



Senior Center Newsletter



Geneva Township Senior Center
400 Wheeler Drive
Geneva, IL 60134

Geneva Township Officials

- J. Patrick Jaeger, Supervisor
- Sharon Brazill, Trustee
- John Connolly, Trustee
- Robert Kovacs, Trustee
- Richard Sharp, Trustee
- Gayle Kennedy, Director



Swedish Day Parade

Special Interest This Month

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Save The Date...

We have tickets for the Kane County Cougars game on Monday, July 13! More specific information will follow in the next newsletter. When you are planning your summer activities, keep this date in mind.

Personal Safety Presentation



On Monday, June 15 at 1:00 an important program on Personal Safety will be held at the Center. This presentation will address personal safety issues that you encounter every day, such as how to stay safe on public

transportation, the safest place to stand in an elevator, where to keep your purse in your car, safety tips when traveling and much, much more. Lt. Kevin Williams of the Kane County Sheriff's Department and Cherie Aschenbrenner from the Elgin Police Department have developed this presentation for TRIAD. Be sure to make a reservation.

Mark Your Calendar - FREE Cook-out!
Monday, June 22

Our FREE lunch on Monday, June 22 at 11:30 will be a summer cook-out. Join us for hamburgers, brats, potato salad and all the trimmings as we celebrate Father's Day with a summer cook-out. We welcome all Geneva Township residents aged 55+ as well as members of the Senior Center. The free lunches are very popular. We can accommodate the first 120 people who sign up. Call Gayle to make a reservation.

Card Bingo is held on Mondays at 1:00. It provides many laughs and socialization. It's an interesting twist on the ever-popular bingo. Consider joining the card bingo fun following the cook-out.

Explore Geneva

In June we are going to explore three beautiful sights that are located in Geneva! Our bus excursion will take us to the Fabyan Villa Museum, the Japanese Garden and the Windmill. On Thursday, June 18 at 10:00 we will meet at the Senior Center and begin our adventure. We begin with a bus ride to the Fabyan Villa Museum for a tour and then a walking tour of the Japanese Gardens. Then the bus will take us across the river for a tour of the Windmill. We plan to return to the Senior Center about 1:00. These three landmarks are worth exploring and help you learn more about Geneva in a fun way! The cost for the tours is \$3.00 per person. Call to assure a reservation.

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.

Hours: Monday - Friday 8:30 to 4:30

“House Calls”

The Visiting Nurse’s Association of Fox Valley has developed a needed House Call Program for those who are homebound. When you cannot leave your home to see your physician, a **VNA House Call Doctor** can visit you. Patients do not need to change their doctor to use this program. VNA will bill Medicare and accept most PPO’s for this Home Call service. Necessary lab work and special screenings can be done in your home. Meet **Dr. Stoner, MD**, and **Barb Welsh**, Nurse Practitioner, on Wednesday, June 10 at 1:00. A blood pressure screening will be provided at this presentation, in addition to refreshments. Let Gayle know if you plan to attend.

Complimentary (Free) WI-FI

The Senior Center now offers wireless internet throughout the building. You may bring your lap top computer to the Center and use the internet on the porch, dining room or wherever. And always, our desktop computers are available for your personal use from 8:30 – 4:30 when computer classes are not in session.

Have perennials to share?

To enhance the beauty of the entrance to the Center, we are accepting donations of perennials to plant in the front planting area. If you have plants that need to be split or require help getting them out of your yard, please call the Senior Center and we can make arrangements to help. **Merritt King** has coordinated the planting at the Center and is willing to help transport donated plants to our garden area. If you enjoy weeding and gardening, we are always in need of extra hands.

“File of Life” and “Well-Being Check”

Do you know what the File of Life and the Well-Being Check are? Both are free services provided by the Center available to all members to help give you and your loved ones’ peace of mind. We are offering a presentation by **Pat Brazill** on the File of Life and by **Ken Johnson** the coordinator of the Well-Being Check, on Thursday, June 11 at 1:00. The File of Life is a small, magnetized packet containing your important health information to be kept on your refrigerator or in your car for police or fire department personnel in case of an emergency. The Well-Being Check is simply a regularly scheduled phone call to check on your well being. Consider having a deli lunch at the Center before the presentation.

Wellness Workshop

An informative workshop will be presented on Wednesday, June 24 at 1:00 by the Foundation for Wellness. The guest speaker is, **Dr. Gale Perry**, D.C. Dr. Perry will share information on simple, natural things you can do to deal with pain and promote wellness. Dr. Perry is offering a free gift bag to the first ten people who attend and who pre-registered. Register by calling at 630-232-3602.

Seeking Pinochle Players

Do you enjoy playing pinochle? Senior Center pinochle players are looking for interested people to join their group on Wednesdays at 1:00. Join in the fun!

Stepping Stones

Back by popular demand, the Craft of the Month for June will be making stepping stones with **Kathy Kujawa**! One of the stepping stones is on display at the center and was a huge hit in May. A design is made from mosaic pieces of stained glass inlaid in cement to form a stepping stone for use in your garden or as a gift. Everyone will be impressed with your work. The cost for this class is \$10.00 for a small stone, \$20.00 for a large one. Class will be on Wednesday June 17 at 1:00. Sign up if you plan to attend.

Spotlight on a Star Volunteer



Our special volunteer for June is **Ken Johnson!** A long time Geneva resident, Ken has volunteered his time at the Senior Center since it opened, sharing his technical expertise by instructing members on the computer. Every Tuesday, Ken volunteers his time, answering questions and encouraging people to expand their knowledge. In addition to the Senior Center, Ken is active with St. Mark's Church. Ken has a knack for computer programming and works as a programmer for businesses and governments. He enjoys working with seniors and says, "when they resolve a problem they have been struggling with and figure it out, it makes me feel good". Ken is engaged to Marian Oliver and has an October wedding planned. We are grateful to have Ken volunteer at the Senior Center and appreciate the many questions he has answered and problems he has solved. We look forward to the new computer seminars he has planned. Thank you Ken, for your many contributions.

Bowling at Wheaton Bowl



Strike up some fun at **Wheaton Bowl** where our bowling group will meet this month. On June 26 at 1:00, two lanes of bowling, ball and shoe rental will cost \$5.00. The group has grown in size and enjoys bowling at various locations. Wheaton Bowl is located at 2031 N. Gary Avenue, Wheaton. Give it a try! Please make a reservation and we can arrange car pools if you would like to ride with another bowler. Consider lunch before at **Pal Joey's Restaurant** (see article below).

Fourth Friday Lunch Bunch

Pal Joey's Restaurant has invited the Lunch Bunch to enjoy a discounted lunch on Friday, June 26 at 11:30. The lunch includes a buffet of four different pizzas, salad and pop for \$6.00 including tax and tip. Pal Joey's is at 400 E. Roosevelt Road, West Chicago and is located on the way to Wheaton Bowl. Our group will be having lunch at 11:30 with bowling to follow at 1:00, if you choose. Please let Gayle know if you are attending.

Investment Club

Interest is growing in the investment club! **Jim Lewis** has developed initial guidelines for the Senior Center's Investment Club as the group works on deciding just how it will grow. If you are interested, call Gayle for the time of the next club meeting.

Do You Love a Parade?



Geneva Swedish Days culminates with a parade through downtown on Sunday, June 28. The Geneva Township Senior Center will be represented again this year with a float of members waving to the crowd! This serves dual purposes, we promote the Senior Center and you get to ride in a parade! We will meet at the Center by 11:15, leaving at 11:30 for the staging area. The parade begins at 1:00. We return to the Center by 3:00 and the "parade brigade" is invited in for an ice cream sundae! Please let Gayle know if you would like to ride and walk beside our float this year.

New Days for Senior Vitality

Starting in June there will be a change in our senior vitality classes. The classes are now on **Tuesday's and Thursday's at 10:30**, both focused on stretching and balance. They are at a consistent time, two days apart for better results. There will no longer be Friday classes.

Computer Seminar with Ken Johnson
 Ken Johnson, our Tuesday computer instructor, will be leading a series of monthly seminars related to various computer topics. The first seminar will be held on Tuesday, June 2 at 10:30. The topic is sending and receiving files and photos on your email. This seminar will follow Ken's 9 – 10:30 computer class.

The June book club selection is.....
 The Giver, by Lois Lowry. This selection is a beautiful story that is simply told and enjoyed by all age groups. The Giver is a Newbery Medal winner that will promote much discussion. The book discussion will be on Monday, June 29 at 10:30.

GENEVA DELI
1-630-232-3602

SUGGESTED DONATION OF \$3.75 PER SALAD BAR, BREAD & MILK SERVED EACH DAY

NEED TO MAKE RESEVATIONS TWO DAYS IN ADVANCE

June 2009

MENU SUBJECT TO CHANGE

TUESDAY	WEDNESDAY	THURSDAY
2 Fiesta Pasta Bake Green Bean Ranchero Potato Roll Soup	3 Oriental Beef & Brown Rice Multi-grain Bread Soup	4 Turkey Vegetable Soup <u>Sandwich:</u> BBQ Riblet on Sandwich Bun OR Southwestern Ham Wrap/Tortilla <u>OR Salad:</u> Chicken Caesar/Caesar Cup
9 Beef Barley Soup Peas & Onions Wheat Bread **NO SOUP**	10 Oven-Fried Chicken Mashed Potatoes & Gravy Wheat Bread Soup	11 Split Pea with Ham Soup <u>Sandwich on Multi-grain Bread:</u> Hot Turkey Florentine OR Tuna Salad <u>OR Salad:</u> BLT Chicken Salad/Ranch
16 Chicken Salad Romaine Lettuce Herbed Tomato Wedges Multi-grain Bread Soup ** NO Salad Bar **	17 Diced Pork/Rosemary Sauce Garlic Mashed Potatoes Marbled Rye Bread Soup	18 Soup du Jour <u>Sandwich on Sandwich Bun:</u> Sloppy Joes OR Shaved Ham & Provolone <u>OR Salad:</u> Grilled Chicken/Fresh Spinach/ Honey Mustard Cup/Rye Krisp
23 BBQ County Pork Au Gratin Potatoes Multi-grain Dinner Roll Soup	24 Chicken Tarragon Peas Baking Powder Biscuit Soup	25 Navy Bean and Ham Soup <u>Sandwich:</u> Chicago Style Hot Dog/Bun OR Turkey/Basil Pesto Mayo/wheat Bun <u>OR Salad:</u> Chef's Salad (Ham, Turkey, Cheese) 1000 Island/Rye Krisp
30 Italian Beef Sandwich California Blend Vegetables Sliced Wheat Bun Soup	*** PLEASE NOTE *** At Least 2 Days Notice	





Senior Center

**400 Wheeler Drive
Geneva, IL 60134**

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PAID
Geneva, IL
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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

June 2009

Protecting YOUR Health

In an effort to keep the Center as germ and flu free as possible we are sanitizing the tables and door knobs more frequently each day and offering hand sanitizer in every room. Also, we are serving individually wrapped treats and avoiding sharing from a common tray. These treats have been well received as a healthier alternative. We continue to have coffee, tea and treats available all day long!

Area Banks that Care

Thank you to the Geneva Township banks that attended our seminar on the prevention of financial exploitation of seniors. All banks in Geneva Township were invited to participate. The following banks thought it important to send representatives to learn how to spot financial exploitation: **American Bank and Trust, First Choice Bank, National City Bank, Park National Bank, Private Bank, and Valley Community Bank.** We thank them for their time and effort to aid in the protection of our constituents.

DON'T FORGET OUR FREE SERVICES

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

- RTA Senior Citizen Fare I.D. Photos & Cards. One stop. (*\$5.00 charge for non-residents*)
- Personal Document Shredding
- File of Life
- Notary Service
- 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.