



At Your Service

Fall Is Just Around the Corner!!

Unusual Holidays in October

- 3rd - Carmel Custard Day
- 4th - Nat'l Taco Day
- 5th - Apple Betty Day
- 8th - Fluffernutter Day
- 9th - Moldy Cheese Day
- 10th - Angel Food Cake Day
- 14th - Chocolate Covered Insect Day
- 17th - Nat'l Pasta Day
- 24th - Bologna Day
- 29th - Oatmeal Day
- 31st - Carmel Apple Day

Senior Center News

October 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,
October 14th
10:00– 11:00 am.*

At the Senior Center...

The Book Club will meet on Tuesday, October 20th 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.

It's That Time Of Year Again!

The Glen Ellyn Senior Center and Grace Lutheran Church will hold our

Annual Flu Shot Clinic

on Wednesday, October 7th, from 9:00 a.m. to 12:00 p.m.

At Grace Lutheran Church, 493 Forest Ave., Glen Ellyn

You may call (630) 858-6343 after September 1st to make your appointment.

Remember to bring your Medicare card. There will be a \$25.00 charge for those not covered by Medicare Part B. Checks or Cash will be accepted.



What's Happening Around Town



The Milton Township SALT (Seniors and Lawmen Together) Council will be holding their annual **Seniors Auto Inspection** on Saturday, October 24th, 9:00 a.m. to 12:30 p.m. This **FREE** event will be held at the Wheaton Fire Station, One Fapp Circle (behind Target).

A team of volunteers will inspect your vehicle and make recommendations for making it safer for the winter months ahead. Appointments are not required. Coffee and cookies will be served while you wait.

Please call (630) 668-1616 with questions or for more information.

The Glen Ellyn Chapter of **AARP**
meets at

St. Barnabas Episcopal Church
22W045 Butterfield Rd.
Glen Ellyn

On the first Tuesday of each month,
10:00 - 11:30 a.m.

The next meeting will be held on
Tuesday, October 6th

Prairie State Legal Services will give a presentation detailing their services.

Everyone is welcome!

The Glen Ellyn Senior

Center will be hosting a trip to visit and have lunch at Monarch Landing in Naperville on **Thursday, October 8th.**

A bus from Monarch Landing will pick up the group at **10:30 a.m.** at Grace Lutheran Church, 493 Forest Avenue, Glen Ellyn. Please call Sue on Mondays or Tuesdays to register or for more information. (630) 858-6343

What's Happening at the Glen Ellyn Park District

Senior Adult Tuesday Luncheon

Happy Halloween! We're having a spooktacular good time playing Halloween Bingo this month with prizes to get you in the spirit, or get the spirit in you! This month's menu includes baked mostaccioli, meatballs, broccoli, ceasar salad, rolls and cake. Don't forget to pick up your free raffle ticket at the door.



Tuesday, October 13th

12:00 - 2:00 p.m.

Maryknoll Park, 845 Pershing Ave.

Cost: \$7.00



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

Tuesday, October 6th.

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.

Friday, October 16th

9:30 - 11:30 a.m.

Main Street Recreation Center

501 Hill Avenue

Cost: Free

AARP Driver Safety Program

Seniors, sharpen your defensive driving skills and become a safer driver by enrolling in this class that combines discussion and text. Completion of this eight-hour classroom program entitles you to a reduction on your automobile insurance premium. No refund after the first meeting.

October 21st and 22nd

9:00 a.m. - 1:00 p.m.

Main Street Recreation Center

501 Hill Avenue

Cost: \$12.00 AARP members

\$14.00 non members

Call (630) 858-2463 to register

Extra Brain Exercise for the Month of October

Have A Little Fun ...



Funny Zone

Smarter Genie - A man walks into a bar and finds a Genie in a lamp. The Genie will only grant him one wish. The man wishes to be a million times smarter than any man on earth. *POOF* the Genie turns him into a woman!

Transplant Patient - The patient demanded, "Doc, I just must have a liver transplant, a kidney transplant, a cornea transplant, a lung transplant, and a heart transplant." "WHAT?" yelled the doctor. "Tell me, exactly why you think you need all these transplants." "Well," explained the patient, "my boss told me that I needed to get reorganized."

Seen in my local paper's "readers sales" section. FOR SALE BY OWNER Complete set of encyclopedia Britannica. 45 Volumes. Excellent condition. \$500 or best offer. Reason for sale:- No longer required. Son turned fourteen last week. Now knows everything

The Pig - A man was driving down the road in the country. He looked over and saw a baby pig in the field. He stopped and picked up the pig. He was driving around town with the pig in the car and a cop sees him and pulls him over. Cop says "Hey, What are you doing with that pig in the car?" Driver says "Well, I just found the pig beside the road in the field." Cop says "I want you to take that pig to the zoo!" the driver agrees he will take the pig to the zoo. So the next day the cop sees the guy driving around again and pulls him over. "What are you doing? I thought I told you to take that pig to the zoo!" "Well I did take the pig to the zoo. We had such a good time we are going to the ball game now."

LAUGH - A - LITTLE



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HAPPY HALLOWEEN!



When Halloween creeps up, images of black cats stir curiosity about well-known superstitions. These tales have survived centuries to become part of our culture. But where did they come from?

BLACK CATS

Folklore: If a black cat crosses your path, you're in for bad luck. **Origin:** In the Middle Ages, some considered black cats to be the companion of witches; the cats were even said to change into witches after seven years of service. Therefore, a cat crossing one's path might be a witch in disguise who was up to no good.

WALKING UNDER LADDERS

Folklore: If you walk under a ladder, you'll have bad luck. **Origin:** A ladder leaning against a wall forms a triangle with the wall and the ground. This triangle signifies the Holy Trinity and to enter into the enclosed area is a punishable offense that will unleash the powers of evil spirits.

HALLOWEEN SUPERSTITIONS

- ! The belief that if a candle's flame turns blue on Halloween, a ghost is near.
- ! A person born on Halloween can both see and talk to spirits.
- ! If you see a spider on Halloween, it could be the spirit of a dead loved one who is watching you.

Halloween Legends & MORE!



CANDY CORN had existed for a century before manufacturers began offering it in other colors, such as pastels for Easter and red and green for Christmas in the 1980s. The traditional Halloween variety remains the favorite.

The image of a female witch whizzing through the air on a BROOMSTICK is iconic. But the first person to "confess" to using a broom as a mode of transportation was Guillaume Edglin, a Frenchman accused of practicing witchcraft.

The APPLE was an emblem of social status in ancient Rome and medieval Europe, and it was often displayed on banquet tables as a boastful centerpiece.

During last year's OKTOBERFEST in Munich, Germany 220,000 stolen beer mugs were recovered by security.

Long before MASKS disguised gleeful faces of trick-or-treaters, early stone age hunters wore ones that resembled various animals when stalking their prey.

To honor their native son, Italian-Americans in New York City held the first COLUMBUS DAY celebration in 1866. It didn't become a national holiday for another century.

Flu Shots Facts (and fiction)

Prepare now for the flu season, which can begin as early as November and last through May. Take this true or false quiz to test your flu knowledge.

TRUE OR FALSE...?

1. The influenza vaccine becomes effective 2 days after you get the shot.
2. If you have diabetes, asthma or heart disease you should get vaccinated every year.
3. You shouldn't receive a flu shot if you have severe allergy to eggs.

ANSWERS

1. FALSE - It takes your body 2 weeks to create antibodies for the flu.
2. TRUE - If you have a chronic illness, you're at a greater risk for complications from the flu.
3. TRUE - Because the viruses used in the vaccine are grown in chicken eggs, you could have a reaction to shot.

-Arthritis Today

KNOW Your Diabetes Risk

Keep an eye on these factors that can contribute to diabetes.

Extra Weight - Being overweight is the number-one risk factor for diabetes. Dropping 5 to 7 percent of your body weight can turn your future around.

Belly Fat - Break out the tape measure. If your waist is more than 32 inches (women) or 40 inches (men), your chance of diabetes increases.

Race - Native American, African Americans and Hispanics are generally predisposed to insulin resistance.

Family History - Having an immediate family member with the disease ups your odds.

Talk to your doctor if you experience any of the RED FLAGS below.

Diabetes Red Flags

- c Increased hunger and thirst
 - c Frequent urination
 - c Persistent fatigue
- c Numbness and tingling in toes
 - c Blurred Vision
 - c Slow-healing sores



Stay Fire Smart DON'T GET BURNED

In order to protect yourself from fire, it's important to understand smoke and flames. Here's the lowdown.

FIRE IS FAST! In less than 30 seconds a small flame can get completely out of control. It takes only minutes for thick black smoke to fill a home.

FIRE IS HOT! A fire's heat alone can kill. Room temperatures in a fire can be 100 degrees at floor level and 600 degrees at eye level.

FIRE IS DARK! Fire starts bright, but quickly produces smoke and complete darkness.

FIRE IS DEADLY! Smoke and toxic gases kill more people than flames.

In the event of a fire, remember...

ê Know two ways out of every room.

ê Crawl low under smoke.

ê Touch your door opening. If it's hot, don't open it. Use another way out.

Any finally, get out fast and don't go back. If someone is inside, tell a firefighter.

Let's Cuff Crime October is Crime Prevention Month

Here's some great safety advice from the National Crime Prevention Council on how to stay safe.

- † Don't hide keys in planters or under doormats.
- † Ask for photo identification from service or delivery people before letting them in.
 - † If something looks questionable when returning home - an open door, broken window - don't go in. Call the police from a neighbor's place.
- † Lock your doors and windows.
 - † Vary your daily routine.
- † Don't leave notes on the door when going out.



PLAY BY PLAY

Clearly no other sport has contributed more words to American English than baseball - as Tristram Coffin observed in *The Old Ball Game*.

And *right off the bat*, of those terms, a few (*just a ballpark figure*) spring to mind.

At one time or another, we've all been *shut out*, and then *left on the bench*. Invariably, just when we thought we were *batting a thousand*, we *choked out* in the *clutch* and *struck out*.

Oh, once we might have tried to *play the field*, maybe even *got to first base*. But failing to keep an *eye on the ball*, we found ourselves *out in left field* or even *out of our league* altogether.

In a pinch, we've probably *gone to bat* for a friend who had *taken his licks* and already had *two strikes against him*. At work, we've tried to be a *team player*, follow the *ground rules*, *touched all the bases* - even when we've had to *play hardball*. On occasion we've *taken a rain check*; sometimes we've *hit the dirt*.

But as you know, you *can't win 'em all*, but we hope your favorite team *comes in on top* this World Series.

Columbus and the Spices of Life

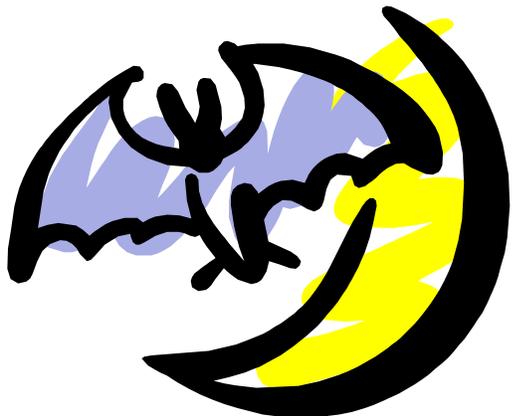
Cinnamon, pepper, cloves and nutmeg are common seasonings on our kitchen shelves. Back in the 1400s, a search for such spices was a spur for the ocean voyage that led to Columbus' discovery of America.

The voyage was about more than finding gold. Columbus persuaded Queen Isabella and King Ferdinand of Spain that he could sail west across the ocean and find a new route to the East, a gateway to India and China where spices and gold could be found. The first land Columbus sighted, on Oct. 12, 1492, turned out to be a small island in the present-day Bahamas. When he discovered no riches, he sailed on in hopes of finding the silks and spices of China. On Columbus' return to Spain, he had no riches or spices to present to the king and queen. But his voyage, perhaps not fully appreciated at the time, opened a New World to Europeans.

Halloween Hoots

Answers to the Quizzes/Puzzles

- *What kind of tie does a ghost wear to a formal party? *A boo-tie.*
- *Why don't witches ride their brooms when they're angry? *They're afraid of flying off the handle.*
- *What kind of music do ghosts like? *Sheet music.*
- *Where do baby ghosts go during the day? *Dayscare centers.*
- *What haunts your house and honks? *Poultergeese.*
- *Who did Frankenstein take to the prom? *His ghoul friend.*
- *What happened to the guy who couldn't keep up the payments to his exorcist? *He was repossessed.*
- *What do birds sing on Halloween? *Twick or tweet.*
- *What happens to a ghost that gets lost in the fog? *He is mist.*
- *What does a vampire fear most? *Tooth decay.*



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 October

Crock Pot Pumpkin Pie Pudding



15 oz. Can pumpkin

12 oz. Can evaporated milk

3/4 Cup Sugar

1/2 Cup Buttermilk Baking Mix (i.e. Jiffy®)

2 Eggs beaten

2 Tbsp. Melted butter

1 Tbsp. Pumpkin Pie Spice

2 tsp. vanilla

Whipped Topping

Mix all the ingredients except for the whipped topping. Pour into a greased Crock Pot. Cover and cook on low for 6-7 hours. Serve with whipped topping.

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

