



At Your Service

Happy 4th of July!! Happy Summer!!

July 2009

Dates to Celebrate

- 2nd - Halfway Point of 2009
- 6th - Nat'l Fried Chicken Day
- 9th - Nat'l Sugar Cookie Day
- 12th - Nat'l Pecan Pie Day
- 18th - Nat'l Woodie Wagon Day
- 20th - Nat'l Lollipop Day
- 23rd - Birthday of Ice Cream Cone (1904)
- 23rd - Gorgeous Grandma Day
- 25th - Cow Appreciation Day
- 27th - Birthday of Bugs Bunny (1940)
- 30th - Nat'l Cheesecake Day

Senior Center News

July 2009

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, July 8th 10:00- 11:00 am.

At the Senior Center...

The Book Club will meet on Tuesday, July 21st at 10:15 a.m. at the Glen Ellyn Public Library. Please call Sue to reserve your spot!
(630)858-6343

We continue to process the RTA passes for FREE rides on Wednesday, Thursday and Friday, 9:00am - 1:00pm. Please call first to make sure we are in the office.



***NEW* Sunrise at Fountain Square in Lombard**



Facility Tour and Lunch

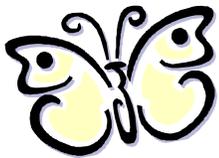
Join us on Thursday, July 9th for a tour of the new Sunrise Senior Living facility at Fountain Square in Lombard. This brand new facility offers Independent Living, Assisted Living, Alzheimer's Care and Short-term Stays. A bus from Sunrise will pick us up at 10:30 a.m. in the Grace Lutheran Church parking lot (493 Forest Ave.).

Please call Sue at (630) 858-6343 to reserve a spot!

What's Happening at the Glen Ellyn Park District

Senior Adult Tuesday Luncheon

Glen Ellyn Park District will graciously host another beautiful Senior Picnic at the Lake Ellyn Boathouse. Come join us for a fun-filled afternoon of entertainment, friends and good food as well as fabulous prizes! This year's menu consists of fried chicken, two sides, rolls, lemonade and a COOL dessert treat. Reservations are limited and will be accepted through Tuesday, July 7th.



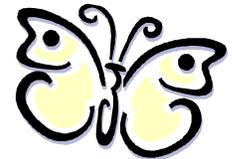
Tuesday, July 15th

12:00 - 2:00 p.m.

Lake Ellyn Boathouse, 645 Lenox Rd.

Cost: \$5.00

Call (630) 858-2463 to reserve your spot by Tuesday, July 7th.



Prairie State Legal Services

Prairie State Legal Services provides legal assistance to persons with low income and persons who are 60 years or older. If you need assistance with landlord-tenant disputes, Social Security, elder abuse or noncriminal legal problems, schedule an appointment by calling (630) 690-2130.

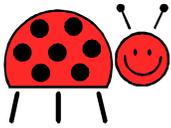
Tuesday, July 7th

1:30 - 3:30 p.m.

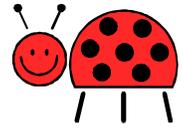
Main Street Recreation Center

501 Hill Avenue

Extra Summer Puzzles to Exercise Your Brain!!



Funny Zone



Police Dog - The ad in the local newspaper read: "Purebred Police Dog \$25." Thinking that to be a great bargain, Mrs. Claudette Ramsey ordered the dog to be delivered. The next day a van pulled up and left her the scruffiest, mangiest-looking mongrel she had ever seen. In a rage, she telephoned the man who had placed the ad. "What do you mean by calling that mangy mutt a purebred police dog?"

"Don't be deceived by his looks, Ma'am," the man replied. "He's in the Secret Service."

Lost Chickens - The farmer's son was returning from the market with the crate of chickens his father had entrusted to him, when all of a sudden the box fell and broke open. Chickens scurried off in different directions, but the determined boy walked all over the neighborhood scooping up the wayward birds and returning them to the repaired crate. Hoping he had found them all, the boy reluctantly returned home, expecting the worst. "Pa, the chickens got loose," the boy confessed sadly. "But I managed to find all twelve of them." "Well, you did real good, son," the farmer beamed. "You left with seven."

What's in a Name? One day little Tommy was walking with an older neighborhood kid named Billy Bob and he got curious. "Billy Bob," Tommy asked, "How come everyone calls you by your first name and your middle name instead of just Billy?" "Well," Billy Bob answered, "When I was little like you, I used to get in trouble a lot, and when I did my mom always called me by both names. I guess after a while, it just stuck." "Oh no!" Tommy cried. "I'd better straighten up then!" "Why's that?" Billy Bob asked. "I don't want to end up being called 'you naughty kid' for the rest of my life!"

Have A Little Fun ...

POLITICAL PUZZLE
FUN



The Daily Bu(n)gle

Not all mistakes are caught before press time. Here are just a few howlers that got through.

- ⦿ Families with 12 million children will not qualify for the tax credit this year.
- ⦿ The state board of fisheries is considering whether to impose seasonal catch limits on tourists.
 - ⦿ Owing to the lack of space, several births and deaths will be postponed until next week.
 - ⦿ In the head-on collision of two cars, five people were killed in the crash, two seriously.
 - ⦿ She held a special place in her heart for her twin sister, who is two years younger than she.
 - ⦿ As the forecaster is off the island, there will be no weather this weekend.

LAUGH - A - LITTLE



Five Fun Facts About JULY



The HALFWAY POINT OF 2009 is on July 2nd. There are 182-1/2 days left before the start of the new year.

RUBIES, the birthstones of July, were worn by ancient soldiers in battle to guard them against wounds and to promote healing if wounded.

If you live in the western or central part of North America, look out your window at 1:33 a.m. PDT and you'll see the PENUMBRAL ECLIPSE of the moon.

July's flower, the LARKSPUR, is said to keep away scorpions, venomous snakes and even ghosts!

LEO, the sign of the lion, is the period between July 23 and August 22. Those born during this time are thought to be generous and enthusiastic.

We hope you have a Safe & Happy Fourth of July!

Weather Wonders

As you probably can tell, the Dog Days of summer have arrived. And you probably know that ancient astronomers noticed that the hot time ensued when Sirius, the Dog star, rose at about the same time the sun did. So they called the hot weather Dog Days, but, did you know...?

Scientists have discovered that Wednesday is the warmest day of the week worldwide, but they really can't explain why. It may be just a statistical coincidence.

Lightning strikes the earth 100 times every second.

The chirping of a cricket provides a clue to the air temperature. By counting the number of cricket chirps in a 14 second period, and adding 40, the total will equal the air temperature within one degree 75% of the time.

In 1934, the strongest natural wind ever recorded, 233 miles per hour, occurred on Mount Washington, New Hampshire.

Hot Summer Hints



Prevent blisters on your feet by sprinkling them with **Corn Starch** before you put your socks on.

Applying **Honey** to a small cut kills bacteria and hastens healing.

If you touched some poison ivy, make a paste of **Baking Soda** and water and apply it to the affected area.

Drinking flat **Ginger Ale** will calm an upset stomach.

Clip reminder notes to your sun visor in your car with **Clothes Pins**.

Use a cotton ball to dab insect bites with **White Vinegar** to stop the pain and itch.

-Amazing Kitchen Cures

July Health Hints

There were about 40,000 escalator - related injuries among adults age 65 and older between 1991 and 2005. So use caution when carrying large packages, walking up a moving escalator or stepping on and off. If you have difficulty walking, use the elevator.

To avoid sun overexposure, use your shadow as a guide: Cover up and seek shade when your shadow is shorter than you are. That indicates that the sun's rays are at their strongest.

Buy a new toothbrush every 3 months, or sooner if the bristles are splayed. A worn-out toothbrush is likely to harbor bacteria.



History Making Event And the men behind it

The signers of the Declaration of Independence - visionaries of the highest order - were actually ordinary men. They ranged from “professional” men to what might be described as “blue collar” workers. This list looks at how the Founding fathers were earning their daily bread that hot summer of 1776 when they helped create a great nation. They had no idea how they would change the course of human existence for all who would come afterwards. Here’s what they did for a living: 15 judges, 14 lawyers, 10 farmers, 10 merchants, 4 physicians, 2 educators, 1 author, 1 printer, 1 clergyman, 1 ironmaster, 1 political leader, 1 publisher, 1 surveyor, and 1 soldier. *Note: Of the men listed here, a few had two or more occupations making the list total 63 when there were only 56 signers.*

Some Cold, Hard Truths



The history of ice cream is a messy one. Although some facts are fixed in time, others are as mixed up as a bowl of rocky road. So grab a bowl of your favorite ice cream and read some sweet facts.

Ice cream origins date back to China’s T’ang period (A.D. 618-907). The founder of the dynasty kept 94 “ice men” on hand to lug ice to the palace. There it was mixed with fermented milk, flour and camphor.

In 1920, the Prohibition Act forced many bar owners to open ice cream parlors to stay in business. Even Anheuser-Busch switched to making ice cream.

In the 1940s, the flat bottom cone appeared. The cone was made for Dairy Queen ice cream stands so that workers could stand the cones on counters.

More ice cream is sold on a Sunday than any other day of the week. Favorite flavors being: 1. Vanilla, 2. Chocolate, 3. Neopolitan, 4. Butter-Pecan, 5. Chocolate Chip.

St Swithin's Day July 15th

Ever Heard of That??

St. Swithin's Day, if it does rain

Full forty days, it will remain.

St. Swithin's Day, if it be fair

For forty days, t'will rain no more.

ä ä ä

Ever hear this weather lore? Saint Swithin lived in the ninth century

and died as the Bishop of

Winchester in 862. He was

buried, according to his wishes,

outside the walls of the church,

“where the faithful could trod over

him and the rain could fall and

comfort him.” In 971, after an

expansion of the cathedral, his

body was removed and placed

within the church, contrary to his

wishes. The story goes that on this day heavy rain stopped the priests

in their work. They could not

resume - the rain continued. The

rain kept falling for 40 days -thus

the saying.

July is National Hot Dog Month

Frankly Speaking...

Whether you call them hot dogs, red hots, weiners, franks or frankfurters, you'll enjoy this little bit of *much debated* hot dog history.

- < Originally, the larger beef *frankfurter* (after Frankfurt, Germany) and the smaller pork-and-beef *wienerwurst* (“Viennawurst”) were two different sausages - but they were combined and became the American *hot dog*.
- < Wienerwurst was shortened to *wieners* by 1904, but meant only the sausage, not the sandwich.
- < In late 1871, Charles Feltman introduced the *frankfurter* to Coney Island, which became the mecca for frankfurter eaters.
- < *Hot dog* was popularized by Tad Dorgan, a cartoonist, who drew the once German *sausage*, then known as a *red hot dachshund*, as an elongated dachshund on a bun.
- < Americans will eat 155 million *hot dogs* this July 4th.
- < You can find everything you ever wanted to know about the *hot dog* at www.hot-dog.org.

Senior Center News

The Glen Ellyn - Wheaton Chapter of
AARP is holding their monthly meeting

on

Tuesday, July 7th at 10:00 a.m.

At

St. Barnabus Episcopal Church

22W 415 Butterfield Road

Glen Ellyn

The presenter this month will talk about

Exercise and Keeping Fit.

No reservations required! Hope you will
attend!!



Answers to the Quizzes/Puzzles

GLEN ELLYN SENIOR CENTER

493 Forest Avenue
Glen Ellyn, IL 60137

Phone: 858-6343 Jodi & Sue

Email: seniors493@geseniors.net

Website: www.glenellyn.org/Senior/Senior.htm

Recipe for July Layered Summer Salad



- 4 Cups torn romaine lettuce
- 1-1/2 Cups Kraft Shredded Mild Cheddar Cheese, divided
- 2 Cups sliced fresh mushrooms
- 1 small red onion, sliced, separated into rings
- 2 tomatoes, chopped
- 1 pkg. (10 oz.) frozen green peas, cooked, cooled
- 1/2 Cup Kraft Real Mayo Mayonnaise
- 1/2 Cup Breakstone or Knudsen sour cream
- 1/4 Cup chopped fresh basil
- 4 slices Oscar Mayer bacon, cooked, crumbled

1. Layer lettuce, 1 cup cheese, mushrooms, onions, tomatoes and peas in 3-qt. Serving bowl.
2. Mix mayo, sour cream and basil. Spread over salad, completely covering top of salad.
3. Top with remaining cheese and bacon, Refrigerate 5 hours.

Special Extra: For a dramatic presentation, serve this salad in a clear glass bowl.

-Kraft Food and Family Magazine

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

