

# Senior Moments

**June 2010**

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[www.RealSolutionsToday.org](http://www.RealSolutionsToday.org)

**Save the date!**

**June 21**

**Wii Bowling Tournament!**

## What Generation Gap?

Congratulations to the teens who are part of the Senior Services new program: Generations Appreciating Positive Socialization (GAPS). These community oriented teens helped develop a program for seniors who are confined to care centers and have few or no visitors. Teens are trained at the DeKalb Senior Center and, after completing several classroom sessions and a short internship, become companions to lonely seniors who reside at one of the participating care centers. These young men and women wear shirts with the



Katie Hemmingway and David Miller, FSA Executive Director.

GAPS logo for easy identification and visit on a one-on-one basis. National Honor Society students from Sycamore and DeKalb High Schools have been a part of the pilot program and other students will soon be welcomed as part of the program.

If you know a teen who might be interested in joining the summer session of training scheduled to begin on Thurs.,

June 27 at 1:00 p.m., please contact Mary at the DeKalb site. Referrals for seniors who could use a teen visitor are also welcome.

## Center Spotlight

Have you heard the news? The Cross-Town Classic is coming to DeKalb County! We are not talking about the Cubs and Sox, but a much more exciting event! The Cortland King Pins, Genoa Goal Posts and DeKalb Doublers will compete in the first annual DeKalb County Senior Wii Bowling Tournament – complete with trophies and medals and such. Each Senior Center will have the “lanes” set up and

ready for those who want to compete. Scores will be tallied and prizes awarded to the top bowlers. Why not stop by to practice a few frames before the big event? The tournament will be held Mon., June 21 at 10:30 a.m. at each site.

Wondering about the names? The King Pin is the head or #5 pin, a Double is two strikes in a row and a Goal Post is a split.



Cortland King Pins



DeKalb Doublers



Genoa Goal Posts

**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 Nee- dleworkers	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
	<b>1</b>	<b>2</b> 10:30 a (C) Vision Screening 11 a (D) Smoke Detector - free installation for senior homeowners	<b>3</b> (D) Social Security (call for appt.) 8 a Castle Bank Trip <b>9 a (D) Senior Spelling Bee</b> 6:30 p Financial Peace Seminar	<b>4</b> 1 p (D) Rules of the Road Driving Review
<b>7</b> <i>12 p (G) Specialty Bingo Prizes &amp; Treats provided by Home Health Resource</i> 12:30 p (C) Presentation: Rain Barrels & Rain Gardens	<b>8</b> 12 p (C) Speciality Bingo	<b>9</b> 8 a Castle Bank Trip "Whodunit" 9 a (D) Veterans Administration	<b>10</b> (D) Social Security (call for appt.) 6:30 p (D) Financial Peace Seminar	<b>11</b>
<b>14</b> <i>12 p (C) Specialty Bingo Prizes &amp; Treats provided by Home Health Resource</i>	<b>15</b> 1 p (D) Prairie State Legal Assistance (by appt. only)	<b>16</b> 8 a Castle Bank Trip "Billy Elliot"	<b>17</b>	<b>18</b> 11 a Fathers Day Celebrations
<b>21</b> 10:30 a Cross-Town Classic Wii Bowling Tournament  12 p (G) Eye Glasses Repair	<b>22</b> 12 p (G) Speciality Bingo	<b>23</b> 9 a (D) Veterans Administration	<b>24</b> 10:30 (D) a Library Book Club	<b>25</b>
<b>28</b> <i>12 p (D) Specialty Bingo Prizes &amp; Treats provided by Home Health Resource</i>	<b>29</b>	<b>30</b>	 <p>Don't forget to visit The Country Store at 659 E. Lincoln Highway in DeKalb!</p>	

**C:** Event at the Cortland SSC

**D:** Event at the DeKalb SSC

**G:** Event at the Genoa SSC

**Thanks to May Donors:** Schnucks for lots of bread; Lucille for coffee; EL & Karen for candy; Don for paint supplies & painting; Homer & Laverna for lemonade; NIU's Lincoln Hall for fresh produce; Shirley for DVD's; DeKalb Community Foundation for YEP Grant funds and monetary donations from FSA Country Store, Cliff Fulton, Cortland Garage Sale and Tony.

**Items we can use:** Cutlery, dish towels, dishwashing liquid, monetary donations, paper towels, yarn.

*Senior Moments*

Senior Services  
14 Health Services Drive  
DeKalb, IL 60115

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Return Service Requested



Family Service Agency is a United Way Agency.

**This Month's Sponsor: Home Health Resource, LLC**



**Home Health Resource, LLC**

Phone: 847.608.9905

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Serving Boone, Cook, DeKalb, DuPage, Kane, Kendall, Lake, McHenry, Will and Winnebago counties.

Home Health Resource, LLC is a Medicare certified Home Healthcare agency licensed by the State of Illinois Department of Public Health. Our goal is to provide quality and excellent care in your home while promoting individual well being, independence, respect and dignity.

Services provided include skilled nursing and psychiatric nursing, physical therapy, occupational therapy, speech therapy, medical social work and home health aide.

For home health service eligibility, please contact our office.