



**Geneva Township
Senior Center**

400 Wheeler Drive
Geneva, IL 60134

Gayle Kennedy, Director

Geneva Township Officials

J. Patrick Jaeger, Supervisor

Sharon Brazill, Trustee

John Connolly, Trustee

Robert Kovacs, Trustee

Richard Sharp, Trustee



He Was Here!

Important January Dates

January Free Breakfast	1/11
Fashion Show Meeting	1/13
Elderly Legal Issues	1/14
Bingo with Lunch	1/20
Visual Tricks? Visual Treats	1/26
Funny Girl/Drury Lane	2/4



Thanks to the talented **Geneva High School Varsity Basketball Team**. They caroled and served our seniors at our 4:30 Christmas dinner.

January

2010



Senior Center Newsletter

HAPPY NEW YEAR!

The Geneva Township Supervisor, the Board of Trustees and the Senior Center Director wish you a Happy New Year filled with good health and much happiness. We look forward to seeing you often at the Center throughout 2010!

Spring Fashion Show

We are planning, with the **Geneva Park District**, our first Spring Fashion Show on Wednesday, March 17. **WE NEED YOUR HELP!** Do you want to be a model or help behind the scenes? A planning committee meeting will be held on Wednesday, January 13 at 1:00. Now is the time to get involved. All are welcome to participate. The planning committee will form subcommittees for decorations, refreshments, ticket sales, advertising and of course, for locating and securing models. The more members who get involved, the better our fashion show will be. Bring your energy and ideas to the planning meeting. We want to see you!

January FREE Breakfast

In January, the monthly FREE lunch is going to be **brunch**. All Geneva Township residents age 55+ and all members of the Senior Center may call for a reservation. **Egg Harbor** in Geneva will be catering a morning meal on Monday, January 11 at 10:30. On the menu is cinnamon roll, French toast, Popeye crepes and an “eggceptional” bacon, onion, cheese, potato egg dish. We will be able to accommodate the first 100 people who sign up, please call

First Aid/CPR/AED Training

Here’s face-to-face training in basic first aid, cardio pulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED). This program is designed for all adults, many of whom babysit their grandchildren, who would like to feel more competent and responsible in situations requiring first aid decisions. When you successfully complete this class, you will be certified to perform CPR on infants through adults, use an AED machine and provide basic first aid. The class will be offered by **Glen Baum**, a **Geneva Fire Department paramedic**, in a 1-day, 3-hour session, on Tuesday, January 26 at 10:00. There is a cost of \$10.00 for course materials. To provide for quality instruction, there must be a minimum of five and no more than ten participants. Please call early to make your 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.

Fourth Friday Lunch Bunch (FFLB)/ Bowling

On Friday January 22 at 11:30, the FFLB will be having lunch at **Stockholm's Restaurant**, 306 W. State Street, Geneva. We will make reservations so please let us know if you plan to attend. Following lunch you may, if you choose, join bowling at **Bowling Green** on Route 38 (Roosevelt Road) in West Chicago at 12:45. This fun group of bowlers has grown and is always open to new members of all abilities. Consider getting some indoor exercise during the cold winter months

"Choo Choo" Dominoes

Train Dominoes has developed quite a following on Friday afternoons at 1:00. This version of dominoes is easy to learn and requires strategy to build domino "trains" as you "lay down" all your dominoes. Join the fun, the players will gladly teach you if you aren't familiar with the game.

"Funny Girl" at Drury Lane in February

We will be going to **Drury Lane Theater** in Oakbrook Terrace to see the popular musical, **Funny Girl**, on Thursday, February 4. **Funny Girl** is set in New York City and revolves around Zeigfeld comedienne Fanny Brice and her rise to fame in the early 20's. Fannie was the toast of New York society when her personal life unraveled due to her stormy relationship with gangster Nick Arnstein. This musical features many great and memorable show tunes. We will leave the Center at 10:30 for an 11:30 lunch at Drury Lane; the show starts at 1:30. The cost for transportation, lunch and the play is \$40.00 per

person. We are able to provide transportation for the first 24 persons who sign up. Please do so no later than January 14. Drury Lane requires payment in advance.

Senior Service Associates

Do you have questions about Medicare? Are your energy expenses high? Are drug expenses destroying your budget? **Senior Service Associates (SSA)** can help you with these and other issues. **Betty Erickson** works with **SSA** and has office hours at the Center on Wednesdays from 8:30 – 4:30. To make an appointment to talk with Betty, call 630-897-4035.

9	5	6	3				
3				1		7	4
					9		
2	9	3	6			1	
				7	5		
1	5			2	3		
	2	9	4				3
	6	2			7		
5							9

Learn How to Play SUDOKU

Sudoku is a brain teaser number puzzle that involves your logical and deductive abilities. Described as "solitaire with numbers," Sudoku requires only a pencil and promises to challenge your brain cells. **Bart Machaj**, a retired Geneva High School math and science teacher, has offered to teach Sudoku on Tuesday, January 12 at 11:00. Each participant will receive their own Sudoku puzzle book containing easy, medium and difficult puzzles. Bart is very patient and will share tips on this great way to exercise your mind. Let us know if you plan to attend. Consider staying for the Golden Diners lunch afterwards.

Visual Tricks/Visual Treats

The **Art Insights** program through the **Art Institute of Chicago** will hold a seminar at the Center on Tuesday, January 26, at 1:00. This seminar, **Visual Tricks/Visual Treats**, focuses on still life painting and will help you appreciate new ways to view this genre of painting. A sub-category *trompe l'oeil* (literally "trick the eye"), deceives the viewer by producing the exact dimensions of nature, making the brushwork invisible, and creating the impression that the objects depicted stand in the same space as the observer. Artists convey messages through visual effects, political statements and hidden meanings. Please let us know if you plan to join **Jody Rullman** for this interesting and fascinating art program.



Legal Issues Affecting the Elderly

The Center is hosting a seminar by Dan Parsons on Thursday, January 14, at 1:00 on **Legal Issues Affecting the Elderly and their Caregivers**. Dan Parsons is an Illinois licensed attorney specializing in issues important to seniors. Please let us know if you plan to attend.



What Do You Like About The Center?



"I like coming to the center and being able to find someone to talk to and have coffee and conversation with. Also, getting involved in the many activities that the center provides." ...Gail Jankowski

Ken's Computer Seminar

On January 12 at 9:00 **Ken Johnson** will present a seminar on spreadsheets: how to use them to make your life easier.

Super Bowl Party Next Month

The Center will be hosting its first Super Bowl party on Sunday, February 7. More on this event will come in the February newsletter.

Book Club Discussion and Movie

In January, the **Book Club** will be reading **Into the Wild**, by **Jon Krakauer**; the true-to-life story of a man living in the Northern wilderness-and now a movie. The book discussion is on Monday, January 25 at 10:30 with the movie, at 11:30. You are welcome to join the discussion or the movie, or both!

Lunch and Bingo Combo

How about a little bingo after lunch? On Wednesday, January 20 the Golden Diners and the Center are offering a **Lunch/Bingo** combination. Lunch will begin at 11:30 with the serving of a beef & broccoli stir fry with brown and wild rice. A donation of \$3.75 is requested (not required) and two days notice for a lunch reservation is required. Following lunch, bingo will be played for prizes. If **Lunch/Bingo** is popular, we will gladly offer it monthly. Please let us know by Thursday, January 14 if you plan to attend so we can plan accordingly.

Knitting & Crocheting Group

On the first Tuesday of the month at 1:00, you can find a happy group of women knitting and crocheting at the Center. Their enthusiasm and creativity is contagious and their abilities are impressive. These women support and encourage all newcomers! Please feel free to join in!

Bridge at the Center

Bridge plays an important role at the Center. Each Tuesday at 12:30 we fill two or three tables with bridge players. On the 2nd and 4th Monday of each month, **Lois Hoyer** leads a bridge playing seminar, reinforcing important fundamentals and techniques, followed by bridge play. In addition, the Center welcomes bridge players at any time.

Check out the Geneva Park District

Our neighbor, the Geneva Park District, is now offering a wide variety of activities at attractive discounts for adults age 60+. For more information, please call the Geneva Park District at (630) 232-4542 or check out their website at www.genevaparks.org.

Cribbage

If you enjoy cribbage or are interested in learning how to play cribbage, meet at the Senior Center on Tuesdays at 10:30.

Looking for Indoor Exercise?

On Thursday, January 21 at 1:00, **Mike Contreras** from the **Geneva Park District** will talk at the Center about indoor exercise opportunities. He will explore the possibility of organizing activities such as a **bags** tournament, **bocce ball** games and **pickle ball** contests. What are **bags** and **pickle ball**? Come to our presentation and find out!

Go Vikings!

The Geneva girls varsity basketball team is having a GREAT season, they are undefeated! The team attended the Christmas dinner at 4:30 on December 14, and served and caroled the diners. To show our appreciation and support we plan to attend a basketball game at Geneva High School on Tuesday, January 19 at 7:00 and cheer them to victory. We can meet at the Senior Center and car pool to the game or gather in the gymnasium. If you plan on attending, please let Gayle know. Go Vikings!





Mother Bear Project

Do you like to knit or would you like to learn how? Here is an opportunity to use your talent and hobby to help someone less fortunate. The Mother Bear project promotes knitting simple bears to send to kids all over the world who are suffering with HIV/AIDS with the hope of providing comfort and hope. On Tuesday, January 5 at 1:00 Joyce Schultz will explain the mother bear project and share the pattern. Maybe the Senior Center knitters will decide to get involved. For more information, go to www.motherbear.org.

GENEVA DELI
1-630-232-3602

SUGGESTED DONATION OF \$3.75 PER SALAD BAR, BREAD & MILK SERVED EACH DAY
DECEMBER 2010

NEED TO MAKE RESEVATIONS TWO DAYS IN ADVANCE
MENU SUBJECT TO CHANGE

TUESDAY	WEDNESDAY	THURSDAY
<p>5</p> <p>Garden Vegetable Soup Sandwich on Pumpernickel: Chicago Style Hot Dog OR Shaved Turkey w/ Cream Cheese Cranberry Sauce OR Salad: BLT Chicken Salad</p>	<p>6</p> <p>Country Style Ribs w/Honey Apple Sauce Baked Sweet Potatoes Whole Wheat Bread Soup</p> 	<p>7</p> <p>Soup Du Jour Sandwich on Multi- Grain Bread: Hot Roast Beef OR Classic Club w/ Turkey & Bacon OR Salad: Deviled Egg Salad Supreme</p>
<p>12</p> <p>Corn Chowder Sandwich on Wheat Bun: Sloppy Joes/ Bun OR Honey Turley & Muenster Cheese OR Salad: Asian Chicken</p>	<p>13</p> <p>Ham & Black Bean Soup Multi- Grain Bread</p> 	<p>14</p> <p>Turkey Vegetable Sandwich on Sliced Bun: BBQ Riblet OR Southwestern Ham Wrap OR Salad: Chicken Caesar</p>
<p>19</p> <p>Beef Barley Soup Sandwich on Submarine Roll: Hot Meatloaf OR Submarine Sandwich OR Salad: Chicken, Bean Wheat Pasta</p>	<p>20</p> <p>Beef & Broccoli Stir Fry Brown & Wild Rice Brussels Sprouts Wheat Bread Soup</p> 	<p>21</p> <p>Split Pea Soup Sandwich on Sour Dough Bread: Hot Turkey Florentine OR Tuna Salad Sandwich OR Salad: BLT Chicken</p>
<p>26</p> <p>Vegetarian Chili Sandwich on Rye Bread: Italian Beef & Swiss OR Crab Salad Sandwich OR Salad: Chef (ham, turkey, cheese)</p>	<p>27</p> <p>Macaroni Ham & Cheese Italian Green Beans Whole Wheat Bread Soup</p> 	<p>28</p> <p>Soup Du Jour Sandwich on Sliced Bun: Sloppy Joes OR Shaved Ham & Provolone OR Salad: Grilled Chicken Fresh Spinach</p>



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 (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.

