At Your Service

Merry Christmas and Happy New Year!!

Unusual Holidays in December

1st - Eat a Red Apple Day

4th - National Cookie Day

5th - Bathtub Party Day

12th - National Cocoa Day

19th - Oatmeal Muffin Day

21st - Humbug Day

24th - National Eggnog Day

26th - Nat'l Candy Cane Day

31st - Make Up Your Mind Day

Senior Center News

December 2011

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, December 14th*** *10:00– 11:00 am.*

At the Senior Center…

The **Book Club** will meet on Tuesday, December 20th at the Glen Ellyn Library at 10:00 a.m. Please call Sue at (630) 858-6343 for more information.

Holiday Bingo!!

Please join us for Breakfast and Bingo at the Senior Center!

Wednesday, December 14th, 10:00 - 11:30 a.m

Glen Ellyn Senior Center (at Grace Lutheran Church)
493 Forest Ave., Glen Ellyn

Let's have a Christmas ornament exchange! Bring a wrapped ornament to put in our Christmas bag and after Bingo you will pick a different ornament to take home!!

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

Celebrate the holidays in style! We're having a surprise game/entertainment this month. It's the season of spending time with friends - so make sure you invite someone to share this luncheon with you! Enjoy beef stew, green beans, tossed salad, rolls and cherry pie.

Tuesday, December 13th

12:00 - 2:00 p.m.

Maryknoll Park Clubhouse

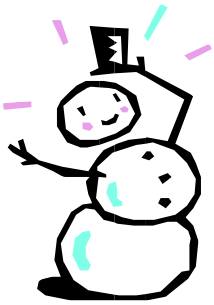
845 Pershing Ave., Glen Ellyn

Cost: $7.00

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

A Chorus Line

Follow 17 dancers yearning for a coveted spot on the line in the longest-running American musical ever produced. Celebrate their individual stories of hope and sacrifice as their tales unfold during a single audition. This smash hit at the Paramount Theatre in Aurora features big dance numbers, emotionally-charged vocals, laughter and sorrow. Lunch is not included (please eat prior to this trip). This is a cooperative trip with the Carol Stream Park District.



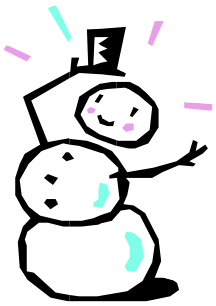
Wednesday, January 25th, 12:00pm - 5:00 pm

Pick-up/Drop-off location: Colony Park Apartments office

550 Thornhill Drive, Carol Stream

Cost: $43.00 per person

Call (630) 858-2463 to register by January 1, 2012.



Yoga offered at Grace Lutheran Church

Yoga is good exercise.

It helps improve balance, flexibility, strength and coordination.

It helps gain understanding of how your body moves and helps reduce stress.

A certified Yoga instructor leads classes here at Grace Lutheran Church at a reduced cost. This is done in an effort to allow anyone interested to take part, not only to gain the benefits of yoga, but also as an effort to improve your health through exercise.

Two different classes meet:

Mondays for "gentle" or chair yoga

At 1:00 pm - Come explore gentle movement and breathing while seated in a chair, with a few poses standing with support of the chair.

The cost is $30 per 6 week session. Join in anytime.

Thursday evenings at 7:30 pm - For traditional beginning yoga. Experience yoga poses - while seated on a yoga mat, standing and lying down.

The cost is $30 per 6 week session. Come join in anytime.

For more information, call Cathy Milleville

(630) 469-1555

Grace Lutheran Church
493 Forest Avenue
Glen Ellyn

(Classes held upstairs in the gymnasium - elevator available.)

Extra Brain Exercise for December

Have A Little Fun ...

Pencil Pastime

Take a little break from your holiday chores, grab a pencil and work this brain teaser. There are at least 14 words of four letters or more in

SHEPHERD.

How many can you list? A score of 9 is good, 11 is excellent and 14 is superb!

FRAUD ALERTS!

Information for everyone to be aware of and to share!!

-Courtesy of Age Options & Illinois SMP (Senior Medicare Patrol)

Warning About Home Health Flyers

The Illinois SMP Program at AgeOptions has received multiple complaints in recent weeks about home health agencies that have gone to apartment buildings and put flyers (and sometimes "referral sheets") under residents' doors. In one case, when a man responded to a flyer by calling the phone number on the flyer, he was asked for his Medicare number over the phone. Because we have significant fraud issues with home health in Illinois, we wanted to remind everyone that if you need home health services, you should get an order from your doctor FIRST. Do not accept services from anyone who calls on the phone or comes to the door unannounced – including companies who place flyers under your door, as **unsolicited marketing is often a sign of fraud**.

Find Illinois Doctors Online

The Illinois Department of Financial and Professional Regulation has restored their doctor search website: www.doctorinfo.illinois.gov. On this site, you can search for doctors in any area of the state by name, practice type, etc. The database includes information on what types of insurance each doctor accepts, languages spoken, education and honors, and any legal or disciplinary actions that have been taken against that doctor. We encourage Illinois consumers to use this database when looking for a doctor or to find information about a particular doctor in Illinois.

Phone Scammers Claim to Be From Medicare

The Illinois SMP Program at AgeOptions has received two reports this week of calls in Illinois in which callers are claiming to be "from Medicare" in order to obtain people's Medicare number. In the first case, a caller identifying herself as "Emma Sci" (calling from 877-542-7372) read off the first two digits of the person's Medicare number, which triggered the beneficiary to recite the remaining digits without thinking about it. "Emma" then called back again, this time claiming to be working with "Midwest Health Care Senior Center" and asked the beneficiary for her doctor's name and contact information. This made the beneficiary suspicious, so she told Emma she thought she was a fraud, and called the Illinois SMP program for help.

In the second case, a caller named "James Anderson" from Florida (calling from 360-529-6145) said that he worked with Medicare and was calling to "update Medicare's information." He asked the beneficiary for her Medicare number, and she gave it to him.

Please be aware that these kinds of calls are definitely a scam – no one from Medicare will ask for your Medicare number unless YOU call THEM. If someone is truly contacting you from Medicare, they already have your information!

If anyone has given their Medicare or Social Security numbers away to someone who called on the phone like this, please contact the Illinois SMP program at AgeOptions for assistance: (800)699-9043.

Amazing Holiday Trivia

Holly **was believed to keep evil spirits away and to protect a home from lightning.**

The Aztecs boiled Poinsettia **leaves to make a purplish-red dye and used the milk from the plant's stems as a fever reducer.**

The first Candles**, dating back to about 3,000 B.C. were made from beef tallow (animal fat), beeswax and insect and plant waxes.**

Louis Prang, an early master of color printing, marketed the first line of American Christmas Cards **in 1875.**

One point eight billion Candy Canes **are eaten six weeks prior to Christmas. Laid end to end, they'd wrap around the Earth ten times.**

"One-Horse Open Sleigh" was the original title of "Jingle Bells".

Just In The ST. NICK Of Time

These last-minute gift and wrapping ideas are guaranteed to put you in a ho-ho-ho mood.

Easy Wrap Up

- Old maps make colorful, unique gift wrap especially for travel or car accessories.
- Gather fabric remnants around the gift, cut the edges with pinking shears and tie with a ribbon.
- Wrap a large present in a paper tablecloth, cover with large snowflakes cut from paper.

Last Minute Gifts

- Everyone needs stamps, so a roll of stamps and an assortment of pretty cards are always a great gift.
- A small toolkit for the college student will come in handy.
- Long-distance phone cards are great for friends and family that are far away.
- With current gas prices, a gift card to a local gas station is very helpful. They can get milk too!

FUN FACT: 28% of Americans have given a fruitcake as a present.

‘Tis the Season to be Safe

Don’t let your tidings of comfort and joy be interrupted by crime. Follow these tips from the pros to keep you safe when you are out and about

Visiting a number of stores? Stow purchases out of plain sight - in the trunk of the car, not in the back seat.

Avoid carrying large sums of cash. Checks and one credit card are better options.

Wallets should be placed in front pants pockets. Carry your handbag where you can see it.

Note which mall entrance you came through so you can take a direct route back to your car and avoid wandering the parking lot.

If you are shopping with friends or family, remember what they are wearing to be able to give security an accurate description if you get separated.

Bright Ideas

- Put a laundry basket in the trunk of your car to hold packages. It will make it easier for you to carry them into the house all at once.
- Plastic grocery bags make a great cheap, light packing material for presents being sent by mail.

Get Revved-UP for the Holidays

Wear Red

It peps you up. One study found that athletes who wore red were more likely to win.

Go Outside

Being cooped up makes you feel sluggish. Daylight does the opposite.

Splurge Selectively

When you’re feeling tired, it’s tempting to dip into the sweets. Keep the treats to a minimum to avoid the sugar crash that inevitably follows.

Take a Whiff

Certain aromas can awaken your senses. The scent of peppermint, for instance, has been found to decrease fatigue by up to 25%.

Share the Season

Socializing with others energizes you. Going shopping? Take a pal.

Crank Up the Carols

Music can be instantly uplifting. Put on a few holiday songs and sing along.

-Woman’s Day

Useful Tidbits & Conversation Starters about this Special Season

Did you know...?

- It takes an average of three hours to wrap HOLIDAY GIFTS - and it's all torn off in seconds!
- The average person spends at least ten hours hunting for PRESENTS.
- A reindeer's top speed is thirty-two miles per hour. At that pace it would take a REINDEER seven hundred seventy-eight hours to fly around the globe.
- Most of us need at least six rolls of GIFT WRAP to get the job done.
- It may feel like you are personally sending out two billion CARDS, but that's the national total according to Hallmark.

NEW YEAR'S RESOLUTIONS

Keep it simple! Settle on one or two things you can really accomplish.

Don't just think of goals as burdens. Focus on the rewards you will get if you achieve them.

Define your goal. It should be measurable, doable and specific. "I want to get in shape" is too vague. "I will walk two miles, three days a week" is concrete.

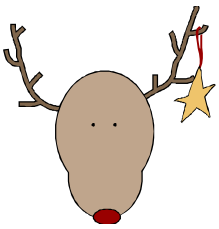
If you resolve to quit smoking, take a sip of lemon juice whenever temptation strikes, or nibble on sunflower seeds. To stay occupied, keep a pencil in your hand or play with a yo-yo.

If exercise is on your list of resolutions, don't forget laughter. Laughing uses more muscles at one time than any other activity. In fact, 15 muscles are required to just smile. :-)

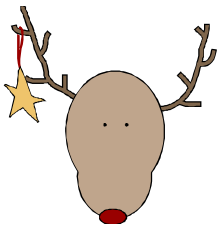
Share your goals with family and friends; studies show that telling others leads to greater success.

Any regrets about the past year? To help focus on the future, write down your regrets on a scrap of paper and toss it in the fire. Janus, the two-faced god of the new year, would approve!

Wishing You Good Health and Happiness in 2012!



Funny Zone



The lighter side You'll know times are tough when ...
You order a burger at McDonald's, and the kid behind the counter asks,
"Can you afford fries with that?"
CEOs start playing miniature golf.
Hot Wheels and Matchbox stocks trade higher than the big three.
You get a pre-declined credit card in the mail.

Get a Haircut - A young boy had just gotten his driving permit. He asked his father, who was a minister, if they could discuss the use of the car. His father took him to his study and said to him, "I'll make a deal with you. You bring your grades up, study your Bible a little and get your hair cut and we'll talk about it." After about a month the boy came back and again asked his father if they could discuss use of the car. They again went to the father's study where his father said, "Son, I've been real proud of you. You have brought your grades up, you've studied your Bible diligently, but you didn't get your hair cut!" The young man waited a moment and replied, "You know Dad, I've been thinking about that. You know, Samson had long hair, Moses had long hair, Noah had long hair, and even Jesus had long hair...." To which his father replied, "Yes, and they walked everywhere they went!"

You Know You Have Had Too Much Coffee When...

*Juan Valdez names his donkey after you
*You get a speeding ticket even when you're parked
*You grind your coffee beans in your mouth
*You sleep with your eyes open
*You have to watch videos in fast-forward
*You lick your coffee pot clean
*Your eyes stay open when you sneeze
*The nurse needs a scientific calculator to take your pulse
*You can type sixty words a minute with your feet
*You can jump-start your car without cables
*Your only sources of nutrition comes from "Sweet & Low"
*You don't sweat, you percolate

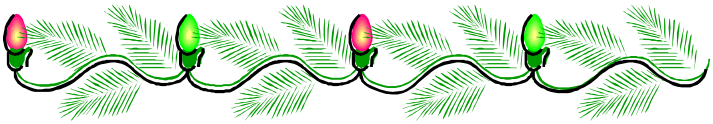
High Blood Pressure - When a physician remarked on a new patient's extraordinarily ruddy complexion, he said, "High blood pressure, Doc. It comes from my family." "Your mother's side or your father's?" I asked. "Neither," he replied. "It's from my wife's family." "Oh, come now," I said. "How could your wife's family give you high blood pressure?" He sighed. "You oughta meet 'em sometime, Doc!"

Lawyers on a Plane - An airliner was having engine trouble, and the pilot instructed the cabin crew to have the passengers take their seats and get prepared for an emergency landing. A few minutes later, the pilot asked the flight attendants if everyone was buckled in and ready. "All set back here, Captain," came the reply, "except the lawyers are still going around passing out business cards."

Making Babies - A second grader came home from school and said to her mother, "Mom, guess what? We learned how to make babies today." The mother, more that a little surprised, asked fearfully, "That's interesting. How do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."

Important Information!!

The Senior Center continues to collect empty medication bottles. Please note: we can only accept the *clear (brown) prescription bottles*. We can no longer accept over-the-counter medicine bottles. Thank you!



WINTER is Here!

The shortest day of the year is *almost* here. Thursday, December 22nd is the day when the sun drifts farthest south, offering little light and marking the start of winter by traditional reckoning.

While some people are sad for the loss of light, others say the winter solstice is a day of celebration, for daylight hours get longer after this date. But on this day, there will only be about 9-1/2 hours of daylight compared to the 15 hours on the longest day - June 21st.

Whichever group you agree with, we hope you have a wonderful winter!

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 December

Chicken & Butternut Squash Casserole

2 lbs butternut squash, peeled, seeded and cut into 1 inch cubes
1 large bell pepper, cooked, seeded and cut into 1 inch pieces
1 Tbs. Olive oil
2 large clove garlic, minced
3 Tbs. Fresh parsley, minced
1-1/2 tsp fresh rosemary leaves, minced
2 - 6 oz. Baked chicken breasts, diced
1/2 Cup grated Parmesan cheese

1) Preheat oven to 400°.

2) Combine squash and next 6 ingredients in a bowl. Season with salt and freshly ground black pepper to taste.

3) Transfer mixture to a gratin dish or other shallow baking dish and sprinkle evenly with Parmesan.

4) Bake about 1 hour in middle of oven until squash is tender and top is golden.

Cranberry Orange Dream

1-1/2 cups boiling water
1 pkg. (6 oz.) JELL-O Cherry Flavor Gelatin
1 can (16 oz.) whole berry cranberry sauce
1-1/2 cups cold water
1/2 tsp. ground cinnamon
1-1/2 cups HONEY MAID Graham Cracker Crumbs
1/4 cup sugar, divided
1/2 cup butter or margarine, melted
1 pkg. (8 oz.) PHILADELPHIA Cream Cheese, softened
1 tub (8 oz.) COOL WHIP Whipped Topping, thawed
1 can (8 oz.) DOLE Crushed Pineapple, drained
1 can (11 oz.) DOLE Mandarin Orange Segments, drained

ADD boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved. Add cranberry sauce; stir until melted. Stir in cold water and cinnamon. Refrigerate 1-1/4 hours or until slightly thickened.

MEANWHILE, mix graham crumbs, 2 Tbsp. sugar and butter; press onto bottom of 13x9-inch dish. Refrigerate until ready to use.

BEAT cream cheese and remaining sugar in large bowl with whisk until well blended. Stir in COOL WHIP and pineapple. Spread over crust. Stir oranges into gelatin mixture; pour over cream cheese layer.

REFRIGERATE 3 hours or until firm.

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