

**Hello Friends,**

**I have combined November and December and some January Activities into this Newsletter. Each month has its own calendar. Your next complete newsletter will be in February 2020.**

**Senior Center will be closed for Thanksgiving November 28th & November 29th.**

**Senior Center will be closed for the Holiday's December 23rd through January 3rd. We will re-open on Monday January 6th at 8:30am.**

**Thanks to all that donated items for our Holiday Garage and Bake Sale. We made \$600.00 for the activity fund. We bought our new Christmas tree already. We found one that the lights can shine white or multi-color, and is senior friendly to put up and store.**

**We had a lot of fun on our craft days making decorations for our tree. We will have more crafts before the holidays to make. Watch for dates on our electronic program board in the senior center.**

**We need more people to come and visit us at the Senior Center. Please make some time to come in and say Hi.**

**It doesn't seem possible that the holidays are right around the corner. What happened to 2019?**

**Wishing everyone a Happy Thanksgiving, Christmas and New Year.**

**Barb**

**PLEASE LET US KNOW IF YOU HAVE MOVED SO WE CAN UPDATE OUR MEMBERSHIP RECORDS! IT COSTS THE SENIOR CENTER .60 CENTS FOR EVERY RETURNED NEWSLETTER.**



**IT'S A HALLOWEEN PARTY ON Friday November 1st AT 11:00AM Come and Join in the FUN! We will have games for all! Wear a costume or not. Be sure to sign up! Sign-up sheet on the table at the Senior Center or call 815-946-3818!**

**Wednesday November 20th we will be celebrating Veterans Day with our November Birthdays & Bingo. Bingo will start at 10:30 and a Baked Potato Bar will be served at 11:30. Remember Veterans, Wives, Widows and November birthdays eat for free. YOU MUST make reservations by Monday November 11th for the baked potato meal. 815-946-3818**

**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

**Needs:**

**Foam coffee cups 8oz**

**October Donations:**

John & Betsy Carbaugh  
Louise Hall  
Gale Maggi  
Kathy Cox  
Ginger Mumford  
Marge Vaupel  
Marilyn Schwartz  
Ruth Lower  
Mryna Nelson  
Tom Goldie

## Activities and Programs We Offer

### **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.

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Something new we have started collecting clean plastic bottle caps. A bucket has been placed by the sign in sheet. Kathy Cox will be collecting them; they will be used to offset the cost of Dialysis for people in need.

### **NOT HAPPY WITH YOUR DRUG PLAN????**

#### **MAKE YOU'RE APPOINTMENT TODAY!**

Medicare Open Enrollment October 15th to December 7th October will be here in no time. Please call the Senior Center to set up a time to talk with Darlene, Donna or Randy to check on the possibility of a better drug plan for you for next year. Call 815-946-3818 to make your appointment with Darlene or Randy, remember we will have extended appointment hours available.

#### **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.

**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.

**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)

**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

Graying Gracefully classes to be announced for November, December and January call the Senior Center for dates or see the electronic board at the Senior Center.

Sunday November 10th through Friday November 15th Biltmore Trip

Tuesday November 12th at 10:00am Polo Rehab will be here to take Blood Pressures

Friday November 15th Game Night at 6:30pm

Thursday November 21st Healthy Eating with Marilyn at 10:00am

We will not have a PASS Potluck in November due to membership dinner on December 10th.

On Tuesday, December 10th at 11:00am Join us for our Christmas and Membership Dinner. "Set Free Singers", from the Methodist Church of Forreston, will be our entertainment this year. They will be singing a variety of religious Christmas Carols.

The board will cook for you Turkey, Dressing, Mashed Potatoes and Gravy we will also provide your place service. We are asking you to bring a dish to pass. Dues for 2020 are \$20.00 per person we want to fill the place, so if you have a friend that maybe interested in joining our wonderful center bring them along or maybe you know a person that will not be getting a holiday meal. Please call the Senior Center by Monday December 2nd to let us know if you will be joining us. If you are not able to join us and want to pay your membership dues they can be mailed or brought into the center personally.

Wednesday December 18th Birthday & Bingo, 10:30 Bingo and 11:30 meal to be announced. This month we will play take away Christmas Bingo. Sign-up sheet on table at senior center or call us at 815- 946-3818

Thursday December 19th Healthy Eating with Marilyn at 10:00am. This will be the last month of Healthy Eating class with Marilyn she will be retiring the first of January 2020. Hopefully the Extension will be hiring someone to take her place.

Friday December 20th Game Night at 6:30pm

Thursday January 9th at 10:00am Polo Rehab will be here to take Blood Pressures

\*\*\*Monday January 13th Movie Day come and join us we will be serving Root Beer Floats and Popcorn our movie this month will "My Fellow Americans" this is a comedy starring Jack Lemmon, James Garner and Dan Aykroyd. Please come and join us and ask a friend! Both men & women will enjoy this movie.

Wednesday January 15th Birthday & Bingo 10:30 Bingo and 11:30 meal to be announced.

Friday January 17th Game Night at 6:30pm

Hand Massages will be on Thursday January 23rd.

January 28th will be PASS Potluck starting at 11:00am Randy Hayes will be entertaining with his Harp.

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!

Hand Massages will be canceled for November & December.

PLEASE SEE 2020 TRAVEL OPPORTUNITIES IN NEWSLETTER/CALENDAR

Every Friday  
Donuts or Special Treat



Every Wednesday we  
have popcorn



Polo Area Senior Services, Inc. #15

101 East Mason Street

Polo, IL 61064

Address Service Requested

Non-Profit Org.  
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