

# Mt. Morris Senior Center Newsletter

## New Year, New Activities!

With each new year comes new challenges, new ideas, and new things to do. Here at the Mt. Morris Senior Center we are always trying to come up with more ways to connect seniors to each other, give seniors new experiences, and help seniors stay active. Check out these new activities as we begin 2019!

International meals will be one of the highlights as we go through 2019. We will have an international meal each month on the second Tuesday beginning in January. These meals will be \$8 each and they will include entrées, sides, and even desserts from other countries. We will include countries like China, Japan, Germany, Tanzania, and Denmark among many others. We are going to start the international festivities with somewhere to warm us up on January 8th. Join us for a Joyous Jamaican January!

We enjoyed our crocheting class so much that we will be starting a club. This will be a club for crocheting, knitting, and other similar crafts. This will keep those of us who just learned how to crochet working on our projects and give those who have been making things from yarn for years a group to work with. We will meet each Monday

10:30 am-Noon. If we make scarves or hats that we don't want to keep or gift to someone we know we will donate them to Loaves and Fish Food Pantry for their holiday giveaways. All are welcome to join this fun group!

Our Lunch Bunch has been so popular that we are expanding to two Lunch Bunches each month. The first lunch will be at a sit down restaurant on the first Friday of each month. The second one will be at a sandwich place or somewhere that is a little more casual on the 3rd Friday of each month. We hope you will be able to join us for one or both of these fabulous fellowship opportunities each month!

For those who love making cards we have an opportunity for you! Each month we will make cards for upcoming holidays or just because. We will have all of the supplies you need and plenty of ideas, but you can also bring your own ideas and supplies. Join us on the 4th Thursday of each month starting January 27th at 10:00 am for lots of fun and creativity.

As we go through the year we will be adding other activities, and we hope you can join us for many of them. If you have any ideas for new things at the Mt. Morris Senior Center please talk to Melissa.

## Upcoming Events:

- > Dec. 3—\$10 Chair Massages
- > Dec. 11—Tasty Tuesday
- > Dec. 14—Caroling
- > Dec. 17—Hand Massages
- > Dec. 18—C.A.S.T.
- > Dec. 19—Bingo/Birthday
- > Dec. 20—Cookie Exchange
- > Dec. 21—Potluck
- > Dec. 26—Jam Session
- > Dec. 28—Noon Year's Eve
- > Jan. 4—Lunch Bunch
- > Jan. 7—\$10 Chair Massages
- > Jan. 8—Jamaican Meal
- > Jan. 15—C.A.S.T.
- > Jan. 16—Bingo/Birthday
- > Jan. 18—Lunch Bunch
- > Jan. 18—Potluck
- > Jan. 21—Game Day
- > Jan. 22—Free Lunch
- > Jan. 23—Jam Session
- > Jan. 31—Book Club

For more information check out this newsletter or contact the Mt. Morris Senior Center.

## Our Christmas Wish List!

White Plastic Tables

Stamps

Dish Soap

Honey

Kleenex

Heavy Duty Paper Plates

2 inch Hotel Pans with Lids

Rubbermaid Containers

**Thank you for your generosity!**

## SHIP Open Enrollment

The Senior Health Insurance Program (SHIP) is a free statewide health insurance counseling service for Medicare Beneficiaries and their caregivers. We are happy to help you navigate Medicare, Medicare Supplements, Prescription Drug Plans, and more. It is important to review your plans each year and make sure they are still working for you and the prescriptions you need. We are available on most Wednesday afternoons by appointment. Just call us at 815-734-6335 to set up an appointment today!

## Potluck

December 21 at 5:30 pm—Put on your Christmas Best and join us for a Christmas Party like no other!

January 18 at 5:30 pm—Be ready for winter fun!

Please bring a dish to pass and your own table service.

**Seniors on the Move,  
Caring, Sharing, & Serving**  
9 East Front Street, Mt. Morris  
815-734-6335 Fax: 815-734-4665  
mmsrcenter@gmail.com

## New Medicare Cards are coming 2018

New cards will automatically come to you in the mail. This has been put in place to remove all Social Security numbers from your cards for your identity protection. There will be no gender and no signature line on new cards and the cards will arrive in an HHS envelope.

Please be aware no one will call you for your information.

If you receive a call about your new Medicare Card, IT IS A SCAM !!!!

New cards will start being mailed in April of 2018 and all will be replaced by April of 2019, so watch your mail, and shred your old Medicare Card as soon as you get your new one. If you do not have access to a

### Do You Qualify for Extra Help with your Prescription Drug Cost? The Mt. Morris Senior Center can help!

Extra Help is the federal assistance program that helps individuals with limited finances pay for their Medicare prescription drug costs. If you have Medicaid, a Medicare Savings Program or you receive Supplemental Security Income (SSI), you should get Extra Help automatically. If you do not get Extra Help automatically, or think you may qualify, call the Mt. Morris Senior Center at 815-734-6335 to make an appointment with our SHIP Counselor.

## AmazonSmile is an easy way to give to our Senior Center!

On your first visit to **AmazonSmile** ([smile.amazon.com](http://smile.amazon.com)), you are prompted to select a charitable organization from the list of eligible organizations. You can change your selection at any time. To change your charitable organization sign in to [smile.amazon.com](http://smile.amazon.com) on your desktop or mobile phone browser.

Directions:

Sign in to [smile.amazon.com](http://smile.amazon.com) on your desktop or mobile phone browser.

From your desktop, go to **Your Account** from the navigation at the top of the page, and then select the option to **Change your Charity** under "Shopping, Programs & Rentals", at the bottom of the page.

Type Mount Morris Senior Center in the **Search** box. Select Mount Morris Senior Center. 0.5% of the purchase will automatically go to our center. **Tell your family, friends and neighbors to choose**

### Do you qualify for a License Plate discount?

You may qualify if:

- You are 65 years or older by December 31, 2017 or 16 years of age or older and totally disabled before January 1 2018 and a current Illinois resident.
- Total income last year must be less the \$27,610 for a 1 person household (yourself only) \* \$36,635 for a 2 person household (yourself and your spouse, or yourself and one Qualified Additional Resident).  
\*\$45,657 for a 3 person household (yourself, your spouse and one Qualified Additional Resident, or yourself and two Qualified Additional Residents).

### Need Transportation?

Call the Rock River Center at 800-541-5479 or 815-732-3252 or LOTS (Lee-Ogle Transportation System) at 888-239-9228 or 815-288-2117

If you have moved, are going away for several months, or would like to stop receiving our newsletter please let us know. We are happy to email the newsletter to you or change your address. Drop us a note at 9 East Front Street, Mt. Morris, IL, email [mmsrcenter@gmail.com](mailto:mmsrcenter@gmail.com), or call 815-734-6335.

Biscuits and Gravy  
Every Wednesday!

8:00-10:00 am  
Full Order - \$3.50

Half Order - \$2.00  
Coffee - \$.50

# DECEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Play Hand and Foot every Monday at 12:30		Play Bridge every Wednesday at 1:00 pm	Play Mexican Train Dominoes every Thursday at 12:30 pm		1
2 3 pm Cantata 7 pm AA	3 9 Fitness 10 Massage	4	5 8-10 Biscuits and Gravy 9 Fitness	6	7 9 Fitness Scrooge Trip 1-3 Ann Haas Celebration	8
9 1-3 Oregon R&L Open House 7 pm AA	10 9 Fitness 10:30 Secret Santa Party	11 11:30 Tasty Tuesday	12 8-10 Biscuits and Gravy 9 Fitness	13 10-7 Chana Bake Sale—Carpool from Senior Center at 11	14 9 Fitness 11:30 Caroling at Pinecrest	15
16 7 pm AA	17 9 Fitness 10:30 Free Hand Massage 1 pm Book Club	18 11:30 Carpool for C.A.S.T.	19 8-10 B & G 9 Fitness 10:30 Bingo 11:30 Birthday	20 8:30 Board Meeting 10:30 Cookie Exchange	21 9 Fitness 5:30 pm Potluck	22
23 7 pm AA	24 Closed for Christmas Eve	25 Closed for Christmas Day	26 8-10 B & G 9 Fitness 10:30 Jam Session	27 10 Card Club	28 9 Fitness 11 Noon Year's Eve Party	29
30 7 pm AA	31 9 Fitness					

# JANUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Closed for New Years Day	2 8-10 B & G 9 Fitness Play Bridge every Wednesday 1pm	3 Play Mexican Train Dominoes every Thursday at 12:30 pm	4 9 Fitness 11 Lunch Bunch at Dos Amigos	5
6 7 pm AA	7 9 Fitness 10 Massage 10:30 Crochet Club	8 11:30 Jamaican Meal and Fun	9 8-10 Biscuits and Gravy 9 Fitness	10	11 9 Fitness	12
13 7 pm AA	14 9 Fitness 10:30 Crochet Club	15 12C.A.S.T. Winter Activities at the Senior Center	16 8-10 Biscuits and Gravy 9 Fitness 10:30 Bingo 11:30 Birthday	17	18 9 Fitness 11 Lunch Bunch at Scoops 5:30 Potluck	19
20 7 pm AA	21 9 Fitness 10:30 Crochet 10:30 Hand Massages 11-3 Game Day	22 11-1 Free Lunch	23 8-10 Biscuits and Gravy 9 Fitness 10:30 Jam Session and	24 10 Card Club	25 9 Fitness	26
27 7 pm AA	28 9 Fitness 10:30 Crochet Club	29 1 Lunch and Community Bingo in Byron	30 8-10 Biscuits and Gravy 9 Fitness	31 1 Book Club		

# Annual Level of Giving

Seniors on the Move,

## Membership per individual

Make checks payable to the  
Mt. Morris Senior Center.

Caring,  
Sharing,  
& Serving

Supporting- — - - - - - - - \$25

Contributing- - - - - - - - \$35

Sustaining- - - - - - - - \$50

Sponsor per individual

or Organization- - - \$100

## Life membership levels

Silver- - - - - - - - \$500

Gold- - - - - - - - \$1000

## Circle of Friends Support

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Spouse \_\_\_\_\_

Amount of gift \_\_\_\_\_

Would you like to receive the Newsletter. Yes \_\_\_ No \_\_\_

The above levels of giving are suggestions, any support given is very welcome and appreciated. All gifts are tax deductible to the limit the law allows.

Date of application:

Date entered in system:

**Mt. Morris Senior Center  
Monthly Book Club**

Bring a snack to share and join us, even if you didn't have time to read!

Monday, December 17th at 1:00 pm

The Autobiography of Santa Claus  
By Jeff Guinn

Thursday, January 31st at 1:00 pm

The Winter Soldier By Daniel Mason

All books are available at the library. If you don't have a card talk to Melissa and she will borrow the book for you.

**Christmas Caroling**

On December 14th at 11:30 am seniors will join with students from the Chana school to bring Christmas Cheer to Pinecrest.

**Noon Year's Eve!**

Friday, December 28th at 11:00 am

Bring an appetizer to share and be ready for fun including a sparkling juice toast at noon.

**Cookie Exchange**

10:30 am on Thursday, December 20th

Bring 2 dozen cookies and leave with a variety. This free event includes games and other fun!

If you would like to volunteer at the Mt. Morris Senior Center in any way please contact Melissa at 815-734-6335.



Thank you to all who helped with the Harvest Supper in any way including those who helped set up, made desserts, helped to serve the meal, and helped with clean up. We especially want to thank Cindy Nicholson, Patty Alexandria, and Barb Horner for helping prepare the meal, Troop 52, the girls from Let Freedom Ring, and Alyce Ricks for helping to serve the meal, Spectrum Preferred Meats for donating the pork, and The Backroads Trio for the amazing music.

Thank you to all who helped to make our annual Health Fair a success this year. Special thanks to the board members who helped set up, Barb Horner for running the check in table, Johna Templin and Linda Swisher for sitting at the Mt. Morris Senior Center table, all of our vendors, and everyone who attended the Health Fair.

Thank you to the following people who have donated to the Senior Center out of the kindness of their hearts.

Mike & Steve Modler, Kim Vickers, Joan Base, Don & Marie Hickman, Charlotte Galvin, Bill Nicholson, Darlene Beard, Dennis & Michelle Herbig, Dale & Carol Collins, Johna Templin, Pinecrest, Cindy Nicholson, Patty Alexandria, Barb Horner, Kathy Clark, Pat Miller, Ed & Molly Baker, Linda Swisher, and others.



United Way of Rock River Valley

### Free Lunch

We will be having a free lunch on Tuesday, January 22nd for everyone in the community. We will be serving chili and corn bread from 11:00 am-1:00 pm or until we run out. Remember, all ages are welcome. Invite your friends to the Senior Center for this free meal!

### Free Bingo and Birthday Party

Free Bingo—10:30 am

\$6 Lunch—11:30 am

#### Menus

December 19—Ham, Potatoes, Green Beans, Cake, and Ice Cream

January 16—Chicken Alfredo, Broccoli, Cake, and Ice Cream

### Chana And Seniors Together

Being a part of CAST really helps the students at Chana feel loved and the seniors of the Mt. Morris Senior Center know that they are useful in the lives of today's young people. Join us for any of the upcoming activities for this great program.

Tuesday, December 18th—Christmas Party in Chana—sign up today so the students can prepare gifts for those who attend

Tuesday, January 15th—Indoor winter games and crafts at the Senior Center including an indoor snowball fight

### Tasty Tuesday

Learn a new recipe and enjoy lunch with some friends for only \$5. Jessica Devries from Generations at Neighbors in Byron joins us to share her culinary knowledge on the second Tuesday starting at 11:30 am. Call 815-734-6335 to sign up today!

Our last Tasty Tuesday of the year will be Tuesday, December 11th. Jessica will be showing us how to make Christmas Tree Spinach Dip Breadsticks to share at your holiday parties.

### How can you be of service at Loaves and Fish Food Pantry?

Volunteers are needed the 1st and 3rd Thursdays 4:15-7:00 pm and the 2nd and 4th Mondays 1:45-4:30 pm. Other help is needed unloading the truck on the 1st Tuesday at 9:00 am and the 3rd Friday at 10:30 am. You can also help with food at the fairgrounds after 9:30 am on the 2nd Monday or even work in the garden. Another way to help is to donate scarves, hats, and gloves to be given away to clients during the holiday season. Please contact the Senior Center at 815-734-6335 and we will share your name and number with the volunteer coordinator of Loaves and Fish.

### Chair Massages

10 minute Chair Massage for only \$10

Beginning at 10:30 am, Call 815-734-6335 for an appointment for Monday, December 3rd and Monday, January 7th.

### Free Hand Massages

By Crista from doTerra Essential Oils

Beginning at 10:30 am  
Monday, December 17th & Monday, January 21st.

### Craft Clubs

ALL ARE WELCOME!

#### \*Crochet Club\*

Mondays at 10:30 am

Bring a project you are working on or come to learn how to crochet.

#### \*Card Club\*

4th Thursday of each month at 10:00 am  
Make cards for holidays and more.

## Experience New Cultures and New Foods

Each month we will be virtually visiting another country through food, photos, and other fun!

On Tuesday, January 8th at 11:30 am we will be visiting Jamaica. Get out of the cold weather and warm up with some Jamaican food. The cost for this meal will be \$8, and all are welcome. Please RSVP to 815-734-6335 so we are sure to have enough for all!

### Jam Sessions...

Join some local musicians for awesome music and a delicious lunch beginning at 10:30 am on December 26 and January 23. Lunch is only \$3! RSVP to 815-734-6335. All are welcome!

#### Lunch Bunch

Meet at the Mt. Morris Senior Center at 11:00 am or at the restaurant at 11:30 am. Please RSVP to 815-734-6335 so we can make a reservation.

January 4th—Dos Amigos

January 18th—Scoops

### All ages game day!

## Monday January 21st

11:00 am-3:00 pm

Bring your neighbors, friends, and grandkids to the Mt. Morris Senior Center to enjoy board games, card games, and Wii games together. We will have snacks throughout the time and we will order pizza from Casey's for lunch. The whole day will be \$5 each.

### Chana Education Center Bake Sale

Support families in need and purchase some holiday treats! Pre-orders will be taken until December 7th by calling 815-234-2722 or you can pick up some baked goods on December 13th 10:00 am-7:00 pm.

We will plan to carpool over to support the bake sale on Thursday, December 13th at 11:00 am. Just meet us at the Senior Center that day!

### Free Community Bingo

Let's Carpool to Generations at Neighbors in Byron for lunch (\$5) and to play some Bingo together on Tuesday January 29th! The carpool will leave at 1:00 pm from the Senior Center. RSVP by Friday, January 25 to 815-734-6335.

### Jen's Artisan Bread

You can now preorder Jen's Bread at the Mt. Morris Senior Center! If you would like to put in an order simply call 815-734-6335 or fill out a form in the coffee shop. Bread will be delivered to the Senior Center on Tuesdays and Fridays.





**Mt. Morris Senior Citizens Council Inc.**

**9 East Front Street**

**Mt. Morris, IL 61054**

**Non Profit Org.**

**US Postage Paid**

**Permit #32**

**Return Service Requested**

