

# MAYSLAKE VILLAGE LIL ACORN MARCH 2011

## ONGOING ACTIVITIES

*NEW RESIDENTS ALWAYS WELCOME*

- Mondays:** \*CERAMICS – 9am Lower Level Center  
\*KAST N’ KREW KLUB – 1<sup>st</sup> 2pm Frigo Hall  
\*CURRENT EVENTS – 2<sup>nd</sup> 1:30pm Frigo Hall  
\*PARKINSON SUPPORT – 4<sup>th</sup> 1pm Lower Level Center  
(Not in July, August, November or January)  
\*NEEDLERS FOR THE NEEDY – 4<sup>th</sup> 2pm Community Room
- Tuesdays:** \*CERAMICS – 9am Lower Level Center  
\*CRAFTS – 9am Lower Level Center  
\*EXERCISE YOUR MIND – 3<sup>rd</sup> 1:30pm Community Room
- Wednesdays:** \*KAST ‘N KREW CHORUS – 1:30pm Frigo Hall (Not in July & August)  
\*BINGO – 7pm Auditorium  
\*BLOOD PRESSURE CHECKS – 1<sup>st</sup> & 3<sup>rd</sup> 10am-Noon Manor Lobby  
\*INSURANCE COUNSELOR – 2<sup>nd</sup> 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 – 3<sup>rd</sup> 7pm Game Room
- Fridays:** \*ART CLASS – 9:30am Lower Level Center  
\*LOW VISION SUPPORT – 1<sup>st</sup> 1pm Senior Center (not in July & August)
- Saturdays:** \*PINOCHLE – 12:45pm Community Room
- Sundays:** \*CHOIR PRACTICE – 9:30am Chapel  
\*COFFEE SUNDAY – 2<sup>nd</sup> 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 1<sup>st</sup> floor Annex II open *Monday thru Friday 10am–2pm*

**Join us as we celebrate Ireland throughout March.  
Look for our special events all month long and join in!**

**Next month, we celebrate Italy – contact Haley to get  
involved!**

## **TUESDAY, MARCH 1**

### ***WALK ACROSS AFRICA STEP SHEETS ARE DUE TO HALEY BY TODAY.*** **SIGN UP BEGINS REFLEXOLOGY PRESENTATION –**

An exciting opportunity awaits you on March 24 at 2pm - Nurses from CNS Home Health & Hospice will offer hand massages using Reflexology!

Reflexology is an ancient technique involving the stimulation of nerves on the hands. Stimulation of selected locations is thought to produce beneficial effects in other parts of the body and to enhance the overall quality of health. It is proven to help in stress relief. Join us to experience firsthand the relaxing and beneficial effects of Reflexology. Please register at the Senior Center Desk, as there will be limited openings for this event.

### **SIGN UP BEGINS FOR HOMEMADE CARDS WITH MARIA –**

Maria and Lucy are back for another homemade card class for March! Cost is \$2 for Senior Center members and \$4 for non-members; space is limited to 15 participants.

**CERAMICS – 9am Lower Level Center**

**CRAFTS – 9am Craft Room**

## **WEDNESDAY, MARCH 2**

*Watch for Irish inspired foods on the menu today!*

### **SIGN UPS BEGIN FOR THE COOKING DEMONSTRATION**

We are having one of our very talented Chefs lead us in a Cooking Demonstration on Thursday, March 31 at 2pm in Frigo Hall. 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**

**FOOD FOR THOUGHT – 10:30am Community Room**

Join Social Services Intern Jill to talk about healthy eating and staying healthy.

**KAST n KREW CHORUS – 1:30pm Frigo Hall**

**BINGO – 7pm**                      **EARLY BIRD GAME – 6:30pm Frigo Hall**

## **THURSDAY, MARCH 3**

### **SIGN UP STARTS FOR GUEST READER OUTING TO CHILDREN'S ACADEMY-**

Would you like to volunteer at Children's Academy reading with the kids and having some refreshments? If so, sign up begins today at the Senior Center for the first trip on March 28 from 9:45am to 11:15am. Those who sign up will get a follow up call from Haley with more information.

**LINE DANCING WITH KATHY – 9am Frigo Hall**

**TAI CHI – 10am Lower Level Center**

**AA – 11am – 2pm Community Room**

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

**WII TRAINING WITH CARLY – 1:00 Senior Center**

**WALKING CLUB KICKOFF – 2pm Frigo Hall**

We are excited to kickoff Mayslake Moves, our very own walking club! If you are interested in hearing more about this opportunity, which includes the chance to walk independently and within groups guided by physical therapists who will provide walking improvement challenges, come on down to Frigo Hall to hear what it is all about. While our club will not officially “step off” until April, there are things that you need to do in March to prepare. Mayslake Village will partner with our own Wellness Center and Fall Prevention Clinics of America to offer 3 different walking groups. Don’t be shy about your walking skills or distance, we’ll have a group for all levels and abilities...individual and group competitions...prizes...achievement badges...and more! We will also announce the winner of our Walk Across Africa competition!

**Wii LEAGUES – 3:30pm Senior Center**

**FRIDAY, MARCH 4**

*AARP TAX ASSISTANCE BEGINS TODAY FOR THOSE WHO PRE-REGISTERED.*

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

**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**

Our friend, Debra Scott, Rehab Specialist with DuPage County Blind & Low Vision Services, will be our guest speaker. Debra will advise as to how you can take advantage of the FREE visual aids she can offer. Debra has already assisted many of our residents and could prove a valuable person for you to know. As part of the service, Debra will come to your apartment and monitor your needs - for FREE. As always friends and family members are encouraged to attend. If you know of a resident who cannot read this - please let them know.

**SATURDAY, MARCH 5**

**PINOCHLE – 12:45pm Community Room**

**SUNDAY, MARCH 6**

**CHOIR PRACTICE – 9:30am Chapel**

**MONDAY, MARCH 7**

**CERAMICS – 9am Lower Level Center**

**KAST ‘n KREW MEETING – 2pm Frigo Hall**

**Wii PRACTICE - 2pm Senior Center**

**Wii LEAGUES – 3:30pm Senior Center**

**TUESDAY, MARCH 8**

*It’s Fat Tuesday! The dining room will be selling paczki all day!*

**CERAMICS – 9am Lower Level Center**

**CRAFTS** – 9am Lower Level Center

**MARDI GRAS** – 2pm Frigo Hall

Join us as we celebrate Fat Tuesday with a blues performance from Mo' Beats and enjoy some refreshments. Donations are happily accepted at the door!

**WEDNESDAY, MARCH 9**

**BREAKFAST BINGO TICKETS GO ON SALE TODAY!**

**Mark your calendar for Thursday, March 24<sup>th</sup> 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, March 21<sup>st</sup>.

**INSURANCE COUNSELOR** – 9am-12pm Senior Center

**COFFEE WITH YOUR SOCIAL WORKER** – 10am Frigo Hall

Manor residents, it's your turn for Coffee With Your Social Worker! We'll provide refreshments and good information, so stop on by.

**KAST n KREW CHORUS** – 1:30 Frigo Hall

**BINGO** – 7pm

**EARLY BIRD GAME** – 6:30pm Frigo Hall

**THURSDAY, MARCH 10**

**TAI CHI** – 10am Lower Level Center

**AA** – 11am – 2pm Community Room

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

**TAYLOR MARIE'S FASHION SHOW AND SHOPPING** – 2pm Frigo Hall

Come on down to see some of our very own residents modeling ensembles from Taylor Marie and then hang out after to shop their merchandise. Taylor Marie's is a full retail store that brings wonderful apparel to retirement communities with an emphasis on great pricing, large selection of styles and all sizes. We carry Alfred Dunner, Ruby Road, Erin London, Southern Lady, Keren Hart, Tribal and more. We have just opened our mobile store in Illinois after starting our business in Minnesota and Maryland seven years ago. We also carry a nice selection of costume jewelry and scarves. Our motto best describes us-"Your Fashion, Your Style, Your Place!"

**Wii PRACTICE** – 2pm Senior Center

**Wii LEAGUES** – 3:30pm Senior Center

**FRIDAY, MARCH 11**

*Watch your menu for special Soul Food selections today!*

***TODAY IS THE DEADLINE FOR ANY SUBMISSIONS TO THE APRIL 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

**GREYHOUND VISITS** – 1:30pm Frigo Hall

Please join us to meet and greet Dr. Jake and Ellie Mae, two retired racing greyhounds!

**SATURDAY, MARCH 12**

**PINOCHLE** – 12:45pm Community Room

**SUNDAY, MARCH 13**

*Daylight Savings Time Begins – Spring Forward! Set your clocks ahead one hour.*

**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, MARCH 14**

**CERAMICS** – 9am Lower Level Center

**JAZZERCISE** – 10:45am Frigo Hall

**CURRENT EVENTS** – 1:30pm Frigo Hall

**Wii PRACTICE** – 2pm Senior Center

**HOMEMADE CARDS WITH MARIA** – 2:30pm Frigo Hall

For those that pre-registered, join Maria and Lucy for another homemade card class.

**Wii LEAGUES** – 3:30pm Senior Center

**TUESDAY, MARCH 15**

**CERAMICS** – 9am Lower Level Center

**CRAFTS** – 9am Lower Level Center

**SAS SHOES** – 10am-2pm Frigo Hall

Come on down to see Chris and Eric from SAS Shoes.

**EXERCISE YOUR MIND** – 1:30pm Community Room

**WEDNESDAY, MARCH 16**

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

**FOOD FOR THOUGHT** – 10:30am Community Room

Join Social Services Intern Jill to talk about healthy eating and staying healthy.

**KAST n KREW CHORUS** – 1:30pm Frigo Hall

**IRISH FIDDLER SHOW** – 3pm Frigo Hall

Join us for music from an Irish Fiddler who was trained at the Irish Music School of Chicago. Donations are accepted at the door.

**BINGO** – 7pm

**EARLY BIRD GAME** – 6:30pm Frigo Hall

**THURSDAY, MARCH 17**

*Happy St. Patrick's Day!*

*Watch for Irish inspired foods on the menu today!*

**LINE DANCING WITH KATHY** – 9am Frigo Hall

**TAI CHI** – 10am Lower Level Center  
**AA** – 11am – 2pm Community Room  
**ARTHRITIS EXERCISE CLASS**– 11:15-12:15 Frigo Hall  
**ST PATRICK’S DAY HAPPY HOUR** – 2pm Frigo Hall

We are celebrating Ireland this month! Come on down for some Irish food and good company. Haley will supply mini Rueben sandwiches and punch, but you need to bring a dish too so we can get a full taste of Ireland. Bring down an Irish dish to pass and enjoy.

**Wii LEAGUES** – 3:30pm Senior Center  
**MEN’S CLUB** – 7pm Community Room

**FRIDAY, MARCH 18**

**ART CLASS WITH FR. DAVID** – 9:30am Lower Level Center  
**ST. JOSEPH TABLE** – 2pm Frigo Hall

Join us as we celebrate St. Joseph’s Day a bit early with our very own St. Joseph table. We’ll have sweets and breads on our table, but need your help. Haley will supply drinks and cupcakes. Please bring down something for the table that you can share as well. Fr. David will give a blessing and we’ll enjoy the celebration!

**SATURDAY, MARCH 19**

**PINOCHLE** – 12:45pm Community Room

**SUNDAY, MARCH 20**

**CHOIR PRACTICE** – 9:30am Chapel

**MONDAY, MARCH 21**

*This is your last day to purchase tickets for Breakfast Bingo!*

**CERAMICS** – 9am Lower Level Center  
**JAZZERCISE** – 10:45am Frigo Hall  
**Wii PRACTICE** – 2pm Senior Center  
**Wii LEAGUES** – 3:30pm Senior Center

**TUESDAY, MARCH 22**

**CERAMICS** – 9am Lower Level Center  
**CRAFTS** – 9am Lower Level Center

**WEDNESDAY, MARCH 23**

*Watch for Irish inspired foods on the menu today!*

**FOOD FOR THOUGHT** – 10:30am Community Room

Join Social Services Intern Jill to talk about healthy eating and staying healthy.

**KAST n KREW CHORUS** – 1:30pm Frigo Hall  
**BINGO** – 7pm                      **EARLY BIRD GAME** – 6:30pm Frigo Hall

**THURSDAY, MARCH 24**

**BREAKFAST BINGO – 8am Dining Room**

For those that purchased tickets, meet us in the dining room for some good food and a few bingo games.

**TAI CHI – 10am Lower Level Center**

**SPRING SECRET PAL KICKOFF – 10:30 Frigo Hall**

If you're interested in participating in our Spring Secret Pal program, be sure to come to this meeting. We'll draw for our Secret Pals at this time and review the weekly gifts.

**AA – 11am-2pm Community Room**

*Lunch will begin at 11:30am today due to Breakfast Bingo this morning.*

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

**REFLEXOLOGY WITH CNS – 2pm Frigo Hall**

You must have pre-registered to attend this event.

**Wii PRACTICE – 2pm Senior Center**

**Wii LEAGUES – 3:30pm Senior Center**

**FRIDAY, MARCH 25**

**MEAL CARDS DISTRIBUTED TODAY**

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

**BIRTHDAY PARTY – 2pm Frigo Hall**

Happy birthday March babies! Join us for a performance by Jerry Armstrong, as he performs music from Frank Sinatra to Elvis. Thanks to Angie Garcia for her generous donation to this month's birthday party. We welcome and thank **Village Trustee Bob Scott** for his very generous sponsorship of this month's birthday party as well. Don't miss your chance to hear more about him, as well as thank him in person for giving to us this month. We will see you then!

**SATURDAY, MARCH 26**

**PINOCHLE – 12:45pm Community Room**

**SUNDAY, MARCH 27**

**CHOIR PRACTICE – 9:30am Chapel**

**MONDAY, MARCH 28**

**CERAMICS – 9am Lower Level Center**

**GUEST READERS AT CHILDREN'S VILLAGE ACADEMY – 9:45am**

You must have signed up for this event with Haley prior to attending.

**PARKINSON'S SUPPORT GROUP – 1pm Lower Level Center**

**NEEDLERS FOR THE NEEDY – 1:30pm Community Room**

**Wii PRACTICE – 2pm Senior Center**

**Wii LEAGUES – 3:30pm Senior Center**

**TUESDAY, MARCH 29**

*Watch for Irish inspired foods on the menu today!*

**CERAMICS – 9am Lower Level Center**

**CRAFTS – 9am Lower Level Center**

**IRISH HISTORY PRESENTATION – 1pm Frigo Hall**

Join a representative from the Irish American Heritage Center as they talk about Irish history and culture in Chicagoland.

**WEDNESDAY, MARCH 30**

**FOOD FOR THOUGHT – 10:30am Community Room**

Join Social Services Intern Jill to talk about healthy eating and staying healthy.

**KAST n KREW CHORUS – 1:30pm Frigo Hall**

**BINGO – 7pm EARLY BIRD GAME – 6:30pm Frigo Hall**

**THURSDAY, MARCH 31**

**LINE DANCING WITH KATHY – 9am Frigo Hall**

**TAI CHI – 10am Lower Level Center**

**AA – 11am – 2pm Community Room**

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

**Wii TRAINING WITH CARLY – 1pm Senior Center**

**COOKING DEMONSTRATION – 2pm Frigo Hall**

If you pre-registered, head on down to see what Chef Brenda is making for us this month!

**Wii LEAGUES – 3:30pm Senior Center**

**LOOKING AHEAD TO APRIL**

**PET A PET – April 1 at 10am in Frigo Hall**

**LOW VISION SUPPORT GROUP – April 1 at 1pm in Frigo Hall**

**ENTERTAINMENT AND SOCIAL WITH SUE SENICKA – April 3 at 2pm**

**KAST ‘n KREW MEETING – April 4 at 2pm Frigo Hall**

**ELECTION DAY – March 5 in the Senior Center**



**Acorn Announcements**



**WANT TO BE A MODEL?**

We're having a Fashion Show this month and we still need volunteers to model. If you are available to model on March 10 (and you'll even get a discount on the merchandise!), call Haley to sign up.



**READING BUDDIES WANTED**

The Children's Academy and Mayslake are starting a pilot program where our residents travel to their school once/month for an hour or so to read to the children as well as enjoy refreshments. If you are interested in being a Reading Buddy, fill

out an interest form with Haley. Transportation will be provided. Our first outing will be in March, so be sure you see Haley soon!



### **IT'S TAX TIME**

Roger Reeder and his AARP volunteers will be here again this year to assist you with your taxes. Dates available are March 4, March 11 and March 18. We will be taking appointments for 6 residents each hour from 9am – 2pm. Last appointments will be held at 2pm. You **MUST** call the Senior Center desk to make an appointment.



### **SPRING TIME MEANS GARDENING TIME!**

If you are interested in becoming a member of the Mayslake Garden Club, please join Norm and Henry on March 8 at 10am in Frigo Hall. If you were a member last year, you still must come to this meeting. All are welcome to join, so swing on down to hear what it is all about.



### **MARCH BIRTHDAY BABIES**

Do you have a birthday in March? 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!



### **MORE POETRY BY MAYSLAKE'S OWN JUDY B.**

*Enjoy Mayslake Village*  
Thru these halls of fame  
Our stories are all about the same.

Yet each one is their own flavor  
Could write many books we could savor.

Our pasts become our history  
And our future becomes a mystery.

The present is our happiness and joy  
So plan your day, Oh boy.

# DEVELOPMENT OFFICE NEWS



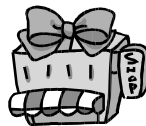
**Starting: MONDAY, MARCH 7**

**SIGN UP FOR FISH FRY VAN** - Fr. Larry chauffeurs departs 4pm every Friday during Lent (except Good Friday), via our Mayslake Van, to Westmont's Knights of Columbus' annual fish fry nights. Sign up Monday of each week prior at the Administration desk by the Chapel. No cost for bus service, but please honor your commitment if you sign up. Dinner cost is on your own.



## **Fannie May Easter Candy Orders**

Fannie May pamphlets and order forms were distributed to your apartments in February. For extra order forms please contact the Development Department. Orders for Fannie May candy must be turned into the Development Office by Thursday, March 24<sup>th</sup> by 2:00pm. You may keep the pink copy for your records. Please return the white and yellow copy with your check made out to Mayslake Village. We also accept Visa, MasterCard, American Express and Discover card. Your order will be delivered to your apartment the week of April 11<sup>th</sup>. For more information please call the Development Office: Janet Zywczyk (630) 214-1860 or Mark DeSantis (630) 214-1861.



## **Mayslake Gift Shop News**

### **March Sale!!**

Come visit our Mayslake Village Gift Shop during March. All of the TY products and Franciscan Soaps will be on sale while supplies last! These are great items for your children, grandchildren and Great-grandchildren Easter Baskets.