

# Mt. Morris Senior Center Newsletter

## February-March 2020

### Join us for some local fun...

**Wednesday, February 5th**

**Casablanca at the Historic Lindo Theater in Freeport, Illinois**

**Leave MMSC at 10:00 am, enjoy lunch at the Chinese Buffet, and the movie starts at 1:00 pm**

**Friday, March 13th**

**Beauty and the Beast at Oregon High School**

**Leave MMSC at 5:00 pm, enjoy dinner together at Alfanos, and the show starts at 7:00 pm**

**All are welcome. Costs are on your own. Register for either of these outings by calling 815-734-6335 or stopping by 9 East Front Street.**

### Self-Defense Class

**Learn how to keep your self safe at this basic self defense class taught by Paul Hackerson on Tuesday, March 3rd at 10:00 am.**

Please call 815-734-6335 to register for this free class.

**We would like to welcome our new board members and introduce you to our board!**

President-Dr. Ed Baker, VP-Bill Nicholson, Secretary-Johna Templin, Treasurer-Mike Kuhn, Directors-Joan Base, Harvey Briggs, Joy French, Herman Hartle, Kathy Heid, Jennifer Koertner, Aaron Rowe, Kim Vickers

**Make sure you fill out your 2020 census survey when you receive your reminder in the mail. It is very important that every is counted. If you need help give us a call at 815-734-6335 or stop by 9 E. Front Street.**

#### C.A.S.T. Games

On Tuesday February 11th we will join together again to enjoy a snowball fight and other games with the students in Chana. We will leave the Mt. Morris Senior Center at 11:30 am to carpool to Chana together.

#### C.A.S.T. St. Patrick's Day

We will be meeting at the Rock River Center in Oregon on Tuesday, March 17th for a St. Patrick's Day Party at noon. We hope you can join us!

### Free Lunch

Tuesday, March 10th 11:00 am-  
1:00 pm

Potatoes with all the fixings!

Mt. Morris Senior Center (9 East  
Front Street)

All ages are welcome!

### Tea For You! Let's talk about love!

Join us for a luncheon and tea at noon on  
Wednesday, February 12th at the Mt. Morris  
Senior Center. The cost is \$8 and will include  
lunch, activities, and a craft to show your love  
to a friend. Please call 815-734-6335 to RSVP!

### Free Community Bingo

At Neighbors Nursing Home in Byron on  
the 4th Mondays. We will carpool from  
the Mt. Morris Senior Center at 1:00 pm  
or you can meet us there at 1:30 pm. A  
\$5 lunch will be provided with free bingo  
afterwards. Please let us know if you will  
be attending by the Friday before.

Dates: February 24th & March 23rd

### Community Veteran's Coffee

Every third Thursday

3:00 pm

Pinecrest Activity Room

All are welcome!

### Potluck

Join us for a delicious potluck on  
the 3rd Friday of each month at  
noon. Bring a dish to pass and  
your own table service. All are  
welcome!

Friday, February 21st

Friday, March 20th

### Birthday Party with Free Bingo

Free Bingo at 10:30 am and \$6 Lunch at 11:30 am.

Wednesday, February 19th

Turkey, Mashed Potatoes, Stuffing, Cake, Ice Cream

Wednesday, March 18th

Tuna Noodle Casserole, Apple Sauce, Cake, Ice Cream

### Jam Session

**Music Starts at 10:30 am**

**\$3 Lunch is served at noon**

Wednesday, February 26

Wednesday, March 25

### International Meals

Learn a little about another  
culture and try some of their  
delicious food. The following  
meals will take place at noon.  
All are welcome to attend,  
simply let us know that you  
plan to be there, so we are  
sure to have enough.

Monday, Feb. 3rd—Brazil

Thursday, Mar. 12th—Holland

Call to RSVP 815-734-6335

### LUNCH

Friday, February 7th at  
Father and Son in Oregon  
137 S. 4th Street

Meet there at 11:30 or at the MMSC  
at 11:15, call to sign up

### BUNCH

Friday, March 6th at  
Dos Reales in Rockford  
5855 E. State Street

Meet there at 11:30 or at the MMSC  
at 10:30, call to sign up

**Remember, if the Oregon  
School District #220 is  
closed due to weather, the  
Mt. Morris Senior Center is  
also closed.**

**You are amazing. You are im-  
portant. You are special. You  
are unique. You are kind.  
You are precious. You are  
loved. Have a great day!**

# February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>February Finds</i>
2	3 9 Fitness 12 Brazilian Meal 12:30 Hand & Foot	4	5 8-10 B&B 9 Fitness Lindo Theater Trip 1 Bridge	6	7 9 Fitness 11:30 Lunch Bunch at Father and Son	8
9	10 9 Fitness 12:30 Hand & Foot	11 12 CAST Games in Chana	12 8-10 B&G 9 Fitness 12 Tea For You 1 Bridge	13	14 9 Fitness Happy Valentine's Day!	15
16	17 Random Acts of Kindness Day! 9 Fitness 12:30 Hand & Foot	18	19 8-10 B&G 9 Fitness 10:30 Bingo & Birthday 1 Bridge	20 8:30 Board Meeting	21 9 Fitness 12 Potluck	22
23	24 9 Fitness 12:30 H&F 1 Bingo in Byron	25	26 8-10 B&G 9 Fitness 10:30 Jam Session	27	28 9 Fitness 12 Casserole and a Flick	29

*March 2020*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9 Fitness 12:30 Hand & Foot	3 10 Basic Self Defense Class	4 8-10 B&G 9 Fitness 1 Bridge	5	6 9 Fitness 11:30 Lunch Bunch at Dos Reales	7
8	9 9 Fitness 12:30 H&F 5 Rock River Center Trivia	10 11-1 Free Lunch	11 8-10 B&G 9 Fitness 1 Bridge	12 12 Holland International Meal	13 9 Fitness Dinner and a Show	14
15	16 9 Fitness 12:30 Hand & Foot	17 Happy St. Patrick's Day! 12 CAST at Rock River Center	18 8-10 B&G 9 Fitness 10:30 Bingo / Birthday 1 Bridge	19 8:30 Board Meeting	20 9 Fitness 12 Potluck	21
22	23 9 Fitness 12:30 H&F 1 Bingo in Byron	24	25 8-10 B&G 9 Fitness 10:30 Jam Session 1 Bridge	26	27 9 Fitness	28
29	30 9 Fitness 12:30 H&F 3 Take a walk in the park Dillehay	31				

## Save These Dates!

April 4—Adult Easter Egg Hunt

May 12—C.A.S.T. Picnic

April 18—What's Cooking?

June 6—FFA Pork Chop Dinner

April 21—C.A.S.T. at the Library

July 3—Cake Walk

May—Fish Fry and Rummage Sale

August 8—Golf Outing

## Random Acts of Kindness Ideas

1. Post **positive** notes around your community.
2. Randomly pick a small business/lesser known author & leave a positive **review**.
3. Choose a friend and celebrate them for the whole day, kinda like a **birthday** but random.
4. Help buy a disadvantaged kid **school** supplies.
5. Give a **compliment** to as many people as you can.
6. Start a game night for friends or for coworkers you'd like to **get to know**.
7. Carry around loose change and put it in **tip jars**.
8. Use sidewalk chalk to write out positive **messages**.
9. Send **letters** with tons of stickers and colors to the kids in your life.
10. Buy a gift for a child who is in **foster** care.
11. Put (or leave) **change** in the vending machine.
12. Connect a **charity** to your Amazon account.
13. See if your local **homeless** shelters have Amazon wishlists where you can send essentials.
14. Let someone go ahead of you while you're **waiting** in line.
15. Collect **litter** that you see on the ground when you're out and about.

**BlessingManifesting**

February 17th is National Random Acts of Kindness Day. Check out this list for ideas of things you could do to help spread a little kindness everyday!

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Walk and Stretch Fitness Class Provided by Highland Community College every Monday, Wednesday, and Friday! 10 weeks for only \$39-\$40! Call 815-734-6335 to join today!

### Casserole and a Flick!

Join us on Friday, February 28th for a delicious casserole and a fun movie. The cost will be \$5 each. Please call 815-734-6335 to sign up.

### WE NEED YOU!

We are looking for a new SHIP (Senior Health Insurance Program) Volunteer to help seniors navigate Medicare. Training will be provided to the right person. If you would like to help please talk to Melissa by calling 815-734-6335.

**Did you know that the Mt. Morris Senior Center can help you with all of your Medicare needs and even help you get other senior discounts?**

We have SHIP Counselors available by appointment. SHIP is the Senior Health Insurance Program. SHIP Counselors do not sell insurance, they simply help you figure out what is best for you. We are happy to help whether you are just turning 65, need to re-evaluate your supplement during open enrollment, or just have a question.

SHIP Counselors can also help you figure out if you qualify for Extra 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.

Our SHIP Counselor can also help you figure out if you qualify for a license plate discount through Benefit Access. You may qualify if you are 65 years or older by December 31, 2019 or 16 years of age or older and totally disabled before January 1, 2020 and a current Illinois Resident. Total income last year must be less than \$33,562 for a single person household, \$44,533 for a 2 person household, or \$55,500 for a 3 person household.

Please call 815-734-6335 to set up an appointment.

**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 61054, email [mmsr-center@gmail.com](mailto:mmsr-center@gmail.com), or call 815-734-6335.

**Do you shop on Amazon?**

**Did you know your purchases can help the Senior Center?**

On your first visit to Amazon Smile ([smile. Amazon.com](https://smile.amazon.com)) you are prompted to select a charitable organization from the list. Simply select Mt Morris Senior Citizens Council. You can change your selection at any time. Please tell your family, friends, and neighbors to choose the Mt Morris Senior Citizens Council at their preferred charity, too. It doesn't cost you more, and it benefits us greatly!

All are welcome to join the circle of friends by becoming members of the Mt. Morris Senior Center. Simply fill out this form and send it with your donation to 9 E. Front Street, Mt. Morris, IL 61054.

**Mt. Morris Senior Center**  
**Seniors on the Move,**  
**Caring,**  
**Sharing,**  
**& Serving**

### **Annual Level of Giving**

#### **Membership per individual**

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\_\_\_\_Email\_\_\_\_\_

The above levels of giving is a suggestion, 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:

**Please make checks payable to  
the Mt. Morris Senior Center.**

Thank you so much for your support of the programs of the Mt Morris Senior Center. We hope you see you in the center sometime soon! If you have any questions, please contact Melissa at 815-734-6335.

**Mt. Morris Senior Center**

**9 East Front St.**

**Mt. Morris, Il. 61054**

**Phone 815-734-6335**

**Non Profit Org.**

**US Postage Paid**

**Permit #32**



**Return Service Requested**

## **Seniors On The Move, Sharing, Caring, and Serving!**



**While you wait for Spring get out and join us for our weekly events...Highland Sponsored Fitness Class at 9 am every Monday, Wednesday, and Friday, Biscuits and Gravy every Wednesday 8-10 am, Hand and Foot Card Game Mondays at 12:30 and Bridge Wednesdays at 1 pm**

**We would love to have you! Any Questions just call 815-734-6335.**