



**Geneva Township
Senior Center**

400 Wheeler Drive
Geneva, IL 60134

Gayle Kennedy, Director

Geneva Township Officials

J. Patrick Jaeger, Supervisor

Sharon Brazill, Trustee

John Connolly, Trustee

Robert Kovacs, Trustee

Richard Sharp, Trustee



Arlington Race Track

Of Special Interest This Month

Open Monday Nights	Page 1
Oktoberfest Free Lunch	Page 1
Love to Laugh II	Page 2
Watch for Census Scams	Page 2
Flu Shot Clinic	Page 3
Bus Trip to Art Institute	Page 3
Medicare Drug Plan	Page 3

October

2009



Senior Center Newsletter

We're Open on Monday Nights!

Starting October 5, the Center will remain open until 9:00 p.m. on Monday nights. All of our facilities will be available for your use and enjoyment. We will be showing **Dancing with the Stars (DWTS)** on our big screen television! DWTS is a popular T.V. show that features a dancing contest among celebrity contestants. We will have, in turn, our own contest asking our members to pick which celebrity (ies) will be voted off and which will win on the season's final show. Join us on Monday nights starting October 5 for our DWTS contest and an evening at the Center.

Oktoberfest FREE Lunch ...

Our FREE lunch will be held on Monday, October 19 at 11:30. All Geneva Township residents age 55+ and all members of the Senior Center may call for a reservation for this Oktoberfest lunch. The **Little Owl** has been asked to cater this month, and will be serving a quarter pound bratwurst with warm German potato salad and hot sweet and sour red cabbage. We are able to take the first 100 people who sign up, please call early to make your reservation.

... with Oktoberfest Entertainment



Following your *Deutsche mittagessen*, (German lunch), Jerry May will entertain us in true Oktoberfest fashion! Decked out in his *lederhosen*, Jerry, with his accordion, will play favorite German polkas and sing-a-longs. Mark your calendars for this event and make your reservation for our Oktoberfest.

Happy Halloween BUNCO



We will celebrate Halloween on Wednesday, October 28 at 12:30, playing BUNCO and enjoying each other's desserts! BUNCO is a fun and easy-to-learn dice game where you roll the dice and repeatedly rotate from table to table, giving you the chance to play with almost everyone present. Prizes will be awarded for lucky BUNCO winners. Costumes are optional. Please let Gayle know if you plan to join in the fun and if you're bringing your favorite dessert to share.

To Reach Director Gayle Kennedy call 1-630-232-3602

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.

Fourth Friday Lunch Bunch

Join the lunch bunch at **The Little Owl** restaurant on Friday, October 23. The **Lunch Bunch** will meet at 11:30. Please make a reservation with Gayle to insure that everyone can sit together.

Bowling Green FUN

After the Lunch Bunch on Friday, October 23 at 12:45, the bowlers will be striking up fun at the **Bowling Green** lanes on Roosevelt Road in West Chicago. Bowlers of all abilities are welcome.

Chick Chat Update

Chick Chat is a group of interesting women who meet on the first and third Fridays of the month to share in a wide variety of interests. On October 2, at 1:00, **Gail Jankowski** will lead a session on making creative greeting cards. Gail makes unique cards for all occasions using various scrapbook and card making techniques that she will share. Samples of the cards will be on display at the Center. Please sign up to make sure we have adequate supplies. The cost of supplies to make the cards will be \$1.00 per person.

Love to Laugh – Session II

Our Love to Laugh session was a HUGE hit last month! Everyone who attended got their endorphins charged and left with a feeling of happiness and well being. It is a scientific fact that even fake laughter has the same biochemical and physiological benefits as the real thing. On Tuesday, October 13 at 1:00, **Terri Reasoner**, certified laughter yoga facilitator, will return to the Senior Center and lead a second session of Love to Laugh. If you attended the first session come at 1:30 to participate in the laughter exercises. If you have not previously attended, come early for the presentation portion at 1:00. Please register for this program and laugh for whatever reason you like or for no reason at all!

Just A Word of Caution...

Be cautious about giving information to U.S. Census workers. With the U.S. Census process beginning, the Better Business Bureau (BBB) advises people to **be cooperative, but cautious**, so as not to become a victim of fraud or identity theft. The first phase of the 2010 U.S. Census is under way as workers have begun verifying the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race, and other relevant data. The big question is how do you tell the difference between a U.S. Census worker and a con artist. The BBB offers the following advice:

* If a U.S. Census worker knocks on your door, they will have a Census Bureau badge, a handheld computer device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, **you should never invite anyone you don't know into your home, including anyone claiming to be a Census worker.**

** Census workers are knocking on doors only to verify address information. **DO NOT give your Social Security number, credit card or any banking information to anyone, even if they claim they need it for the U.S. Census.** While the Census Bureau might ask for *general* financial information, such as a salary range, Census workers should not ask for any *specific* financial information such as Social Security, bank account, or credit card numbers, nor will a Census worker solicit donations. Eventually, Census workers may contact you by telephone, mail, or in person at home. However, **Census workers will never contact you by e-mail**, so be on the lookout for e-mail scams impersonating the Census Bureau. **Never click on a link or open any attachments in an email that are supposedly from the U.S. Census Bureau.**

The 8th Annual Free Flu Shot Clinic

Geneva Township is sponsoring our annual free flu shot clinic on Monday October 12 from 9:00 to 12:00 noon. The **Visiting Nurses Association** of Fox Valley will administer the shots. Seniors covered by Medicare Part B will have the cost of their flu shot paid by Medicare. Please bring your Medicare card. Geneva Township will cover the cost of the flu shot for any Geneva Township resident age 55+ not covered by Medicare Part B. For all others, the cost of the flu shot is \$25.00 and the cost of a pneumonia shot is \$35.00. For the second year the DPT (diphtheria, tetanus, and pertussis) shot will also be offered. It's cost is \$45.00. A doctor's prescription will be required for any shot other than the flu shot. For those who need to pay for their shot(s), payment must be by cash or check only. Seniors who need transportation to the Senior Center should contact Geneva Township prior to October 5. As always, free treats and refreshments will be served. Come visit with old friends or meet new ones. If you have any questions, contact Gayle at the Center.

Why do you like the Senior Center?



"It's the building! Large, open, rooms and few walls. Members can easily see each other, mingle and feel connected."

--Darrel Scarff

October Book Club Selection

On Monday, October 26 at 10:30, the book club will discuss the book of the month, **Hotel on the Corner of Bitter and Sweet**, by **Jamie Ford**. This novel will be released in paperback on 10-06-09.

Enjoy a day at the Art Institute

On Wednesday, October 14, consider joining our trip to the world renowned Art Institute of Chicago. We will be enjoying the Institute's 300,000 plus works of art. Our bus will leave the Center at 9:00, arriving at the newly opened and totally accessible Modern Wing at about 10:30. You will have until 2:00 to explore the Art Institute at your leisure. For lunch you will have two options; the café with cafeteria style dining, or if you prefer to spend the entire time appreciating the art, you may bring a sack lunch and eat on the bus during the return trip to Geneva. The cost of the trip is \$18.00. You must make a reservation with Gayle. The Art Institute does not allow backpacks, camera bags, video cameras, large purses or photography of the exhibits.

Is Your Orchid Plant Thriving?

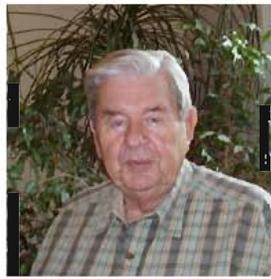


On October 27 at 1:00 **Mary Weiss** will return to the Senior Center to share information on orchids and answer your orchid questions. Last April Mary, our orchid specialist, spoke at the Center on or-

chids and gave away over 30 orchid plants. Mary challenged the recipients to nurture their plants and report back in six months, offering to give a new plant to the person with the healthiest orchid, (your plant does not need a bloom to be healthy). It will be interesting to see the status of the 30 orchids and learn more about these beautiful plants. This presentation is for anyone interested. Please call and let us know if you plan to attend.

Understanding Medicare

Betty Erickson, a representative with **Senior Services Associates, Inc.** is at the Center every Wednesday to address your needs. Betty will present an important and timely program on Medicare Part A, B and D on Wednesday, October 21 at 1:00. All subscribers to Medicare Part D can select, or make a change to, their drug plan between November 15 and December 31. Betty will guide you through the various options. Consider lunch before the program. Golden Diners offers lunch at 11:30 on Tuesday, Wednesday and Thursday for \$3.75. Please call at least 2 days in advance for lunch reserva-



Someone you should know...Lou Kram

Lou regularly stops in to brighten the Senior Center with his friendly smile, helpful manner and humor! Born in Austria, Lou came to the United States in 1957 on the General Langford Ship, first living in Michigan, then settling in Chicago, Bartlett and now Geneva. Lou and Edie, his wife of 58 years, have 3 children and 6 grandchildren. Lou has a strong German accent, and he and Edie still speak German in their home. Family is very important to Lou. He has maintained close contact with his European relatives, visiting every year. He

worked for Vienna Sausage for 13 years before running his own automotive repair shop in West Chicago for 25 years. Lou enjoys golfing, bowling and coming to the Senior Center. "I love it here at the Center and I like to help." Lou is always willing to set up for the free lunches, assemble the newsletter and help whatever he can. Lou has interesting stories to tell about his life experiences, he is someone you should know.

GENEVA DELI
1-630-232-3602

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

NEED TO MAKE RESEVATIONS
TWO DAYS IN ADVANCE

SALAD BAR On Wednesday

MENU SUBJECT TO CHANGE

TUESDAY	WEDNESDAY	THURSDAY
 <p>Springfield Trip and the Class of 2009</p>	 <p>Happy Halloween</p>	<p>Navy Bean & Ham Soup 1 <u>Sandwich on Wheat Bun:</u> Turkey with Basil Pesto Sauce Chicago Style Hot Dog <u>OR Salad:</u> Chef's Salad (Ham, Turkey, Cheese)</p>
<p>Tomato Florentine Soup 6 <u>Sandwich on Pita Bread:</u> Egg Salad Hot Ham & Swiss <u>OR Salad:</u> Chicken Caesar</p>	<p>Spaghetti & Meatballs 7 Country Wheat Baguette Soup </p>	<p>Broccoli Cheddar Soup 8 <u>Sandwich on Multi-grain Bread:</u> Corned Beef & Swiss Hot Chicken Teriyaki <u>OR Salad:</u> Santa Fe Ham Salad</p>
<p>Garden Vegetable Soup 13 <u>Sandwich:</u> Shaved Turkey/Cream Cheese/Cranberry on Pumpernickel Chicago Style Hot Dog/Bun <u>OR Salad:</u> BLT Chicken Salad</p>	<p>Boneless Ribs with Honey Apple Sauce 14 Baked Sweet Potatoes Whole Wheat Bread Soup</p>	<p>Soup du Jour 15 <u>Sandwich on Multi-grain Bread:</u> Classic Club with Turkey/Bacon Hot Roast Beef <u>OR Salad:</u> Deviled Egg Salad Supreme</p>
<p>Corn Chowder Soup 20 <u>Sandwich on Wheat Bun:</u> Honey Turkey/Muenster Cheese Sloppy Joes <u>OR Salad:</u> Asian Chicken Salad</p>	<p>Ham & Black Bean Soup 21 Mixed Vegetables Multi-Grain Bread</p>	<p>Turkey Vegetable Soup 22 <u>Sandwich on Bun:</u> BBQ Riblet Southwestern Ham Wrap <u>OR Salad:</u> Chicken Caesar Salad</p>
<p>Beef Barley Soup 27 <u>Sandwich on Submarine Roll:</u> Submarine Sandwich Hot Meatloaf <u>OR Salad:</u> Chicken, Bean & Wheat Pasta Salad</p>	<p>Beef & Broccoli Stir Fry 28 Brown & Wild Rice Wheat Bread Soup</p>	<p>Split Pea with Ham Soup 29 <u>Sandwich on Pita Bread:</u> Tuna Salad Hot Turkey Florentine <u>OR Salad:</u> BLT Chicken Salad</p>



Ken's Online Safety Seminar

Is it safe to purchase items online? What about conducting financial transactions online? At this month's computer seminar, Ken will address computer security issues such as using virus detection software, describing a "firewall," how it works, and how to develop a secure password. Attend his seminar on Tuesday, October 13 at 9:00 to explore computer security.

Bridge with Lois - Continues

On the second and fourth Mondays of October, at 12:30, **Lois Hoyer** will continue her popular bridge sessions. These sessions will include topics such as how to finesse, review of basic bidding techniques and tips on how to best play a hand. A bridge game will follow where you can practice what you've learned. Please make a reservation.

Pat's Chat

Don't forget that the Guys get together around a large table every Monday at 9:30 for coffee and donuts to talk about and (sometimes) solve the problems of the world.

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.

To Reach Director Gayle Kennedy call 1-630-232-3602



400 Wheeler Drive
Geneva, IL 60134

PRSR STD
U. S. POSTAGE
PAID
Geneva, IL
Permit No. 96

**Returned Service
Requested**

Go Green!

Save a Stamp

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

October 2009
