles help with balance and stability while increasing the cardio benefit and strengthening your upper body and core. On Tuesday, June 29 at 11:00, **Tom Wolters** and **Kevin Keup** will demonstrate Nordic Walking and share the many benefits of this easy-to-learn activity. You will be given an opportunity to practice walking with the Nordic poles and practice the Nordic walking technique. Please let us know if you plan to attend.

### Tai Chi Classes

Friday at 10:00 enjoy Tai Chi classes on the porch. The benefits of a regular tai chi practice include improved coordination, reduced arthritic pain and joint stiffness and lowered blood pressure.

### Tuesday Computer Class

Time Change Beginning June 1, Ken's Tuesday morning computer class will begin at 9:30 and run until 11:00. The Center has 3 desk top computers available for your use or you may bring in your own laptop. Ken is available to help problem solve your computer questions and guide you on your computer journey. This is a drop-in class, you do not need to sign up.

### Eating for Good Health

Good nutrition will make a positive impact on your life. There are some smart ways of eating that lead to better health such as adding more fruit and vegetables to your daily diet. **Michelle Johnson** is an NIU student studying nutrition and doing an internship with Golden Diners. She will present a short program on nutrition education on Wednesday, June 30 at 10:30. Plan to attend and learn what diet can do to improve your health.

### Prescription Drug Disposal Program

The **Geneva Police Department** has partnered with **Delnor Hospital** to launch a new **Prescription Drug Disposal Program**. The purpose of this program is to give residents of Geneva a safe, secure, and environmentally friendly way to dispose of unwanted, out-of-date or unused medicines. Anyone wishing to dispose of unwanted prescription medication simply needs to bring it to the lobby of the Geneva Police Department, 20 Police Plaza.

### LLI Summer Sampler

**Lifelong Learning Institute (LLI)** is an open-membership organization for adults 50+ who want to actively engage in a stimulating peer learning environment. LLI is part of the Community Education Department of **Waubensee Community College**. The LLI Summer Sampler provides a shortened version of LLI courses, afternoon outings and trips. The membership requirement is waived for summer activities; participation is open to members and non-members. Summer activities listed below are free. Advance reservations are required due to limited seating capacities. Reservations for the following activities at the **Geneva Township Senior Center** must be mailed to LLI with a postmark date no later than June 4. A registration flyer is available at the Center. LLI classes are very popular so register as soon as possible. The following two classes will be held at the Center:

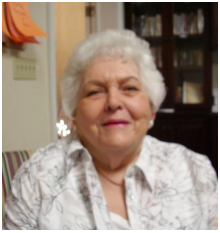
**Learn to Play Mah Jongg** Tuesday, July 6, 9:00 - 3:00

**Botanical Art Workshop** Monday, July 19, 9:30 - 11:30 OR  
Friday, July 23, 1:00 - 3:00.

To Reach Director Gayle Kennedy call 1-630-232-3602

## Why is Your Blood Pressure so Important?

Do you know what your blood pressure numbers are? What they mean? Why it is so important to know? **Marilynn Helms**, an RN with **CovenantCare at Home** comes to the Center on the fourth Wednesday of the month to do free blood pressure screenings. On Wednesday, June 23 at 10:30, Marilynn will give a presentation on and the importance of monitoring your blood pressure and what you can do to control it. Following the presentation Marilynn will take everyone's blood pressure. Please let us know if you plan to attend.



"There are so many interesting things to do at the Center. I like meeting up with friends there."  
...Dally Johnson

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### Geneva Settler's Coffee

If you are a long time resident of Geneva (15 years plus) you are invited to the Mill Race Inn, 4 E. State Street, for the long-standing Swedish Day's tradition, the **Geneva Settler's Coffee**. On June 24 from 8:30 – 10:30 mingle with old friends or meet some new ones at the coffee celebrating Geneva.

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### Painted Glass Bird Houses

On Friday, June 11 at 1:00, **Val Schalk** is returning to the Senior Center to present a second glass painting class. Last session Val demonstrated how to make the brush strokes necessary to paint sunflowers on wine glasses. In this second class Val will guide us in painting wine bottles that have been prepared as bird houses. The wine bottles will be cut and ready for painting, and the paint and brushes will be provided. The cost for this project is \$8.00 for the pre-cut bottle and supplies. Please register for this class in advance.

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### Bingo / Lunch / Prizes

Our monthly bingo/lunch/prize event will be held on the third Wednesday of each month from now on to make planning for this fun afternoon easier. Bingo will be held on Wednesday, June 16. **The Golden Diners** lunch will begin at 11:30 and bingo will follow at 12:30. The lunch selection for June will be chicken salad, salad bar, soup and dessert. A donation of \$3.75 is requested, but not required. We need two days advance notice if you plan to join us for lunch.

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### Beginning Computer Class

Do you know how to turn on a computer? Are you intrigued by the computer but don't understand all the keys or what a mouse is? **Richard Schrank** is returning to teach a five week beginner class for members interested in learning the basics. In this class you will learn terminology, the parts of a computer and how to get on the Internet. Richard will guide you through all the beginning steps in a slow, supportive manner. Weekly classes start Wednesday, June 16 at 9:00. The Center has three desktop computers available for your use, or you may bring a laptop. There is a six person limit for this class, please call to register.

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### Breakfast at Pat's Chat

Pat's Chat is held every Monday at 9:30 offering an opportunity for our male membership to share conversation, laughs and basic male bonding. On Monday, June 14 the Center will be celebrating **Flag Day** with the option of enjoying a hot breakfast along with any and all hot topics at Pat's Chat. A delicious breakfast from **Golden Diners** will be available for a requested but not required donation of \$3.75. The breakfast will consist of; cheese omelets, sausage links, oven browned potatoes, orange juice, fruit cups and blueberry muffins. Please give us two days notice if you plan to join us for Pat's Chat breakfast.

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### Card Bingo

Card Bingo with Larry and Darlene is held at 1:00 on Mondays and provides many laughs. It's regular bingo using a deck of playing cards. Also, **Bocce Ball** and **Bags** will be available for your use if it is a beautiful summer day.



**Senior Center**

**400 Wheeler Drive  
Geneva, IL 60134**

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**Returned Service  
Requested**

Save a Stamp  
Sign up to receive  
your newsletter,  
calendar and menu  
electronically. Just  
e-mail a request to  
Gayle Kennedy at:  
[gkennedy@geneva-township.com](mailto:gkennedy@geneva-township.com)

**June 2010**

### **Friday at the Movies**

On Friday afternoons at 1:00 enjoy movie matinees shown on the Big Screen television. The month of June will feature comedies that will leave you with a smile on your face. Join us for popcorn and light entertainment.

Friday, June 4 - Grumpy Old Men (1993)

Friday, June 11 - Grumpier Old Men (1995)

Friday, June 18 - The Odd Couple (1968)

Friday, June 25 - The Odd Couple II (1998)

### **Book Club Selection**

The book chosen for June is **The English Patient**, by Michael Ondaatje. This best-selling novel of love and loss during World War II later became an Academy Award winning movie. **The English Patient** tells the story of entanglement of four damaged lives in an Italian monastery as World War II ends. The book discussion will take place at 10:30 on Monday, June 28.

### **DON'T FORGET OUR FREE SERVICES**

Services are free of charge to Geneva Township residents age 55+!

- **Free blood pressure check on the 4th Wednesday of each month at 11:00**
- **RTA Senior Citizen Fare I.D. Photos & Cards. One stop. (\$5.00 charge for non-residents)**
- **Personal Document Shredding**
- **File of Life**
- **Notary Service (No Cook County real estate docs.)**
- **Well-Being Check**
- **Senior Services Associates, Inc. Caseworker (every Wednesday)**
- **Central Kane County TRIAD**
- **Hearing Screening (2nd Monday each month)**
- **Computer class (every Tuesday morning)**
- **Free Monthly Lunch and Daily Refreshments**
- **Free Flu Shot Clinic**
- **If you have any questions about these free services - or if you would like the Township to add a service to this list, give us a call at 630-232-3602.**

To Reach Director Gayle Kennedy call 1-630-232-3602