



# At Your Service

*Merry Christmas! Happy New Year!*

December 2007

### Dates to Celebrate

- 3rd - National Fritters Day
- 4th - National Dice Day
- 5th - Bathtub Party Day
- 6th - St. Nicholas Day
- 8th - National Brownie Day
- 9th - Christmas Card Day
- 12th - Poinsettia Day
- 18th - Bake Cookies Day
- 24th - National Eggnog Day
- 27th - National Fruitcake Day
- 31st - You're All Done! Day

## Senior Center News

December 2007

### **Senior Center Hours**

*Monday—Friday*

*9:00 am—1:00 pm*



### **Blood Pressure Screenings**

***FREE Blood Pressure Screening will be on the 2nd Wednesday of each month.***

***The next screening will be Wednesday, December 12th 10:00- 11:00 am.***

### December at the Senior Center

#### Book Club

This month's book is The River Queen by Mary Morris

Tuesday, December 18th  
10:15 a.m.

Please call (630) 858-6343 to let Sue know if you will be joining the group.

There will be NO Bunco during December!

NEW! Puzzle Exchange  
Watch for more info in our January newsletter!!



## Holiday Bingo!!

*Wednesday, December 12th*

Breakfast: 9:30 - 10:30 a.m.

Bingo: 10:30 - 11:30 a.m.



This year we will be having a *Holiday Breakfast* and *Ornament Exchange* BEFORE we play bingo. Please plan to bring a wrapped holiday ornament and a \$2.00 donation for the breakfast.

Seating is limited, so call (630) 858-6343 to reserve your spot by Friday, December 7th. If you wish to stay after bingo for the regular senior lunch, please let us know. The \$3.00 donation for lunch will remain the same.

## Programs at the Glen Ellyn Park District

### *Active Senior Adult Tuesday Luncheon*

Celebrate the holidays in style! We're having a surprise game/entertainment this month. It's the season of spending time with friends - so make sure you invite someone to share this luncheon with you! Enjoy beef stew, green beans, tossed salad, rolls and a tasty dessert. Don't forget to pick up your free raffle ticket at the door.



*Tuesday, December 11th, 12:00 - 2:00 p.m.*

Holes & Knolls Clubhouse  
845 Pershing Ave., Glen Ellyn  
Cost: \$7.00



Call (630) 858-2463 by Tuesday, December 4th, to make your reservation.

### Christmas Around The World!

Celebrate the holiday season with us as we visit the "Christmas Around The World" exhibit at the Museum of Science and Industry. This tradition began in 1942 as a salute to American Allies during WWII and continues to be a cherished tradition in Chicago. Trees from around the world are decorated with a wonderful variety of ornaments representing culture and holiday traditions of each country. You will learn about many different holiday traditions before you arrive at the museum. The exhibit also features "Holidays of Light", which highlights the customs and traditions of many other cultures, including St. Lucia Day in Sweden, Chinese New Year and Winter Solstice. This day will surely put you in a festive mood and get you ready for the holiday season. Lunch and transportation are included.



Friday, December 14th, 9:00 a.m. - 3:00 p.m.  
Meet at Maryknoll Park, 845 Pershing Ave., Glen Ellyn  
Cost: \$60.00

Call (630) 858-2463 to register or for more information



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## AARP Glen Ellyn Chapter Presents...



### *Holiday Concert by the Joliet Dulcimer Society*

*The Glen Ellyn AARP Chapter is pleased to have a concert by the Joliet Dulcimer Society. All seniors and friends of seniors are invited. The group will present old standards along with Christmas carols. Admission is free and refreshments are served. This promises to be a fun time and a time to meet new friends.*

*Tuesday, December 4th, 10:00 a.m.*

*St. Barnabas Episcopal Church*

*22W415 Butterfield Rd., Glen Ellyn*

*For information call George Pelch at (630) 983-0918*



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## At the Glen Ellyn Public Library...

### **How to Build a Gingerbread House**



**Thursday, December 6th**

**7:00 p.m. - 8:00 p.m.**



**Chef Michael Niksic will demonstrate the construction of a fabulous gingerbread house. He will also have other houses on display along with handouts, templates and recipes. One lucky person will get to take home the gingerbread house built during the program.**

**400 Duane St., Glen Ellyn**

**The program is free.**

**Call (630) 469-0879 to sign up.**



## Have A Little Fun ...

### *Can you name that tune?*

Each line below is a clue to a well-known yuletide song. You'll have to decode the lofty language to come up with the carols, so if you're ready...get humming!

- u Embellish the interior passage-ways.
- v Omnipotent supreme being who elicits respite in distinguished males.
- w Obese personification fabricated of compressed mounds of minute crystals.
- x Tintinnabulation of vacillating pendulums in inverted, metallic resonant cups.
- y Nocturnal time span of unbroken quietness.

-Reader's Digest

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# Fun With Words

*Here are some fun and funny puns that will make you smile and make you groan!*

To write with a broken pencil is pointless.

\*

When fish are in schools, they sometimes take debate.

\*

When smog lifts in Lost Angeles, U.C.L.A.

\*

The dead batteries were given out free of charge.

\*

Bakers trade bread recipes on a knead-to-dough basis.

\*

When you've seen one shopping center, you've seen a mall.

o

You are stuck with your debt if you can't budge it.

o

Santa's helpers are subordinate clauses.

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## LAUGH - A - LITTLE

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## December

### All About Winter, Caroling & More

**December 22nd marks the beginning of Winter and the year's shortest day.**

**The word carol, like chorus, referred originally not to song, but to dance. Ring dances performed to flutes were popular among the ancient Romans and were later brought to England.**

**That all changed by the late 13th-century; Caroling came to mean just the singing and music, not the dance.**

**It's said if you wear Turquoise, the birthstone of December, you will never be poor.**

**Narcissus, the flower of December, takes its name from the mythological character who gazed obsessively at his own reflection in a pond. The plant's drooping "neck" is said to recall this posture.**

**Gift-Wrapping presents started around the late 1800s when handmade presents gave way to store-bought ones. Since machine-made gifts were not as personal, retailers encouraged shoppers to have their presents wrapped to add a special touch.**

## PEACE (n.)

1. Harmonious relations; freedom from disputes Synonyms: Harmony, serenity, tranquility

### Peaceful Thoughts

I define joy as a sustained sense of well-being and internal peace, a connection to what matters.

*-Oprah Winfrey*

Peace begins with a smile.

*-Mother Teresa*

If you cannot find peace within yourself, you will never find it anywhere else.

*-Marvin Gaye*

### Peace Rally

Symbols of peace are all around us. Here's how some of the most popular ones came about.

The Peace Sign - Lord B. Russell, head of the British Campaign for Nuclear Disarmament, had a designer create a badge for members to wear at the first anti-nuclear weapon demonstration in 1958. The symbol was born from the navy semaphore code for the letters "N" and "D", standing for Nuclear Disarmament.

The Dove - Pablo Picasso designed a dove for posters advertising the International Peace Congress in Paris in 1949. It has since been universally used as a sign of peace. Picasso's inspiration was the story of Noah's ark. When the rain stopped, Noah sent out various birds to search for signs of land. Only the dove returned bearing an olive branch.



## Don't Shop Until You Drop

Here are a few smart strategies to help keep you sane this season.

- e Organize your shopping list by category rather than by person. That way you won't backtrack between departments in stores.
- e Designate one area in your home to store gifts as you buy them.
- e Take your address book with you when you shop so you can have packages shipped from the store.
- e Ask for a box with everything you buy, even non-gifts.
- e If you find a gift you like, buy several and give the same thing to a few people.

And finally, choose gifts that don't require shopping, such as magazine subscriptions.



## Parcel Pointers

When it comes to holiday shipping, Santa's got it easy: he only has to throw presents in a sack and go. You, however, must contend with the busiest mailing time of the year. Here are a few suggestions from the pros.

### DO...

**Choose a strong box.** Make sure it can support the contents and be stacked with other boxes.

**Cushion items with bubble wrap or foam peanuts.** Use newspaper only for very lightweight packages.

### DON'T...

**Use shoeboxes, because they tend to split.**

**Tie items with twine, string or cord.** Always use heavy-duty tape to seal packages securely.

### *How to Travel with Holiday Gifts*

ü Shipping gifts ahead may be less expensive than paying the airline for the extra weight. Check [theupsstore.com](http://theupsstore.com) or [usps.com](http://usps.com) for rates.

ü Wait to wrap presents until you arrive (your gifts might be opened by security).

ü Don't check valuables since checked baggage can be lost. Cushion valuables with bubble wrap even in your carry-ons.

## ***Crime Busting*** **Holiday Tips**



**The grinch is out and they are looking for unsuspecting shoppers. Don't let them ruin your fun. Take this advice from the experts.**

- o Never send cash in the mail. Thieves like to steal holiday cards and pocket any cash. Always send a check.**
- o If a "charity" calls asking for a donation, request written material from the organization before making a contribution.**
- o Consider carrying your cash and credit cards on your person rather than in your purse.**
- o When shopping, be alert as you walk to and from your car. There is safety in numbers, so go with friends or relatives.**

## **F\*I\*R\*E Extinguishers** *Simple remedies for holiday heartburn*

Sure, that spicy dip you gorged on was great. But over-eating raises your risk of acid reflux pain. Here are some simple strategies to stay pain free this holiday season.

**Dress for Excess** Dig out the comfort-fit jeans. A too-tight waistband or belt puts the squeeze on your stomach which can precipitate a case of heartburn.

**Downshift your Dining** Grazing over a period of several hours allows food to digest as you eat, avoiding acidic problems.

**Blow Bubbles** Chewing gum after a meal can nip heartburn in the bud, because the act of chewing gum increases saliva production and saliva is a natural acid neutralizer.

**Assume the Position** To ward off nighttime heartburn, try propping up your whole upper body and head with pillows in bed - less acid will reach your esophagus.

### **Feeling Faint? Here's a solution**

Try crossing your legs at the ankles while tensing your thigh, stomach and buttock muscles. If you faint you should always see your doctor to rule out potentially life-threatening causes of fainting, such as abnormal heart rhythms, clogged arteries or excessive doses of high blood pressure medicines, especially in combination with alcohol.

*-On Health*



## **FOUR** Super Sneaky Shortcuts

Unexpected guests dropping by for a visit? Don't panic. Here's how to banish all kinds of messes in minutes.

### **Blow It Off**

Use a hair dryer to speed-dust books, artwork and figurines. Vacuum whatever falls to the floor.

### **Vacuum Selectively**

**Think high traffic:** Run your machine in front of chairs, around the sides of the bed and at your entryway.

### **Beat Dusty Blinds**

All you have to do is close them in reverse.

### **Hide the Mail**

Put your mail in an attractive basket with a lid or keep a kitchen drawer empty for last-minute stashing

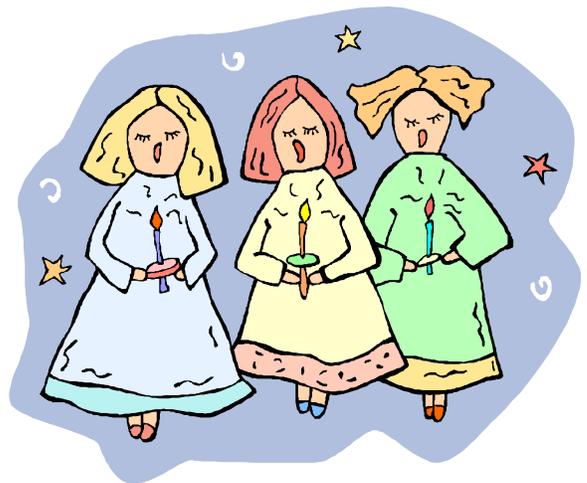
## SHOPPER'S Handbag



Take the hassle out of your shopping duties this holiday season by giving your goods a lift with a carrying aid. Lighten your load with this gem. Thin handled bags can be a real pain to grasp.

The EZ-Carry (\$9.95 at [www.theezcarry.com](http://www.theezcarry.com)) offers a sturdy ergonomic handle (similar to a straight cane handle) attached to a wide hook, allowing several bags to be lugged easily at once.

-Arthritis Today



# December Horoscopes

**Sagittarius:** Consider how you can swing that big ticket item that you want. Watch those holiday sales and take advantage. At work, concentrate on finishing projects before Christmas break.

**Capricorn:** If you are losing enthusiasm for your current position, evaluate your desires and seek a different job within the company. Whatever decision you make, you may question your judgment at first.



## Answers to the Quizzes

### GLEN ELLYN SENIOR CENTER

493 Forest Avenue  
Glen Ellyn, IL 60137

Phone: 858-6343 Jodi & Sue  
858-6325 Senior Meals - Cathy  
Email: [geseniors@ameritech.net](mailto:geseniors@ameritech.net)

## Recipe for December

### Crust-Free Apple Pie

Enjoy all the good stuff from an apple pie, with less fat and calories. It's as simple as skipping the crust.



1/4 Cup apple juice

1/2 Cup SLENDA® Brown Sugar Blend

2 TBS. Light butter (stick or tub) at room temperature

4 Gala or Granny Smith apples, peeled, cored and sliced

2 TBS. cornstarch

1 tsp. Cinnamon

Preheat oven to 350°. Combine apple juice, sugar and butter in a bowl. Add apples and cornstarch. Place mixture in a 9" pie pan. Bake 55 minutes or until golden brown. Sprinkle with cinnamon. Serves 8.

Glen Ellyn Senior Center  
493 Forest Avenue  
Glen Ellyn, IL 60137

