



At Your Service

Happy New Year!!

Unusual Holidays in January

- 2nd - Nat'l Cream Puff Day
- 4th - Birthday of the Blender (1910)
- 6th - Bean Day
- 8th - Nat'l Bubble Bath Day
- 13th - Birthday of the Frisbee (1957)
- 21st - Squirrel Appreciation Day
- 23rd - Nat'l Pie Day
- 25th - Kazoo Day
- 27th - Backwards Day

Senior Center News

January 2012

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 11th
10:00- 11:00 am.*

At the Senior Center...

The **Book Club** will
meet on
Tuesday, January
17th at the Glen Ellyn
Library at 10:00 a.m.
Please call Sue at
(630) 858-6343 for
more information.



At the Glen Ellyn Public Library...

Swinging Thru the Stacks

Fun for all ages! Put together a foursome or more and join us for 18 holes of miniature golf inside the library. \$5 per person to play. Proceeds will help fund Phase II of the GEPL Butterfly Garden.

Sponsored by the Friends of the Glen Ellyn Library and the Glen Ellyn Public Library Foundation.

Friday, January 27th

6:00 - 9:00 p.m.

Call the Library at (630) 469-0879 for more information



What's Happening At the Glen Ellyn Park District

Tuesday Senior Luncheons at the Park District

Happy New Year! Join us for a fun afternoon of Left, Right, Center! Before our game, we'll warm up with a hot lunch of Beef Stroganoff! We will also have a tossed salad, rolls and a sweet dessert.



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



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

FREE TAX AIDE

Free counseling for senior citizens completing income tax returns will be available Mondays, beginning February 6th through April 9th, 2012 from AARP Tax-Aide volunteers. The counselors are trained and certified by the Internal Revenue Service.

Please call (630) 858-2463 for more information or to make an appointment beginning **January 2, 2012**. All appointments are located at Main Street Recreation Center, 501 Hill Ave., Glen Ellyn.

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 25 & 26
 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

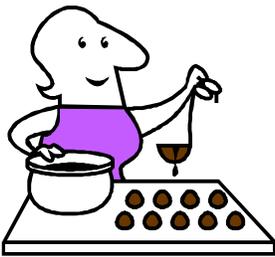


Chair Yoga classes continue at Grace Lutheran Church

Classes are offered on Monday afternoons and Thursday evenings.

For more information, call Cathy Milleville at (630) 469-1555

Grace Lutheran Church, 493 Forest Avenue, Glen Ellyn



Take a Trip with the Glen Ellyn Park District!

Chunk of Chocolate

We are delving into the delight's of man's most delicious discovery! Learn the history of cocoa and it's connection to the ancient Aztec and Inca civilizations, the varieties of chocolate, the many ways it is used and the forms it takes. We'll enjoy a delicious meal at Pompeii, followed by a melt-in-your-mouth, hot fudge sundae for dessert at a neighborhood ice cream and candy store. Our trip includes a stop at gourmet chocolatier, Godiva for a delicious treat and a candy outlet store where we can stock up! GEPD provides transportation from Maryknoll Park to the Elmhurst Park District in a minivan where we board a large bus for this cooperative trip.

Thursday, February 9th

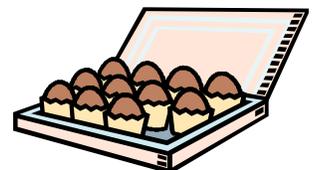
Pick-up/Drop-off at Maryknoll Park

8:30 am - 4:30 pm

Cost: \$69

Registration deadline: January 18th

Call (630) 858-2463 to reserve your spot!



Extra Brain Exercise for January

Have A Little Fun ...

Pencil Pastime

It's that time again. Grab a pencil and give your brain a little workout.

Good Luck!

- 1) Name a common English word that contains the consecutive letter combination T-A-N-T-A-N.
- 2) Name two parts of the body that are pluralized not by adding an S to their names, but by changing their vowels.
- 3) Name four common words in the English language that contain the consecutive letters N-A-C-L.



FRAUD ALERTS!

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

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

Open Enrollment Period Email Scam

The Delaware SMP shared a report this week of an email “phishing” scam. The email subject line reads “Medicare Enrollment Extended: Find a Plan!” Attached to the email is an image that says “Medicare Open Enrollment Ends February 2012. Don’t Lose Your Benefits!” The image also contains a link button that says “Find a Plan” and lists several major insurance companies. **This statement is false – the time for Medicare beneficiaries to change their plans was October 15-December 7.**

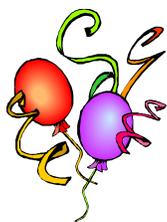
The email came from a strange looking email address; we suspect that it is an attempt to get people to follow a link and give personal information to a scam artist. It is important to never click on links or open attachments in emails that come from unknown sources, regardless of how ‘professional’ the email may look – they are generally scams, and they may contain viruses or other malware. Also, never give personal information away in response to an email, or through a link you receive in an email. If you receive an email that you think may be from a legitimate source, such as your bank, contact that source by phone first and give them your information that way.

Better Business Bureau Warns About Spam Email

The Texas SMP program shared a warning last week about a spam email claiming to come from the Council of Better Business Bureaus. The subject line says “Complaint from your customers.”

The email includes the Council of Better Business Bureau’s address to make it seem more legitimate, but the email includes a malicious link to a non-BBB website.

As mentioned above, never click on any links in emails from unknown sources, even when they claim to be from a legitimate business or government entity. If you want to know if an email is real, contact the legitimate source by phone to verify before sharing any information, and only visit websites by typing the legitimate address into a web browser yourself – **not** by clicking on links received via email.



News About NEW YEAR'S DAY

New Year's is man's oldest holiday. Tradition dictates that what you do on New Year's Day you will do all the year through. Here are several interesting superstitions that are supposed to guarantee a good outcome for the year ahead.

STOCKING UP - The new year must not be seen in with bare cupboards or that will be the way of things for the year.

DANCE - On New Year's Day, dance in the open air, especially around a tree, to ensure luck in love and freedom from ill health during the coming year.

FIRST FOOTER - The first person to enter your house after midnight will influence the year ahead. Ideally, he should be tall and dark-haired bringing a small gift. Blond and redhead first footers are bad luck. And female first footers should be shooed away!

Happy New Year!

Year of the Dragon



Just what is Chinese New Year? Chinese New Year to China is like Christmas to the West. In essence, Chinese New Year is spending time with family, gift giving and the all important, food-fest. Chinese New Year falls on January 23, when the Year of the Dragon will begin.

Birth Years for the Dragon Zodiac Sign:
1916, 1928, 1940, 1952, 1964, 1976, 1988,
2000 and 2012.

If you were born in a year of the Dragon, your tireless spirit can often bring you success.

Your fiery temperament can make you impulsive and impetuous. Routines are disliked and you are regularly searching for new challenges and opportunities.

Your compatible sign is the Rat. The Rat birth years are - 1912, 1924, 1936, 1948, 1960, 1972, 1984, 1996 and 2008.

You are not compatible with those born in the year of the Dog - 1922, 1934, 1946, 1958, 1970, 1982, 1994 and 2006.





All Eyes On Eye Care Month

You may have heard glaucoma called “the sneak thief of sight.” That is because it has no symptoms until it has progressed beyond the point where it can be successfully treated.

It’s the second leading cause of preventable blindness in the world. More than 4 million Americans have glaucoma and 120,000 are already blind because of it. The best way to protect yourself is to have an eye exam. Today, most optometrists test for it. If they find any indication, you should see an ophthalmologist immediately. Treatment can be effective in the early stages.

Though the most common forms affect middle-aged and older people, glaucoma can affect all age groups. Those at higher risk include people over 60, people of African, Asian and Hispanic decent, and those who have family members who have glaucoma. Also at a higher risk are diabetics and people who are severely nearsighted.

In the most common form of glaucoma, vision loss begins with peripheral or side vision. Be on the lookout for that first noticeable symptom and get treatment right away.

Order in the House

January is Get Organized Month so here are seven 5-minute mini-chores that will help you get things in order in a jiffy.

- 1) Pick up five things and put them where they belong.
- 2) Empty the bathroom wastebasket.
- 3) Throw out all expired coupons.
- 4) Check your stack of magazines and donate half to your local clinic.
- 5) Test pens and markers and toss dead ones.
- 6) Arrange your hangers so they all face the same way.
- 7) Ditch any shampoos or body washes you haven’t used in a while.

-Real Simple





Unmistakable Remarkable Trivia

It's Trivia Day again and here's some one-of-a-kind trivia about exceptional people, places, animals and other wonders that will amaze you.

- Ø Abraham Lincoln, who invented a hydraulic device for lifting ships over shoals, was the **only** U.S. president ever granted a patent.
- Ø Libra, the Scales, is the **only** inanimate symbol in the zodiac.
- Ø Maine is the **only** state in the U.S. whose name is just one syllable.
- Ø Teeth are the **only** parts of the human body that can't repair themselves.
- Ø Zsa Zsa Gabor was the first - and **only** - recipient of a Golden Globe Award for "Most Glamorous Actress." She won the peculiar award in 1958. The category was cancelled thereafter.
- Ø The hummingbird is the **only** bird that can fly backwards.
- Ø Elvis Presley made **only** one television commercial - an ad for "Southern Maid Doughnuts" that ran in 1954.
- Ø The only active diamond mine in the United States is in Arkansas.

-corsinet.com

Hats Off To A Great Year!



2012 promises to be an exciting year. Here are some of the highlights.

2012 is a LEAP YEAR! A tradition was introduced many centuries ago to allow women to propose to men during a leap year. This privilege of proposing was restricted to leap day in some areas. February 29th was sometimes known as "Bachelors' Day." A man was expected to pay a penalty, such as a gown or money, if he refused a marriage offer from a woman.

The Summer Olympics will be held in London, England, from July 27 through August 12. When London hosts the games, it becomes the only city to host the modern games three times.

A Solar Eclipse will be visible in almost all of the U.S. on May 20th at about 6:30 pm PDT. These events happen in North America only every few decades. The last one was in May, 1994. For more info, visit <http://eclipse.gsfc.nasa.gov>.

Election Day is November 6th. Presidential elections are held in even-numbered years that can be divided equally by four. This is a state holiday in 12 states.



Funny Zone



Bumpers - Most people hate to parallel park. The other day, I saw this woman trying to get out of a tight parking space. She'd bump the car in front, then back-up and strike the car behind her. This went on about 2 minutes. I walked over to see if I could somehow help. My offer was declined though. She said, "Why have bumpers if you're not going to use them once in a while?"

Diner - A man walked into a restaurant in a strange town. The waiter came and asked him for his order. Feeling lonely, he replied, "Meat loaf and a kind word." When the waiter returned with the meat loaf, the man said, "Where's the good word?" The waiter put down the meat loaf and sighed, bent down, and whispered, "Don't eat the meat loaf."

Understanding Flies - A woman walked into the kitchen to find her husband stalking around with a fly swatter. "What are you doing?" She asked. "Hunting Flies" He responded. "Oh. Killing any?" She asked. "Yep, 3 males, 2 Females," he replied. Intrigued, she asked. "How can you tell them apart?" He responded, "3 were on a beer can, 2 were on the phone."

The Critical Barber - So the guy goes in to his barber. He's all excited, and says, "I'm going to go to Rome. I'm flying on Alitalia and staying at the Rome Hilton, and I'm going to see the Pope!" The barber says, "Ha! Alitalia is a terrible airline, the Rome Hilton is a dump, and when you see the Pope, you'll probably be standing in back of about ten thousand people." So the guy goes to Rome. When he comes back and the barber says, "How was it?" "Great," he says. "Alitalia was wonderful airline. The hotel was great. And I got to meet the Pope!" "You met the Pope?" asked the barber. "I bent down to kiss the Pope's ring." "And what did he say?" "He said, 'Where did you get that crummy haircut?'"

Medical Error... At the outpatient surgery center where I work, the anesthesiologist often chatted with patients before their operations to help them relax. One day he thought he recognized a woman as a co-worker at the VA hospital where he had trained. When the patient confirmed that his hunch was correct, he said, "So, tell me, is the food still as bad there as it used to be?" "Well, I suppose," she replied, "I'm still cooking it."

Bad Relationships - Two Yuppettes were shopping. When they started to discuss their home lives, one said, "Seems like all Alfred and I do anymore is fight. I've been so upset I've lost 20 pounds." "Why don't you just leave him then?" asked her friend. "Oh! Not yet." the first replied, "I'd like to lose at least another fifteen pounds first."

Valuable Book - A collector of rare books ran into an acquaintance who told him he had just thrown away an old Bible that he found in a dusty, old box. He happened to mention that Guten-somebody- or-other had printed it. "Not Gutenberg?" gasped the collector. "Yes, that was it!" "You idiot! You've thrown away one of the first books ever printed. A copy recently sold at auction for half a million dollars!" "Oh, I don't think this book would have been worth anything close to that much," replied the man. "It was scribbled all over in the margins by some clown named Martin Luther."

Texas - At the urging of his doctor, Bill moved to Texas. After settling in, he met a neighbor who was also an older man. "Say, is this really a healthy place?" "It sure is," the man replied. "When I first arrived here I couldn't say one word. I had hardly any hair on my head. I didn't have the strength to walk across a room and I had to be lifted out of bed." "That's wonderful!" said Bill. "How long have you been here?" "I was born here."

Letter to Company - After trying a new shampoo for the first time, a guy fired off an enthusiastic letter of approval to the manufacturer. Several weeks later he came home from work to a large carton in the middle of the floor. Inside were free samples of the many products the company produced: soaps, detergents, tooth paste, and paper items. "Well, what do you think?" his wife asked smiling. "Next time," he replied. "I'm writing to General Motors!"

WE REMEMBER DR. MARTIN LUTHER KING, JR.

January 15, 1929 - April 4, 1968

"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

-Martin Luther King, Jr.

On January 16th, we honor Dr. Martin Luther King, Jr., the man who perhaps more than any other, shaped the future of civil rights in America. He was truly a great American whose vision and eloquence continue to enrich our nation. So on this date, we are proud to celebrate the birth of Dr. Martin Luther King, Jr.



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

Recipe for January

"Ann's Special" Sour Cream Coffee Cake

1 cup sugar	1-1/2 tsp baking soda
1 cup butter, softened	1/2 cup sour cream
3 eggs	1 cup walnuts, chopped
2 cups flour	3/4 cup sugar
1-1/2 tsp baking powder	2 tsp cinnamon



- 1) Lightly grease 8x12 pan (or 9x13).
- 2) In large bowl, cream together the sugar with the butter. Add the eggs and beat well.
- 3) Mix in the flour, baking powder, baking soda and sour cream. Stir until just combined.
- 4) To make filling, in a small bowl combine nuts and cinnamon and mix.
- 5) Pour 1/2 of the batter into prepared pan, then sprinkle on 3/4 of the filling.
- 6) Pour the remaining batter on top and sprinkle the remaining filling on top.
- 7) Bake at 350° for 40 minutes or until tests done.

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

