

**April 2019**

Issue 52

Hello Friends,

It is wonderful to be back. I want to thank all that worked for me and kept the Senior Center going in my absence. Thank you so much for the cards, phone calls, flowers and personal visits while I was at home recuperating.

I really think winter and all of its bad weather is gone for the season. Now it is time for everyone to be hopping down to the senior center for our many activities. I am proud to announce our senior center is growing. We have six new members that have joined us so far in 2019.

Wishing everyone a Happy Easter, Barb

**PLEASE LET US KNOW IF YOU HAVE MOVED SO WE CAN UPDATE OUR MEMBERSHIP RECORDS.** You might not know this, but each returned newsletter costs PASS a return fee! Thanks for your help.

**COMEDY FASHION SHOW ENTERTAINMENT FOR OUR MAY PASS POTLUCK** -We need models for our fashion show! We need short, chunky, skinny, tall, Men and Women to be our models. Now remember this is your time to shine and have a lot of fun. Please call today to sign up to be a model 815-946-3818. On Monday April 15th at 9:30 we will car pool to the Leytic Center we need to be there by 10:00am to pick out our outfits. Karen Digby our fashion designer will be at the Leytic Center to help with our wardrobe choices. Please let Barb know if you can drive, we don't want to leave anyone out.

**Tuesday April 23rd at 11:00am PASS** Our Speaker will be Mary Rose Phillip from Rockford, IL. The Byron Forest Preserve bought a new piece of property part of what once was Leaf River Ranch. On the property they found Illinois largest tree. Mary Rose tracked the history of the people who lived on the land before it became the Leaf River Ranch. She found the land was traced back to the Swingley Family, who had a very colorful past and is a time capsule of the 1830's thru the turn of the Century. William Swingley was the patriarch of generations of Veterinarians who all stayed in Northern IL. Mary Rose is a very interesting speaker and I am sure you will all enjoy her presentation. Bring a dish to pass and join us.

**Board Members**

Randy Hayes - Chair  
Betty Bleistein - Vice Chair  
Connie O'Brien-Secretary  
Donna Hayes-Treasurer  
General Board  
Kathy Cox Irene Attig  
Wayne Haan Evelyn Meyer  
Cheryl Garkey  
Barb Burke-Director

**FIT FOR LIFE EXERCISE CLASS Tuesday & Thursday is Exercise Day!** "Fit for Life" Class meets every Tuesday & Thursday from 9:00 - 10:00am. Classes are for men & women of any age. Questions call the Senior Center 815-946-3818

**Games**

Every Wednesday we play 500 at 12:00pm

Every Thursday we play Mexican Train at 12:00pm

Every Thursday we play Euchre at 12:00pm

Every Friday we play Bridge at 12:00pm

Everyone is invited to play any of these games. If you don't know how to play we will teach you!

**Line Dancing Class** meets every Tuesday morning at 10:30am except the 4<sup>th</sup> Tuesday of the month we will not have class.

# Activities and Programs We Offer

## Are you turning 65?

Do you need help understanding Medicare A, B, C and D? If so, please call us at the senior center we will help make this time easier for you.

Turning 65 can be very confusing with all the information you receive in the mail about which Medicare D Plan to take or which supplemental. If you are about to turn 65 and have questions regarding what to do our SHIP Counselors, Donna & Randy Hayes and Darlene Shafer can help you sort through all the confusion. Don't let it drive you crazy call us, we can help.

**SENIORS & SNAP** Get help buying healthy groceries It's important to eat right – even when money is tight! The Supplemental Nutrition Assistance Program (SNAP, also known as food Stamps or Link Card) helps over 4 million adults aged 60+ buy healthy food at their local grocery store. Applying is free, easy, and confidential. Eligibility Gross Monthly income limit for Seniors 60+ 1 person Household \$1,962.00, 2 person household \$2,655.00. Questions for information or to apply, call Northern Illinois Food Bank toll-free 944-600-7627 or email [snap@northernilfoodbank.org](mailto:snap@northernilfoodbank.org)

Every Wednesday we have popcorn



Every Friday Cinnamon Rolls or Donuts from Casey's



We know that sometimes finances are tough on our seniors. We would like you to join in our activities or be a member of the Senior Center regardless of income. If you are unable to afford to be a member or would like to take part in an activity, but just are not able to afford it please call or stop in and talk to Barb our conversation will be strictly confidential. Don't let money keep you away from enjoying yourself!

**DISCOUNT ON YOUR LICENSE PLATES** If you qualify, you can apply for the Benefits Access Program, (formerly Circuit Breaker) and receive a discount on your license plate sticker. The income guidelines are for 1 is \$27,610.00 and for 2 is \$36,635.00 a year. The age requirement is 65 or disabled. Call the Senior Center today to make your appointment. 815-946-3818.

**STAY IN TOUCH** Are you on Facebook? The Polo Sr. Center now has our own Facebook page. Get the latest updates of what's happening. Search by Polo Senior Center look for the images of the building and senior center sign. Big thanks to Karen Digby for creating and updating our page.

## WE APPRECIATE YOU!

January & February Donations

Doug Smith

First State Bank Shannon-Polo

Pat Bronkema

Mary Ann Olson

John Carbaugh

Donna Gillingham

Randy & Donna Hayes

Picky

Harley & Picky

Irene Attig

Kathy Cox



## Activities and Programs We Offer

### APRIL ACTIVITIES:

#### SR CENTER WILL CLOSED ON TUESDAY APRIL 2ND FOR ELECTION

#### BOW MAKING CLASS TAUGHT BY PAT KUHN WEDNESDAY APRIL 3RD

FROM 10:00AM TILL 12:00PM You walk into a craft show or florist and see those beautiful bows on arrangements and wreaths. And say if I could only make one of those. Now you will be able to by attending this free of charge class on bow making. All you have to bring is at least 3 yards of wired edged ribbon, must be at least 1 ½” to 3” wide (the 3” width will be easier to work with). You may purchase the ribbon at the Dollar General, Dollar Tree and Wal-Mart. Please join us non-members are welcome.

#### GRAYING GRACEFULLY

Starting on Tuesday April 9th at 12:30 - This will be a 3 week course April 9th, April 16th and April 30th. All classes will start at 12:30pm. Sub Sandwiches will be served for your enjoyment but you must sign up 3 days prior to the class. See below for more information you do not need to be a member to come to these classes. 815-946-3818

Graying Gracefully A New Growth Group and Bible Study facilitated by Rev. Brian LeBaron, Licensed Clinical Professional Counselor, Pastor of Faith United Methodist Church in Polo PASS will host a casual lunch followed with a non denominational study and discussion group led by Brian LeBaron. The group is open to people of any faith tradition or perspective as it is non sectarian. The group will study and discuss issues relating to senior citizens life stage situations.

Topics will include but not limited to:

Dealing with age related changes in physical and mental health

Bereavement, social isolation, and loneliness

Changing roles and expectations in the extended family and community

Wisdom and legacy: Existential Question: Is it okay to have been me?

The role of faith and community in cultivating meaning and significance in life

Many persons and situations in the stories of Scripture provide case studies to look at

As we grow older and become senior citizens we tend to slow down our productivity and explore life as a retired person. It is during this time that we contemplate our accomplishments and are able to develop integrity we see ourselves as leading a successful life. If we see our life as unproductive, or feel that we did not accomplish our life goals, we become dissatisfied with life and develop despair, often leading to depression and hopelessness.

Our final developmental task is retrospection: people look back on their lives and accomplishments. We develop feelings of contentment and integrity if we believe that we have led a happy, productive life. We may instead develop a sense of despair if we look back on a life of disappointments and unachieved goals. Sometimes we vacillate between these poles in our retrospection of life.

#### APRIL Birthday & Bingo

**Party** on Wednesday APRIL 17th Bingo will start at 10:30, lunch at 11:30. We will be serving Sloppy Joes, Chips and Baked Beans and cake & Ice Cream. Members born in April eat free and everyone else is asked to make a \$6.00 donation. Please call the Senior Center by Monday April 12th if you will be attending.

**Healthy Eating Class** with Marilyn Thursday April 18th at 10:00am our class will be on Healthy Salads.

**GAME NIGHT** – Friday April 19th at 6:30pm and play Hand & Foot, Euchre or Phase 10. Everyone pitches in and we buy Pizza for supper. Everyone is invited to come. Don't spend your Friday night alone, join us.

**Movie & Snacks** On Monday April 22nd at 12:00 (note change of date) This month's feature will be "Talking to Heaven"; Ted Danson, James Van Praagh, Queen Latifah, Diane Ladd. Movie is rated PG-13 and is 2 hours 56 minutes we will have an intermission.



Thursday April 25th Kari Ann Gracen, Cbt. Will be here at 10:00 for free hand massages to our members call today for your appointment. 815-946-3818

Polo Area Senior Services, Inc. #15

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Polo, IL 61064

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