



At Your Service

Spring Has Arrived!!

Unusual Holidays in Senior Center News

April 2011

April

- 2nd - Birthday of Velcro (1978)
- 4th - Ballroom Dancing Day
- 6th - Twinkies® Birthday (1930)
- 7th - Slinky's Birthday (1945)
- 11th - Dandelion day
- 17th - Daffy Duck's Birthday (1937)
- 18th - Nat'l Animal Crackers Day
- 22nd - Nat'l Jelly Bean Day
- 24th - Nat'l Pigs-in-a-Blanket Day
- 28th - Nat'l Blueberry Pie Day
- 30th - Nat'l Oatmeal Cookie Day

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 13th 10:00– 11:00 am.

At the Senior Center...

The Book Club will meet on Tuesday, April 19th at the Glen Ellyn Library at 10:15 a.m. Please call Sue at (630) 858-6343 for more information.

The FREE RTA Senior pass will now be based on income eligibility. Seniors who do not meet the income requirements will return to half-price fares on the buses or trains. Watch for information from the RTA in the mail within the next few months to explain how the modification will work.

Springtime “Paper” Bingo!!

Join us for Bingo and refreshments at the Senior Center! This month the prizes will be paper goods (paper towels, facial tissue, toilet paper, paper plates, cups, etc.) Bring one paper item to donate to the prize stash. Any leftover items will be donated to the Glen Ellyn Food Pantry.



Wednesday, April 13th

10:30 - 11:30 a.m



Glen Ellyn Senior Center (at Grace Lutheran Church)

493 Forest Ave., Glen Ellyn - *Please call (630) 858-6343 to reserve your spot.*

What's Happening At the Glen Ellyn Park District

Tuesday Senior Luncheons at the Park District

Spring is here! Smell the blooms and get ready for another fun-filled season with an energizing game! Menu: mostaccioli with meatballs, veggies, Caesar salad and dessert.



Tuesday, April 12th

12:00 - 2:00 p.m.

Maryknoll Park Clubhouse
845 Pershing Ave., Glen Ellyn

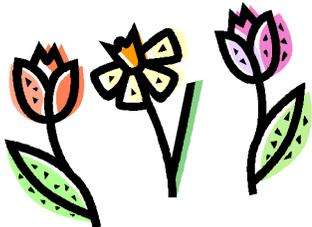
Cost: \$7.00

Call (630) 858-2463 by Tuesday, April 5th to reserve your spot!



Take a Trip With the Glen Ellyn Park District to visit the Botanical Garden

Experience the beauty of spring flowers and plants. We will hop on the grand tram for a 35-minute narrated tour around the perimeter of the garden, providing an overview of all areas. Lunch is on your own.



Wednesday, April 27th

10:00 am - 3:30 pm

Cost: \$35.00 per person

Pick-up/Drop-off: Maryknoll Park
845 Pershing Ave., Glen Ellyn



Registration deadline: April 15th; call (630) 858-2463 for more information

What's Happening at the Glen Ellyn Public Library

400 Duane St., Glen Ellyn (630) 469-0879

Adult Programs at the Library

Programs are free. Sign up on the web page or call (630) 790-6630 to register or for more information.

Sunday, April 3rd, 2 pm - 3 pm....*The Elder Care Journey and Longevity Planning*

Thursday, April 14th, 7 pm - 8 pm....*Titanic Survivor Violet Jessop*

Thursday, April 21st, 7 pm - 8 pm....*Gluten Free Cooking*

Thursday, April 28th, 7 pm - 8 pm....*Remembering Grandpa: Memories of Harry Truman*

Thursday, May 5th, 7 pm - 8 pm....*Harold Zook's Unique Architecture*

Call (630) 469-6630 to register

What we are collecting at the Senior Center...

We continue to accept donations of *empty, CLEAR medicine bottles*. They are being sent overseas to help our volunteer medical teams in various countries.

We are also collecting the *pull tabs from aluminum cans*. These tabs benefit the Ronald McDonald House at Loyola University Medical Center. Last year pull tabs contributed more than \$40,000 to the operation of the facilities.

Have any *extra buttons* lying around the house? We are also collecting these for use in Indonesia and Haiti.

We are in the office Monday - Friday, 9am—1pm to accept these donations. Please call Sue Davison if you have any questions. (630) 858-6343

Extra Brain Exercise for April



Have A Little Fun ...

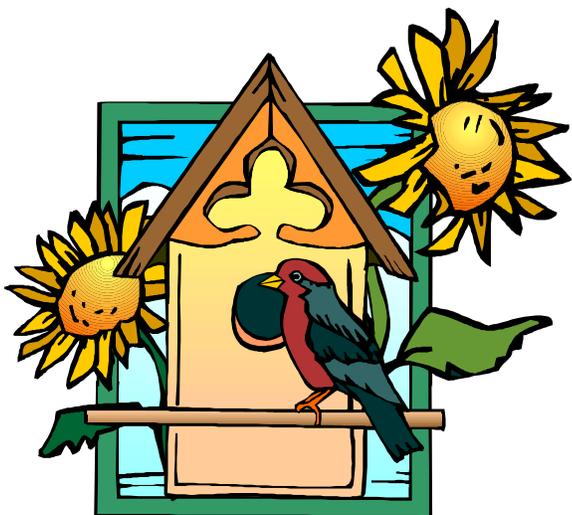
Pencil Pastime

It's time to grab a pencil and work this not-so-easy puzzler.

There are at least 6 words which contain the letter sequence **R D U**.

How many can you find?
Anything over three is commendable.

Good luck!





April Facts About the Month

DIAMONDS, the birthstones of April, are the hardest natural substance on Earth. Ancients believed the gems were crystal lightning or splinters of stars.

The **DAISY**, flower of April, is actually an herb which symbolizes innocence, stability, sympathy and cheerfulness.

EASTER is always celebrated the first Sunday after the full moon after the vernal equinox.

April is **SMILE MONTH**. Research shows that smiling reduces stress and can improve your mood. So, smile!

The mountainous **CUMULUS CLOUDS** that tower thousands of feet in the sky can be made up of as few as 20 gallons of water.

Those born under the sign of **TAURUS** - April 20 through May 20 - are thought to be reliable.

Legend holds that an **EGG** laid on Good Friday will never spoil - and that if you don't cook it, the yolk will become a diamond in a century.

April Fool's Day



How it came about

Throughout France in the early 16th century, New Year's Day was observed on March 25, the advent of spring. The celebrations, which included exchanging gifts, ran for a week, ending with dinners and parties on April 1.

In 1564 however, with the adoption of the more accurate Gregorian calendar, King Charles proclaimed that New Year's Day be moved to January 1st. Many Frenchmen who resisted the change and others who merely forgot about it, continued partying and exchanging gifts during the week ending April 1. Jokers ridiculed these conservatives' attachment to the old New Year's date by sending foolish gifts and invitations to non-existent parties. The butt of an April Fool's joke was known as *poisson d'Avril*, or "April fish" (because at the time of year the sun was leaving the zodiacal sign of Pices, the fish).

Years later, Frenchmen that were fondly attached to whimsical April Fooling, made the practice a tradition in its own right. It took almost two hundred years for the custom to reach England, from which it came to America.

Watch Your Step!

According to the Centers for Disease Control and Prevention (CDC), each year 35 to 40 percent of older adult Americans fall at least once. Falling down is not just the result of getting older. Falling can be caused by a variety of circumstances, and many falling mishaps can be prevented.

Here are 6 simple steps you can take to significantly reduce your risk of falling down at home:

- Ⓔ Remove items you might trip over (such as papers, books, clothes and shoes) from stairs and places where you walk.
 - Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Ž Keep items you use often within easy reach, so you can avoid using a ladder or step stool.
 - Use non-slip mats in the bathtub and on shower floors.
 - Improve the lighting in your home. As you get older, you'll need brighter lights to see well.
 - You might also consider avoiding lightweight slippers (especially backless styles) or athletic shoes with deep treads, which can reduce your feeling of control.

Seeking Pension Beneficiaries



Are you one of the estimated 36,000 Americans who have money owed to them from pension programs? Nearly \$197 million in unclaimed pension benefits is waiting for its rightful owners. A quick search on the Pension Benefit Guaranty Corporation's website (search.pbgc.gov/mp/) will let you know if you are a "missing participant." Just search by your name, state and/or company.

-AARP

Down the Hatch



If you have difficulties swallowing pills, check out the handy Oralflo cup (\$15, www.oralflo.com). It's used in hospitals across the country, but it also can help make your medicine go down at home. Place a pill in the cup's angled mouthpiece, which allows you to swallow the pill and water together without tilting your head backward.

-Arthritis Today



Egg-cellent News

What's the number-one item to stock up on this time of year?

Eggs! Studies have shown that eating an egg a day doesn't raise the risk of heart disease among *healthy* people. In fact, lutein, a nutrient found in the yolk, may actually prevent heart disease. Here are other health benefits from the formerly forbidden food:

Brain food - Eggs are high in choline, believed to play a roll 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.

-Reader's Digest and Woman's Day

New Uses for Old Things



Here are clever ways to use and reuse household items that you probably have on hand.

Store coiled-up extension cords in toilet-paper or paper-towel tubes.

Stick return-address labels on anything you don't want to lose - books, cell phones, magazines - are just a few ideas.

Put half a scented fabric softener sheet in each of your shoes to keep them smelling fresh.

Cut a piece of bubble wrap to fit the bottom of your refrigerator fruit drawer to keep your fruits from bumps and bruises.

A nutcracker is perfect for removing tight caps on small containers like nail polish or glue bottles.

Fold several sheets of newspaper in the bottom of your trash can to absorb spills and odors.

Plastic lids placed under plants protect tabletops and floors from water rings.

Cut an old place mat in half and use it as a mouse pad.

Place an old plastic shower curtain under your picnic blanket to keep the blanket dry and clean.



Funny Zone



Play as James Bond - Egotistical Harry was always reminding people that he played semi-pro baseball. "I was the James Bond type of player," he told his friends. "I had all sorts of tricks to confuse the opposition." "Batted .007," his wife added.

Kids at the Wedding - At a friend's wedding, everything went smoothly until it was time for the flower girl and her young escort to come down the aisle. The boy stopped at every pew, growling at the guests. When asked afterward why he behaved so badly, he explained, "I was just trying to be a good ring bear."

In memoriam - One Sunday, the pastor noticed little Alex staring up at the large plaque in the foyer of the church. The plaque was covered with names. The pastor walked up, stood beside the lad and quietly said, "Good morning, Alex." "Good morning pastor," replied the little fellow.

"What is this?" "Well, son, it's a memorial to all the young men and women who died in the service." Little Alex's voice was barely audible when he asked, "Which service . . . the 8:30 or the 10:45?"

The Snail - A snail was in France and went to a Cadillac dealer. He wanted to buy a Cadillac, and he wanted a large letter "S" on the doors, the hood and trunk. The dealer did this, and the snail bought the car. He zoomed out of the dealership. Some Americans saw him speeding up the road. One of the Americans said to the other, "Man, look at that S-CAR GO!"

The Bum - A bum asks a well-dressed gentleman on the street for two dollars. The gentleman asks, "Are you going to spend it on liquor or gambling?" "No, sir. I don't drink or gamble." "You wouldn't waste time and money at a golf course, would you?" "Never," says the bum. "Would you like to come home with me for a nice dinner?" "But won't your wife be angry?" "Probably, but I want her to see what happens to a guy who doesn't drink, gamble or play golf!"

Church Social - Our minister announced that admission to a church social event would be six dollars per person. "However, if you're over 65," he said, "the price will be only \$5.50." From the back of the congregation, a woman's voice rang out, "Do you really think I'd give you that information for only fifty cents?"

Breakfast - At the diner, my breakfast arrived with only three sausages instead of the usual four. The waitress explained that the cook had dropped one and was making another. Soon the cook dashed out of the kitchen. "Here you are," he announced. "It's the missing link!"

The Jury - A prosecuting attorney just could not believe that a jury had found the defendant not guilty. Astonished, he asked the jury foreman, "How could you possibly have found this man innocent?" The foreman replied, "Insanity." The perplexed prosecutor asked, "All twelve of you?"



April Showers Bring May Flowers

Unfortunately those showers also may be accompanied by deadly lightning. To protect yourself...

- ê Avoid isolated trees or tall structures.
 - ê Seek safety in a closed car.
 - ê Get out of and away from water.
- ê Don't use electrical appliances or talk on the phone - lightning can follow the wires into your home.
 - ê Get out of the tub or shower - lightning can also follow the plumbing into your home.



Answers to the Quizzes/Puzzles

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



Recipes for April



Easy Apple Cranberry Slaw

1/3 cup KRAFT Zesty Italian Dressing
 2 Tbsp. maple-flavored or pancake syrup
 1 pkg. (14 oz.) coleslaw blend (cabbage slaw mix)
 1 apple, chopped
 1/2 cup dried cranberries
 1/4 cup chopped red onions

MIX dressing and syrup in large bowl.
 ADD remaining ingredients; toss to coat.
 REFRIGERATE 1 hour.

Special Extra

Add 1/2 cup chopped toasted PLANTERS Walnuts.

Make Ahead

Slaw can be prepared ahead of time. Refrigerate up to 24 hours before serving.

Mini Lemon Cream "Pies"

1 pkg. (3.4 oz.) JELL-O Vanilla Flavor Instant Pudding
 1 pkg. (3 oz.) JELL-O Lemon Flavor Gelatin
 1-1/2 cups boiling water
 8 NILLA Wafers
 1/2 cup thawed COOL WHIP Whipped Topping

MIX pudding mix and gelatin mix in medium bowl. Add boiling water; stir 2 minutes, until mixes are completely dissolved. Refrigerate 15 minutes.

PLACE 1 wafer in bottom of each of 8 dessert dishes; cover with pudding mixture.

TOP with COOL WHIP.

Substitute

Prepare using your favorite flavor of JELL-O Gelatin.

Special Note

If you put the round part of the cookie face down it doesn't float to the top!

A Few Extra Notes...

Don't Forget!

The Glen Ellyn Police Department will be holding a community presentation on **Monday, April 4th at 9:00 a.m.** at the Glen Ellyn Civic Center, 2nd Floor Gymnasium.

The guest speaker will be:

Congressman Peter Roskam

U.S. Representative for the 6th District

Congressman Roskam will be talking about current legislative issues. What has passed, what's up for debate and what's on the horizon. There will be a question and answer session afterward.

April Horoscopes

ARIES: It seems that all of your life people have had high expectations for you: your parents, teachers and your boss. If you're tired of trying to achieve, consider what your life would be like if you didn't.

TAURUS: Your friends and co-workers share many ideas with you. Some are good and some aren't. Before adopting someone else's thoughts and suggestions, examine them from your own point of view.