



**Geneva Township
Center**

400 Wheeler Drive
Geneva, IL 60134
630/232-3602
Hours: 8:30-4:30 M-F

Geneva Township Officials

- J. Patrick Jaeger, Supervisor
 - Sharon Brazill, Trustee
 - John Connolly, Trustee
 - Scott Queen, Trustee
 - Dick Sharp, Trustee
-
- Sheri McMurray, Director



October

2015



The Center Newsletter

Fall Get-Together

Autumn has arrived! On **Thursday, October 22 @ 2:30pm** we'll have a get-together on the Center's outside back patio. **Hot Cinnamon Cider & Apple Pie** will be served. Come visit with your friends amongst the corn stalks and pumpkins. Dress appropriately for the weather... we'll move inside if it rains. Please contact the Center at 630/232-3602 to register.



Experience the Arts!

Call the Center if you're interested in attending one, two, or all three of the arts opportunities listed below:

*****Good People* at the Steel Beam Theatre in St. Charles on Sunday, October 4 at 3:00pm**

This intimate theater is a favorite of Center members. *Good People* chronicles a down on her luck woman in urban Boston who tries to reunite with an old high school fling who is now a doctor and living the kind of life she wishes for. We'll meet at the theater at 111 W. Main St., St. Charles. Call the Center to reserve a ticket; the cost per ticket is \$22.

*****White Christmas* at the Drury Lane Theatre in Oakbrook on Thursday, December 3.**

We'll enjoy lunch at the theater and the matinee performance of this holiday classic. The all inclusive cost for round-trip transportation from the Center, lunch, and the show is \$60. More details will be included in the November newsletter.

**** *Candlelight Carols* with the St. Charles Singers at the Baker Memorial United Methodist Church in St. Charles (located on Main St. between 3rd and 4th Avenues) on Sunday, Dec. 6 at 3:00pm**

A tradition for many Center members... it's not to be missed! The cost is \$20 per ticket. Call the Center at 630/232-3602 to reserve your ticket.

Important Dates

Friday Movies	10/2, 9, 16, 23, 30
Steel Beam Theater	10/4
Blood Pressure Screen	10/6
Seated Yoga	10/7, 14, 21, 28
Energy Assistance	10/7
FREE Flu Shot Clinic	10/12
Topics	10/14
Ladies Tea	10/16
Tulle-Wrapped Pumpkin	10/19
Welcome Fall! Get-Together	10/22
TRLAD Safety Academy	10/23
Book Club	10/27
Art Insights	11/18

SAVE THE DATE!

Art Insights Program at the Center
Neopolitan Creche
Wednesday, Nov. 18 @ 10:00 am

Mission Statement

The mission of the Geneva Township 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.

Volunteer Opportunity

On **Sunday, October 18th at 2:30 pm** volunteers will be meeting at the Batavia United Methodist Church to package 300 meals for people in need living in the Tri-Cities. The "Easy Eats" program is done this year in conjunction with the Northern Illinois Food Bank. A vegetable stir-fry will be assembled and families receiving the package will only need to add water before cooking. For more information or to sign up to help, call the Center.

TRIAD Fall Safety Academy

TRIAD provides the much needed link for seniors to law enforcement, organizations serving the senior population, and other sponsoring groups. Geneva Township is a founding member of the Central Kane County TRIAD. Free and fun educational presentations about ways to avoid crimes and provide a greater sense of well-being bring local seniors together several times each year. On **Friday, October 23 from 9-noon** at the **Pottawatomie Community Center** located at 8 North Avenue, St. Charles (along the Fox River in Pottawatomie Park) speakers from the Area Agency on Aging will celebrate the 50th Anniversary of the Older American's Act. **Please note that this is a new location.** A complimentary continental breakfast, free lunch, raffles and prizes are included! Reservations are required; RSVP to Delnor Glen Senior Living at 630/443-8220. Seats are limited.

NEW Seated Yoga

A FREE seated yoga class will be offered at the Center on **Wednesdays, October 7 –November 11 from 10am – 11am.** Mary Jo Para, a current instructor at Delnor's Health and Wellness Center, will incorporate yoga principles and modified basic yoga poses to build strength, balance, and coordination while promoting a sense of calmness and well-being. This class will meet in the Center meeting room. Please bring a towel and water bottle, wear comfortable clothes... bare feet during class is preferred. Call the Center to register.

Energy Assistance

If you need help paying your utility bills this winter and you meet certain income guidelines for LIHEAP, Betty Erickson will be at the Center on **Wednesday, October 7** to help you fill out an application for energy assistance. Eligible households must have a yearly total income at or below \$17,652 for a family of one and \$23,892 for two family members. Appointments are required and are available beginning at 12:30 on October 7. Call the Center at 630/232-3602 to make an appointment.

NEW Blood Pressure Screenings

Starting on **Tuesday, October 6 from 9:30am– 10:15am** a nurse from VNA Health Care of the Fox Valley will be at the Center to take members' blood pressure. The blood pressure checks will continue each month on the 1st Tuesday. An appointment is not necessary. Blood pressure is one of the most important health screenings because high blood pressure usually has no symptoms so it can't be detected without being measured. High blood pressure greatly increases your risk of heart disease and stroke.

FREE Flu Shot Clinic Reminder

The clinic is scheduled for **Monday, Oct. 12 (Columbus Day) from 9:00 to 12:00 noon.** No appointment is necessary. Nurses from the **Visiting Nurses Association of Fox Valley (VNA)** will administer the shots. Seniors signed up for Medicare Part B will have the cost of their flu shots covered by Medicare. Please bring your Medicare card. Geneva Township will pay the cost of the flu shot for any Geneva Township resident age 55+ not covered by Medicare Part B. For all others the cost of the flu shot is \$25.00. Any payment must be by cash or check only. As always, free refreshments will be served. If you have any questions, please contact the Center at 630-232-3602.

Book Worms!

On **Tuesday, October 27 @ 10:00 am** the Center Book Club will gather and discuss *Light Between Oceans* by **M.L. Stedman**. After four harrowing years on the Western Front, Tom Sherbourne returns to Australia and takes a job as the lighthouse keeper on Janus Rock, nearly half a day's journey from the coast. To this isolated island, where the supply boat comes once a season, Tom brings a young, bold, and loving wife, Isabel. Join the club this month; new readers are always welcome!

Topics Group

In George Orwell's fictional society in his novel *Nineteen Eighty-Four*, every citizen was under constant surveillance by the authorities. Do you feel like *Big Brother* is watching you? The group will discuss how much privacy is surrendered in this constantly advancing technological age. When is enough... enough? Mark your calendar for **Wednesday, October 14 @ 1:00** to join the discussion. This coed group welcomes all participants and opinions!

Halloween Ladies Tea

On **Friday, October 16 at 11:00** join us in the dining room for the **Halloween Ladies Tea**... our committee is busy planning this fun, *fall holiday* tea. You won't want to miss our "treats" ... hot tea, light refreshments, and CANDY. Costumes are not required but don't hesitate to get in the spirit by wearing Halloween colors. New Center ladies are encouraged to join us; it's a great way to meet people in a relaxed, unhurried atmosphere. We can accommodate the first 48 reservations. Call 630/232-3602 early to sign up. We still need a **December** tea committee. Get your friends together and contact the Center office to sign up. The costs associated with the Tea are covered by the Center and Center staff will help in whatever way they can.

Tulle-Wrapped Craft Pumpkin

On **Monday, October 19 at 10:30am** come make a **Tulle-Wrapped Craft Pumpkin**. This decoration can grace your table or doorstep for Halloween this year and for years to come because it's not "real". Or, it would make a great gift! There is a \$4 charge for this craft. Please register by calling the Center at 630/232-3602.

Daily Drop-In Activities

The following activities are available whenever the Center is open, **Monday through Friday, 8:30-4:30**. It's all free; no need to sign up!

- **Billiards:** 8-ball and 9-ball, on the porch when the porch is not scheduled for other activities. The players tend to gather Tuesday and Wednesday mornings. Also, you can always practice solo.
- **Bocce Ball:** The court is outdoors, along the Southeast side of the building, (seasonal).
- **Refreshments, free anytime:** hot coffee, sweet rolls, granola bars etc.
- **Magazines:** the latest are in the lounge area.
- **Newspapers:** Daily Herald, Chronicle, Tribune, Wall Street Journal. New every day.
- **Jigsaw Puzzles:** One is always underway and anyone can help solve it.
- **Games:** Bridge, card bingo, pinochle, poker, cribbage, train dominoes, chess, mah jongg and other board games.
- **55" Big Screen TV:** When the TV room is not otherwise in use, you can watch our movies or bring in one of your own.
- **Computer Access:** Drop by and log on.

MOVIES continued from last page...

OCTOBER 23

Wild Tales (2015)

Rated R for violence, language, and brief sexuality
(2 Hours)

Academy Award nominee for Best Foreign Language Film... a collection of six crazy, absurd and hilarious stories of people who are stressed out or depressed by the drive for success, competition and the inequality of the world we live in.

OCTOBER 30

Return to Me (2000)

Rated PG (1:56 Hours)

Starring David Duchovny & Minnie Driver

This is an endearing romantic comedy infused with real life humor. Although Bob and Grace are strangers at the start of our story, their lives are soon forever intertwined by fate.



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smcmurray@genevatownship.com

OCTOBER 2015



FRIDAY MOVIES @ 1:00 PM ON THE BIG SCREEN! WITH POPCORN!

****NEW****

If you plan to attend one or more of the Friday movies, please make a reservation by calling the Center office at 630/232-3602.

OCTOBER 2

Love & Mercy (2015)

Rated PG-13 (2:02 Hours)

Starring Elizabeth Banks, John Cusack, and Paul Giamatti
This biopic presents an unconventional portrait of Brian Wilson, the mercurial singer, songwriter and leader of The Beach Boys. Set against the era-defining catalog of Wilson's music, the film intimately examines the personal voyage and ultimate salvation of the icon whose success came at extraordinary personal cost.

OCTOBER 9

I'll See You In My Dreams (2015)

Rated PG-13 (1:37 Hours)

Starring Blythe Danner

After the death of her beloved dog, Carol finds the everyday activities that have given her life structure - her regular bridge game, gardening, a glass of wine or two - have lost their luster. With the support of three loyal girlfriends, Carol decides to embrace the world.

DON'T FORGET OUR FREE SERVICES

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

- Hearing Screen (2nd Monday)
- RTA Senior Citizen Fare I.D. Photos & Cards. (Age 65+ only!) 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
- Computer class (every Tuesday morning)
- Daily Refreshments and Snacks.
- Free Flu Shot Clinic
- Lunches
- Computer Access

OCTOBER 16

Testament of Youth (2015)

Rated PG-13 (2:10 Hours)

Vera Brittain - irrepressible, intelligent and free-minded - overcomes the prejudices of her family and hometown to win a scholarship to Oxford. With everything to live for, she falls in love with her brother's close friend Roland Leighton as they go to University to pursue their literary dreams.

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