



**Geneva Township
Senior Center**
400 Wheeler Drive
Geneva, IL 60134

Geneva Township Officials

J. Patrick Jaeger, Supervisor
Sharon Brazill, Trustee
John Connolly, Trustee
Robert Kovacs, Trustee
Richard Sharp, Trustee

Gayle Kennedy, Center Director



**Remember Our Veterans
Support Our Troops**

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**Oktoberfest with
The Happy Wanderer**

November

2009



Senior Center Newsletter

Geneva Township wishes you, your family and friends a safe, healthy and happy Thanksgiving.

2nd annual Thanksgiving Food Drive

Everyone attending the November free lunch is encouraged to donate canned goods to our 2nd annual food drive. During the entire month of November the Senior Center will be accepting non-perishable food items that will be shared with a local food bank. Let’s share the spirit of Thanksgiving with our less fortunate neighbors.



November Free Lunch on Friday the 13th!

The FREE lunch for November will be held on Friday, November 13 at 11:30. All Geneva Township residents age 55+ and all members of the Senior Center may call for a reservation for our “Taste of the Orient.” **Gen Hoe Restaurant** will be catering our lunch, offering egg rolls and chicken dumplings as appetizers, sweet and sour chicken, steak kow, fried rice and wonton noodles for the main course, almond and fortune cookies for dessert (all MSG free). We are able to take the first 100 people who sign up, please call early to make your reservation.

Open Monday Nights

Looking to share an evening with friends? The Senior Center is now open from 8:30a.m. until 9:00p.m. on Mondays for your use. **Dancing with the Stars** is shown on a large screen television and it’s fun to watch as a group and to “judge” the dancers. Each week we will hold our own contest to choose the dancer that will be eliminated that week. We also have Monday Night Football. Also, if you prefer to shoot pool, players are ready and willing. As always, the computers are available for use. Drop in !

Fabric Plates with Dolly

If you have admired the fabric decorated plates on display at the Senior Center, this class is for you. **Dolly Hiller** will be instructing how to make them on Monday, November 9 at 1:00. The simple to make plates can be decorated with holiday fabric or a choice of other material and make excellent gifts. The cost is \$2.00 for a plate, material and supplies. Please sign up for this program.

Mission Statement

The mission of the Geneva Township Senior Center shall be to act as the primary community resource to serve all citizens of Geneva Township by enriching the social and intellectual life of our older adults; helping our older adults contribute to the well being of our community as effective and useful citizens of the township; helping those approaching or in retirement to plan appropriately; organizing community interest in improving the overall climate of living for our older residents; decreasing the sense of isolation and dependence that often accompanies old age; and, helping our older adults meet practical problems attendant with aging.

Thinking about Bowling?

Our bowlers have been enjoying their Friday outings to **Bowling Green Sports Center** on Rte. 38 (Roosevelt Rd.) in West Chicago. The bowlers play for \$1.05 a lane with shoe rental an additional \$1.00. Join the bowlers on Friday, November 20 at 12:45 for 2 frames. New bowlers are always welcome.

Fourth Friday Lunch Bunch (FFLB)
Sanfratello's Pizza at 7 W. State Street in Geneva, is the location chosen for the next FFLB. Meet at 11:30 to avoid the lunch rush. Please let us know that you are planning to attend to insure we can all sit together.

How to Stay Young, the First 100 Years
Would you like more energy and a higher quality of life? This 45 minute presentation will provide valuable tips on wellness; such as good nutrition, stretches, exercises to maintain a healthy nervous system and the best foods for anti-aging. **Dr. Jamey King** and **Dr. Amanda Richardson** from King Chiropractic will be presenting strategies for good health on Monday, November 16 at 1:00. Please register for this program by calling Gayle.

Antique Evaluation Day

Are you curious about the value of sentimental items you have at home. Would you like to talk with an antique dealer about your mother's glassware or an heirloom piece? On Thursday, November 12 at 1:00 the Senior Center is hosting 3 local antique dealers that have over 50 years experience in the antique business between them. **Carol VandenBrook, Roberta Schoenenberger** and **Richard Malkowski** will give their best estimate as to the value of an item if it were to be found in an average Midwestern antique shop. The following item areas may be brought in for evaluation (all items need to be from 1959 or earlier unless otherwise noted); glassware & dishes, pottery, books, postcards & Valentines, old Christmas decorations, old buttons & sewing items, 1970s and older costume jewelry. You are welcome to bring in 1 or 2 pieces for evaluation. Please sign up if you plan to attend.

Chick Chat Craft



On Friday, November 6 at 1:00 **Ruth Marsh** will lead the creative craft of making cork coasters and trivets from wine corks. The clever and useful cork trivets are on display at the Senior Center. The cost of the project is \$2.00 which includes instruction, wine corks and all necessary supplies to complete your project. If you have extra wine corks please share them with us as each hot pad uses at least 18 corks. Please sign up for this project.

November Book Club

The Book Club has chosen **The Children of Men** by **P.D. James** for the book discussion in November. This book will be discussed on Monday, November 23 at 10:30. A movie starring Clive Owens, was made from this book and will be shown following the discussion. **The Children of Men** movie will begin at approximately 11:30. You may attend the movie without participating in the book discussion if you choose.

Senior Vitality

The Senior Center is happy to continue to offer **Senior Vitality Exercise Classes** at no charge to our members. Our Thursday 10:30 class will continue with **Deb** as the class leader. However, we will no longer be able to offer our Tuesday 10:30 class with **Tamie** due to scheduling conflicts. We are working with Delnor to provide a second class each week and hope to have this arranged by December. The Thursday class has grown and new people are always welcome. The class is for men and women, all fitness levels. The goals are to improve balance and flexibility and encourage stretching. You can just show up for this class. No reservation is required. Try it and see if you like it! It will make you feel good.

Private Movie Screening for the Senior Center

Looking for an afternoon of laughter? A private showing of a just released movie, **“Old Dogs”** starring Robin Williams and John Travolta, will be shown at the Sycamore Theater on Thursday, December 3. **Darl Hopper**, the daughter of members **Darlene and Larry Zuwala** owns the **Sycamore Theater** and has organized an enjoyable afternoon. We will meet at the Senior Center at 10:15, and go to Sycamore for an 11:00 showing of “Old Dogs”. Following popcorn and soda pop during the show, we will have a hot dog lunch. There will be time to shop around Sycamore before heading home at 2:30. (The Township Supervisor highly recommends a loaf of cinnamon bread from Elleson’s Bakery, 344 W. State St., Sycamore). The cost for transportation, movie, snacks and lunch is \$10.00. We have a limited number of seats for bus transportation, please make a reservation.

Use It or Lose It

There are many ways to stimulate your brain, one of the most fun ways is through memory games. **Sharon Brazill**, Geneva Township Trustee, will be presenting a fun program on Memory Games, on Thursday, November 19 at 1:00. This program will increase your flexible thinking and speed and accuracy in thinking all while you are having fun. There is a therapeutic aspect to playing games that increases the thinking ability of active adults. Refreshments will be served. Let us know if you are attending.



What do you like about the Center

“I enjoy the camaraderie. It is a great place to play pool and hang out with the guys”.

-Frank Stagno

Investment Club

The next Investment Club meeting is Monday, November 9 at 10:30. You are welcome to attend a meeting as a spectator to see if it is something you would be interested in joining. The Investment Club is a private group not sponsored by Geneva Township.

A Thanksgiving Gathering

Celebrate with us the day before Thanksgiving. On Wednesday, November 25 we will be playing a dice game called **Right, Left, Center** at 12:30. This easy to learn game requires 3 nickels per game. The idea is to leave with more nickels than you brought. This game combines playful competition with luck, you just roll the dice. Come for some laughs and refreshments. Golden Diners serves lunch at 11:30. For lunch, you must make a reservation 2 days prior (requested donation is \$3.75).

Veteran’s Day Sing-a-Long

Ted Gorski will be playing the piano and leading a sing-a-long in celebration of Veteran’s Day. This sing-a-long will be held with the **Geneva Friendly Seniors** at the **Geneva Park District** on Wednesday, November 11 at 12:30. All members of the Senior Center are invited to attend this musical program. Refreshments will be served and this is a great opportunity to meet new people and sing!

Wheeler Walker Wrap Up

The weather has changed and the Wheeler Walkers have been challenged with rain, wind and cold. The last official day for organized group walking will be Thursday, November 19. We are offering a free **congratulatory lunch** to all our regular walkers that have strolled Wheeler Park the past months. If you were a regular Wheeler Walker, please call Gayle to register for the November 19 (11:30) congratulatory lunch. As an alternative to walking, we encourage you to consider participating in Senior Vitality on Thursday at 10:30.

Meet with a Naturalist

A naturalist from the **Kane County Forest Preserve** will give a presentation on animals that are native to Illinois. Are you curious about coyotes, minks and warblers? Would you like to learn the importance of an animals’ habitat in sustaining their population? Furs, and feathers will be available for inspection and identification. The presentation on mammals, reptiles and amphibians will be held on Tuesday, November 17 at 1:00. As always, please let us know if you plan to attend.

Pizza Party Monday Night

Push the easy button! We are open until 9:00 pm on Mondays. On Monday, November 9 we are offering a pizza party before **Dancing with the Stars!** We will be serving a salad; pizza from Bellagio's, and pop at 6:00 before DWTS starts at 7:00. If you plan to join us for pizza, make a reservation by noon on Monday so we order plenty of food. The cost will be \$3.00 per person. Join the party!

Lois Continues to "Talk Bridge"

Lois Hoyer will continue to provide her popular bridge sessions the second and fourth Monday's in November at 12:30. Each session will address bridge techniques and tips on how to best play a hand. Following the discussion, bridge games will be played to reinforce what you have learned. You do not need to attend all sessions to benefit point.



Volunteers Needed

We are looking for volunteers to assist with assorted duties on Wednesdays. Each volunteer will work a 2 hour shifts, helping to answer the phones and welcome people to the Center. Looking for a Librarian to keep our library organized. Talk with Gayle if you are interested.

GENEVA DELI
1-630-232-3602

SUGGESTED DONATION OF \$3.75 PER SALAD BAR, BREAD & MILK SERVED EACH DAY
November 2009

NEED TO MAKE RESEVATIONS TWO DAYS IN ADVANCE
MENU SUBJECT TO CHANGE

TUESDAY	WEDNESDAY	THURSDAY
Vegetarian Chili 3 <u>Sandwich on Rye Bread:</u> Italian Beef & Swiss American OR Crab Salad <u>OR Salad:</u> Chef's (ham, turkey, cheese)	Macaroni, Ham & Cheese 4 Whole Wheat Bread Soup	Soup du Jour 5 <u>Sandwich on Sliced Bun:</u> Sloppy Joes OR Shaved Ham & Provolone <u>OR Salad:</u> Grilled Chicken on Fresh Spinach
Old-fashioned Cabbage Soup 10 <u>Sandwich on Sliced Bun:</u> Pulled Pork OR Shaved Ham & Cheddar <u>OR Salad:</u> Tuna & Hard-boiled Egg	 <h2 style="text-align: center;">Closed for Veterans Day</h2>	
Tomato Florentine Soup 17 <u>Sandwich on Sourdough:</u> Hot Turkey & Swiss OR Egg Salad <u>OR Salad:</u> Chicken Caesar	Spaghetti & Meatballs 18 Country Wheat Baguette Soup	Broccoli Cheddar Soup 19 <u>Sandwich on Multi-grain:</u> Hot Sliced Chicken Teriyaki OR Corned Beef & Swiss <u>OR Salad:</u> Sante Fe Ham
Garden Vegetable Soup 24 <u>Sandwich:</u> Chicago Style Hot Dog on Bun OR Shaved Turkey/Cream Cheese/ Cranberry on Pumpernickel <u>OR Salad:</u> BLT Chicken	Baked Ham / Cran-Raisin 25 Sauce Baked Sweet Potatoes Whole Wheat Bread Soup	<div style="text-align: center;">  <h1 style="text-align: center;">Thanksgiving</h1> </div>



Please Remember We Need
2 DAYS NOTICE
For Lunch So Sign Up Today



Dominoes

Any persons interested in playing dominoes? On Friday afternoons at 1:00 a group has started playing dominoes and is looking for more players.

Cribbage

Tuesdays at 10:30 a group of cribbage players gather at the Senior Center. Check out this group if you are interested in cribbage.

Ken's Computer Seminar

The November seminar will focus on the use of and making of simple spreadsheets on the computer. What can a spreadsheet do for you? Join Ken's seminar on Tuesday, November 10 at 9:00 and learn how to create one for your own use. You need no prior knowledge of spreadsheets to attend this seminar, however basic computer knowledge is necessary.

DON'T FORGET OUR FREE SERVICES

Services are free of charge to Geneva Township residents age 55+!

- RTA Senior Citizen Fare I.D. Photos & Cards. One stop. (*\$5.00 charge for non-residents*)
- Personal Document Shredding
- File of Life
- Notary Service (No Cook County real estate docs.)
- Well-Being Check
- Senior Services Associates, Inc. Caseworker (every Wednesday)
- Central Kane County TRIAD
- Hearing Screening (2nd Monday each month)
- Computer class (every Tuesday morning)
- Free Monthly Lunch and Daily Refreshments
- Free Flu Shot Clinic

If you have any questions about these free services - or if you would like the Township to add a service to this list, give us a call at 630-232-3602.

November 2009

Save a Stamp
Sign up to receive
your newsletter,
calendar and menu
electronically. Just
e-mail a request to
Gayle Kennedy at:
skennedy@geneva-township.com

Senior Center



400 Wheeler Drive
Geneva, IL 60134

Requested

Returned Service

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