



At Your Service

Summer Is On It's Way!!

June 2009

Dates to Celebrate

- 1st - Superman's Birthday
- 2nd - Nat'l Rocky Road Day
- 4th - Cheese Day
- 6th - Gumby's Birthday
- 6th - Nat'l Yo-yo Day
- 7th - Nat'l Chocolate Ice Cream Day
- 8th - Upsy Daisy Day
- 14th - Nat'l Strawberry Shortcake Day
- 20th - Ice Cream Soda Day
- 25th - Nat'l Bomb Pop Day
- 28th - Nat'l Tapioca Day

Senior Center News

June 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, June 10th 10:00– 11:00 am.

At the Senior Center...

The Book Club will meet on Tuesday, June 16th 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.

Have you ever visited the Billy Graham Center at Wheaton College?

Here is your chance to tour this beautiful building, with your friends at the Glen Ellyn Senior Center!

On Thursday, June 18th we will tour the Billy Graham Center located on the Wheaton College campus. Plan to take the 9:27 a.m. train from Glen Ellyn to the College Avenue Station (just 2 stops away), then we will walk the 3 blocks to Wheaton College. If you take other transportation, plan to meet at the Billy Graham Center at 10:00 a.m. There is no fee for entrance, but they do ask for a \$4.00 donation for seniors.

To sign up or for questions, call Sue at (630) 858-6343.

What's Happening at the Glen Ellyn Park District

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 turkey, au gratin potatoes, broccoli, Caesar salad, rolls and pie. Don't forget to pick up your free raffle ticket at the door.



Tuesday, June 9th

12:00 - 2:00 p.m.

Maryknoll Park, 845 Pershing Ave.



Cost:

\$7.00

Call (630) 858-2463 to reserve your spot by

Tuesday, June 2nd.

Rules of the Road

Use this two-hour course to brush up on traffic laws before taking the driver's license renewal examination. Included is a review of traffic signs and a practice test. This class is free, but registration is required. Please call (630) 858-2463 to register.

Friday, June 19th

9:30 - 11:30 a.m.

Main Street Recreation Center

501 Hill Avenue

Popcorn and a Movie!

Who says you need to go to the movie theater for a good flick and tasty popcorn? Just drop on by our NEW Senior Room at Main Street Recreation Center for our monthly Friday afternoon movie! We'll show a different feature each month. Just sit back, relax and enjoy the movie!

Friday, June 19th

1:00 - 3:30 p.m.

Movie: Curious Case of Benjamin Button

Main Street Recreation Center

501 Hill Avenue

What's Happening in Glen Ellyn...



Glen Ellyn Police Department Residential Security Survey Program

A Residential Security Survey is an inspection of your home, performed by a specially trained police officer, in an effort to identify areas in which you could improve the physical security of your residence. Many security features may be discussed, ranging in cost from simply trimming shrubbery appropriately, to the changing of locks and the upgrading of exterior lighting. Recommendations will be made if any deficiencies are discovered. There are no obligations to the resident to perform any of the recommendations.

No permanent record of the inspection is made. All information remains with the resident. The survey is offered to homeowners living in Glen Ellyn, free of charge, by appointment only. They generally take less than an hour of your time.

For further information or to schedule an appointment, please call:

Officer Tom Staples, Community Education Officer

Glen Ellyn Police Department

(630) 469-1187





Funny Zone - Children's Science Exam

If you need a good laugh, try reading through these real children's science exam answers...

Q: Name the four seasons.

A: Salt, pepper, mustard and vinegar.

Q: Explain one of the processes by which water can be made safe to drink.

A: Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists..

Q: How is dew formed?

A: The sun shines down on the leaves and makes them perspire.

Q: How can you delay milk turning sour?(Brilliant, love this!)

A: Keep it in the cow.

Q: What are steroids?

A: Things for keeping carpets still on the stairs.

Q: What happens to your body as you age?

A: When you get old, so do your bowels and you get intercontinental

Q: What happens to a boy when he reaches puberty?

A: He says good-bye to his boyhood and looks forward to his adultery. (The kid gets an A+ for this answer!)

Q: Name a major disease associated with cigarettes.

A: Premature death.

Q: How are the main parts of the body categorized? (e.g., abdomen)

A: The body is consisted into three parts -- the brainium, the borax and the abdominal cavity. The brainium contains the brain; the borax contains the heart and lungs, and the abdominal cavity contains the five bowels A, E, I, O, and U.

Q: What is the fibula?

A: A small lie.

Q: What does 'varicose' mean? (I do love this one...)

A: Nearby.

Q: Give the meaning of the term 'Caesarian Section.'

A: The Caesarian Section is a district in Rome.

Q: What does the word 'benign' mean?'

A: Benign is what you will be after you be eight.



Have A Little Fun ...

Rainbow Riddle

The answer to each definition below
can be made from select letters of
RAINBOW.

1. Red-breasted sign of spring

— — — — —

2. Hue not in the rainbow

— — — — —

3. Gray matter

— — — — —

4. Reddish horse

— — — — —



We Stand Corrected

Want to find real laughs in your newspaper? Skip the comics and turn to the corrections page.

“The picture in Wednesday’s issue was inadvertently identified as a taxi bandit. The gentleman is actually the Prime Minister of Greece.”

“The absence of corrections yesterday was due to a technical hitch rather than any sudden onset of accuracy.”

“I originally wrote, ‘Woodrow Wilson’s wife grazed sheep on the front lawn of the White House.’ I’m sorry that type-setting inadvertently left out the word sheep.”

“Unfortunately, the illustrations of edible and poisonous types of mushrooms were reversed on page 14 of our Sunday edition.”

LAUGH - A - LITTLE



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Spring
into...



Since summer officially begins on June 21st at 1:46 a.m. EDT, here's a little summery trivia to put you in a summery mood.

KOOL-AID started out as a soft-drink called Fruit Smack. In 1927, its producer concentrated it into a powder, packaged it in an envelope and christened it Kool-Ade; the name changed to its current spelling in the early 1930s.

HAMMOCKS' functionality goes beyond lazy backyard lounging. In the early eighth-century, the Mayans relied on them to transport royalty.

The color of a FLOWER attracts the insect or bird that's required to pollinate the plant. Red blooms lure butterflies and hummingbirds; blue, violet and purple blossoms tend to entice bees.

Ancient Greeks believed that *Helios*, the Green Sun god, drove the SUN across the sky from east to west in his golden chariot every day.

A Special Day for Dads



Sonora Dodd, of Washington, first had the idea of a "father's day" while she was listening to a Mother's Day sermon in 1909.

Sonora wanted a special day to honor her father who was a Civil War veteran and widowed when his wife died while giving birth to her sixth child. He was left alone to raise the newborn and his other children.

Since Sonora's father's birthday was in June, she campaigned to have a special day in this month set aside to honor fathers.

But, it took until 1966 to become a national holiday when Lyndon Johnson signed a proclamation declaring the 3rd Sunday in June Father's Day.

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



Sun & Sensibility

Medical science hasn't proven that sunscreen prevents melanoma, the deadliest form of skin cancer. So a combination of tactics is needed, including using sunscreen, to help save your skin. Follow the tips below to make sure your skin is sun safe.

Watch the clock. Avoid the sun between the hours of 10 a.m. and 4 p.m. when sunshine is at its most intense.

Put a lid on it. Don't forget your hat, but not a baseball cap - go for one with a wide enough brim to keep the sun off your neck and ears.

Throw out your old sunscreen. Check expiration dates - dump any sunscreen that smells funky, looks curdled or has separated.

Shake it, slather it and put it on early. Shake it well to mix particles that tend to clump. If you don't feel like you're overdoing it you're probably not putting enough on. Don't forget to rub it in well a half-hour before you go outside.

T-shirts are not the answer. T-shirt protection ratings are only about 7 to 12 SPF, which may not be enough to safeguard your skin.

Watch Out for Medicare Discount Card Scams

The Medicare drug discount card is available to people enrolled on Medicare but not everyone on Medicare is eligible. If you are in a state Medicaid program that provides drug coverage, you can't get a Medicare drug discount card.

Look for government-approved Medicare drug discount cards. The cards are offered by private companies but must be approved by the U.S. Department of Health and Human Services and display the "*Medicare Rx Approved*" symbol.

For a list of approved cards and other information about the program go to the Medicare web site, www.medicare.gov or call toll-free, 800-633-4227, (the best time to call is Thursday through Sunday from 6 p.m. to 6 a.m. Eastern time).

Remember, if you get an uninvited call, email or a knock on your door to sell you a card, it's a scam.

-stopseniorscams.org

Unusual Uses for Ordinary Things



Aluminum foil - Speed your ironing by placing a sheet of foil under your ironing board cover.

Bottle opener - Open a taped package by running the sharp end over the taped seam.

Egg carton - Use the bottom halves of clean polystyrene egg cartons as auxiliary ice trays.

Gloves - Put on soft gloves to dust your delicate knick knacks.

Hair Conditioner - Apply hair conditioner to a ring stuck on your finger and the ring will come off.

Lip balm - Apply balm to the track of sticky drawers for easier opening and shutting.

Ketchup - To clean copper, coat surface with a thin layer of ketchup. Wait 5 to 30 minutes, rinse and dry.

Magazines - Cut out the colorful ads and use them to wrap small gifts.

-Reader's Digest

5 Tips to Cut the Clutter Now!!

- Adapt spaces to meet your needs. If you have places where things tend to pile up, don't fight it. If you empty your pockets onto the dresser each night, buy a decorative bowl to place in that spot.
- Handle mail every day. Immediately recycle or shred junk mail. File what you need to access in the near future - such as bills - into an accordion-style folder.
- ƒ Store things where you use them. Think about your toothbrush. You never misplace it, because its home is where you use it.
- „ Group things together. This enables you to keep inventory, so that you don't end up with 67 AA batteries.
- ... Put short items in front of tall things. Most people are visually oriented; if they don't see something, it may as well not exist.

Sound Safety Suggestions

Whether you're 18 or 80, the best weapons against street crime are alertness and common sense. When you are out and about this summer, keep this advice in mind.

The Big Three

- û Stay alert and tuned into your surroundings, wherever you are.
- û Stand tall and walk confidently.
- û Trust your instincts. If you feel uncomfortable in a place or situation, leave quickly.

Tips for Walkers

- û Don't walk or jog alone. Take a friend or neighbor along if possible.
- û Carry your purse close to your body and keep a firm grip on it. Carry a wallet in an inside coat pocket or front pants pocket.
 - û Don't overload yourself with packages and avoid wearing shoes or clothing that restricts your movements.

Tips for Drivers

- û Always lock your car and take the keys, even if you'll only be gone a short time.
 - û Keep your car in good running condition to avoid breakdowns.
- û Park in a well-lighted area that will still be well-lighted when you return.

Fun Trivia About WEDDING RITUALS



One superstition says that evil spirits trying to spoil the newlywed's happiness might cause the bride to fall as she enters her new home, so the groom should carry her to keep her from falling.

Cutting the Wedding Cake

The wedding cake has always stood for good fortune and fertility. The bride, with the help of her groom, must cut the first piece as a sign that they will share all possessions in the future.

Choosing a Wedding Date

The Romans believed that *Juno*, the goddess of women, blessed marriages that took place in her month. So June is considered the perfect month for marriages.

Tying Old Shoes to the Car

This custom began in a time when the father of the bride gave her old shoes to the groom as a symbol that he is now responsible for her.

Throwing Rice

Throwing rice at newlyweds was a way to wish them many children.

Senior Center News

Answers to the Quizzes/Puzzles

Don't forget about the **Glen Ellyn Police Department Citizen's Police Academy.**

An fun and informative opportunity to meet with your Glen Ellyn Police Officers and learn more about what they do for us! The first class is scheduled to begin June 25th.

Call Officer Tom Staples at (630) 469-1187 to sign up or for more information.

Looking forward to July...

The Glen Ellyn Senior Center is planning a trip to visit the brand new Sunrise Assisted Living facility in Lombard. Sunrise will provide the transportation and lunch. Watch for the date and time in our July newsletter.



GLEN ELLYN SENIOR CENTER

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Glen Ellyn, IL 60137
Phone: 858-6343 Jodi & Sue
Email: seniors493@geseniors.net
Website: www.glenellyn.org/Senior/Senior.htm

Recipe for June Vanilla-Almond Fruit Tart



- 1/2 cup PLANTERS Sliced Almonds, toasted, divided
- 50 NILLA wafers, finely crushed
- 6 Tbsp. Butter, melted
- 1 pkg. (3.4 oz.) JELL-O Vanilla Flavor Instant Pudding
- 1 Cup cold milk
- 1 Cup thawed COOL WHIP Whipped topping
- 1 Cup mixed fresh fruit (blueberries, raspberries, blackberries, halved strawberries, sliced kiwi)

- 1) Reserve 1 Tbsp. nuts. Finely chop remaining nuts; mix with wafer crumbs and butter. Press into bottom and up side of 9-inch tart pan or shallow pie plate.
- 2) Beat pudding mix and milk with whisk 2 min. Stir in COOL WHIP. Spoon into crust.
- 3) Refrigerate 3 hours or until firm. Top with fruit and reserved nuts just before serving.

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

