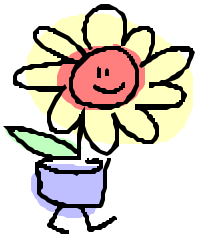
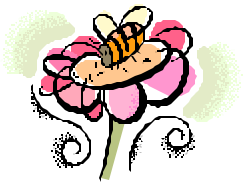




At Your Service

Happy Summer!!

June 2007

Dates to Celebrate

2nd - Nat'l Rocky Road Day

3rd - Nat'l Frozen Yogurt Day

6th - Nat'l Applesauce Cake Day

8th - Upsy Daisy Day

9th - Birthday of Donald Duck

16th - Nat'l Fudge Day

20th - Nat'l Ice Cream Soda Day

22nd - Nat'l Chocolate Éclair Day

26th - Nat'l Chocolate Pudding Day

Senior Center News

June 2007

Senior Center Hours

Monday—Friday

9:00 am—1:00 pm

Blood Pressure Screenings

FREE Blood Pressure Screening will be on the ***3rd Wednesday*** *this month.*

The next screening will be Wednesday, June 20th 10:00– 11:00 am.

Important Notes:

- ⇨ The Senior Center and Home Delivered Meals will be closed on Monday, May 28th in observance of Memorial Day.
- ⇨ There will be NO Bingo during July and August. We will resume play in September.

BINGO !

Bingo will be held on the **2nd Wednesday** of each month from 10:30 - 11:30 a.m.

Join us on **Wednesday, June 13th**, **2007** for our next Bingo session !

PLEASE RSVP for Bingo and lunch ($3.00 donation) by Wednesday, June 6th (to ensure we have enough space AND lunches ordered for everyone!)

What's Happening at the Glen Ellyn Senior Center

Book Club

Our Book Club is reading Water for Elephants by Sara Gruen. We will meet on *Tuesday, June 19th at 10:15 a.m.* Please call and let us know if you are planning to join us.

Bridge Club

Our Bridge Club meets the 4th Tuesday of each month. The next date is *June 26th.* Please call if you would like to play.

Bunco

Our next Bunco game will be Monday, June 25th at 10:00 a.m. Please call and reserve your spot.

Call Sue Davison on Mondays or Tuesdays (630) 858-6343 to reserve a spot for these programs.

New Program!!
Glen Ellyn Senior Citizen's Police Academy

The Glen Ellyn Police Department is now taking applications for its "Senior Citizen's Police Academy." The program is designed to provide an opportunity for senior community members to meet with Glen Ellyn Police Officers one morning per week for six weeks. The first class is scheduled to begin **June 14th, 2007**.

Officers will provide instruction and feedback on various law enforcement and senior citizen topics including:

- Organization and Functions of the Police Department and Village
- Personal Protection for Your Home, Property and Person
- Identity Theft and Crimes Targeted Towards the Elderly
- Criminal Law and Crime Scene Investigation
- Other Senior Specific Topics

The program is open to senior residents (Over age 60) of the Village of Glen Ellyn.

Applications are available at the Police Department or can be downloaded on the Village's website at www.glenellyn.org. Anyone having questions regarding the program should contact Officer Tom Staples at (630) 469-1187.

College of Dupage *Summer 2007 Lecture Series*

Jazz

Wednesday, June 6th

Jazz is American, a form of music that grew out of the life of the African-American slave in the southern United States. In 1926, Dixieland jazz bands moved north to Chicago and New York and new forms of jazz such as Boogie Woogie, Swing and Be-bop were introduced. Within 50 years jazz developed into an accomplished art form. The music of serious composers - Debussy, Ravel, Stravinsky, and George Gershwin - was influenced by jazz. Many of us remember the wonderful jazz artists who are now famous figures in the history of 20th century music: "Jelly Roll" Morton, Louis Armstrong, "Fats" Waller and that great jazzman, "Bix" Beiderbeck.

Our speaker is Burrell Gluskin, a fine jazz musician.

Great Lakes Lighthouses

Wednesday, June 13th

Join us for this one-hour photo slide tour as we visit more than 40 United States lighthouses on the five great lakes. We travel from Lake Ontario on the east to Lake Superior on the west. Learn about the history of lighthouses and preservation and restoration efforts to save these historic structures, which played vital roles in past maritime commerce. Hear stories about tragic shipwrecks and heroic rescues that took place near these light-houses.

Our speaker is George Reuss, a longtime resident of Wheaton.

The Coffee House

Wednesday, June 20th

This is a most enjoyable afternoon. People read their manuscripts - letters, essays, short stories and poetry. Writers read their work; the rest of us listen, comment and enjoy. So many talented people and so many wonderful stories! You don't need a reservation. Just be there!

A Healthy Brain

Wednesday, June 27th

Today's media devotes page after page to the benefits of a healthy life style: fresh fruit everyday, four servings of vegetables, no fats, easy on the dairy, exercise, jog, a bit of tennis, a little golf, lift those weights, swim a lap or two! But how about the aging brain? Some of the so-called experts are bold enough to imply we all become stupid at age 65. Just like that! Our lecturer offers an opportunity to question a real expert. Our speaker is Shaukat Jamal, M.D., consultant for Metropolitan Family Services and a board-certified geriatric psychiatrist in private practice. Does mental activity encourage a healthy brain? You can ask Dr. Jamal!

College of DuPage Free Lecture Series
Lectures are presented on campus, 425 Fawell Blvd, Glen Ellyn from 1:30 to 3:30 pm
Lectures are held on the west side of Lambert Road in Building K, West Commons

Have A Little Fun ...

Pencil Pastime

Grab a sheet of paper and a pencil and work this fun puzzle. In Scrabble, the blank tiles, which can represent any letter, often come in handy. Using the same principle, imagine you have four tiles: O, H, S and a blank. How many words can you spell? We came up with 12. (Example: hogs.)

Answers are on the back page.

Take a Giggle Break...

The Lighter Side of Church Bulletins...

Here are some funny bloopers found in church bulletins around the country.

☺ The senior choir invites any member of the church who enjoys sinning to join the choir.

☺ The Over 60s Choir will be disbanded for the summer with the thanks of the entire church.

☺ Pastor is on vacation. Massages can be given to the church secretary.

☺ The Spring Council retreat will be hell May 10 & 11.

☺ At the annual all-women's church party, Mrs. Dixon will give the medication.

LAUGH - A - LITTLE

June

Fathers, Flags and More

✯ Our ***FLAG*** may not have been designed by Betsy Ross. Many historians believe it more likely that statesman Francis Hopkinson came up with the pattern.

✯ ***JUNE*** is a special month. No other month of the year begins on the same day of the week as June. Look it up!

✯ The canopy of the world's largest ***ROSE*** tree, located in Tombstone, AZ, spreads across more than 8,000 square feet.

✯ It's said that if a ***BRIDE*** sees a frog, spider, black cat or a rainbow on her way to her wedding she will have good luck in her married life.

✯ Nearly 30% of ***DADS*** agree that a tie is the worst Father's Day gift. Fifty-one percent say they want a flat-panel TV.

✯ ***PEARLS*** are said to be lucky for those born in June.

Fath*er*hood (n.)

1. The state of being a father.
2. The qualities or spirit of a father.

About Father's Day

The exact origin of the holiday is not clear, but it was first celebrated June 9, 1910 in Spokane, WA. In 1966, President Johnson signed a proclamation making Father's Day official.

Thoughts on Fathers

"Life doesn't come with instruction books, that's why we have fathers."

-H. Jackson Brown, Jr.

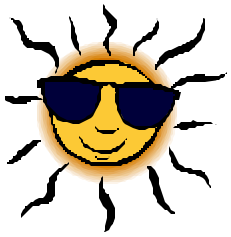
"Dads don't' need to be tall and broad-shouldered and clever. Love makes them so."

-Pam Brown

Cards for Dad

Greeting cards are the most popular Father's Day gift; in fact, Father's Day is the fourth-largest card-sending occasion of the year, with around 90 million Father's Day cards sent annually.

We'd like to wish all Dads a very Happy Father's Day!



How to Survive HOT Weather

Summer heat waves are sometimes unavoidable. The key to staying safe during an extended hot period is knowing how to keep cool. Follow this important advice from the Red Cross and have a safe and happy summer!

Stay indoors and use the air conditioner or a fan to stay cool whenever possible.

Dress right - wear light-weight, light -colored clothing to reflect the sun's rays, if you must go outside.

Drink fluids often - especially cool water or juice - even if you don't feel thirsty - to help your body's thermostat stay cool. Avoid alcoholic and caffeinated drinks.

Eat small frequent meals. Avoid foods that are high in protein, which increase metabolic heat.

Never take a cold shower right after becoming overheated. You may cool too quickly and become nauseous or dizzy.

Welcome Summer! Summer official begins on June 21st at 2:06 P.M. EDT.

5 Secrets to Safety When Out and About

Seniors are vulnerable to certain crimes, but you can reduce opportunities for criminals to strike by being careful and alert. To stay safe when out and about, follow this advice from the experts.

- Go with friends or family, not alone.
- Carry your purse close to your body, not dangling by a strap. Put a wallet in an inside coat or front pants pocket.
- Don't carry extra credit cards you don't need or large amounts of cash.
- Whether you're a passenger or driver, keep the car doors locked. Be particularly alert in parking lots and garages.
- Sit close to the driver or near the exit while riding the bus, train or subway.

And in conclusion, if someone or something makes you uneasy, trust your instincts and leave. For more info visit, *www.nsc.org.*

Mother Nature Approved

Vinegar - 4 Unusual Uses

Vinegar is derived from two French words *vin* (wine) and *aigre* (sour). Since wine originated at least 10,000 years ago, the first vinegar most likely resulted from spoiled wine. Heinz vinegars were first bottled in 1880, using no additives or preservatives. They are made using only sun-ripened corn or apples and water. Here are 4 nifty ways to use vinegar.

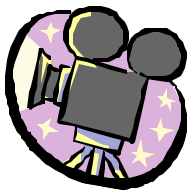
❶ Place a bowl of white vinegar out to eliminate unpleasant odors.

❷ Drink 1 teaspoon of vinegar in 1/2 cup water to quiet an upset stomach.

❸ Fill a spray bottle or mister with vinegar to chase away ants.

❹ Relieve itch from bug bites by dabbing bite with vinegar straight from the bottle.

Fun In The Dark



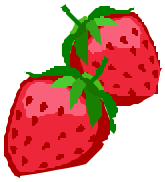
R.M. Hollingshead, Jr. had a whale of a notion during the early years of the Great Depression. After tinkering in his driveway with bed sheets, a radio and a second Kodak film projector, he filed for exclusive rights to protect his idea. In May 1933, Hollingshead got his patent for the first drive-in theatre. He immediately set up the world's first movie venue that accommodated both patrons and their automobiles. On June 6, 1933, a long-forgotten talkie, *Wife Beware*, was screened by the paying public in Camden, NJ. And at 25 cents per car and 25 cents per person, opening night was a smash success.

How to Choose Flattering Eyeglasses

Lloyd Boston, chief style officer for *LensCrafters*, helps you choose frames.

- ✓ Pick a shape that's the opposite of your face: If you have a round face, lengthen it with rectangle frames.
- ✓ A frame should never cover more than one-third of your face or extend beyond your eyebrows or touch your cheeks.
- ✓ If your skin-tone is warm, try a gold or coral frame. For a cooler skin-tone go for black or blue-gray.

Did you know? One in seven adults don't wear sunglasses regularly. Exposure to UVA & UVB light can lead to vision loss. So always don a pair that blocks 99% of both.



Did You Know?

Juneteenth is derived from the words June and nineteenth to commemorate June 19, 1865, the day Union General Granger arrived in Galveston, TX, to inform Texans that all slaves were free. Juneteenth celebrations now abound in Texas and elsewhere.

The **summer solstice**, June 21st, is a national holiday in Sweden. On that day, festivities include eating the season's first strawberries, preferably wild Swedish ones.

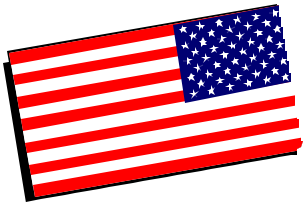
From June 2 to June 9 golf courses nationwide will offer free instruction to women and teens age 14 and up in honor of **Women's Golf Week**. Visit *playgolfamerica.com* to find a course.

Those born under the sign of **Cancer**, June 21 through July 22, are said to be loving and protective. But, on the dark side, they can be moody and overemotional.

Brontophobia is the fear of thunderstorms.

Hunger Awareness Day, June 5th, was created to increase awareness of the serious problem of hunger in the U.S. To find out more, visit *hungerday.org*.

Why Soldiers Wear Backward Flags



With troops in the news, many keen-eyed observers have noticed something strange about the patches on soldiers' uniforms. The flag patches seem to be backward.

To be more specific, the flag patches on each soldier's right shoulder don't follow the convention for displaying Old Glory. The American flag flies so that the blue field, or standard, is at the top, closest to the pole. If carried into battle, as was the practice in ancient times, the flag bearer leads with the stars.

However, if the flag is not affixed to a pole, the standard should be on the top left. Sharp-eyed readers will notice the problem.

If the flag patch on the soldier's right arm was fastened according to convention, the solder would be rushing into battle with the stripes facing forward. This would never do.

The military thus makes an exception for the display of the flag on the right shoulders of soldiers.

Don't Forget…

Glen Ellyn Park District
June Senior Adult
Tuesday Luncheon

The last game of bingo will be called for the summer. Don't miss your opportunity to be a big winner at the June luncheon. Lunch includes pork chop, au gratin potatoes, broccoli, caesar salad, rolls and cherry pie. Don't forget to pick up your free raffle ticket at the door.

Tuesday, June 12th
12:00 - 2:00 P.M.
Maryknoll Park Holes & Knoles Clubhouse
845 Pershing Ave.

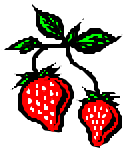
Make your reservation by
Tuesday, June 5th
(630) 858-2463
Cost: $7.00 per person.

Answers to the Quizzes

GLEN ELLYN SENIOR CENTER

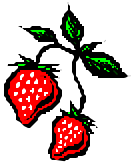
493 Forest Avenue
Glen Ellyn, IL 60137

Phone: 858-6343 Jodi & Sue
858-6325 Senior Meals - Cathy
Email: geseniors@ameritech.net



Recipe for June

Strawberry Muffins



2-1/2 Cups Flour
2/3 Cups Sugar
1 tsp. Baking Soda
3/4 tsp. Cinnamon
1/2 tsp. Salt
2 Cups Fresh Strawberries, sliced
1 Egg
1 Cup Buttermilk
1/3 Cup Butter, melted
1-1/4 tsp. Vanilla
Cooking Spray
1-1/2 Tbsp. Sugar

1) Combine flour and next four ingredients in a large bowl and stir well.
2) Stir in the strawberries, then make a well in the center of the mixture.
3) In two bowls (one medium sized and one small), break the egg and separate the egg white from the egg yolk. Slightly beat each one.
4) Stir the egg white, egg yolk, buttermilk, butter and vanilla together and add to the dry ingredients, stirring just until moistened.
5) Divide batter evenly among 18 muffin cups coated with cooking spray. Sprinkle the sugar over the muffins.
6) Bake at 350° for 25 minutes or until tests done. Remove from pans immediately and let cool on a wire rack.

YIELD: 18 muffins.

Per serving - 150 calories, 4 g fat, 20 mg chol, 24 g carbo, 4 g protein, Exchanges - 1/2 fruit, 1 fat, 1 starch

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