



At Your Service

April Showers Bring May Flowers...

Unusual Holidays in May

- 1st - Batman's Birthday
- 5th - Nat'l Chocolate Custard Day
- 6th - International Tuba Day
- 8th - No Socks Day
- 12th - Nat'l Nutty Fudge Day
- 17th - Birthday of the Rubber Band
- 23rd - Nat'l Taffy Day
- 27th - Nat'l Grape Popsicle Day
- 31st - Nat'l Macaroon Day

Senior Center News

May 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, May 11th 10:00– 11:00 am.

At the Senior Center...

The **Book Club** will meet on Tuesday, May 17th at the Glen Ellyn Library at 10:15 a.m. Please call Sue at (630) 858-6343 for more information.



Glen Ellyn Senior Center Event

Rescheduled from March!

Adventures in Broadcasting with Gene Doretti

Wednesday, May 25th, 11:00 a.m.

Light refreshments will be served



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, May 20th.

(630) 858-6343

What's Happening At the Glen Ellyn Park District

Tuesday Senior Luncheons at the Park District

We're kicking off summer with a mystery game! Who knows what fun we'll have?? Lunch includes teriyaki chicken, rice pilaf, peas, corn & carrots, tossed salad, rolls and cake. Don't forget to pick up your free raffle ticket at the door.



Tuesday, May 10th
12:00 - 2:00 p.m.
Maryknoll Park Clubhouse
845 Pershing Ave., Glen Ellyn
Cost: \$7.00



Call (630) 858-2463 by Tuesday, May 3rd to reserve your spot!

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, May 3rd

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

May 11 & 12

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.

More happenings with the Glen Ellyn Senior Center...

Vintage Hat Shows

Vintage Hat Shows presented by Heather Edgington, are amazing women's history programs that also include Heather's exquisite vintage millinery collection. She will entertain and educate staging an interactive Vintage Hat Show with guests as models!

Friday, May 13th, 1:00 p.m.

Belmont Village

545 Belmont Lane, Carol Stream

Cost: FREE

(630) 510-1515 for more information

Transportation from the Glen Ellyn Senior Center may be available on a limited basis. Call us at (630) 858-6343 to let us know if you will be attending.

Christian Youth Theater

Presents

Alice in Wonderland

Join us for a modern adaptation of *Alice's Adventures in Wonderland* by Lewis Carroll presented by the Christian Youth Theater. This CYT original pop/rock opera version is like no Alice you've ever seen - it's a "wonder-filled" new musical full of surprises and twists on the classic story.

Transportation is on your own, but let us know if you will be joining us there.

Saturday, May 14th, 2:00 p.m.

Timothy Christian School

188 W. Butterfield Rd., Elmhurst

Cost: (62 yrs.+) \$11.00

Call (847) 516-2298 for ticket information

What we are collecting at the Senior Center...

We continue to accept donations of *empty, CLEAR (brown) 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 May



Have A Little Fun ...

In honor of Older Americans Month,
take this fun “*oldies*” quiz.

Count all the ones that you remember
not the ones you were told about.

1. Blackjack chewing gum
2. Wax Coke-shaped bottles with colored sugar water.
3. Candy cigarettes
4. Soda pop machines that dispensed glass bottles
5. Coffee shops or diners with table-side juke boxes
6. Home milk delivery in glass bottles with cardboard stoppers
7. Party lines
8. Newsreels before the movie
9. P.F. Flyers
10. Butch wax
11. Telephone numbers with a word prefix
12. Pea shooters
13. Metal ice trays with lever
14. 45 RPM records
15. S&H Greenstamps
16. Hi-fi's
17. Howdy Doody
18. Mimeograph paper
19. Packards
20. Roller skate keys
21. Studebakers
22. Washtub ringers

If bowling sounds
like fun, head over
to the Wheaton
Bowl, 2031 N.
Gary Avenue,
Wheaton to try it
out!

Men's Senior Group meets on Monday, Wednesday and Fridays at 8:30 a.m.

Women's Senior Group meets on Tuesday and Thursday at 8:30 a.m.

Cost: \$1.75 per game (not including shoe rental)

The coffee is FREE!!

Call (630) 668-4102 for more information



May About the Month

Wearing a bracelet of EMERALDS, the birthstone of May, on the left wrist is said to protect the wearer when traveling.

FRIDAY THE 13TH in May is the only one occurring this year. If you have a fear of the number 13, you have *triskaidekaphobia*.

In 1911, Ray Harroun was the first winner of the INDIANAPOLIS 500 car race. His average speed was 74.59 mph, he finished in 6 hours, 42 minutes, 8 seconds.

GEMINI is the period between May 21st and June 20th. Those born under this sign are thought to be interested in just about everything and are talkative.

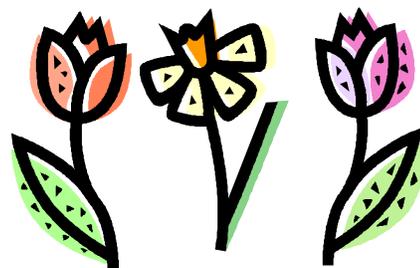
LILY OF THE VALLEY, flower of May, has been used for medicinal purposes. It was believed to strengthen memory and restore speech. All parts of the plant are poisonous.

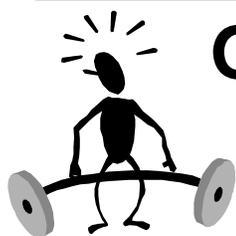
May 8th is Mother's Day!



Anna Marie Jarvis, from West Virginia, who cherished her own mother's memory, was chiefly responsible for creating a special day to recognize mother's contributions to society. The idea was not new. During the Civil War, Julia Ward Howe, author of *The Battle Hymn of the Republic*, had suggested a mother's day dedicated to peace. But it was Jarvis' letter-writing campaign that led President Woodrow Wilson, in 1914, to declare the second Sunday in May as Mother's Day. Today it's a billion-dollar business as well as a welcome occasion for expressing love. We'd like to wish all mothers a very...

Happy Mother's Day!!





Get Physical

On Wednesday, May 25, an estimated 150,000 older adults will participate in local fitness activities throughout the country as part of the National Senior Health and Fitness Day® - the nation's largest health promotion event for older adults. One of the goals of Senior Fitness Day is to increase awareness of the benefits of a regular exercise program. Here are just four good reasons to get physical.

P *Build brainpower.* Exercise not only helps you body feel spry, it also quickens the mind. Being active increases blood flow to the brain, making your mind work more efficiently.

P *Sleep better.* The key to a restful slumber may be as simple as taking a brisk walk four days a week.

P *Stand taller.* Doing strength training and flexibility exercises that improve posture can increase your height by up to a quarter-inch in a mere 12 weeks.

P *Feel more confident.* Exercise may be one of the best self-esteem boosters there is. Studies show people who exercise tend to develop a sense of accomplishment.

For more info about National Senior Health & Fitness Day, check your local papers or visit www.fitnessday.com.

6 Unusual Uses for Everyday Things

Here are simple ways to solve everyday problems with name-brand products you may have on hand.

Use PAM cooking spray to remove black skid marks left by shoes on tile or linoleum. Just spray and wipe clean.

Seal open chip bags with Scotch Packaging Tape. It sticks and resticks!

Rub Pledge furniture polish over your shower curtain rod and your shower curtain will slide easily.

Sprinkle Arm & Hammer Baking Soda on your hair, wait 10 minutes, then brush your hair. The baking soda absorbs the oil from your hair. Works best on short hair.

To soften dry, cracked cuticles, rub the area with ChapStick lip balm.

Use non-gel Colgate Toothpaste to polish silver including jewelry.

—Clean it! Fix it! Eat it!



Memorial Day

Honoring the past, recognizing
the future

On Memorial Day, one of our nation's most revered holidays, we reflect upon the true cost of freedom. We honor those who made the ultimate sacrifice to protect it.

The day is a time to remember not only the past sacrifices made by our war heroes, but also those who are actively serving us right now. Our attention this Memorial Day should include those who are serving in Afghanistan, Iraq and other countries to keep us safe.

Our military men and women have volunteered to risk their lives for America. They and their families have courage and strength that are honored, respected and appreciated.

Show your true colors. Memorial Day is not about the wars; it's about the warriors.

**We hope you have a safe
Memorial Day!**



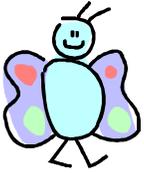
MAY is Older Americans Month



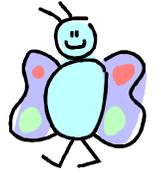
Did you know...?

- ¶ There are 39.6 million Americans 65 or older.
- ¶ When Older Americans Month began in 1963, only 17 million Americans had reached their 65th birthday.
- ¶ By the year 2050, it's expected that there will be 88.5 million older Americans, more than double the current number.

Every president since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country with ceremonies, special events, fun fairs and other such activities. For more information about events, go to www.aoa.gov.



Funny Zone



The Elephant and the Crocodile -An elephant and a crocodile were swimming in the jungle, when the elephant spots a turtle sunning himself on a rock. The elephant walks over to the turtle, picks him up in his trunk and hurls him far into the jungle. "What did you do that for?" asked the crocodile. The elephant answered, "That turtle was the one that bit me almost fifty years ago." The crocodile said, "And you remembered him after all these years? Boy, you sure do have a good memory." "Yep," says the elephant. "Turtle recall."

Blond Guy Joke - There are three blonde guys stranded on an island. Suddenly a fairy appears and offers to grant each one of them a wish. The first blonde asks to be intelligent. Instantly, he is turned into a brown haired man and swims off the island.

The next one asks to be even more intelligent than the previous one, so instantly he is turned into a black haired man. The black haired man builds a boat and sails off the island. The third blonde asks to become even more intelligent than the previous two. The fairy turns him into a woman, and she walks across the bridge.

Street Name? - "I'd like the number for Jennifer Smith in Richmond, Virginia," the young man said to the 411 operator. "There are multiple listings for Jennifer Smith in Richmond, Virginia," the operator said. "Do you have a street name?" The young man hesitated a moment, "Well, uh, most people call me Bubba."

Mom - I hadn't recorded a greeting yet on my new answering machine, so when my mother came to visit, I asked her to tape one. "This is Marcia's mother," my machine announced. "Marcia is an only child; she never writes, she never calls. So why not give me a buzz? I'd be happy to talk to you. My number is..."
Everyone called my mother. She loved the attention.

Things we Eventually Learn –

- Wrinkles don't hurt.
- Middle age is when you choose your cereal for the fiber, not the toy.
 - Never hold a Dust-Buster and a cat at the same time.
 - Do not sneeze when someone is cutting your hair.
- The best place to be when you are sad is Grandma' s lap.

Important Note:

RTA Senior Free Ride Program

Those of you who currently have the RTA Senior Free Ride Pass have received a letter from the RTA regarding changes to the program. Here are the highlights:

If you have already completed your Circuit Breaker application you do not need to do anything - your new Ride Free card will be mailed to you later this summer.

If you meet the income requirements (below \$27,610 for individuals or \$36,635 for couples) you will need to complete the Circuit Breaker application to qualify for the free rides. You can do this yourself online at www.cbrx.il.gov, by calling the Illinois Department on Aging at (800) 624-2459, or we will assist you with the application, **BY APPOINTMENT ONLY**. Our office hours are Monday - Friday, 9:00 am - 1:00 pm. Please call to set an appointment and we will tell you what documentation you will need to bring.

If you do not meet the income requirements, you will receive a new Reduced Fare Card from the RTA later this summer. This will entitle you to discounted fares on the buses and trains.

Until these new cards are issued, you may continue to use your current Free Ride card.

We do not have any information other than what has been provided to you in this letter. If you have additional questions, please contact the RTA at (312) 913-3110

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 May



Bruschetta Chicken Bake

1 can (14-1/2 oz.) diced tomatoes, undrained
1 pkg. (6 oz.) STOVE TOP Stuffing Mix for Chicken
1/2 cup water
2 cloves garlic, minced
1-1/2 lb. boneless skinless chicken breasts, cut into bite-size pieces
1 tsp. dried basil leaves
1 cup KRAFT 2% Milk Shredded Mozzarella Cheese

HEAT oven to 400°

MIX tomatoes, stuffing mix, water and garlic just until stuffing mix is moistened.

LAYER chicken, basil and cheese in 3-qt. Casserole or 13x9 inch baking dish.

TOP with stuffing. Bake 30 minutes or until chicken is done.

Creamy Strawberry-Lemon Squares

10 HONEY MAID Honey Grahams, finely crushed
(about 1-1/2 cups)
1/2 cup sugar, divided
6 Tbsp. butter or margarine, melted
2 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
3 cups cold milk, divided
2 pkg. (3.4 oz. each) JELL-O Lemon Flavor Instant Pudding
1 tub (6 oz.) COOL WHIP DIPS Strawberry Crème, thawed

MIX graham crumbs, 1/4 cup sugar and butter until well blended; press onto bottom of 13x9-inch pan. Refrigerate until ready to use.

BEAT cream cheese, remaining sugar and 1/4 cup milk in medium bowl with whisk until well blended. Spread over crust.

BEAT pudding mixes and remaining milk with whisk 2 min.; pour over cream cheese layer in pan. Let stand 5 min. or until thickened. Cover with COOL WHIP DIPS. Refrigerate 4 hours.

An Upcoming Event...

The DuPage Center for Independent Living (a 501C3 not for profit organization) is proud to sponsor the 17th annual Visually Impaired Awareness Day. This event, open to anyone who is blind or visually impaired, their families and friends and anyone else interested in attending will take place on:

Wednesday, June 15, 2011 from 3:00 to 6:00 p.m.
College of DuPage Student Resource Center North, Room 2800,
425 Fawell Boulevard, Glen Ellyn, Illinois.
There is no cost to attend.

This event brings individuals with visual impairment and those close to them in contact with exhibitors of products and services which can improve their quality of life. Everything will be on display, from computers and other personal data organizers adapted for use by people with visual impairment to information about educational services and programs and support groups. Last year, more than thirty-five providers exhibited their wares to an audience of over two hundred.

We are pleased to announce that our keynote speaker will be Mr. John Corneille, a practicing attorney in DeKalb Illinois. Mr. Corneille has overcome major loss of vision and continues in his chosen profession. He will speak at 5:00 p m.

If you have a vision loss or are interested in the subject we encourage your attendance. Please call Pat Byrne at (630) 469-2300 if you have questions or need further information.