



At Your Service

Happy Easter! Happy Spring!

April 2010

Unusual Holidays in April

- 2nd - Birthday of Velcro (1978)
- 6th - Birthday of Twinkies (1930)
- 7th - No Housework Day!
- 11th - Dandelion Day
- 13th - Nat'l Be Kind to Lawyers Day
- 17th - Nat'l Cheeseball Day
- 22nd - Nat'l Jellybean Day

Senior Center News

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,
April 14th
10:00– 11:00 am.*

At the Senior Center...

The Book Club will meet on Tuesday, April 20th at 10:15 a.m. at the Glen Ellyn Public Library. Please call Sue for more information.

(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.

BINGO!!

Please join us at the Glen Ellyn Senior Center on

Wednesday, April 21st

10:00—11:00 a.m.

For some **Springtime Bingo!**



Light refreshments will be served. Please call by April 14th to reserve your spot.

(630) 858-6343

493 Forest Ave., (Grace Lutheran Church)

What's Happening At the Park District

Glen Ellyn Park District *Senior Adult Tuesday Luncheon*

Spring is here! It's time to smell the blooms and get ready for another fun-filled summer. Have a spring B-I-N-G-O fling with us at the Park District! Enjoy mostaccioli with meatballs, veggies, Caesar salad and dessert. Don't forget to pick up your free raffle ticket at the door.



12:00 - 2:00 p.m.

Tuesday, April 13th

Maryknoll Park, 845 Pershing Ave.

Cost: \$7.00

Call (630) 858-2463 to reserve your spot by
Tuesday, April 6th



What's Happening at the Glen Ellyn Public Library

400 Duane Street, Glen Ellyn (630) 469-0879

Lawn and Garden Weeds

Thursday, April 15th

7:00 - 8:00 p.m.

A Master Gardener will be here to help you identify key characteristics of common lawn and garden weed species found in Illinois. Learn the best way to achieve effective weed management.

A Restaurant Reviewer's Inside Tips On How To Be Your Own Dining Critic

Thursday, April 29th

7:00 - 8:00 pm

Get inside tips from this former dining critic on what you can learn about a restaurant and what to be aware of on your first visit. Author and reviewer Camille Stagg will talk about her experiences at this program for food fans.

Programs are free. Sign up on the library web page www.gepl.org or call (630) 790-6630 to register.

Extra Brain Exercises for April

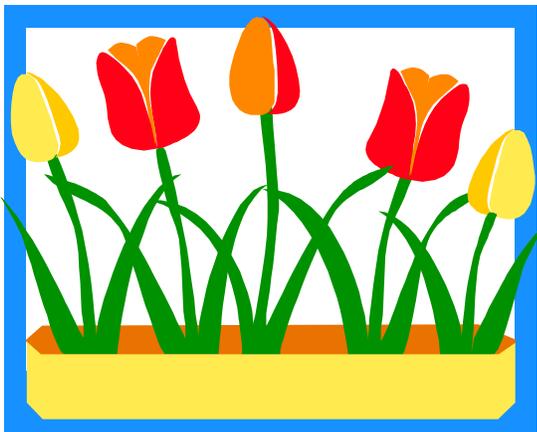
Have A Little Fun ...

Pencil Pastime

Grab a pencil and paper and
come up with at 7 words
which contain the sequence

R D U.

Anything over 3 is
commendable!



If you need a good laugh, try reading these 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. What happens to your body as you age?

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

Q. What is a fibula?

A. A small lie.

Q. What does varicose mean?

A. Nearby.

Q. What does the word "benign" mean?

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



LAUGH - A - LITTLE



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Fun Trivia for April

Did you know...?

The top-ranking Rainiest city in the U.S. is Quillayute, Washington with an average of 105.18 inches per year.

April ranked 310 out of 1,000 in 2009 on the list of frequently used baby names compiled by the Social Security Administration.

Thanks to their prolific propagation, Rabbits have long symbolized fertility, spring and renewal.

More than five million Peeps Marshmallow Candies are produced each day.

1862 was the first year Income Tax was levied. Abraham Lincoln signed into law this revenue-raising method to help the federal government pay for the expenses of the Civil War.

A bee has to tap 2 million Flowers to make one pound of honey. Beekeeping season starts in April.

Holiday Customs



It's spring, that wonderful fragrant time of year.

The return of warm weather has inspired humanity throughout the ages. Ancients attributed the wonders of spring to their many gods and goddesses. Though their beliefs are no longer with us, some of their customs evolved into modern forms.

Hot Cross Buns: At the feast of *Eostre*, the Saxon fertility goddess, an ox was sacrificed. The word "bun" is derived from the Saxon word *boun* which means "sacred ox." Later, the symbol of a symmetrical cross was used to decorate the buns. The cross represented the moon and its four quarters, and today we have "hot cross buns."

Rabbit and Eggs: The symbols of the Norse goddess *Ostara* were there hare and the egg. Both represented fertility. From these, we may have inherited the customs and symbols of the Easter egg and Easter rabbit. Dyed eggs were used in the rituals of Babylonian religions. Eggs were sacred to many ancient civilizations and formed an integral part of religious ceremonies in Egypt and the Orient. Dyed eggs were hung in Egyptian temples.

Easter Lilies: The lily was revered by people of many lands as a holy symbol associated with rebirth.



**SAFE for the
Environment
Just Add a Pinch of
Salt:
Recipes for a Cleaner
Home**

We know salt is delicious, and was one of our earliest preservatives, but did you know it can help you around the house too? Here are just a few tips on cleaning with salt:

R Pour a bit of salt, followed by a few cups of boiling water down your kitchen drain once a week to prevent clogs or unpleasant smells.

R Salt can remove grease from clothing. Just pour some salt on a fresh grease spot to soak up some of the grease. Then gently scrub some more salt into the fabric and rinse before washing.

R Salt is a great way to remove coffee stains from pots and mugs.

R A paste of vinegar and salt can add shine to old copper pans and molds.

-Old Farmer's Almanac

Na*ture (n.)

1. The material world and its phenomena
2. All living things and the outdoors

Synonyms: Creation, essence

Thoughts on Nature

Study nature, love nature, stay close to nature. It will never fail you.

-Frank Lloyd Wright

To me a lush carpet of pine needles or spongy grass is more welcome than the most luxurious Persian rug.

-Helen Keller

Force of Nature

Bamboo is the fastest growing plant in the world. Some species have been known to grow up to 3 feet a day.

All Natural Quiz

1. This researcher studied chimpanzees in Africa for more than 40 years.
2. This scholar and nature-lover wrote the famous essay "Self-Reliance."
3. Since 1971, this organization has fought for the protection of the environment.

Answers at the bottom.

Flower Power

Researchers tracked a group of people's responses to receiving flowers and found that those who received beautiful blooms felt fewer feelings of depression than those who did not receive flowers.

Answers

1. Jane Goodall, 2. Ralph Waldo Emerson, 3. Greenpeace.

Tax Time Trivia

Taxes are considered a problem by everyone. Not surprisingly, taxation problems date back to earliest recorded history.

Here are a few tales of taxation.

EGYPT - At one point there was an imposed tax on cooking oil. Tax collectors would audit households to ensure that citizens weren't using leavings generated by other cooking processes as a substitute for the taxed oil.

GREECE - Athenians imposed a monthly tax on foreigners. People who didn't have both an Athenian mother and father were taxed one drachma for men and a half drachma for women.

GREAT BRITAIN - According to 11th century legend, Lady Godiva's husband Leofric, Earl of Mercia, promised to reduce the high taxes he levied on the residents of Coventry when she agreed to ride naked through the streets of town.

Currently, you can get FREE telephone tax help by calling 1-800-829-1040. The best times to call are early in the morning and later in the week. For more info, visit

www.wwwebtax.com

Intoxication (n.) - Euphoria at getting a tax refund, which lasts until you realize it was your money to start with.

Watch Your Step!

Every year thousands of Americans sustain injuries from a fall. Though most of the injuries heal quickly, some are bad enough to limit a person's ability to lead an independent life. Many falls can be prevented by following these safety guidelines.

GENERAL PRECAUTIONS

- û **Talk to your doctor about any medications** you are taking that cause dizziness or light-headedness. Talk to your doctor about adjusting your dosage or changing your meds.
- û **Get up slowly after eating, resting or lying down.**
- û **Maintain a regular exercise program** to improve your strength and muscle tone. Walking and swimming are good choices.

MAKE YOUR HOME SAFE

- û **Keep stairways, hallways and pathways** through rooms free of clutter.
- û **Use nonskid mats or abrasive strips** in showers and bathtubs.
- û **Be sure all electrical cords and telephone wires** are secured and placed away from traffic patterns.
- û **Immediately clean up spills** in the kitchen and bath.
- û **Put throw rugs on nonskid pads.**



Egg-cellent News

Go ahead, crack an Easter egg and eat it! Studies have shown that eating an egg a day doesn't raise the risk of heart disease. Here are other health benefits from the formerly forbidden food:

Brain food - Eggs are high in choline, believed to play a role in the development of memory function.

D-lightful - Eggs are one of the few food sources of Vitamin D, which is essential to bone health.

Eye candy - The carotenoids in eggs may reduce risk of cataracts and age-related macular degeneration.

Figure-friendly - One large egg contains just 75 calories, 5 grams of fat and 6.25 grams of protein.

Hard-boiled Fact

You can prevent boiled eggs from cracking by rubbing a cut lemon on the shells before cooking them.



April 1 A Time of Tomfoolery



Call it April Fools? Day or the Day of Tomfoolery, April 1 can bring out the prankster in most of us. The trick can be as small as changing the time on someone's clock, serving cereal that has been placed in the freezer, saying a snake is at his or her feet or telling someone there is a spot on their shirt. But hoaxes can also be elaborate and catch the world by surprise.

Over the years, many have gained "elite" status. One year, Burger King ran an ad for a Left Handed Whopper whose ingredients had been shifted so condiments would leak out the right side. Not only did people attempt to order the Left Handed Whopper but some customers came in and specified they wanted a Right Handed Whopper.

TV shows are not immune. In 1997, Alex Trebek, host of Jeopardy, traded places with Pat Sajak of Wheel of Fortune. Sajak and Vanna White then played as contestants on their own show.

IMPORTANT INFORMATION!!!!

Answers to the Quizzes/Puzzles

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, April 6th

Physical Therapist, Richard Uberfluss will
present a program on exercise to improve
balance.

Everyone is welcome!

Visually Impaired Awareness Day

The DuPage Center for Independent Living is
proud to sponsor the 16th Annual Visually
Impaired Awareness Day. This event, open to
anyone who is blind or visually impaired,
their families and friends and anyone else
interested in attending will take place on

Wednesday, May 12th

3:00 - 6:00 p.m.

College of DuPage, Student Resource Center
Room 2800
425 Fawell Blvd., Glen Ellyn

There is no cost to attend.

Please call the DCIL at (630) 469-2300 for
more information.

**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.

Recipe for April BLT Potluck Salad



2 cups uncooked elbow macaroni
5 green onions, finely chopped,
1 large tomato, diced,
1-1/4 cups diced celery,
1-1/4 cups mayonnaise,

5 teaspoon white vinegar
1/4 teaspoon salt
1/8 to 1/4 teaspoon pepper
1 pound sliced bacon, cooked and crumbled

DIRECTIONS:

- 1) Cook macaroni according to package directions; drain and rinse in cold water.
- 2) In a large bowl, combine the macaroni, green onions, tomato and celery.
- 3) In a small bowl, combine the mayonnaise, vinegar, salt and pepper. Pour over macaroni mixture and toss to coat.
- 4) Cover and refrigerate for at least 2 hours. Just before serving, add bacon.

Yield: 12 servings.

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

