



Senior Moments

May 2011

For appointments, please contact the DeKalb Senior Activity Center at 815.758.4718.

Mary Overbey,
Senior Services
Director
815.758.8616

Did you know?

There are 1,024 possible spare outcomes for each player in a ten frame bowling game! Bowling three games equates to walking one mile!

Save the date:

June 15
is the
kickoff for the
**Wii Bowling
Summer
League**

The History Of Bowling

Genoa
Wii Bowling
Team



Sycamore
Wii Bowling
Team



It is reported that evidence of bowling equipment found in Egyptian Tombs has been dated to 3200 B.C. This makes the origin of bowling more than 5,000 years old! As early as A.D. 200, there is evidence of the game using stones, called kegel, thrown or rolled at nine wooden clubs. In Germany, bowlers are still known as kegelers.

The Dutch introduced bowling to America around the 1600s and, when a gaming law outlawed the "game of nine pins," the clever colonists added a tenth pin to bypass the law.

There is nothing illegal but something

very addictive about the new favorite sport of the FSA Senior Activity Centers – Wii Bowling. Soon, an official summer league will begin, complete with a finals tournament and an awards banquet. Participating teams from Heritage Woods, Lincolnshire Place, a few other senior facilities and the four (or five!) FSA Centers will put on their league-issued shirts, grab their bowling balls (controllers) and head to the lanes! In the early 1960s, professional bowler Don Carter was the first athlete to get a \$1 million endorsement. Perhaps one of the FSA Wii bowlers will surpass him.

Cortland
Wii Bowling
Team



DeKalb
Wii Bowling
Team



Spotlight On Strikes



Most people know that three strikes in a row is known as a Turkey. Other terms that might not be as familiar include: A Turkey Sandwich – a spare, then three strikes, then another spare; how about a Thanksgiving Turkey – better known as a perfect game! A Wild Turkey is six strikes in a row – also known as a "Six Pack" and a Golden Turkey indicates that the almost perfect bowler gets nine strikes in a row.

On Feb. 2, 1997, University of Nebraska sophomore Jeremy Sonnenfeld became the first person in history to bowl three perfect games in a row. He is known as "Mr. 900."

Cortland Senior Center: Mon., Wed., Fri.: 9:00 a.m. - 3:00 p.m.



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

Special Guests will be scheduled on the 2nd & 4th Monday for bingo, games & presentations.

Monday	Wednesday	Friday
10:00 a.m. Wii Games	10:00 a.m. NIU Student Nurses	10:00 a.m. Variety Cards
10:30 a.m. Chair Exercises	10:00 a.m. King's Corner	10:30 a.m. Chair Exercises
11:00 a.m. Mexican Train Dominoes	10:30 a.m. Chair Exercises	12:30 p.m. Book Club Discussion
12:30 p.m. Bingo	12:30 p.m. Reminisce Group	12:30 p.m. Mexican Train Dominoes

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



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

Special Guests will be scheduled on the 1st & 3rd Monday for bingo, games & presentations.

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 a.m. Variety Cards	10:00 a.m. Euchre	10:00 a.m. NIU Student Nurses	10:00 a.m. Bridge Lessons	10:00 a.m. Beginning Bridge
10:30 a.m. Chair Exercise	10:30 a.m. Wii Games	10:00 a.m. Board Games	12:30 p.m. Movie	10:00 a.m. Spelling Practice
10:30 a.m. OA Meeting	1:00 p.m. Pinochle	10:30 a.m. Chair Exercises	1:00 p.m. Pinochle Lessons	10:30 a.m. Chair Exercise
1:00 p.m. Needleworkers	All Day Puzzles	1:00 p.m. Duplicate Bridge	1:00 p.m. Cribbage	1:00 p.m. Advanced Bridge

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

Special Guests will be scheduled on the 1st & 3rd Wednesday for bingo, games & presentations.

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 a.m. Wii Games	10:00 a.m. Wii Games	10:00 a.m. NIU Student Nurses	10:00 a.m. Wii Games	10:00 a.m. Wii Games
10:45 a.m. Chair Exercise	10:45 a.m. Yahtzee	10:45 a.m. Chair Exercise	10:45 a.m. Dominoes	10:45 a.m. Chair Exercise
12:30 p.m. Card Games	12:30 p.m. Bingo	12:30 p.m. Reminisce Group	12:30 p.m. Crafts	12:30 p.m. Movie

Sycamore Senior Center: Mon., Wed., Fri.: 9:00 a.m. - 3:00 p.m.



Sycamore Senior Center
Golf Course Clubhouse
940 East State Street
Sycamore, IL 60178

Special Guests will be scheduled on the 2nd & 4th Wednesday for bingo, games & presentations.

Monday	Wednesday	Friday
9:00 a.m. Cribbage	9:00 a.m. Cribbage	9:00 a.m. Cribbage
10:00 a.m. Variety Cards	10:00 a.m. Bridge Lessons/Pinochle	10:00 a.m. Variety Cards
10:30 a.m. Chair Exercise	10:30 a.m. Chair Exercise	10:30 a.m. Chair Exercise
12:30 p.m. Wii Games	12:30 p.m. Mexican Train Dominoes	12:30 p.m. Mexican Train Dominoes

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 <i>10:45a (D) RAMP Special Amplified Phones Presentation</i> 12:30p (D) Single Deck Pinochle Tournament - Round 1	4 10a (ALL) NIU RN Students 10:30a (C) Wii Bowling Team to Heritage Woods for bowling & lunch	5	6 11:30a (ALL) Mothers Day Celebrations
9	10 12:30p (D) Single Deck Pinochle Tournament - Final Round	11 9a (D) Vets. Admin. 10a (D) Wii Bowling Team to Heritage Woods for bowling & lunch <i>12:30p (S) RAMP Special Amplified Phones Presentation</i>	12 (D) Social Security (call for appt.)	13
16 <i>12:30p (G) RAMP Special Amplified Phones Presentation</i>	17 12:30p (D) Double Deck Pinochle Tournament - Round 1	18 Bowling Banquet @ Cortland Senior Activity Center for all bowlers (all Centers are invited) - call for reservations by 5/13	19	20
23 <i>12:30p (C) RAMP Special Amplified Phones Presentation</i>	24 12:30p (D) Double Deck Pinochle Tournament - Round 2	25 9a (D) Vets. Admin. 11:30a (ALL) Monthly Birthday Celebration National Senior Fitness Day - special event - Check with Mary or Diane for details!	26	27
30 All Senior Activity Centers Closed for Memorial Day!	31 12:30p (D) Double Deck Pinochle Tournament - Final Round			Donate gently used items to The Country Store Thrift Shop located at 659 E. Lincoln Highway in DeKalb! Proceeds of the store directly benefit Senior Services!

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

Thanks to April Donors: Border's - cookies, cups & paper goods; Heritage Woods, Pearl B., Ruth W. & Sycamore Women's Club - monetary donations; Schnucks - bread & pastries; Westminster Presbyterian Church - use of their hall.

Items we can use: AA batteries, additional Wii controllers, coffee - decaffeinated & regular, dishwashing liquid & paper towels.

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

This Month's Sponsor: RAMP

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RAMP

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