



At Your Service

Fall Is Just Around The Corner!!

Unusual Holidays in November

- 2nd - Deviled Egg Day
- 3rd - Housewife's Day
- 6th - Saxophone Day
- 10th - Nat'l Vanilla Cupcake Day
- 15th - Clean Out Your Refrigerator Day
- 19th - Pop Tarts® Birthday (1965)
- 20th - Nat'l Peanut Butter Fudge Day
- 22nd - Go For A Ride Day
- 23rd - Nat'l Cashew Day
- 25th - Nat'l Parfait Day
- 29th - Square Dance Day

Senior Center News

November 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, November 10th 10:00– 11:00 am.

At the Senior Center...

The Book Club will meet on Tuesday, October 16th at 10:15 a.m. Please call Sue for the location this month or for more information.
(630)858-6343

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



Senior Center Outing!!

Please join us on **Wednesday, November 24th** for lunch, entertainment and a tour at Belmont Village in Carol Stream.

The bus will leave the Senior Center (Grace Lutheran Church), 493 Forest Ave., Glen Ellyn at 11:30 a.m.

Space on the bus is limited, so if you are able to drive yourself please let us know!

Call to reserve your spot or let us know you will be attending! (630) 858-6343



What's Happening At the Glen Ellyn Public Library

Gift Book Sale

Come to the 2nd annual Gift Book Sale, sponsored by the Friends of the Library.

Find a book for an adult or child, a special holiday read, a unique autographed copy signed by your favorite author or maybe an addition to your personal collection. All books are priced at 1/2 the market value of the book.

Friday, November 26th
1:00 p.m. - 5:00 p.m.

Holiday Walk

Enjoy music, crafts and refreshments at the Library before Santa arrives downtown to light the tree. Performers will include the Vivaldi Strings, Anima, Glen Ellyn-Wheaton Chorale, The Glenbard South Madrigal Singers, the GEPL Puppet Club and Villa Park Readers' Theatre Group. Cider and cookies will be served. Check our website or stop by to get a complete schedule.

Friday, November 26th
1:00 p.m. - 5:00 p.m.

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

Tuesday Senior Luncheons at the Park District

Get ready for a little Thanksgiving trivia! This month's menu includes turkey with stuffing, mashed potatoes and gravy, cranberry relish, green bean almondine, rolls and pumpkin pie. Don't forget to pick up your free raffle ticket at the door.



Tuesday, November 9th

12:00 - 2:00 p.m.

Maryknoll Park Clubhouse

845 Pershing Ave., Glen Ellyn

Cost: \$7.00



Call (630) 858-2463 by Tuesday, November 2nd to reserve your spot!



Funny Zone



Grandma's Home -When I stopped the bus to pick up Chris for preschool, I noticed an older woman hugging him as he left the house. "Is that your grandmother?" I asked. "Yes," Chris said. "She's come to visit us for Christmas." "How nice," I said. "Where does she live?" "At the airport," Chris replied. "Whenever we want her, we just go out there and get her."

The Art Collector - A famous art collector is walking through the city when he notices a mangy cat lapping milk from a saucer in the doorway of a store. He does a double take. He knows that the saucer is extremely old and very valuable, so he walks casually into the store and offers to buy the cat for two dollars. The storeowner replies, "I'm sorry, but the cat isn't for sale." The collector says, "Please, I need a hungry cat around the house to catch mice. I'll pay you 20 dollars for that cat." And the owner says "Sold," and hands over the cat. The collector continues, "Hey, for the twenty bucks I wonder if you could throw in that old saucer. The cat's used to it and it'll save me from having to get a dish." The owner says, "Sorry buddy, but that's my lucky saucer. So far this week I've sold sixty-eight cats."

Haircut Request - When a customer slid into the barber chair, the barber asked him how he wanted his hair cut. "Make it short," the customer replied, "with a bare patch above my left ear, but longer on the right side so that it covers my right ear. I also want my left sideburn above my left ear and the right sideburn below my right ear." The barber looked puzzled and said, "I don't think I can do that." The customer replied, "I don't know why not--that's the way you cut it the last time I was here!"

Getting Gray? One day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast on her brunette head. She looked at her mother and inquisitively asked, "Why are some of your hairs white, Mom?" Her mother replied, "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white." The little girl thought about this revelation for a while and then said, "Momma, how come ALL of grandma's hairs are white?"

Drawing God - A Kindergarten teacher was observing her classroom of children while they were drawing. She would occasionally walk around to see each child's work. As she got to one little girl who was working diligently, she asked what the drawing was. The girl replied, "I'm drawing God." The teacher paused and said, "But no one knows what God looks like." Without missing a beat, or looking up from her drawing, the girl: replied, "They will in a minute."

Perfection -The preacher said, "There's no such thing as a perfect woman. Anybody present who has ever known a perfect woman, stand up." Nobody stood up. "Those who have ever known a perfect man, stand up." One elderly gentleman stood up. "Are you honestly saying you knew an absolutely perfect man?" he asked, somewhat amazed. "Well now, I didn't know him personally," replied the little old man, "but I have heard a great deal about him. He was my wife's first husband."

Extra Brain Exercise for November

Have A Little Fun ...



The Lighter Side of Language

We all know a loveable relative, a bumbling sportscaster or a dopey friend who mangles the language. Here are some overheard doozies.

- ã I have a photogenic memory.
- ã The girl was in the hospital having her utensils removed.
- ã Will my check be radioactive?
- ã You wouldn't want to live here. People conjugate at all hours.
- ã The project was moving ahead rickety-split.
- ã For bulky letters we use vanilla envelopes.
- ã My ancestors were pheasants who came over from France.
- ã I love academia nuts.

-More Anguished English



News About November

Drinking the dew from the flower of November, the **Crysanthemum** was thought to promote longevity.

Thanksgiving was once the most popular time to get married. Today June and August are favorite wedding months with November coming in a distant ninth.

Wearing **Topaz**, the birthstone of November, was said to bring friendship, better relationships and enhance one's ability to give and receive love.



Memories

We remember Burma Shave signs. Here are a few great ones.

*Spring has sprung,
The grass has riz,
Where last years,
Careless drivers iz.*

*Don't try passing on a slope,
Unless you have a periscope.*

*If daisies are your favorite flower,
Keep pushing up those miles per
hour.*





November Fun Trivia and Important Dates

1st - Day of the Dead is celebrated in Mexico and parts of the U.S. by honoring the lives of the deceased. The belief is that death is not the end, but rather the beginning of a new stage of life.

6th - Sadie Hawkins Day originated in Al Capp's comic strip *Li'l Abner*, named after Sadie Hawkins, "the homeliest gal in all them hills." Each year on Sadie Hawkins Day, the unmarried women of Dogpatch pursued the single men. If a woman caught a man, he had to marry her. Today, it's celebrated by "girls-asking-boys" school dances and other events.

7th - Standard Time Resumes at 2:00 a.m. on Sunday. If your state observes Daylight Savings Time, remember to set your clocks **BACK** one hour before going to bed on Saturday the sixth.

18th - Leonid Meteor Shower. Meteor showers are named by the constellation from which meteors appear to fall, a spot in the sky astronomers call the radiant. For instance, the Leonid meteor shower is located in the constellation Leo.

-Wikipedia.com



On November 11th We Honor our Vets



There are heroes among us. In war and in peace they defend our ideals and on November 11, Veterans Day, we get a chance to thank them.

Veterans Day is largely intended to thank living veterans for their service, to acknowledge that their contributions to our national security are appreciated, and to underscore the fact that all those who served, not only those who died, have sacrificed and done their duty.

November 11 was originally called Armistice Day. It honored veterans of World War I on the anniversary of the war's end.

In 1954, considering the tremendous number of veterans of World War II and Korea, November 11 became a day to honor American veterans of all wars.

So on November 11th, we say

"Thank you!"

We sincerely appreciate and recognize your sacrifices and service on our behalf.



Health Watch For November

More Incentive to Quit

November 18 is the Great American Smokeout, and new research proves you can add years to your life no matter when you quit. Need help quitting? Free telephone counseling for would-be quitters is available.

Call the American Cancer Society at 1-800-227-2345 for the phone numbers in your area. Or visit quitnet.org or gonnaquitsmoking.com for advice.

-Fitness

Diabetes Alert

About a third of the 15.7 million Americans with diabetes don't know they have it. Here are 9 symptoms of diabetes: 1) Blurred vision; 2) Fatigue, lack of energy; 3) Extreme thirst, hunger; 4) Frequent urination; 5) Sudden change in weight; 6) Slow healing sore or cut; 7) Numbness or tingling in hands or feet; 8) Frequent infections; 9) Depression. For more information about diabetes call 1-800-DIABETES or go to www.diabetes.org.

-Texas Diabetes Council

Say What?

Up to 80% of hearing-impaired Americans haven't been treated for hearing loss. For a free hearing test conducted over the telephone, call 1-800-222-EARS.

-Vitality

Get A Grip

Believe it or not, closing the hand requires the simultaneous contraction of 35 muscles. Over time, the strength of your grip can decrease and pain can increase. Perform the following exercises daily to strengthen the muscles for curling the wrist and for opening the hand. In no time you should have a better grasp on everyday tasks.

'Hi' and 'Bye'

To strengthen your wrist and forearm, rest your forearm on a table with your hand hanging over the edge. Keep fingers relaxed and bend your wrist up and down as if you are waving slowly.

Repeat 10 times.

Thumb Walk

Holding your wrist straight, form the letter "O" by lightly touching your thumb to each fingertip and holding for five counts. After each "O", straighten and spread your fingers. Use the other hand to help if necessary.



Thanks (pl.n)

1. Grateful feelings or thoughts.
2. An expression of gratitude.
3. Appreciation for life's blessings.

T-DAY FACTS

- é The first Thanksgiving was celebrated in 1621 and lasted for three days.
- é Thanksgiving was declared an annual national holiday in 1863, partly due to a long campaign by magazine editor Sarah Josepha Hale.
- é Many superstitions surround turkeys. Here's an old one - if you go to a house and a turkey gobbles at you, you're welcome.

TEST YOUR TURKEY DAY SMARTS

- 1) What holiday movie featured the song "*Count Your Blessings Instead of Sheep*"?
- 2) Name two popular Thanksgiving foods that were not on the menu in 1621.
- 3) Which president pushed Thanksgiving up one week to lengthen the Christmas shopping season?

THANKSGIVING THOUGHTS

Every day is something to cherish.

-Kerri Strug

If you see no reason for giving thanks, the fault lies in yourself.

-Shawnee Chief Tecumseh

TURKEY SMARTS ANSWERS

1. *White Christmas*, 2. Pumpkin Pie & Cranberry Sauce, 3. Franklin Delano Roosevelt

Holiday Hotline Humor



Thanksgiving Day Hotlines aren't just for turkeys anymore - there's help for any kind of predicament.

Just for fun, here are a few stumpers.

Crisco Pie Hotline - 1-877-367-7438

Customer: My piecrust recipe says to work the Crisco in until the bits of crust are the size of peas. What kind of pea does that mean - sugar, snap or snow?

Operator: (5 second silence) You want them to look like little balls, like M&Ms.

Customer: Peanut M&Ms or plain?

Operator: Uh, the regular ones or any size in between.

Ocean Spray Cranberry Hotline 1-800-662-3263

Customer: Can I make cranberry sauce out of cranberry Jell-O & Craisins?

Operator: Um. (long hold) Unfortunately there is no substitute for cranberries in cranberry sauce. You are going to need fresh.

Turning Leaf Vineyard's Hotline 1-266-998-5323

Customer: If I drop my turkey on the floor and wipe it down with some wine, with that sanitize it?

Operator: Well, wine does have 12% alcohol, and it was used as an antiseptic in the old days, so sure, why not?

Recipe for November

Rustic Chocolate-Cinnamon Bread Pudding



1/2 Cup (1/2 of 8 oz. Tub) PHILADELPHIA 1/3 Less
Fat than Cream Cheese
1/2 Cup packed brown sugar
2 egg whites
1/2 tsp. ground cinnamon
1-3/4 Cups fat-free milk

1-3/4 Cups fat-free milk
6 Cups cubed whole wheat bread (6-8 slices)
2 squares BAKER'S Semi-Sweet Chocolate,
coarsely chopped

- 1) HEAT oven to 350 degrees
- 2) BEAT reduced-fat cream cheese and sugar in large bowl with mixer until well blended. Add egg whites and cinnamon; mix well. Gradually beat in milk until well blended.
- 3) PLACE bread in 8-inch square baking dish; top with chocolate and cream cheese mixture.
- 4) BAKE 30 to 35 minutes or until center is set. Cool slightly.

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

