



# At Your Service

*Spring is Just Around the Corner!!*

## **Unusual Holidays in March** Senior Center News

March 2011

- 1st - National Pig Day
- 4th - Nat'l Pound Cake Day
- 9th - Birthday of Barbie® (1959)
- 13th - Plant a Flower Day
- 16th - Artichoke Hearts Day
- 20th - National Ravioli Day
- 22nd - Young As You Feel Day
- 23rd - Nat'l Chip and Dip day
- 28th - Something on a Stick Day
- 30th - Take a Walk in the Park 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, March 9th 10:00– 11:00 am.**

### *At the Senior Center...*

The Book Club will meet on Tuesday, March 15th 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.

## **Glen Ellyn Senior Center Event**

### **Adventures in Broadcasting with Gene Doretti**

Wednesday, March 23rd

Breakfast: 10:00 am; Program: 11:00 am



Gene Doretti, former WGN TV and radio newsman will entertain us with his stories and anecdotes from many years of broadcasting. He will bring along many celebrity stories and pictures, including those from the most popular TV show in Chicago history, Bozo's Circus. A very entertaining program!!

*Space is limited, so please call to reserve your spot by Friday, March 18th!*

*(630) 858-6343*

# What's Happening At the Glen Ellyn Park District

## Tuesday Senior Luncheons at the Park District

Look out for the "Lucky Leprechaun" this month! We're playing a St. Patrick's Day game - wear your green today and you may win a "pot-o-gold!" Menu: baked ham, garlic mashed potatoes, green beans, fresh fruit salad, rolls and apple pie.



**Tuesday, March 8th**  
**12:00 - 2:00 p.m.**  
**Maryknoll Park Clubhouse**  
**845 Pershing Ave., Glen Ellyn**  
*Cost: \$7.00*



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



## Take a Trip With the Glen Ellyn Park District to see *Sense & Sensibility!*



**Wednesday, March 23rd 10:00 am - 4:30 pm**

A lack of family fortune means very few marriage prospects for the Dashwood sisters, who couldn't be more different from one another. Both seek a husband, but find that neither Elinor's common sense nor Marianne's passion are the key to happiness. Startling secrets and unexpected twists line the path to true love in this tale of flirtation and folly. Based on Jane Austen's first novel, this classic story comes to life at the Northlight Theatre in Skokie. Lunch is on your own at Corner Bakery. This is a co-op trip with the Carol Stream Park District.

**Cost: \$49.00 per person**

**Pick-up/Drop-off: Maryknoll Park**

**Registration deadline: March 1st; call (630) 858-2463 for more information**

# What's Happening at the Glen Ellyn Public Library

400 Duane St., Glen Ellyn (630) 469-6630

*From the Friends of the Library...*

## USED BOOK SALE

Saturday, March 19.....9 a.m. - 4 p.m.

There will be a \$10 entry fee from 9 a.m. to 11 a.m.

Sunday, March 20.....1 p.m. - 4 p.m.

Books will be sold by the bag for \$5.



## Donations -

Quality adult and children's books in good condition, audio books, videos, DVDs, recent computer games and software, music (CDs, cassettes, albums), and monthly magazines (last 2 years only) are accepted anytime. We cannot take encyclopedia sets, old computer software and manuals, weekly magazines or damaged, musty or outdated materials. Donations need to be boxed or bagged please.

Drop-off assistance with your donations is available on the following days -

February 26....1 p.m. - 5 p.m. & March 5.....1 p.m. - 5 p.m.

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## 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.\*

Thursday, March 3rd, 7 pm - 8 pm....*A Beginner's Guide to the Golden Age of Radio*

Sunday, March 6th, 2 pm - 3 pm....*Dyed in the Wool*

Thursday, March 10th, 7 pm - 8 pm....*The Many Mystical Moods of Morocco*

Sunday, March 13th, 2 pm - 4 pm....*Home Health Care as a Care Option*

Thursday, March 17th, 7 pm - 8 pm....*Researching Your Chicago Ancestors*

Thursday, March 24th, 7 pm - 8 pm....*Preserving Family Recipes*

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# Extra Brain Exercise for March



## Have A Little Fun ...

# Pencil Pastime

It's time to grab a pencil and work this quick, easy puzzler. Each clue refers to a word that begins with N-E-W. Can you guess all of them?

1. crawling creature \_ \_ \_ \_ \_
2. blushing bride  
\_ \_ \_ \_ \_
3. fresh face \_ \_ \_ \_ \_
4. staircase section \_ \_ \_ \_ \_
5. gravity guru \_ \_ \_ \_ \_
6. dad's delight \_ \_ \_ \_ \_
7. delivered daily  
\_ \_ \_ \_ \_







# March

*Fun trivia about the month*

**Spring officially arrives on March 20 at 7:21 p.m. EDT. As we welcome spring, people south of the equator are gearing up for the cooler Autumn.**

**Like the Irish, the Welsh honor their patron saint's day by wearing a bit of Green. On Saint David's Day, March 1st, they pin leeks or daffodils - Welsh national symbols - to their clothing.**

**Go to bed 15 minutes earlier every night starting on the 9th and you'll adjust better to Daylight Savings Time when the clocks are moved forward for most of the U.S. on March 13th.**

**Legend says Aquamarine, the birthstone of March, is the stone of happiness, joy and peace especially in renewing friendships.**

**Those born under the sign of Aries, from March 21st to April 20th, are said to be courageous and witty.**

**Daffodils, the flowers of March, are thought to bring good fortune to the person who avoids trampling on them.**

# Lotta Luck



With St. Patrick's Day here you will be seeing green clovers everywhere. We all know that finding a four-leaf clover means you'll have good luck and walking under a ladder brings bad luck. But how did these superstitions come about? Here are some interesting stories about these old rituals.

**WHY** it's good luck to carry a rabbit's foot - because they burrow underground and are such fertile creatures, rabbits are believed to ward off bad luck and bring on good luck.

**WHY** hanging a horse shoe brings good luck - The horse shoe shape resembled the crescent Moon, which had long hung as a safeguard on church doors. But, not all horse shoes do the trick. For the good luck to work, the shoe must be lost by a horse and found with the open end facing your way. Next, you must nail it over your front door with the open end facing up so that the good luck won't spill out.

**WHY** finding a four leaf clover is good luck - The hard to find four leaf clover has been a universal sign of good luck since the Druids held them in high esteem. Their leaves symbolize hope, faith, love and LUCK!

## What You NEED to KNOW About Medical Tests

**When your doctor orders a medical test for you, there are a number of questions you need to ask before and after it, experts advise.**

- 1) Ask your doctor to write down details such as the name of the test and the reason for it. Request written materials or other resources that describe how you need to prepare for the test and what to expect during it.**
- 2) Ask how much the test costs. Find out if your insurance covers the test and what you will have to pay in out-of-pocket costs.**
- 3) After you've had the test, follow-up is important. Always ask to see your test results, whether they are good or bad. You should know how you will be notified about the results, how long you will have to wait for the test results, and who you should contact after receiving them.**

**And once the test results are delivered, be sure to ask your health provider what they mean for your ongoing care.**

*-caring.com*

## How to Prevent Household Poisonings

More than 1.2 million children ages 5 and under are unintentionally poisoned every year in the U.S. But, youngsters aren't alone, adults can be accidentally poisoned too. Here are 5 good rules to follow to prevent poisonings.

- P** Wear clothes with long sleeves and long pants while using any harmful substance that could be absorbed through the skin. Wash any of it off that gets on the skin.
- P** Read the labels. When using any chemical substance, read the label for cautions and observe them.

We're not children, so it could be assumed that we would not intentionally eat or drink a harmful substance. But it could be done by accident. The National Safety Council says these are some ways to avoid poisoning yourself accidentally:

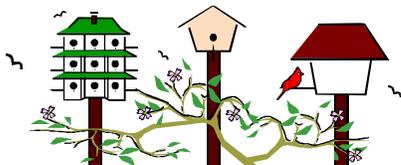
- P** Check the label for instructions before taking medicine. Always keep medications in their own bottles.
- P** Have a special place for medications that is away from other products. Never take medicine in the dark.
- P** Wash your hands before eating or drinking, especially if you have been handling questionable substances.

## Double Duty Ideas for Spring

Here are some clever ways to re-use items you may have around your house.

- Empty paper-towel roll** - Flatten and use it to sheathe a knife kept in a drawer.
- Small glass food jars** - These make perfect see-through storage vessels for nails, screws, nuts and bolts.
- Foam packing peanuts** - Put some in the bases of potted plants to help drainage.
- Plastic mesh produce bag** - Turn it into a no-scratch scrubber for a gunky pot. Ball up the bag, scour, then throw the whole mess away.

*-Good Housekeeping*



## The Rites and Rituals of Spring



Spring is (almost) here. It's time to shake off winter and have fun. It seems unusual celebrations and rituals are the order of the day. Here are several amusing spring customs from around the world.

- Encourage good fortune by dunking donuts with friends on the first day of spring.
- Jump up and down on your bed before getting out at the foot of the bed for good luck.
- A wish made upon seeing the first robin in spring will come true, but only if you complete the wish before the robin flies away.

*Spring only lasts until June 21st so make the most of it and have a wonderful time!*



# Funny Zone



**Connecting Flights** - The fur began to fly when my fellow airplane passengers learned there was a chance they might miss their connecting flights out of Aspen. When we finally landed, I found out just how nasty things got. Over the intercom, a harried flight attendant announced, "Those of you continuing on to L.A. please wait outside next to the boarding ramp and we will have a shuttle run you over."

**How Many Wives?** - A little boy was attending his first wedding with the family... After the service, a cousin wondered aloud, "I wonder how many women can a man marry?" "Sixteen," volunteered Jenni's boy. The cousin was amazed that the boy had figured it out so quickly and asked, "How do you know that for sure?" "Easy," Jenni's boy said. "All you have to do is add it up, didn't you hear the preacher say: 'Four for better, four for worse, four richer, and four poorer,' and that makes sixteen "

**Forgetful** - William's wife started noticing how forgetful he was becoming. Being the concerned wife, she convinced him to see a doctor. William was a little worried when the doctor came in. Sensing his patient's nervousness, the first thing the doctor did was to ask what was troubling him. "Well," William answered. "I seem to be getting forgetful. I'm never sure I can remember where I put the car, or whether I answered a letter, or where I'm going, or what it is I'm going to do once I get there, if I get there. So, I really need your help. What can I do?" The doctor thought for a moment, then answered in his kindest tone, "Please pay me in advance."

**Personality Test** - A psychology student was to help a professor in conducting a personality test. The room was set up with various props in order to move through the assessment quickly. The first person to enter the room started through the test. "How does this glass of water look to you?" Person 1: It is half empty. Student writes 'pessimist' in his report. Person 2 enters the room. "How does this glass of water look to you?" Person 2: It is half full. Student writes 'optimist' in his report. Person 3 enters the room. "How does this glass of water look to you?" Person 3: Looks like you have twice as much glass as you need there. The student looks totally blank and goes to consult with the professor. "Oh them!", the professor says, "I forgot to warn you about the engineers! They have no personality."

# You Don't Have to be Irish...

...to enjoy this fun trivia about things IRISH

- ∅ **IRISH COFFEE** is a beverage made with hot, sweetened coffee and Irish whiskey (made from barley), topped with whipped cream.
- ∅ **IRISH SODA BREAD** This classic quick bread uses baking soda as its leavener. Before baking, a cross is slashed in the top of the bread. Legend says the purpose of the cross is to scare away the devil.
- ∅ **IRISH SETTER** Experts believe the Irish Setter was developed from a mix of English and Gordon Setters as well as the Irish Water Spaniel, Irish Terrier and the Pointer. The first "solid red" Irish Setters were bred in the early 19th-century.

***Happy St. Patrick's Day!***



Answers to the Quizzes/Puzzles

**GLEN ELLYN SENIOR CENTER**

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Email: [seniors493@geseniors.net](mailto:seniors493@geseniors.net)

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

# Recipe for March

## Low-Fat Orange-Raisin Bran Bread

1-1/2 cups flour  
1 cup sugar  
1 Tbsp. CALUMET Baking Powder  
1/4 tsp. salt  
1 egg  
3/4 cup fat-free milk

1/2 cup orange juice  
2 Tbsp. Grated orange zest  
2 Tbsp. oil  
2 cups wheat bran flake cereal  
3/4 cup raisins



MIX flour, sugar, baking powder and salt in large bowl. Beat egg in small bowl with wire whisk. Add milk, orange juice, orange peel and oil; mix well. Add to flour mixture; stir just until moistened. (Batter will be lumpy.) Stir in cereal and raisins.

POUR into 9x5-inch loaf pan sprayed with cooking spray.

BAKE at 350°F for 55 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool completely on wire rack.

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## A Look Ahead....

### *Would you be interested in these events/outings at the Senior Center...*

Monthly Movie Outing...taking a trip once per month to the \$1.75 theater in Bloomingdale for an afternoon movie?

Bridge...we have one full table but looking to have another. No definite day of the week or time scheduled yet.

TaylorMarie's Apparel...a new service that brings the department store to us! New women's clothing and accessories from top-quality brands brought right to the senior center!

Please let us know if you are interested in these activities or have suggestions for others we might try!

Sue or Jodi (630) 858-6343

### **Save the Date!**

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.