



MAYSLAKE VILLAGE LIL ACORN JANUARY 2011

ONGOING ACTIVITIES

NEW RESIDENTS ALWAYS WELCOME

- Mondays:** *CERAMICS – 9am Lower Level Center
*KAST N’ KREW KLUB – 1st 2pm Frigo Hall
*CURRENT EVENTS – 2nd 1:30pm Frigo Hall
*PARKINSON SUPPORT – 3rd 1pm Lower Level Center
(Not in July, August, November or January)
*NEEDLERS FOR THE NEEDY – 4th 2pm Community Room
- Tuesdays:** *CERAMICS – 9am Lower Level Center
*CRAFTS – 9am Lower Level Center
*EXERCISE YOUR MIND – 3rd 1:30pm Community Room
- Wednesdays:** *HEALTHY LIVING – 10:30am Community Room (watch Acorn for dates)
*KAST ‘N KREW CHORUS – 1:30pm Frigo Hall (Not in July & August)
*BINGO – 7pm Auditorium
*BLOOD PRESSURE CHECKS – 1st & 3rd 10am-Noon Manor Lobby
*INSURANCE COUNSELOR – 2nd 9am – Noon Senior Center
- Thursdays:** *TAI CHI – 10am Lower Level Center
*A.A. MEETS – 11am-2pm Game Room
*ARTHRITIS EXERCISE CLASS - 11:15am Frigo Hall
*MEN’S CLUB – 3rd 7pm Game Room
- Fridays:** *ART CLASS – 9:30am Lower Level Center
*LOW VISION SUPPORT – 1st 1pm Senior Center (not in July & August)
- Saturdays:** *PINOCHLE – 12:45pm Community Room
- Sundays:** *CHOIR PRACTICE – 9:30am Chapel
*COFFEE SUNDAY – 2nd 11am Community Room

**Library located in the Senior Center is open *Monday, Tuesday, Thursday & Friday*
9:30am to Noon & 1 to 3pm. Closed Wednesdays. No weekends or holidays.
Books, video & audiotapes. **LOW VISION AID AVAILABLE.**
Gift Shop located 1st floor Annex II open *Monday thru Friday 10am–2pm***

**A New Year already! We’re excited to ring in another great
year with all of you here at Mayslake!**

SATURDAY, JANUARY 1

Happy New Year!! Wishing you health and happiness throughout 2011!
PINOCHLE – 12:45pm Community Room

SUNDAY, JANUARY 2

CHOIR PRACTICE – 9:30am Chapel

MONDAY, JANUARY 3

**JINGLE BELL WALKERS – TURN IN YOUR MILEAGE SHEETS
TODAY AT THE SENIOR CENTER DESK IN ORDER TO BE
CONSIDERED FOR THE CELEBRATION AND RESULTS PROGRAM
TOMORROW.**

SIGN UP BEGINS FOR HOMEMADE CARD EVENT – Sign up for a homemade card class to be taught by our very own Maria Villacana that will be held on Tuesday, January 11 at 2pm. During the class, you'll learn how to make elegant cards for all occasions that are easy to make – you'll take home a few cards that you make for yourself as well. Class is free and is limited to 15 participants so be sure to get your name on the list!

CERAMICS – 9am Lower Level Center

KOFFEE KLATCH – 10am Frigo Hall

JAZZERCISE – 10:45am Lower Level Center

UN-DECK THE HALLS – 1pm Senior Center

If you are able, please come down to the Senior Center this afternoon to help Helen take down the holiday decorations. The more the merrier (and the quicker this task goes!), so we will see you then!

CURRENT EVENTS – 1:30pm Frigo Hall

Wii LEAGUES – 3:30pm Senior Center

TUESDAY, JANUARY 4

Look for Polish featured items on your menu today at lunch!

CERAMICS – 9am Lower Level Center

CRAFTS – 9am Craft Room

JINGLE BELL WALK CELEBRATION AND RESULTS – 2pm Frigo Hall

Well, how did we do? If you were a Jingle Bell Walker in December, be sure to swing on down to Frigo Hall to hear how far we all walked and celebrate with some healthy fruit! See you then.

WEDNESDAY, JANUARY 5

BREAKFAST BINGO TICKETS GO ON SALE TODAY!

Mark your calendar for Thursday, January 20th from 8:00-9:30AM!

After enjoying a hot breakfast buffet from 8:00 to 8:30am we'll play a few games of Bingo in which lucky players will win prizes donated by Mayslake Village. There will be a fee of **\$6 per person** to participate in this

morning of good food, friends and lots of fun! Tickets will be sold at the Dining Room Snack Shop beginning today and continuing through Monday, January 17th. Lunch service will be pushed back to 11:30am on Thursday 1/20 to allow for set up after breakfast bingo.

SIGN UPS BEGIN FOR THE COOKING DEMONSTRATION

We are having one of our very talented Chefs lead us in a Cooking Demonstration on Tuesday, January 25 at 2pm in the Senior Center. Please pre-register at the Senior Center desk for this class so that we can have an accurate count. See you then!

BLOOD PRESSURE CHECKS – 10am-12pm in the Manor Lobby

HEALTHY LIVING – 10:30am Community Room

SECRET PAL KICKOFF – 2pm FH (**This is a resident suggestion!*)

It's a dreary and cold winter and sometimes it is hard to find something to keep us cheery. To help fight the winter doldrums, we are trying a Secret Pal program in January and February! If you are interested in becoming a Secret Pal, come on down to the Senior Center to pick your pal – all pals will be within the same building so you won't have to walk far to give your weekly secret gift. We ask that all pals give a card or a small gift (no more than \$2) to their assigned Secret Pal once/week. We will have a Secret Pal Reveal Party in mid-February with a larger gift exchange of no more than \$4. If you have any questions, come down to hear more about the program!

BINGO – 7pm

EARLY BIRD GAME – 6:30pm Frigo Hall

THURSDAY, JANUARY 6

Haley is off today.

**REGISTER FOR CANDLELIGHT BOWLING (Mayslake Village version)
TO BE HELD FRIDAY, JANUARY 21ST AT 3:30PM IN THE SENIOR
CENTER.**

Enjoy a fun-filled afternoon in the Senior Center. Bowl as two-man teams – one regular game of bowling and one crazy game. Remember, no one is exempt from the challenges presented in the crazy game. Pizza and soda will be served. Number of bowlers will be limited to 32. Get a friend and register as a team or we will try to find a partner for you. Cost will be \$4 per person. Sign-ups will be taken at the Senior Desk beginning today and continuing through January 14th until the maximum number has been reached.

TAI CHI – 10am Lower Level Center

AA – 11am – 2pm Community Room

ARTHRITIS EXERCISE CLASS– 11:15am-12:15pm Frigo Hall

Wii TRAINING – 1pm Senior Center

Wii PRACTICE – 2pm Senior Center

Wii LEAGUES – 3:30pm Senior Center

FRIDAY, JANUARY 7

Haley is off today.

SIGN UP BEGINS FOR IMPROV CLASS WITH TERI MCEVOY – Sign up for an Improv Class with Teri McEvoy, to be held on January 24 at 1:30pm. The class is limited to 20 participants and is free of charge. During the class, Teri will lead many different group acting exercises – it's a great way to get ready for and get ideas for Marquee. It is sure to be a great time! Please sign up at the Senior Center desk.

PET-A-PET – 10-11am Frigo Hall

As usual, a volunteer from the Hinsdale Humane Society, along with their trained therapy dog, will be visiting with us on this first Friday of the month.

LOW VISION SUPPORT GROUP - 1pm Frigo Hall

Happy New Year and welcome back to our monthly Low Vision Support Group. For those who don't know about this group - we meet on the first Friday of every month at 1pm in the Auditorium. Anyone who is having difficulty with their vision or those just interested are welcome to attend. Family and/or friends of those dealing with vision loss are also welcome. There are no fees. If you know of a resident who might benefit - please let them know about us.

SATURDAY, JANUARY 8

PINOCHLE – 12:45pm Community Room

SUNDAY, JANUARY 9

CHOIR PRACTICE – 9:30am Chapel

COFFEE SUNDAY – 11am Community Room

All residents are welcome to enjoy coffee, sweets and socialization!

A \$1 donation is appreciated to offset expenses.

MONDAY, JANUARY 10

CERAMICS – 9am Lower Level Center

INSURANCE INFORMATIONAL LECTURE – 10:30am FH

Join Ryan from State Farm Insurance as he talks about different types of insurance and answers any questions you may have.

KAST 'n KREW MEETING – 2pm Frigo Hall

Wii LEAGUES – 3:30pm Senior Center

TUESDAY, JANUARY 11

CERAMICS – 9am Lower Level Center

CRAFTS – 9am Lower Level Center

HOMEMADE CARDS WITH MARIA – 2pm Frigo Hall

For those that pre-registered, join Maria and learn to make homemade cards that look elegant, but that didn't take very long for you to make!

WEDNESDAY, JANUARY 12

INSURANCE COUNSELOR – 9am-12pm Senior Center

HEALTHY LIVING – 10:30am Community Room

A TASTE OF POLAND HAPPY HOUR – 2pm Senior Center

Haley will supply the kolaches and the punch, but we need more for a true taste of Poland. Guests are invited to bring down a Polish dish to share; we will set up the Senior Center for a pot luck and will learn a few Polish words.

BINGO – 7pm

EARLY BIRD GAME – 6:30pm Frigo Hall

THURSDAY, JANUARY 13

Look for Polish featured items on your menu today at lunch!

TAI CHI – 10am Lower Level Center

AA – 11am – 2pm Community Room

ARTHRITIS EXERCISE CLASS– 11:15-12:15 Frigo Hall

Wii TRAINING – 1pm Senior Center

Wii PRACTICE – 2pm Senior Center

Wii LEAGUES – 3:30pm Senior Center

FRIDAY, JANUARY 14

TODAY IS THE DEADLINE FOR ANY SUBMISSIONS TO THE FEBRUARY EDITION OF THE ACORN. IF YOU HAVE INFORMATION YOU WOULD LIKE TO ADD, PLEASE SUBMIT IT TO HALEY BY END OF BUSINESS TODAY. HALEY RESERVES THE RIGHT TO DECIDE IF THE INFORMATION IS PUBLISHED.

ART CLASS WITH FR. DAVID – 9:30am Lower Level Center

SATURDAY, JANUARY 15

PINOCHLE – 12:45pm Community Room

SUNDAY, JANUARY 16

CHOIR PRACTICE – 9:30am Chapel

MONDAY, JANUARY 17

MARTIN LUTHER KING JR. DAY

OFFICES ARE CLOSED, DINING ROOM IS CLOSED

CERAMICS – 9am Lower Level Center

TUESDAY, JANUARY 18

Last day to purchase Breakfast Bingo tickets. Breakfast Bingo is Thursday, January 20.

Look for Polish featured items on your menu today at lunch!

CERAMICS – 9am Lower Level Center

CRAFTS – 9am Lower Level Center

EXERCISE YOUR MIND – 1:30pm Community Room

WEDNESDAY, JANUARY 19

BLOOD PRESSURE CHECKS – 10am-12pm in the Manor Lobby

COFFEE WITH YOUR SOCIAL WORKER – 10am Frigo Hall

Hi there Wings residents – it's your turn to meet with your Social Worker. We look forward to seeing you there.

SOCK HOP – 1pm Frigo Hall

Come on down to dance the afternoon away to the music of Marie Charlton!

BINGO – 7pm

EARLY BIRD GAME – 6:30pm Frigo Hall

THURSDAY, JANUARY 20

BREAKFAST BINGO – 8am Dining Room

For those that have purchased tickets, meet in the dining room for a hot breakfast buffet from 8:00 to 8:30am. After we eat, we'll play a few games of Bingo in which lucky players will win prizes donated by Mayslake Village.

TAI CHI – 10am Lower Level Center

AA – 11am – 2pm Community Room

Lunch service will be pushed back to 11:30am on Thursday 1/20 to allow for set up after breakfast bingo.

ARTHRITIS EXERCISE CLASS– 11:15-12:15 Frigo Hall

Wii TRAINING – 1pm Senior Center

Wii PRACTICE – 2pm Senior Center

EMB DIABETIC PRODUCTS – 2pm Frigo Hall

Learn more about a 1993 Medicare provision that provides for seniors with diabetes to obtain one pair of protective diabetic shoes *per year* free of charge. Join Kathryn Jeffers of EMB Medical who will provide information about this little known prevention program. Kathryn will also introduce the latest in protective diabetic footwear. These shoes are not for sale but are available without cost to diabetics who:

- Have been diagnosed with diabetes
- Have Medicare Part B as their primary insurance.
- Have supplemental insurance coverage such as a PPO or Medicaid.

Sorry, no HMOs

Don't miss this valuable seminar.

Wii LEAGUES – 3:30pm Senior Center

MEN'S CLUB – 7pm Community Room

FRIDAY, JANUARY 21

ART CLASS WITH FR. DAVID – 9:30am Lower Level Center

VISITING GREYHOUNDS WITH DEBBIE – 1pm Frigo Hall

We have a new volunteer, Debbie, who will be bringing along her pets to visit with us. Come on down to see two new visitors: greyhounds! Visiting a pet is proven to reduce depression, so stop on by to get your “dog fix” and leave feeling a bit happier.

CANDLELIGHT BOWLING – 3:30pm Senior Center

For those that pre-registered, we will see you this afternoon for our special bowling event!

SATURDAY, JANUARY 22

PINOCHLE – 12:45pm Community Room

POLISH DANCERS – 4pm Frigo Hall

Please come join us this afternoon for a performance from a dance troop that trains for Polish dance! Dancers range from ages 6-18 and are very talented; this group has volunteered their time to help us celebrate Poland, so come on down and show your appreciation!

SUNDAY, JANUARY 23

CHOIR PRACTICE – 9:30am Chapel

MONDAY, JANUARY 24

CERAMICS – 9am Lower Level Center

KOFFEE KLATCH – 10am Lower Level Center

JAZZERCISE – 10:45am FH

IMPROV WITH TERI McEVOY – 1:30pm Frigo Hall

For those that pre-registered, join us for this special class!

NEEDLERS FOR THE NEEDY – 2pm Community Room

Wii LEAGUES – 3:30pm Senior Center

TUESDAY, JANUARY 25

Look for Polish featured items on your menu today at lunch!

CERAMICS – 9am Lower Level Center

CRAFTS – 9am Lower Level Center

COOKING DEMONSTRATION – 2:00 Senior Center

Join one of our very own Chefs as they demonstrate a culinary creation that you can replicate in your apartment. The Chef will provide the recipe for you to take home and everyone gets a sample of the finished product!

WEDNESDAY, JANUARY 26

ADVANCE DIRECTIVES & FIVE WISHES WITH CNS – 10:30a Frigo Hall

CNS Home Health and Hospice will be presenting the topic of Five Wishes this morning. Five Wishes was introduced in 1997 and has become America’s most popular living will because it is written in everyday language and helps people to talk about care in times of serious illness. The Five Wishes is a booklet

that was created by an organization called Aging with Dignity which was founded through the inspiration of the life and work of Mother Teresa of Calcutta. The booklets will be distributed by CNS Home Health and Hospice for the presentation.

BINGO – 7pm

EARLY BIRD GAME – 6:30pm Frigo Hall

THURSDAY, JANUARY 27

TAI CHI – 10am Lower Level Center

AA – 11am-2pm Community Room

ARTHRITIS EXERCISE CLASS– 11:15-12:15 Frigo Hall

Wii TRAINING – 1pm Senior Center

Wii PRACTICE – 2pm Senior Center

Wii LEAGUES – 3:30pm Senior Center

FRIDAY, JANUARY 28

MEAL CARDS DISTRIBUTED TODAY

BIRTHDAY PARTY – 2pm Frigo Hall

Happy birthday January babies! Join us for music by AnnMarie and Dennis, refreshments and good company. A special thank you goes out to Angie Garcia for her generous donation to this month's birthday party festivities. We will see you then!

SATURDAY, JANUARY 29

PINOCHLE – 12:45pm Community Room

SUNDAY, JANUARY 30

CHOIR PRACTICE – 9:30am Chapel

BINGO WITH WESTMONT JR. HIGH ROTARTY EARLY ACT CLUB – 2pm Frigo Hall

How about a Sunday afternoon of Bingo with junior high kids? Come to the Auditorium this afternoon from 2 till 4pm, play a few games and have some fun and refreshments as the Westmont Junior High Rotary Early Act Club members call Bingo for us. There will be prizes, refreshments and lots of good company! The kids are looking forward to returning to Mayslake Village and enjoying your company.

MONDAY, JANUARY 31

CERAMICS – 9am Lower Level Center

Wii LEAGUES – 3:30pm Senior Center

LOOKING AHEAD TO FEBRUARY

LINE DANCING WITH KATHY – Feb 3 and 17 at 9am – Frigo Hall

Line Dancing is back by popular demand! You asked for it on your Life Enrichment Surveys and Haley listened – join these classes **FREE OF CHARGE** to Mayslake residents!

KAST ‘n KREW MEETING – February 7 at 2pm

THE ARCH BISHOP FULTON SHEEN LECTURE – February 10 at 2pm

Join Karen from the Arch Bishop’s Museum as she shares a bit about his life and some relics from his life right here in Frigo Hall.

We will be starting to volunteer at the Children’s Academy – they are looking for “guest readers” to come and read to the kids! Look for more information in the February edition of the Acorn more details on how to sign up!



UN-DECKING THE HALLS

Many hands make light work and we need your help! If you are able, please come down to the Senior Center on **Monday, January 3 at 1pm** to assist Helen in taking down the holiday decorations. We don’t mean to rush Christmas off, but we have to make room for any decorations that support our Polish Heritage Month theme!

We sure would appreciate any assistance we can get so that we can get done quickly.



ROADS THAT LED TO MAYSLAKE

We are celebrating Poland in January! Let’s make our first month of 2011 successful. If you are Polish and would like to assist Haley, give her a call at 630-214-1866. She is looking for folks to bring a dish to the Taste of Poland Happy Hour, someone to introduce our Polish Dance Troop, someone to teach us Polish at Happy Hour, decorations from Poland (including a flag we could hang in the Senior Center for the month), and folks who may want to share stories of their Polish Heritage throughout the month.



BLACK HISTORY MONTH IS APPROACHING

Our Roads That Led To Mayslake yearly series continues in February by celebrating Black History Month. I am looking for folks who would want to help out by showcasing their African American heritage. Call Haley if you would like to help out by making a dish for the Soul Food Happy Hour, share your stories/decorations, etc.



HEALTHY LIVING

Our resident-run health education group, Healthy Living, will be held on Wednesday, January 5 and 12. If attendance does not grow, the group will take an extended break after the session on the 12th. Please take some time to stop in the Community Room at 10:30 on the 5th and the 12th to hear some valuable information and to gain some motivation from your peers. We hope to see you!



MARQUEE 2011: MAYSLAKE HAS TALENT!

Marquee 2011 is here and we are showcasing the very talented residents here at Mayslake; won't you join us? If you have a talent – singing, playing a musical instrument, juggling, joke telling, sword swallowing (!), anything you consider a talent, call Marie Doria at 630-230-9390 and sign up to show off during our performance. Rehearsals will be once/week for about 15-20 minutes and the performances will be April 28, 29 and May 1. Come show off with us!



THANK YOU!

Thank you for supporting the Ronald McDonald House all year long by saving your soda can tabs! This organization is such a great one to support, especially since they help out so many families around the Chicagoand area. We are committed to helping the Ronald McDonald House again in 2011. Please save your soda can tabs and drop them off at the Senior Center. Let's keep up the great work and continue to support this charity!



DID YOU KNOW?

Everyday Grocery items at the Mayslake Village Snack Shop:

Open 8:00-9:00am and 11:00-1:00pm

Orange Juice ½ gals

Skim and 2% Milk ½ gals

Chocolate and Whole Milk Quarts

Dozen Eggs

Sliced Deli Ham and Turkey

Sliced Deli American and Swiss Cheese

Loaves of Bread-White, Wheat, Rye and Raisin

Ice Cream Pints

Ice Cream Bars

Activia Yogurt

Honey Packs to sooth your sore throat

Assorted Candy Bars

Bathroom Tissue

Paper Towels

Facial Tissue



THANK YOU

To all of my helpers at the Kast 'n Krew Christmas luncheon:
I would like to say "thank you" so much for all of your help. What a great team of hard workers I had. I couldn't have done it without you.

To everyone who jumped in for clean up, thank you too! You're all very thoughtful.

Many of you asked about the food that was left over, well, we took that food to the 2 Westmont Fire and Police departments with our great appreciation for all of the care they've given us.

I'd like to wish you all a Happy and Blessed Holiday and a "2011 made in heaven."

Denise Hughes



Wii SYSTEM BOWLING

Have you heard your grandkids talk about Wii games?

Have you tried your hand at Wii games? Especially Bowling?

Have you heard how much fun it is?

Have you heard how one of our very own residents actually bowled a perfect 300 game?

Want to see what all the talk is about?

Come to the Senior Center on Mondays and Thursdays after 3:30 and see your friends and neighbors who belong to the Mayslake Wii Bowling League having a great time.

Or better yet, come to a Training Session and learn how to play the game. Beginning in January we will have Wii Training every Thursday afternoon from 1 till 2pm in the Senior Center.

Try it – you'll love it!

See how you, too, can become a Mayslake Wii Bowling League participant.



MOVIES AT MAYSLAKE

A gift of videos was given of Nelson Eddy's films. Loretta Bopp would like to show them and would welcome a volunteer to help. Dates and titles will be listed on the weekly schedule.



JANUARY BIRTHDAY BABIES

Do you have a birthday in January? If you do, bring down a baby photo of yourself to the Senior Center! We're starting to post photos all month long of our birthday residents as babies. You'll get your photo back at the end of the month!