

At Your Service

Happy Independence Day!

Unusual Holidays in July

- 2nd - Halfway Point of 2010
- 4th - Nat'l Barbecue Day
- 6th - Nat'l Fried Chicken Day
- 9th - Nat'l Sugar Cookie Day
- 10th - Don't Step on a Bee Day
- 17th - Nat'l Peach Ice Cream Day
- 20th - Lollipop Day
- 22nd - Hammock Day
- 23rd - Gorgeous Grandma Day
- 24th - Nat'l Tell An Old Joke Day
- 27th - 70th Birthday of Bugs Bunny (1940)

Senior Center News

July 2010

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 14th 10:00– 11:00 am.

At the Senior Center...

The Book Club will meet on Tuesday, July 20th at 10:15 a.m. at Grace Lutheran Church (NOTE LOCATION CHANGE). 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.



Museum Adventure Pass!!

The Museum Adventure Pass is a partnership between more than 100 suburban area libraries and 17 local arts and cultural organizations, and provides suburban Chicago library cardholders free passes to local museums, zoos and historical sites. The program is designed to enhance the learning experience for people of all ages through books and other library materials, and to provide access to arts and cultural organizations.

This program is presented by Macy's and is available at 146 public libraries in the Metropolitan, DuPage and North Suburban Library Systems. Some of the participating organizations include: Brookfield Zoo, Chicago Botanic Garden, Morton Arboretum, Cantigny Park, Graue Mill and Museum and many others in our area.

For more information, call the Glen Ellyn Public Library at (630) 469-0879 or log onto www.museumadventure.org.



What's Happening At the Park District

Glen Ellyn Park District *Senior Adult Tuesday Luncheon*

The Glen Ellyn Park District will again 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.



12:00 - 2:00 p.m.
Tuesday, July 13th

Lake Ellyn Boathouse, 645 Lenox Road, Glen Ellyn
Cost: \$5.00

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



What's Happening at the Glen Ellyn Public Library

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

Gaming for Older Adults

Thursday, July 22nd

2:00 - 4:00 p.m.

Try your hand at bowling, tennis, golf, baseball and boxing on Nintendo Wii. There will also be card games, checkers, chess and Scrabble. No registration is required.

Kill - a - Watt

You can now check out a Kill - a - Watt device for three weeks to monitor your home energy use. A Kill - a - Watt can be used to monitor the efficiency of your current household appliances, as well as televisions and other major consumers of energy in your home. Identifying the "energy abusers" in your home can help you become a smarter energy consumer. Go GREEN at the Library!

The library will be starting construction on the building this summer. No closings are anticipated but there might be some dust and noise in the library. Please pardon the commotion.



Pun-tificating...

- ó I wondered why the baseball was getting bigger. Then it hit me.
 - ó To write with a broken pencil is pointless.
 - ó The thief who stole a calendar got twelve months.
 - ó We'll never run out of math teachers because they always multiply.
 - ó A thief fell and broke his leg in wet cement. He became a hardened criminal.
 - ó The professor discovered that her theory of earthquakes was on shaky ground.
 - ó Thieves who steal corn from a garden could be charged with stalking.
 - ó The dead batteries were given out free of charge.
 - ó A dentist and a manicurist fought tooth and nail.
 - ó A bicycle can't stand alone; it is two tired.
 - ó The optometrist fell into his lens grinder and made a spectacle of himself.
 - ó A chicken crossing the road: poultry in motion.
 - ó When a clock is hungry it goes back four seconds.
 - ó A grenade fell onto a kitchen floor in France, resulted in Linoleum Blownapart.
 - ó You are stuck with your debt if you can't budge it.
 - ó A boiled egg is hard to beat.
- ó His parents thought he was a budding genius, but he turned out to be a blooming idiot.
 - ó Those who get too big for their britches will be exposed in the end.
 - ó When she saw her first strands of gray hair, she thought she'd dye.
 - ó Bakers trade recipes on a knead to know basis.
 - ó He had a photographic memory which was never developed.



Brain Workouts for July

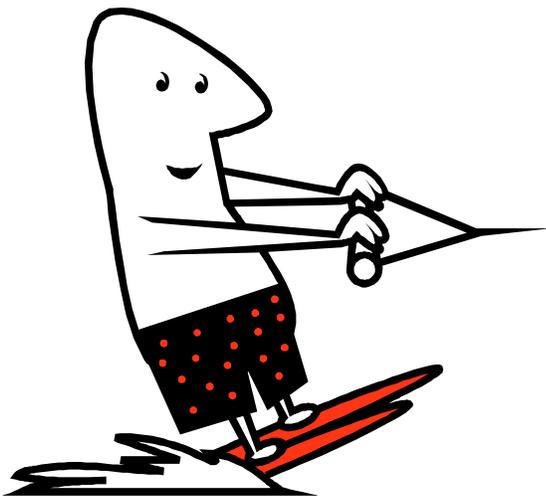
Have A Little Fun ...

Pencil Pastime

Start with the word **SOUP** and change it into the word **NUTS** in 7 steps, replacing one letter at a time.

*(Example: To turn CAT into DOG:
CAT-COT-COG-DOG)*

This 7 step sequence uses common words.



The Funny Zone

Lighter Side of Insurance Claims

These are real descriptions of accidents people have sent to their adjusters.

- ö In an attempt to kill a fly, I drove into a telephone pole.
- ö I pulled away from the side of the road, glanced at my mother-in-law, and headed over the embankment.
- ö Coming home I drove into the wrong house and collided with a tree I didn't have.
- ö The other car collided with mine without giving any warning of its intention.
- ö I had been driving for 40 years when I fell asleep at the wheel and had an accident.
- ö I told the police I wasn't injured, but on removing my hat found that I had a fractured skull.

LAUGH - A - LITTLE



Happy Birthday America!!

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.

-Thomas Jefferson (1743-1826)

So starts the preamble in the Declaration of Independence. Here are just a few interesting facts about the Declaration.

- ~ When Thomas Jefferson wrote the declaration, he was only 33 years old.
- ~ The resolution for independence was actually agreed upon on July 2nd.
- ~ John Hancock was the only person to sign the original declaration.
- ~ It wasn't until August 2nd, after the declaration was engrossed on parchment by Timothy Matlack, that most of the delegates signed.
- ~ The Declaration of Independence is now on display at the National Archives in Washington, D.C.

Happy Fourth of July!!



Celebrate July!



The Ruby, birthstone of July, was believed capable of boiling water.



Although the Declaration of Independence was adopted in 1776, Congress didn't approve July 4 as a federal holiday until 1870.



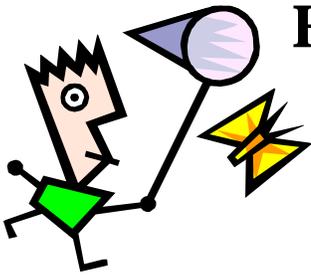
Larkspur, the blue flower of July, was so called because it's spur reminded some people of a lark's heel.



Leos, those born between July 23rd and August 22nd, are noted risk-takers and animal lovers.



July's full moon on the 25th is called the Buck Moon because at this time of year buck deer antlers begin to show.



How to Keep Your Back Pain-Free

You're not alone if you suffer from back pain. Eight of ten Americans experience this problem some time in their lives. These suggestions will help you avoid back pain:

Standing. When you stand, hold your head erect, tuck in your chin slightly, keep your shoulders and hips even and hold in your stomach. Elevate one foot on a footstool or step, shift your weight often if you have to stand for long periods of time.

Sitting. Sit with your back straight and keep your knees even with your hips. To do this, you may need to adjust your chair height or use a footstool. Make certain the chair supports your lower back, or use a lumbar support or pillow. Get up every hour or so and stretch.

Sleeping. Sleep on a firm mattress that provides good support. Place a pillow under your knees if you sleep on your back or between your knees if you sleep on your side. Avoid sleeping on your stomach.

Driving. Sit in an upright position; don't recline the seat back. On long drives, take frequent breaks and get out and stretch.

-*Vitality*

Top Tips For Travelers



If you are going to be traveling this summer, take this advice from the experts.

- ✓ Most hotels provide a cloth shoe mitt, but not the polish. In a pinch, use a dollop of skin cream to shine your shoes.
- ✓ If you're flying, place a copy of your itinerary including contact information for where you're staying inside your checked bag in case it gets lost.
- ✓ Always bring a small flashlight to hotels in case of a blackout.
- ✓ Carry two credit cards separately. If one is stolen and the account frozen, you can still feed and house yourself.
- ✓ Don't pack more than you can lug up two flights of stairs.
- ✓ The International Association for Medical Assistance to Travelers has a directory of English-speaking doctors overseas who make hotel calls. Call 716-754-4883 for details for visit www.iamat.org.

Don't Forget The Sun Protection



To protect yourself against harmful rays of the sun, always wear a hat and sunglasses when out in the sun. Your sunglasses should block at least 99 percent of ultraviolet rays. The best sunglasses for the middle of the day should be close-fitting goggles or sunglasses that absorb all UV-A and UV-B. Check the label for the rating when buying sunglasses.

The Wonderful World of Weather

As you probably can tell, the “Dog Days” of summer have arrived. But, did you know...?

- J 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.**
- J The chirping of a cricket provides a clue to air temperature. By counting the number of cricket chirps in a 14-second period and adding 40, the total will equal the air temperature to within one degree 75% of the time.**
- J A large raindrop falls at a speed of 18.6 miles per hour.**
- J A rainbow can be seen only in the morning or late afternoon. It's a phenomenon that can occur only when the sun is 40 degrees or less above the horizon.**
- J At any given time, there are 1,800 thunderstorms in progress over the earth's atmosphere.**
- J Lightning strikes the earth 100 times every second.**

-Old Farmer's Almanac

Twists On LEMONS

Squeezed for lemonade, marinades and to lighten hair, lemons are brilliant multi-taskers. Here even more uses.

AIR FRESHENER - Simmer a half dozen lemon slices and a handful of cloves in a pan of water. Especially good for removing food odors.

COPPER POLISHER - Dip half a lemon in a small dish of coarse salt, and rub it over tarnished copper.

HICCUP CURE - Biting into a lemon may cure hiccups; the tartness is said to interrupt the nerve impulses that cause diaphragm spasms.

SOOTHE THE POISON IVY RASH - Apply lemon juice full-strength directly to the affected area to stop itching and alleviate the rash.

BUYING TIP - LOOK FOR THIN-SKINNED LEMONS THAT FEEL HEAVY FOR THEIR SIZE. TO GET THE MOST JUICE, ROLL THE FRUIT ALONG THE COUNTER BEFORE CUTTING INTO IT.



Do Stars Really Twinkle?



*Twinkle, twinkle little star,
How I wonder what you are,
Up above the world so high,
Like a diamond in the sky,
Twinkle, twinkle little star,
How I wonder what you are.*

This month the Dog Star, Sirius, is in the news. So here is just a little bit of trivia about our heavenly bodies.

Stars are minute pinpoints of light. No matter how powerful the telescope, a star will always appear just that; a tiny pinpoint, with no discernable disk. When we look at the stars through our turbulent atmosphere, those tiny pinpoints become easily distorted and thus appear to twinkle.

Planets on the other hand, appear as disks through telescopes. They have a much larger apparent size and hence are not prone to having their light distorted by our atmosphere as much as stars.

Who wrote Twinkle, Twinkle Little Star?

Many believe that Wolfgang Amadeus Mozart was the original composer of this childhood song, but this is a misconception. The song has been attributed to a combination of a 1761 French melody and an English poem written by Jane Taylor. Mozart did write twelve variations of this song, but not the original one.

Miscellaneous (but useful) Info...

Your farmer's market or local grocery stores are starting to sell their summer bounty. How to tell when fruit is ripe? Use your nose. Fruit such as melons, peaches, plums, and nectarines should offer a mild perfume but not an overpowering scent. A pineapple leaf should yield to a gentle tug. When you shake a honeydew melon, listen for a watery sound and loose seeds. When you thump a watermelon, it should go "plunk," not "plink." Berries should appear plump, not wrinkled. Fruit-stained baskets may indicate overripe fruit. Ripe mangoes and papayas should feel heavy for their size and have smooth skin. Both will continue to ripen, softening slightly so that they yield to the touch.

American as Apple Pie?

Even though it's probably the only food more closely associated with the U.S. than the hot dog, apple pie has foreign origins. Pies as we know them today were likely invented by the Greeks, and people throughout Europe came up with the idea of filling them with apples long before the concept moved across the pond.

UPCOMING EVENT...

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, June 1st

On this date, we will introduce a new brain fitness program created by over 50 brain scientists from universities all around the world. A representative from All Trust Home Care will demonstrate this exercise program for the brain. It has shown some great results. This program is different from anything we have seen before.

Everyone is welcome!



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.

Recipes for July

Yummy summer dishes that are simple and easy!

Tropical Chicken Pasta Salad

4 Cups whole wheat pasta (Rotini or Fusilli), uncooked
2 Cups cut fresh green beans
3 Cups chopped cooked chicken breasts
1 can (8oz) crushed pineapple in juice, drained
4 stalks celery, finely chopped
1/4 Cup chopped PLANTERS Almonds, toasted
1/4 Cup MIRACLE WHIP Light Dressing
1/4 Cup KRAFT Light Raspberry Vinaigrette Dressing

Cook pasta in large saucepan as directed on package, omitting the salt and adding beans to the boiling water the last 4 minutes; drain. Rinse with cold water; drain again. Place in large serving bowl.

Add chicken, pineapple, celery and nuts; mix lightly. Mix dressings until well blended. Add to salad; toss to coat. Refrigerate 1 hour. Stir gently before serving.

*Can be stored in refrigerator up to 24 hours before serving.

Fast Fruity Delight

Take 3/4 Cup boiling water and 1 Cup thawed COOL WHIPPED TOPPING and mix and match your recipe from these options...

JELLO-O Gelatin Flavors

Strawberry
Raspberry
Orange
Berry Blue

Frozen Fruit Choices

Strawberries
Raspberries
Tropical Fruit Blend
Blueberries

Then follow our 3 simple steps:

Add boiling water to 1 (3oz) pkg JELL-O Gelatin in large bowl; stir 2 minutes until completely dissolved.

Stir in 2 Cups frozen fruit until gelatin starts to thicken. Add 1/2 cup gelatin mixture to COOL WHIP; stir with whisk until blended. Spoon into 4 dessert cups; cover with remaining gelatin mixture.

Refrigerate 15 minutes or until firm.

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

