



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



Never Forget Our Independence

Special Interest This Month

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Take Me Out To The Ball Game!

Join us for an afternoon of baseball, peanuts, hot dogs and fun! We are going to the **Kane County Cougars** game on Monday, July 13 and would like you to come along. We have reserved box seat tickets for the 12:00 noon game against the Great Lake Loons, (a Los Angeles Dodgers affiliate). The cost is \$6.00 per person for your game ticket. You can drive yourself to Cougars Stadium or bus transportation will be provided from the Senior Center. We have room for the first 25 people who sign up to take the bus. The bus will leave the Senior Center at 11:15 and will return when the game is over. Call Gayle to make your reservation for an enjoyable afternoon of the favorite truly American pastime, baseball! Go Cougars!

Attend our FREE lunch on Monday, July 20

Call early for a reservation for our monthly FREE lunch Monday, July 20 at 11:30 a.m. We welcome all Geneva Township residents that are age 55 + in addition to the members of the Senior Center. We have an impressive menu ordered from **Villa Verone Ristorante** of Geneva. We will be serving *caprese* appetizer, two types of pasta dish; *farfalle al sole* and *penne amatriciana*, salad and *polo strips marsala*, and with cream puffs for dessert. We can accommodate the first 120 people who sign up. Be sure to make a reservation.

Springfield Here We Come!

Save the date! We have planned a one-day trip to Springfield, Illinois, to celebrate the year of Abraham Lincoln's 200th birth! We will be taking a deluxe tour bus with comfortable seats, a bathroom and DVD players for our own use. The itinerary includes a visit to the Lincoln Presidential Museum, the Old State Capitol Building, Lincoln's home and viewing of Lincoln's Tomb and the war memorials. The trip is scheduled for **Wednesday, September 16, 2009**. The trip costs \$90.00 per person which includes the bus, all the tours while in Springfield, and dinner. You will be responsible for your own lunch. We have planned two seminars on Lincoln to be held at the Senior Center in the weeks prior to the trip to share information on Lincoln and to preview what you will see. We need a minimum of 40 people for this trip. Look for more details in the August newsletter.



Lincoln's Home
in Springfield

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



Senior Vitality

Senior Vitality classes are held on Tuesdays and Thursdays at 10:30 and everyone is welcome to attend. This is your opportunity to experience the benefits of stretching and improve your flexibility and balance. A drop in class, no reservation necessary.

A NEW Offering....CHICK CHAT

We are looking for all the women of Geneva Township Center who enjoy good conversation in a relaxed setting with coffee and treats, to come share some time together. The Chick Chat group will meet on the first and third Friday afternoons of each month at 1:00. We will have our first gathering on July 17. Stop by, there is always something to talk about.

Calling All Bike Riders!

We are looking for people interested in taking a group bicycle ride to meet at the Senior Center on Wednesday, July 15 at 3:00. **Ed Foster** is very involved in **Fox Valley Bicycle and Ski Club**, and will lead a leisurely ride through Wheeler Park, into Mount St. Mary Park, past the **Sculptures in the Park** display, and back to the Senior Center. Ed will ride at a comfortable pace making this bike trip appropriate for all levels of riders. Please meet at the Senior Center at 3:00. You must bring your own bike, water will be provided. Let us know if you plan to join in!

Learn To Play Mah Jongg

Mah Jongg is an Americanized Chinese tile game that's become very popular at the Senior Center. Similar to a card game, Mah Jongg is played with tiles that depict oriental themes. **Ina Wentzel** will be teaching this class and has been playing Mah Jongg for over 50 years. This class is one-time only offered on Monday, July 27 from 9:30-3:30 at the Senior Center. Please bring a bag lunch. No previous experience is necessary. You may sign up by calling 630-232-3602.

Your Senior Center Is Your Cooling Center!

Any Geneva Township resident age 55+ is welcomed to enjoy the air conditioned comfort of the Senior Center. We are open from 8:30 a.m. until 4:30 p.m., Monday through Friday. Besides the wonderfully cool temperatures, the Senior Center offers limitless free snacks and refreshments. There are also a variety of activities to pass the time: use the computers, lounge in our comfortable overstuffed chairs, peruse our selection of reading materials (newspapers, periodicals and books), help finish off a picture puzzle, shoot some pool, have lunch, watch a movie, play cards or board games etc., etc., etc.

Are you up to the Challenge?

Darrel Scarff and **Lori Carroll** have a standing 8-ball challenge with any other co-ed twosome who thinks they are up to it! Let us know if you'd like to try.

Are You a Lifelong Learner?

The Lifelong Learning Institute (LLI) of Waubensee College provides senior friendly classes at the Senior Center. Classes are very popular and a vast range of subjects are offered. Topics range from learning about Hiroshima and The Holocaust, to classes on environmental issues, music, art appreciation and line dancing. There are no tests, no grades and no papers. The classes are two hours in length and include audience participation. **Margaret Plaskas**, coordinator of the program, will be at the Senior Center on Tuesday, July 14, at 12:30 to talk about LLI, how you can become involved and the benefits of joining. Now is the best time to join as membership is \$25.00 for one year, from August to August. Classes are \$5.00 per class and fill up quickly. Check out LLI, there is something offered for everyone.

Spotlight on a Star Volunteer



Meet Darrel Scarff, our star volunteer for July. Darrel provides a very valuable function for the Senior Center, as our newsletter editor. Every month Darrel receives a rough draft of the newsletter and works his magic to correct, rearrange and help the newsletter flow. Darrel worked many years in advertising, including work on the mail order catalog for Lee Wards. He has been married to Pat for 42 years, and has a daughter and three grandkids. Darrel moved from Schaumburg and enjoys living in Geneva. He “likes the atmosphere of the Senior Center” and

has been involved with the Wheeler Walkers, exercise classes, bowling and the establishment of the Investment Club. Darrel can be found around the pool table where he is an experienced player, willing to show anyone a pointer or two. Thank you, Darrel, for all your contributions to the Senior Center.

Fourth Friday Lunch Bunch

This month on July 24, the Lunch Bunch is off to a favorite Geneva Restaurant, **Stockholm’s**, at 306 W. State Street. In order to beat the regular Friday lunch crowd, it was recommended to meet there at 11:15 to accommodate our group. Outdoor seating may be available depending on the weather. Please let Gayle know if you plan to attend.

July Bowling

Senior Center bowling scores are going up! Practice is paying off and the bowlers are getting more consistent and better at it (not that it matters). The bowlers have explored various alleys and this month will be bowling at **Bowling Green Alley** on Roosevelt Road in West Chicago on Friday, July 24. Bowling Green has agreed to charge \$5.00 for two lanes of bowling and shoe rental. If you choose to join the Lunch Bunch at Stockholm’s (see above). Bowling Green is a short trip down Roosevelt Road (State Street). If you are just interested in bowling, meet about 12:45 at the Alley. Please call to let us know you are going to attend.

Knitting & Crocheting Group

The first Tuesday of every month the knitting & crocheting group meets at 1:00 at the Senior Center. The discussion is lively and covers many topics while the ladies knit, crochet and share ideas. Stop by and get motivated to work on your own project.

Free Hearing Screening

On the second Monday of every month free hearing screenings are offered by **Rich Bicbic**, audiologist at **Geneva Hearing Services**. Rich is at the Senior Center at 9:30, no appointment necessary.

“Navigating the Emotional Road of Life”

Presentation

On Monday, July 20, a mental health counselor from TriCity Family Services will be available during and after the 11:30 to 12:30 Free Lunch to answer your questions about the services they offer the community. Then following the lunch, from 12:45 to 1:45 a presentation will be held revealing tips on how to handle some of the emotional bumps and pot holes in the road of life. **Michelle Clark**, M.S.Ed., LCPC, NCC will present an overview on the natural process of grief, and will describe the symptoms of depression and anxiety. Michelle is a Licensed Clinical Professional Counselor and National Certified Counselor, working at TriCity Family Services. Learn more about what TriCity has to offer through its counseling, support groups and community presentations. In addition to individual, couple and family counseling, TriCity also offers a number of support groups, including one focusing on grandparents raising grandchildren.

Calling all Grandparents!

The Senior Center will be honoring grandparents by celebrating **Grandparents Day** with a grandparent/grandchild event. The event will be held in August while the grandkids are still on summer vacation. We are looking for volunteers to get involved and help organize this fun afternoon. If you are interested and would like to be a part of the planning, we want your ideas. Come to the planning meeting on Monday, July 6 at 11:30.

Tennis Anyone?

We are looking for people interested in playing tennis on the Wheeler Park tennis courts next to the Senior Center. The courts are frequently available and in great condition. We will be taking the name and phone number of interested tennis players and your ability level. This list will be available at the Center to help you find fellow players. If there is interest, we can set up specific times for play. Call if you are looking for a tennis partner

"Who's the Dummy"

You think you may know who is the ventriloquist and who is the dummy, but when it's over, you may be wondering. This bit of light-hearted entertainment will brighten your day. Dan Anderson, the Chaplin from the Holmstad, will be presenting this entertaining program at The Center on Monday, July 27 at 1:00. Let Gayle know if you plan to attend this fun afternoon.

GENEVA DELI
1-630-232-3602

SUGGESTED DONATION OF \$3.75 PER SALAD BAR, BREAD & MILK SERVED EACH DAY
July 2009 - MENU SUBJECT TO CHANGE

NEED TO MAKE RESERVATIONS TWO DAYS IN

| TUESDAY | WEDNESDAY | THURSDAY |
|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>**Please Remember** 2 Days Notice Required to Make Reservations For Lunch!!</p> | <p>1 Smoked Sausage Scalloped Potatoes Spinach Rye Bread Soup</p> | <p>2 Broccoli Cheddar Soup Sandwich on Rye Bread: Hot Sliced Chicken Teriyaki OR Corned Beef & Swiss OR Salad: Santa Fe Ham Salad / Ranch</p> |
| <p>7 Spaghetti & Meatballs Garlic Bread Soup</p> | <p>8 BLT Chicken Salad Rye Krisp Crackers Soup ** NO SALAD BAR **</p> | <p>9 Soup Du Jour Sandwich on Multi-grain Bread: Hot Roast Beef/Horseradish Cream OR Classic Turkey Club OR Salad: Deviled Egg Salad/French</p> |
| <p>14 Fiesta Pasta Bake Green Beans Ranchero Potato Roll Soup</p> | <p>15 Oriental Beef Brown Rice Multi-grain Bread Soup</p> | <p>16 Turkey Vegetable Soup Sandwich: BBQ Riblet on Sandwich Bun OR Southwestern Ham Wrap/Tortilla OR Salad: Chicken Caesar/ Caesar Cup</p> |
| <p>21 Beef Barley Stew Peas & Onions Wheat Bread Soup</p> | <p>22 Oven-fried Chicken Mashed Potatoes & Gravy Wheat Bread Soup</p> | <p>23 Split Pea with Ham Soup Sandwich on Multi-grain Bread: Hot Turkey Florentine OR Tuna Salad OR Salad: BLT Chicken Salad / Ranch</p> |
| <p>28 Chicken Salad/Romaine Lettuce Herbed Tomato Wedges Multi-grain Bread Soup ** NO SALAD BAR **</p> | <p>29 Diced Pork/Rosemary Sauce Garlic Mashed Potatoes Marbled Rye Bread Soup</p> | <p>30 Soup Du Jour Sandwich on Sandwich Bun: Sloppy Joes OR Shaved Ham & Provolone OR Salad: Grilled Chicken on Fresh Spinach/ Rye Krisp/ Honey Mustard Cup</p> |
|  |  | |

Senior Lifestyle Expo

The **Senior Lifestyle Expo** will be held September 2 & 3 at the Drury Lane in Oakbrook Terrace. It is an opportunity for a fun and informative day. The mission of the Expo is to bring together seniors with the products and services that are invaluable to maintain their quality of life. Over 4500 people are expected to attend this “ultimate marketplace” for active seniors. There is much to see and do at the Expo. Check it out online at: www.seniorlifestyleexpo.org. The Senior Center will have some free tickets, so please call Gayle if you plan to attend.

Computer Seminar with Ken

Our Tuesday computer instructor, Ken Johnson, is offering a July seminar on using the computer for getting directions and maps. Many of you will be planning vacations and traveling to new destinations. This seminar will show you how to get detailed directions, produce maps and even see a satellite view of your home or destination. Join Ken on Tuesday, July 14 at 9:00 to learn how to use MapQuest and Google Earth.

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.

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



Senior Center

**400 Wheeler Drive
Geneva, IL 60134**

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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@genevatownship.com

July 2009
