



At Your Service

Happy New Year!!

January 2011

Unusual Holidays in January Senior Center News

4th - Birthday of the Blender
(1910)

4th - Nat'l Spaghetti Day

8th - Nat'l Bubble Bath Day

13th - Birthday of the Frisbee
(1957)

16th - Nat'l Fig Newton Day

19th - Squirrel Appreciation Day

20th - Penguin Awareness Day

28th - Backwards Day

31st - Bubble Wrap Appreciation
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,
January 12th
10:00- 11:00 am.**

At the Senior Center...

The Book Club will meet on
Tuesday, January 18th at
10:15 a.m. Please call Sue at
(630) 858-6343 for location and
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.

AARP Glen Ellyn Chapter

Please join us for a presentation on proper posture. Many physical problems can be corrected by just correcting your posture. People working at desks and computers have many problems caused by posture.



Tuesday, January 4th
10:00 a.m.

St. Barnabas Episcopal Church
22W415 Butterfield Rd., Glen Ellyn
(Between Route 53 and Park Blvd.)



Please call George Pelch at (630) 983-0918 for more information.

What's Happening At the Glen Ellyn Park District

Prairie State Legal Services

Prairie State Legal Services provides legal assistance to persons with low income and persons 60 years or older. If you need assistance with landlord-tenant issues, Social Security, elder abuse or non-criminal legal problems, schedule an appointment by calling (630) 690-2130.

Tuesday, January 4th

1:30 - 3:30 p.m.

Main Street Recreation Center

501 Hill Avenue

Fee: **FREE**

AARP Driver Safety Program

Seniors, sharpen your defensive driving skills and become a safer driver by enrolling in this class that combines discussion and text. Completion of this eight-hour classroom program entitles you to a reduction on your automobile insurance premium. No refund after the first meeting.

Wednesday & Thursday

January 26 & 27

9:00 a.m. - 1:00 p.m.

Main Street Recreation Center

501 Hill Avenue

\$12.00 AARP Member/\$14.00 Non-Member

Call (630) 858-2463 to register.

Tuesday Senior Luncheons at the Park District

Happy New Year! Join us for B-I-N-G-O and start the year off with a chance to be a big winner! Menu: Beef Stroganoff, Tossed Salad, Rolls and a Sweet Dessert.



Tuesday, January 11th

12:00 - 2:00 p.m.

Maryknoll Park Clubhouse

845 Pershing Ave., Glen Ellyn

Cost: \$7.00



Call (630) 858-2463 by Tuesday, January 4th to reserve your spot!



Funny Zone



Clearing Way? My job as a land surveyor took me to a golf course that was expanding from 9 holes to 18 holes. Using a machete to clear thick brush in an area I was mapping, I came upon a golf club that an irate player must have tossed away. It was in good condition, so I picked it up and continued on. When I broke out of the brush onto a putting green, two golfers stared at me in awe. I had a machete in one hand, a golf club in the other, and behind me was a clear-cut swath leading out of the woods. "There," said one of the golfers, "is a guy who hates to lose his ball!"

Teaching A teacher was asked to fill out a special questionnaire for the state. One question said, "Give two reasons for entering the teaching profession." The teacher wrote, "July and August."

Juror Judge Is there any reason you could not serve as a juror in this case? Juror: I don't want to be away from my job that long. Judge: Can't they do without you at work? Juror: Yes, but I don't want them to know it.

Chowder I was waiting tables at a country club when an elegantly dressed woman spilled Manhattan clam chowder all over her white linen skirt. She began furiously dabbing at it with a napkin. Having plenty of experience with getting out food stains, I asked, "Can I bring you some club soda?" "Young lady," she barked, "I'll be the judge of when I've had enough to drink. Bring me another martini!"

Italian Food The customer in the Italian restaurant was so pleased that he asked to speak to the chef. The owner proudly led him into the kitchen and introduced him to the chef. "Your veal parmesan was superb," the customer said. "I just spent a month in Italy, and yours is better than any I ever had over there." "Naturally," the chef said. "Over there, they use domestic cheese. Ours is imported."

Ski Trip A man went on a ski trip, and was knocked unconscious by the chair lift. He called his insurance company from the hospital, but it refused to cover his injury. "Why is the injury not covered?" he asked. "You got hit in the head by a chair lift," the insurance rep said. "That makes you an idiot, and we consider that a pre-existing condition."

Mad Cow Disease - Two cows were chatting over the fence between their fields. The first cow said, "I tell you, this mad cow disease is really scary. They say it is spreading fast; I heard it hit some cows down on the Johnson Farm." The other cow replied, "I'm not worried, it doesn't affect us ducks."

Extra Brain Exercise for the New Year



Have A Little Fun ...

Pencil Pastime

There are at least 8 words which contain letter sequence H L O.
How many can you find?
A score of 4 is very good;
6 is exceptional and 7 is outstanding!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____





Happy 2011!

Here are some fun facts about the New Year.

- ê The month that serves as our threshold to the new year derives its name from “Janus” the Roman god of gates and doors.
- ê The United Nations has designated 2011 the International Year of Forests & International Year of Chemistry.
- ê Earth begins another orbit of the sun, during which it, and we, will travel some 583,416,000 miles in 365.2422 days.
- ê It is believed that the Babylonians were the first to make New Year’s Resolutions, and people all over the world have been breaking them ever since.
- ê New Year’s Day has been called “Everyman’s Birthday,” and in some countries a year is added to everyone’s age January 1st rather than on the anniversary of each person’s birth.

We Hope You Have a Wonderful Year!

January

Fun Facts About the Month



Dianthus the botanical name of the **Carnation**, the flower of January, means divine flower.

Amid the cold and deep snows of midwinter, the wolf packs howled hungrily outside Native American villages. Thus the name of January’s full moon - **Wolf Moon**.

Aquarians, those born between January 20 and February 19, are said to be friendly, intelligent and honest.

The Crusaders thought that wearing a **Garnet**, the birthstone of January, would protect them from injury in battle.

The **Tournament of Roses** parade in California started on January 1, 1886. But it wasn’t until 1902 that the Rose Bowl football game became part of the festivities.



New Year New Healthy Habits

Is one of your 2011 resolutions healthier eating? Try these 5 new habits and you'll be fast on your way to improved health.

- j Shrink your portions by using smaller plates, asking for a small ice cream cone, splitting restaurant entrees with a friend and vowing never to super size.**
- k Drink up. Get a water bottle and carry it with you everywhere you go. Drinking water instead of coffee, soda, fruit punch or other sweetened drink saves calories and keeps your body functioning optimally.**
- l Start the day with cereal. Studies show that people who eat breakfast cereal have higher intakes of vitamins and fiber and lower intakes of fat and saturated fat.**
- m Stop eating meals while watching TV or snacking during your favorite show. Common sense and research tell us we eat more when we're watching the tube.**
- n Add one fruit or vegetable to every meal and you'll be on your way to lower blood pressure and improved health.**

-iVillage

HOW TO discuss PAIN with your DOCTOR

You may simply want to beg your doctor to please take the pain in your hip (or knee or back) away, but the more details you offer, the better his or her pain plan will be. Below are some suggestions to get results.

Keep a diary. Before you set foot in the doctor's office, keep a diary for a week. Note when the pain is worse: morning, noon or night. Do any over-the-counter drugs help? What makes the pain better or worse? Show the diary to your doctor.

Number the pain. Be prepared to rate your pain from one (a tiny pain) to ten (for a hospital-bound pain).

Limit your points. Tell your doctor only your three most pressing concerns. It can be overwhelming for a doctor to be told 15 things.

Talk about function. Say what the pain stops you from doing. That gives your doctor something specific to work on with you.

-Arthritis Today





Trivia Day January 4th

How's this for trivia - The bat is the only mammal that can fly, a person loses an average of 40 to 100 strands of hair a day and queen termites can live 50 years.

If that's not enough to get you thinking hard, ponder this:

- è In 1879, in Liege, Belgium, cats were trained to CARRY the MAIL over a distance of 18 miles!
- è There is only ONE Q in a Scrabble game.
- è Struggling confectioner William Luden once MELTED DOWN some unsold CANDY, added menthol flavor, and created his now famous COUGH DROPS.
- è It takes 40 minutes to hard-boil an OSTRICH EGG.
- è The Aztecs were making PEANUT BUTTER 1,000 years ago, but they used it as toothpaste, not food.
- è Eighteenth-century French composer and chess master Frances Andre Danican was the first man to WIN A GAME of chess BLINDFOLDED.

-Mental Floss, Ripley's Believe it or Not, corsinet.com

Martin Luther King, Jr. January 15, 1929

Martin Luther King, Jr. stood out from an early age, reciting scriptures before age 5. At six he sang hymns from memory that moved people to tears. It was the beginning of the oratory and leadership King would exhibit over the course of his short life.

In the summer of 1964, Dr. King won the Nobel Peace Prize and was invited to the White House for the historic signing of the Civil Rights Act. He was only thirty-five years old.

Dr. King said, "Hatred and bitterness can never cure the disease of fear; only love can do that. Hatred confuses life; love harmonizes it. Hatred darkens life; love illuminates it."

January 17th we honor the very special Baptist minister from Georgia who gave his life insisting we honor truth, conquer evil, embrace love and expand justice.



Natural Remedies You can believe in

Chances are you'll find a cure right in your own refrigerator, pantry or spice rack. Clip and save these tried-and-true home remedies.

Sore throat - Drink hot tea with honey.

Heartburn - Chew gum. Gum stimulates salivation, which washes acids back into the stomach.

Paper cuts - Heal paper cuts or shaving nicks by rubbing *Chapstick* on the wound. The lip balm stops the pain and helps heal the cut.

Canker sores - Soak a tea bag in cool water, then apply it to the sore for one or two minutes, two or three times a day. Avoid spicy foods.

Hiccups - For many people, eating one heaping spoonful of *Jif Peanut Butter* is a cure for the hiccups.

Stuffed-up Nose - *Horseradish* is a natural remedy for a congested nose. Eat horseradish on crackers.

-Joey Green's Amazing Kitchen Cures

Your Wallet's Stolen! Now What?

In addition to money and credit cards, a stolen wallet or purse often holds information that a scam artist can use to cause further harm. Here's what to do if it happens to you.

- ☒ Don't panic. Stay calm and try to think of what was stolen and what private information your wallet contained. Write everything down.
- Call the police. File a report immediately and get a copy of the report or at least a report number; you'll probably need it to file an insurance claim.
- ☒ Alert your bank and credit issuers. The faster the better, especially if you lost a checkbook or ATM debit card.
- Notify credit-reporting agencies. File a fraud alert with one of the three credit-reporting agencies. Experian (888-397-3742), TransUnion (800-680-7289) or Equifax (800-525-6285). Anyone checking your credit history will know your identity has been stolen.
- Contact government agencies. Your local Department of Motor Vehicles will help you get a new driver's license. Contact the Social Security Administration if your SS number was stolen.
- Call your health insurer. Many of us carry our health insurance ID. Notify your pharmacy and physician also.

And finally, keep in mind, the less you carry with you, the less you have to lose.

What's Happening at the Glen Ellyn Public Library

Answers to the Quizzes/Puzzles

Swinging Thru the Stacks

Play Mini Golf at the Library

The Glen Ellyn Public Library Foundation and the Friends of the Library are sponsoring an evening of fun and games to raise money for the continued development of the butterfly garden located near the Prairie Path. There will also be a silent auction. Friday, January 28.....6:00-9:00 p.m.

Used Book Sale

We have a wide variety of books at bargain-basement prices. Please drop by and shop! Donations of quality used books may be dropped off at any time at the Circulation Desk. Please bring your donations in a box or bag that can be left at the Library.

Saturday, January 22

9:00 a.m. - 4:00 p.m.

Call (630) 469-0879 for more information



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



Recipe for January



Breakfast Bake

1 can (8 oz.) refrigerated crescent dinner rolls
1 pkg. (8 oz.) OSCAR MAYER Smoked Ham, chopped
6 eggs
1/2 cup milk

1/2 tsp. pepper
1 cup KRAFT Shredded Cheddar Cheese
1 cup KRAFT Shredded Mozzarella Cheese

- 1) HEAT oven to 350°F.
- 2) UNROLL dough in 13x9-inch baking dish; press to cover bottom of dish, firmly pressing perforations and seams together to seal. Top with ham.
- 3) WHISK eggs, milk and pepper until well blended; pour over ham. Top with cheeses.
- 4) BAKE 25 min. or until center is set.

Healthy Living

Trim 80 calories and 8 grams of fat per serving by preparing with reduced-fat refrigerated crescent dinner rolls, fat-free milk, KRAFT 2% Milk Shredded Cheddar Cheese and KRAFT 2% Milk Shredded Mozzarella Cheese.

Substitute

Substitute 2 cups KRAFT Shredded Colby & Monterey Jack Cheeses for the 1 cup each Cheddar and mozzarella cheeses.

Substitute 1 lb. pork sausage, cooked and drained, for the ham.

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