

August 2019

Issue 56

Hello Friends,

Summer has finally come, maybe a little too much heat at times, but after last winter I am not going to complain.

Remember for those of you who are signed up for "The Best Little Chicken Ranch" at the Pines on Tuesday August 20th, 2019. Meet us at the Pines between 10:30 – 10:45 we will be seated at 11:00am. Barb will be there by 10:30. Right after exercise class the Senior Center will be closed for the remainder of the day.

We would really like to see more of you come and visit. Bring a couple of friends and enjoy yourselves.

Bring in your crafts that you are working on and do them at the senior center where it is cool.

I still have plenty of room on the bus for our trip to the Museum of Science and Industry on Monday September 16th. If you or a friend would like to go, please call me with all your questions or to sign up.

I am really excited about our August speaker for our PASS Potluck on Tuesday August 27th at 11:00. Bring a dish to pass and your own place service and join us. Mary Rose, a volunteer at Veteran's Memorial Hall & Museum in Rockford will be here to show you pictures and talk about W.A.S.P. Women's Ambulance Safety Patrol, which was founded on April 3rd, 1940. Within months this effort swept nationwide & was The First Women's Ambulance program in the country. There is literally nothing about these women online, but after several months of intense research, the story & pictures are ready to be showcased! Come see if you are distantly related to any of the over 200 women who were involved in this effort. This story is a living legacy & is expected to grow as more information comes to light. Step back into a 1940's time capsule of Rockford history.

On Monday August 12th we will start to tear down our "On the Farm" window decorations. Please if you brought in items for us to use you may come and retrieve them starting on Monday August 12th. Thank you to everyone that participated.

Hope to see all of you at your Senior Center.

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.

Board Members

Randy Hayes - Chair
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Connie O'Brien-Secretary
Donna Hayes-Treasurer
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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 4th 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.



If you would like to join us or want more information on any of the below trips please let Barb know. On all trips I must sign a contract and send deposit that is why it is necessary for you to make payment at sign up.

Monday September 16th Wiersema Charter will be taking us to Chicago's Museum of Science and Industry. We will leave at 7:00am and return at approximately 7:00 – 8:00pm. The cost of this trip is \$65.00 for members and \$70.00 for non-members. This trip is for adults only. Payment is due upon reservation I need 45 people to sign up in order to go.

Included in the price: Chartered bus, Entrance into Museum, Special Exhibitions: Wired to Wear; U-505 Submarine on Board tour; and Giant Dome Theater (for film viewing). The museum has wheel chairs you can rent. All Special Exhibitions are handicap accessible.

We will be stopping on the way home at a fast food for supper. No meals are included in the price.

I need payment when you sign up.

Biltmore Estate & Asheville, NC November Trip: November 10 through 15 (Sunday – Friday) Biltmore Estate & Asheville, NC. 6 Days and 5 Nights. We will be staying 3 nights in Asheville and enjoying a full day at the Biltmore Estate dressed in holiday glamour. Guided tour of Asheville, St. Lawrence Basilica, and a drive on the Blue Ridge Parkway. On the way home we stop at the Folk Art Center, Kentucky Artisan Center in Berea, KY, a 20,000 square foot facility where you can explore Kentucky crafts, history, and shop for Kentucky products, and so much more. Pick up a brochure at PASS and sign up soon.

July Donations – We appreciate YOU!

Doug Smith

Ed & Kathy Cox

Barb Ruter

Doris Doeden

Karen Digby

Myrna Nelson

John Carbaugh

Irene & Richard Attig

Dorothy Kjolsing

Donna Gillingham

Ruth Lower

Gladys Typer

Ginger Haan

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.

Activities and Programs We Offer

August Activities

Graying Gracefully with Pastor Brian LeBaron will be on Tuesday August 6th, and Tuesday August 13th all classes will start at 12:30. Sub Sandwiches will be served for a donation. If you have not been to any of his classes please come. Please sign up for these classes I need to know how many Sub Sandwiches to order come to the Senior Center to sign up or call 815-946-3818. Please join us!

Movie & Popcorn Monday August 12th at 12:00 our feature this month is Disney's Mary Poppins Returns, Rated PG-13. I hope we fill the house with this wonderful movie. Please join us!

Thursday August 15th Healthy Eating with Marilyn at 10:00am has been canceled: Marilyn will be back with us on Thursday September 19th at 10:00am our discussion will be cooking with fall produce. Hope to see you!

Friday August 16th at 6:30pm: Game Night

Tuesday August 20th White Pines Lunch & Play be at the Pines no later than 10:45.

Notice NO Line Dancing on Tuesday August 20th.

Wednesday August 21st Birthday & Bingo starting at 10:30: We will be serving a Taco Salad Bar, Fruit, Cake and Ice Cream. Sign Up today. Don't forget August birthdays eat for free. Everyone else \$6.00 donation if you cannot afford the \$6.00 just let us know. We want everyone to come regardless of income.

Hand Massages on Thursday August 22nd starting at 10:00am call and sign up today.

Tuesday August 27th at 11:00 PASS Potluck

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@northernillfoodbank.org

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 we do the discounts on Monday or Friday afternoons. You must make an appointment, **NO WALK INS** 815-946-3818.

**Every Friday
Donuts or Special Treat**



**Every Wednesday we
have popcorn**



Polo Area Senior Services, Inc. #15

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Polo, IL 61064

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