



# At Your Service

## Happy Groundhog Day!! Happy Valentines Day!

### Unusual Holidays in February Senior Center News

February 2011

1st - Birthday of *Sesame Street's* Elmo (1984)

4th - Bubble Gum Day

6th - Nat'l Popcorn Day

9th - Toothache Day

11th - Make a Friend Day

12th - Nat'l Plum Pudding Day

19th - Chocolate Mint Day

21st - Love Your Pet Day

24th - Tortilla Chip Day

27th - Polar Bear Day

28th - Nat'l Tooth Fairy 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, February 9th 10:00- 11:00 am.*

#### At the Senior Center...

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

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.



### Free Computer Class At the Glen Ellyn Public Library!



#### Basic Computer Skills for Seniors

This 2-session class is for seniors who want to learn basic computer operations. We will show you how to open a program, create a folder, save a file and other useful tools.

Tuesday and Wednesday

February 8 - 9, 10:00-11:30 a.m.

Glen Ellyn Public Library, 400 Duane St., Glen Ellyn

(630) 469-0879 for more information

# What's Happening At the Glen Ellyn Park District

## Rules of the Road

Use this two-hour course to brush up on traffic laws before taking the driver's license renewal examination. Included is a review of traffic signs and a practice test. This class is free, but registration is required.

Friday, February 18th

10:00 am - Noon

Main Street Recreation Center  
501 Hill Avenue, Glen Ellyn

*Cost: Free*

Call (630) 858-2463 to register

## Tuesday Senior Luncheons at the Park District

**Celebrate the month of love with a little Valentines Bingo! This isn't your typical Bingo game - find out what the fun is all about! Menu: herb-crusted pork loin, rice, mixed veggies, tossed salad, rolls and cake.**

Tuesday, February 8th

12:00 - 2:00 p.m.

Maryknoll Park Clubhouse

845 Pershing Ave., Glen Ellyn

*Cost: \$7.00*

Call (630) 858-2463 by Tuesday, February 1st to reserve your spot!

## Take a Trip With the Glen Ellyn Park District to see *Annie!*

America's favorite cartoon sweetheart is back in one of the most popular Broadway shows of the century! Winner of seven Tony Awards, including Best Musical, *Annie* is a delightful concoction of comic villains, cute little girls, gangsters, presidents, billionaires, butlers and bums.

It's a merry world glowing with optimism from its gentle humor, to its carefree dances, to its tuneful score including that anthem of hope, "Tomorrow". This uplifting show about the triumph of hope in a time of economic and political upheaval is even more meaningful now than it ever was.

Truly an inspirational show for audiences of all ages! We will enjoy lunch and have a chance to shop in town before the show at the Fireside Theatre in Fort Atkinson, WI. Lunch is Aloha salad, Chicken Kona Kai, freshly baked bread and chocolate peanut butter cheesecake.

Thursday, March 10th, 8:30 am - 6:00 pm

Cost: \$92.00 per person

Pick-up/Drop-off: Maryknoll Park

Registration deadline: February 10th; call (630) 858-2463 for more information





# Funny Zone



**For Sale** - A real-estate agent was driving around with a new trainee when she spotted a charming little farmhouse with a hand-lettered "For Sale" sign out front. After briskly introducing herself and her associate to the startled occupant, the agent cruised from room to room, opening closets and cupboards, testing faucets and pointing out where a "new light fixture here and a little paint there" would help. Pleased with her assertiveness, the woman was hopeful that the owner would offer her the listing. "Ma'am," the man said, "I appreciate the home-improvement tips and all, but I think you read my sign wrong. It says, "HORSE for sale."

**Flight Time** - A blonde calls Delta Airlines and asks, "Can you tell me how long it'll take to fly from San Francisco to New York City?" The agent replies, "Just a minute..." "Thank you," the blonde says, and hangs up.

**Ohio fliers** - The U.S. Postal Service issued a stamp honoring the one hundredth anniversary of the first flight by the Wright Brothers. The first man in powered flight was from Ohio. The first man ever to orbit Earth was from Ohio. And the first man on the moon was from Ohio. It sounds like a lot of people are trying to get out of Ohio.

**CAT Scan** - As a resident physician in radiology, I was speaking with the man whose wife was about to receive a CAT scan of the chest. While the nurse was placing the intravenous line, I asked the husband if his wife had undergone any other tests. The man named several procedures involving various body parts, but he couldn't remember one particular test. Thinking out loud, he said, "What is that thing women have that men don't?" His wife was quick to answer, "A brain, dear."

**Weights** - Somewhat skeptical of his son's newfound determination to become the next Charles Atlas, the father nevertheless followed the teenager over to the weight-lifting department. "Please, Dad," whined the boy, "I promise I'll use them every day." "I don't know, Michael. It's really a big commitment on your part," the father pointed out.

"Please, Dad?" "They're not cheap either." "I'll use them Dad, I promise. You'll see." Finally won over, the father paid for the equipment and headed for the door. From the corner of the store he heard his son yell, "What! You mean I have to carry them to the car?!"

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# Extra Brain Exercise for February



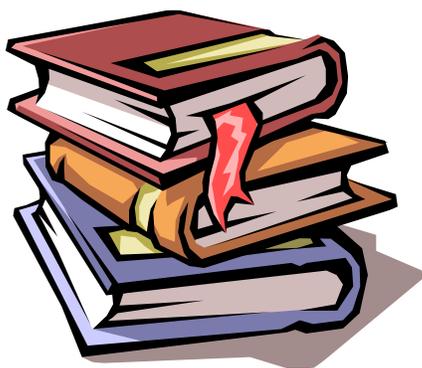
Have A Little Fun ...

## Pencil Pastime

It may be the shortest month, but February marks the birth of many well-known writers. Unscramble the names below

(places of birth as clues).

- 1) MEAJS YOCEJ (Ireland)
- 2) HOJN IENTSCCKBE (California)
- 3) AURAL GNALSLI DLIREW (Wisc.)
- 4) SAJEM CREENIMH (NYC)
- 5) CTOVIR OHUG (France)
- 6) CLSIARIN SWLEI (Minnesota)







## Facts About February

As a group, teachers receive the most Valentine's Day Cards every year, followed by children, mothers, wives and sweethearts.

No network footage exists of Super Bowl I in 1967. It was taped over, supposedly for a soap opera. Don't forget, Super Bowl XLV is on February 6th.

February, having only 28 days in common years, is the only month of the year that can pass without a single full moon.

According to folklore, if it's cloudy when a Groundhog emerges from its burrow on February 2nd, winter will soon end. If on the other hand, it's sunny, the groundhog will supposedly "see its shadow" and go back into its burrow and winter will continue for six more weeks.

February 4th is National Wear Red Day. It's a day when many people wear red to show their support for the awareness of heart disease.

## Valentine Signs



Candy hearts, cupids and messages of love are everywhere and it means only one thing. Valentine's Day is here! But how did it all start? Here are some fun facts and theories.

**Conversation Hearts** Legend has it that in the early 18th century, American colonists actually scratched love notes on the back of homemade candies and gave them to their betrothed. It took 100 years for things to get easier for lovers. Conversation hearts with love notes on them came out in 1866.

**Valentine Cards** Credit for writing the first valentine verses is given to Charles, Duke of Orleans, who was a prisoner of war in 1415, sent his wife poems from this cell. Today 200 million valentine cards are sent to friends, relatives and lovers.

Cupid was a Roman contribution to Valentine's Day. In Roman mythology, Cupid is the son of Venus, goddess of love and beauty. He is still represented on valentines as a cherub armed with arrows dipped in a love potion.

*We hope you have a very  
Happy Valentine's Day!*

## How to Stay *Healthy* In The *Hospital*

**You've heard the horror stories about medication mix-ups and exposure to serious infections. Martine Ehrenclou, author of *Critical Conditions: The Essential Hospital Guide to Get Your Loved One Out Alive*, tells you how not to become one of these stories.**

- ⊖ **Insist on cleanliness - and don't be shy about it. Anyone who touches you should wash his or her hands or put on disposable gloves first.**
- **Appoint an advocate - a friend or family member who can show up daily to monitor your care and keep track of everyone who treats you.**
- ž **Take notes when anyone gives you instructions, and keep a list of your medications at your bedside, as well as a list of meds you are allergic to.**

## The *Amazing* Golden Apple

Ever heard the expression "If live gives you lemons..."? It so happens that this sour fruit has a long history of turning potential adversity into triumph!

- Ê Romans prescribed lemons as a precaution against snake bites and as a moth repellent.
- Ê In the 17th century, it was thought that lemon juice could mitigate the violent heat of fevers.
- Ê Originally found in northern India, lemons were referred to as the "golden apple" and treasured by kings.

*Even today, lemon's non-culinary uses are numerous.*

- Ê Lemon juice cleans piano keys and copper pots, brightens porcelain, absorbs odors and removes lipstick and wine stains.
- Ê Half a lemon, from which most of the juice has been squeezed, makes a fresh cleaning pad for faucets and sinks. Use it with a little salt as an abrasive.
- Ê Throw leftover lemon peels down the garbage disposal to deodorize and keep it smelling fresh.

# I WANT to HOLD Your HAND

Want an excuse to hold hands? Try reading each other's palms with a little help from pro, Richard Webster.

If you have long fingers, you are thoughtful and pay attention to details.

If you have short fingers, you tend to jump into situations without weighing all the pros and cons.

If your heart line curves up between the first and second fingers, you express emotions easily.

If your heart line runs straight across the top of the palm, you are sensitive, but have a hard time discussing feelings.

If you have a long life line, that stretches from about the base of the thumb to around the middle of the palm, you have lots of energy and a zest for life.

If you have a high life line that's closer to the base of your fingers than to your thumb, you're a passionate person.

## Year of the Rabbit



The animal designations of the Chinese zodiac follow a 12 year cycle and are always used in the same sequence. The Chinese new year begins this year on February 3rd and is the Year of the Hare (Rabbit). Here's what *The Older Farmer's Almanac* says about the Hare sign and its compatible and opposite signs.

People born in the **Years of the Hare** - 1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999 and 2011. You are talented, affectionate and a seeker of tranquility. You are compatible with the pig and the sheep. Your opposite is the rooster.

People born in the **Years of the Pig** - 1923, 1935, 1947, 1959, 1971, 1983 and 1995 are gallant and noble.

People born in the **Years of the Sheep** - 1931, 1943, 1955, 1967, 1979, 1991 and 2003 are aesthetic and stylish.

People born in the **Years of the Rooster** - 1921, 1933, 1945, 1957, 1969, 1981, 1993 and 2005 seek wisdom and truth.

February 3rd marks the beginning of the Chinese year 4709. George Hamilton, Tina Turner, Patti Page, Crystal Gayle and Roger Moore were all born in the Year of the Hare.



## February is Black History Month

In honor of Black History Month, get out a pencil and take this fun mini-quiz. How many of these famous African Americans do you know?

- 1) Who is the first African American to have his own TV show?
- 2) Who wrote the novel Roots?
- 3) Who is the father of the blues?
- 4) Who is the female jazz singer known as the divine one?
- 5) She is a civil rights legend.

Answers are to the right. No fair peeking!



## 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](mailto:seniors493@geseniors.net)

Website: [www.glenellyn.org/Senior/Senior.htm](http://www.glenellyn.org/Senior/Senior.htm)

# Recipe for February

## Easy Taco Pie

1 lb. extra-lean ground beef  
1 onion, chopped  
1 Tbsp. chili powder  
1 can (14-1/2 oz.) diced tomatoes, undrained  
1 cup KRAFT Mexican Style 2% Milk Finely Shredded Four Cheese, divided  
1/4 cup BREAKSTONE'S Reduced Fat or KNUDSEN Light Sour Cream

1 pkg. (10 oz.) frozen corn thawed, drained  
6 whole wheat tortillas (6 inch)



**HEAT** oven to 375°F.

**BROWN** meat with onions and chili powder in large skillet on medium-high heat. Add tomatoes and corn; cook 5 min. or until heated through, stirring occasionally.

**SPOON** 1 cup meat mixture into 2-qt. round casserole; cover with 3 tortillas, overlapping if necessary to fit in dish. Top with 2 cups of the remaining meat mixture and 1/2 cup cheese. Cover with remaining tortillas and remaining meat mixture; cover.

**BAKE** 25 to 30 min. or until heated through. Top with remaining cheese; bake, uncovered, 5 min. or until melted. Cut into wedges. Serve topped with sour cream.

### *Special Extra*

Garnish each serving with 1 Tbsp. chopped fresh cilantro or green onions.

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

