

Senior Moments

August 2010

For information or appointments, contact Mary Overbey, Senior Services Director.

Ph: 815.758.4718
Fx: 815.758.6219
E-Mail: moverbey@realsolutionstoday.org

TABLE OF CONTENTS

Information Center Spotlight
Page 1

Site Updates
Weekly Calendars
Page 2

June Calendar
Page 3

www.RealSolutionsToday.org

Save the date!

August 12

Senior Expo
9:00 a.m. - 12:00 p.m.

Teamwork

Family Service Agency and Voluntary Action Center have teamed up to add one more feature to the monthly newsletter. The senior lunch menu will now be included to make it easier for planning visits to any of the Centers – DeKalb, Cortland or Genoa.

Speaking of planning, now is the time to think about attending the Senior Expo at the DeKalb County Farm Bureau, 1350 W. Prairie Drive, on Thursday, Aug. 12 from 9:00 a.m. to 12:00 p.m. There will be door prizes, eye, foot and health screenings, hearing tests, food samples and lots of information.

Representative Bob Pritchard and Senator Brad Burzynski facilitate this event, VAC Catering provides snacks and the FSA Senior Center staff hosts the event.

Transportation to the event will be available from all three Senior Centers. Plans are to

pick up at the Genoa site at 8:45 a.m. A bus will leave from DeKalb at 9:15 a.m. and the Cortland site at 9:30 a.m. All return trips will leave the Expo at 11:00 a.m. to get back in time for lunch at the Centers. Please call the Senior Services office at 815.758.4718 if you need a ride originating at any of the Centers.

You can also make your own arrangements for rides with VAC at 815.758.6641. The deadline for all transportation requests is Thursday, Aug. 5!

This is a fun and informative event so do not miss out on all the good “stuff!” Look for Family Service Agency

at the Welcome Booth where you will receive a great reusable carry bag - courtesy of Schuncks - and assistance signing up for prizes and drawings. Wheelchairs and escorts will be available for those who need them. Please call the DeKalb Senior Center at 815.758.4718 to reserve a “set of wheels.”



2009 Senior Expo

Center Spotlight

While most are thinking of cool summer outfits and warm weather, the Needleworkers who meet each Monday at the DeKalb Senior Center are busy making warm winter caps, scarves and mittens for the elementary schools in DeKalb County as well as slippers, blankets and other items to keep nursing home residents comfy on cold winter days. Their talents seem to be unlimited and others benefit from the handmade

neck pillows, chemo-caps and baby items crafted with love and given to a variety of local service organizations. Last season, more than 1,800 items were donated by this group and, this year, they hope to have enough materials to exceed that. Material, thread, yarn, cotton yarn and polyfill pillow stuffing are always needed and appreciated. Also needed are knitters, crocheters or anyone would like to learn these crafts.



Senior Services Needleworkers

Cortland Senior Center: Mon., Tues., Fri.: 10:00 a.m. - 3:00 p.m.



Cortland Senior Center
Lions Club Shelter House
70 South Llanos Street
Cortland, IL 60112

Monday	Tuesday	Friday
10:00 Walking Group	10:30 Chair Exercises	10:30 Chair Exercises
11:00 Bunco	11:00 Games	10:30 Pinochle Lessons
11:00 Reminisce	12:30 Bingo	12:30 Crafts
12:30 Movie & Popcorn		12:30 Pinochle Games

Wii Video Bowling/Baseball, puzzles, board games are available during all Senior Center business hours.

DeKalb Senior Center: Mon. - Fri. 8:00 a.m. - 5:00 p.m., Thurs. until 8:30 p.m.



DeKalb Senior Center
Community Center
330 Grove Street
DeKalb, IL 60115

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Dominoes	10:00 Euchre	9:00 Piano Lessons	10:00 Reminisce	10 Beginning Bridge
10:30 Exercise	10:00 Dominoes	10:00 Crafts	10:00 Bridge Lessons	10:30 Exercise
12:00 Poker	1:00 Pinochle	10:30 Exercise	12:30 Movie & Popcorn	1 Advanced Bridge
1:00 Needleworkers	1:00 Kings in Corners	10:30 Blood Pressure	1:00 Cribbage	
1 Computer Lessons		1:00 Duplicate Bridge	1 Pinochle Lessons	
1:00 Overeaters			6 Financial Peace	

TV, puzzles, computer and games are available during all business hours.

Genoa Senior Center: Mon. - Fri.: 10:00 a.m. - 2:00 p.m.



Genoa Senior Center
Township Park District
400 East 2nd Street
Genoa, IL 60135

Monday	Tuesday	Wednesday	Thursday	Friday
10:30 Exercise	10:30 Dominoes	10:30 Exercise	10:30 Reminisce	10:30 Exercise
10:30 Card Games	12:30 Bingo	10:30 Blood Pressure	10:30 Card Games	12:30 Games/Bingo
12:30 Movie & Popcorn		12:30 Sing-A-Long	12:30 Crafts	

Wii Video Bowling/Baseball, puzzles and board games are available during all Senior Center business hours.

Don't forget to check the monthly calendar for special events and presentations.

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:30 a (D) Blood Pressure Checks	3	4 10:30 a (G) Blood Pressure Checks 1 p (D) Peer Mentor Training 5:30 p (D) VAC Community Dinner	5 (D) Social Security (call for appt.)	6 10:30 a (C) Blood Pressure Checks 1 p (D) Rules of the Road Driving Review
9 12 p (D) VAC Bingo	10 12:30 p (C) Speciality Bingo	11 9 a (D) Veterans Administration	12 9 a Senior Expo @ DeKalb Co. Farm Bureau (D) Social Security (call for appt.)	13
16 12 p (C) Monthly Birthday Celebration	17 12:30 p (C) Free Foot Massage & Pedicure 1 p (D) Prairie State Legal Assistance (call for appt.)	18 5:30 p (D) VAC Community Dinner	19	20 10 a (C) Wii Bowling Championship
23 12:30 p (C) Coffee & Chat with Mayor Seyller 1 p (D) VAC White Elephant Bingo	24 12:30 p (G) Free Foot Massage & Pedicure	25 9 a (D) Veterans Administration 11:30 a (D) Monthly Birthday Celebration	26 8 a Castle Bank Trip: Arlington Park Racetrack 12:30 p (G) Speciality Bingo 12:30 p (D) Free Foot Massage & Pedicure	27
30	31	 <p>Don't forget to visit The Country Store at 659 E. Lincoln Highway in DeKalb!</p>		

C: Event in Cortland **D:** Event in DeKalb **G:** Event in Genoa

Thanks to July Donors: Community Care Systems - chili; Don - technology installation; Erin - videos; Gilda - puzzles; Homer & LaVerna - lemonade & forks; Jean - crocheted throws; Ney Grange - monetary donation; Schnucks - bakery goods & reusable carry bags; VAC - serving bowls; Visiting Angels - bingo prizes; Carol, Lori, Margaret & Mildred - yarn; Don & John - paper products.

Items we can use: Coffee, cotton yarn, dish towels, dishwashing liquid, fabric/material, monetary donations, napkins, paper plates, polyfill pillow stuffing, thread, yarn.

Senior Moments

Senior Services
14 Health Services Drive
DeKalb, IL 60115

Return Service Requested

Non-Profit Org.
U.S. Postage Paid
DeKalb, IL 60115
Permit No. 117



Family Service Agency is a United Way Agency.

This Month's Featured Organization: Voluntary Action Center



Voluntary Action Center Serving DeKalb County

Meals on Wheels
Senior Dining
Community Dinners

Eligibility - Noon & evening meals are offered to senior residents of DeKalb County who are age 60 or over and their spouse of any age. Call 815.758.5703 or 1.866.820.6641.

Reservations - Reservations should be made by 10:00 a.m. the day before for the Senior dining sites. Cancellations for home delivery should be made by 9:00 a.m. the same day.

Lunch Contribution - The suggested contribution for person 60 years of age or older and their spouse is \$3.50 per meal. Guests under 60 may attend at a cost of \$6.00 per meal.

Transportation - Transportation is offered to & from dining centers (for a suggested donation of \$1.50 each way.) Call 815.758.6641. Transportation is also offered for medical appointments, dental appointments and hospital tests. Call 815.758.6641 or 815.758.0818.

Meals on Wheels - For those unable to attend a dining centers for health or transportation reasons, arrangements can be made to have meals delivered to your home on a donation basis. Call 1.866.820.6641 or 815.758.5703.

Community Diner - Meals are available at no cost and are open to anyone in need. Meals are available the 1st and 3rd Wednesday of each month from 5:30 p.m. to 6:30 p.m. at VAC's dining room, 330 Grove Street in DeKalb (corner of 4th & Grove.)