



MAYSLAKE VILLAGE LIL ACORN FEBRUARY 2012

ONGOING ACTIVITIES

NEW RESIDENTS ALWAYS WELCOME

- Mondays:** *CERAMICS – 9am Lower Level Center - DISCONTINUED
*KAST N' KREW KLUB – 1st 2pm Frigo Hall
*BUNCO – 2nd 1:00pm Frigo Hall
*CURRENT EVENTS – 4th at 1:30pm Frigo Hall
*NEEDLERS FOR THE NEEDY – 4th 2pm Community Room
- Tuesdays:** *CERAMICS – 9am Lower Level Center - DISCONTINUED
*CRAFTS – 9am Lower Level Center
*WELLNESS HOUSE SUPPORT GROUP – 3rd 2:00pm Community Room
- Wednesdays:** *INSURANCE COUNSELOR – 2nd 9am-Noon Senior Center (1st in June 2011)
*CHRISTIAN CHURCH SERVICE – 10:30 Craft Room
*KAST 'N KREW CHORUS – 1:30pm Frigo Hall (Not in January, July & August)
*BINGO – 7pm Auditorium
*BLOOD PRESSURE CHECKS – 1st & 3rd 10am-Noon Manor Lobby
- Thursdays:** *S.H.I.P. INSURANCE COUNSELING – 1st and 3rd 12pm-2pm Appt. only
*TAI CHI – 10am Lower Level Center
*A.A. MEETS – 12pm-1pm Community Room
*ARTHRITIS EXERCISE CLASS - 11:15am Lower Level Center
*MEN'S CLUB – 3rd 7pm Community Room
- Fridays:** *ART CLASS – 9:30am Lower Level Center
*LOW VISION SUPPORT – 1st 1pm Senior Center (not in Jun, Jul & Aug)
- 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*

**Welcome to our new year in 2012:
Mayslake University – A Year Of Lifelong Learning**

**Bring your Report Card with you to each of the highlighted events to
win chances in our monthly raffle!**

WEDNESDAY, FEBRUARY 1

CUPIDGRAMS GO ON SALE TODAY IN THE ADMINISTRATION DESK!

Purchase yours for \$2 for a single and \$10 for a "bouquet" of 6 at the Administration Desk. Cupidgrams will be delivered on Tuesday, February 14. Happy Valentine's Day! All proceeds benefit Team Eileen.

SIGN UP STARTS FOR AN AFTERNOON OF SAINTS OUTING – Administration Desk
Join us for our first outing of 2012 as we celebrate a bit of St. Patrick and a bit of St. Joseph! Jeri will meet you in the dining room on Tuesday, March 13 at 1pm for an Italian lunch in celebration of St. Joseph – we'll have salad, pizza and your choice of a soda or water. After we eat lunch, we'll head to the waiting chartered bus and go to the Irish American Heritage Center for a docent-guided tour. We'll be back at Mayslake Village at approximately 6pm. Your cost of \$15 covers the ticket for the tour, the lunch and the cost of renting a chartered bus. We need a minimum of 15 for this trip to go. Sign up for the trip closes and is not accepted after 12pm on Thursday, February 16.

SIGN UP FOR JEWELRY WITH JERI – Administration Desk

Join Jeri as she leads a jewelry class on Friday, February 10 at 2pm – beginners are welcome! Your cost of \$5 pays for supplies as you learn to make and take home your jewelry. You'll be making Valentine's jewelry for yourself or as a gift. If you have your own jewelry tools, please feel free to bring them down; if not, no worries, we can share. Class is limited to 15 participants, so be sure to sign up.

SIGN UP STARTS FOR IMPROV CLASSES – Senior Center Desk

Teri McEvoy is back this month for two different Improv Classes on Monday, February 13 and Monday, February 27, both at 2pm in the Craft Room. Class is limited to 20 participants, so be sure to sign up. Everyone is welcome and no experience is required – you just have to want to have some fun with your friends!

BLOOD PRESSURE CHECKS – 10am-2pm Manor Lobby

CHRISTIAN CHURCH SERVICE – 10:30am Craft Room

SECRET PAL KICKOFF – 2pm Senior Center

Be someone's Valentine by joining our Secret Pal program for the month of February. We'll meet today and draw names for the month. You'll need to do a small gift (no more than \$2) once per week the week of Feb 6, Feb 13 and Feb 20. We'll enjoy our Secret Pal Reveal Party on Wednesday, Feb 29 at 10:30am, where you'll give a final gift of no more than \$5.

BINGO – 7pm

EARLY BIRD GAME – 6:30pm Frigo Hall

THURSDAY, FEBRUARY 2

Cupidgrams are available for purchase at the Administration Desk!

LINE DANCING WITH KATHY – 10am Frigo Hall

Please note that Line Dancing will now start at 10am.

TAI CHI – 10am Lower Level Center

ARTHRITIS EXERCISE CLASS– 11:15am Lower Level Center

AA – 12pm-1pm Community Room

SHIP INSURANCE COUNSELING – 12pm-2pm Appointment Only
Please call the Senior Center desk for appointments.

FRIDAY, FEBRUARY 3

Cupidgrams are available for purchase at the Administration Desk!

ART WITH FR. DAVID – 9:30am Frigo Hall

PET A PET – 10am Frigo Hall

LOW VISION SUPPORT GROUP – 1pm Frigo Hall

This month we welcome Lauri Dishman, MA, CPC, Manager of Counseling Services with Guild for the Blind who will cover 'Savvy Socializing'. Have you ever walked into a room filled with people but couldn't identify those you knew, or passed someone you know without saying hello? Have you been intimidated by asking for help reading labels, choices on a menu, or directions of any kind? This will provide interesting insight into typical scenarios faced in social situations by those with impaired ability to see. Lauri will make time for your questions after the presentation. Please make a note and join us. If you know of someone who is unable to read this please let them know.

SATURDAY, FEBRUARY 4

PINOCHLE – 12:45pm Community Room

SUNDAY, FEBRUARY 5

MONDAY, FEBRUARY 6

Cupidgrams are available for purchase at the Administration Desk!

Wii FREE PRACTICE – 1pm Senior Center

PEOPLE'S RESOURCE CENTER COMPUTER CLASS – 1:30pm Chapel

If you signed up for this class, please meet Jeri and the bus at 1:30pm by the entrance near the Chapel.

KAST n KREW MEETING – 2pm Frigo Hall

Wii LEAGUES – 3pm Senior Center

TUESDAY, FEBRUARY 7

Cupidgrams are available for purchase at the Administration Desk!

Please note that Frigo Hall is being cleaned and waxed today and will be unavailable for use.

CRAFTS – 9am Lower Level Center

Wii FREE PLAY – 2pm Senior Center

Wii LEAGUES – 4pm Senior Center

WEDNESDAY, FEBRUARY 8

Cupidgrams are available for purchase at the Administration Desk!

INSURANCE COUNSELOR – 9am-12pm Senior Center

CHRISTIAN CHURCH SERVICE – 10:30am Craft Room

MIND AEROBICS WITH MARY JO – 10:30am Community Room

Get your mind moving by playing some fun games with our new volunteer, Mary Jo. We'll have refreshments since this is the kick-off for this group. Come on out and try it! *This*

is a highlighted Mayslake University program, so bring down your “report card” and get it signed after you attend.

REDISTRICTING PRESENTATION AND VOTER REGISTRATION – 2pm Frigo Hall

BINGO – 7pm

EARLY BIRD GAME – 6:30pm Frigo Hall

THURSDAY, FEBRUARY 9

Today is your last day to purchase Cupidgrams at the Administration Desk. Orders must be placed by 12pm.

TAI CHI – 10am Lower Level Center

TAYLORMARIE CLEARANCE SALE – 11am-2pm Frigo Hall

Enjoy some shopping with this huge sale from TaylorMarie.

ARTHRITIS EXERCISE CLASS– 11:15am Lower Level Center

AA – 12pm-1pm Community Room

CREATIVE WRITING WORKSHOP – 12:15pm Dining Room

If you pre-registered for this 3-part series that started in January, meet us in the dining room for soup and conversation at 12:15. We’ll head on down to our class at 1:30pm.

FRIDAY, FEBRUARY 10

ART CLASS WITH FR. DAVID- 9:30am Frigo Hall

BARB’S BOUTIQUE – 10am – 2pm Frigo Hall

Come on down to shop in Frigo Hall with Barb’s Boutique.

JEWELRY WITH JERI – 2pm Craft Room

If you pre-registered for this class, join Jeri in the Craft Room.

SATURDAY, FEBRUARY 11

PINOCHLE – 12:45pm Community Room

SUNDAY, FEBRUARY 12

SECOND SUNDAY COFFEE – 11am Community Room

MONDAY, FEBRUARY 13

JAZZERCISE – 10:45am Frigo Hall

BUNCO – 1pm Frigo Hall

All are welcome! Bring your \$2 buy-in.

Wii FREE PRACTICE – 1pm Senior Center

PEOPLE’S RESOURCE CENTER COMPUTER CLASS – 1:30pm Chapel

If you signed up for this class, please meet Jeri and the bus at 1:30pm by the entrance near the Chapel.

IMPROV CLASS WITH TERI MCEVOY – 2pm Craft Room

Wii LEAGUES – 3pm Senior Center

TUESDAY, FEBRUARY 14

CRAFTS – 9am Lower Level Center

NEW YEARS RESOLUTION GROUP – 10am Craft Room

How are you doing with your New Year Resolution? Come on down and join this great support system, led by Jeri. Everyone is welcome!

LOVEFEST HAPPY HOUR – 2pm Frigo Hall

Join us for a performance from Babette Dean, *lovely* refreshments and great company this afternoon. We'll have a dance floor, so bring your dancin' shoes!

Wii FREE PRACTICE – 2pm Senior Center

Wii LEAGUES – 4pm Senior Center

WEDNESDAY, FEBRUARY 15

Today is the last day to submit for the March Acorn.

BLOOD PRESSURE CHECKS – 10am-2pm Manor Lobby

CHRISTIAN CHURCH SERVICE – 10:30am Craft Room

KAST n KREW CHORUS – 1:30pm Frigo Hall

Today is our first meeting after our extended winter break. See you in Frigo Hall!

BINGO – 7pm

EARLY BIRD GAME – 6:30pm Frigo Hall

THURSDAY, FEBRUARY 16

LINE DANCING WITH KATHY – 10am Frigo Hall

TAI CHI – 10am Lower Level Center

ARTHRITIS EXERCISE CLASS– 11:15am Lower Level Center

AA – 12pm-1pm Community Room

SHIP INSURANCE COUNSELING – 12pm-2pm Appointment Only

Please call the Senior Center desk for appointments.

WALK DOWN MEMORY LANE – 2pm Frigo Hall

Take a walk down Memory Lane to the “Good Old Days” of the 1930s, 40s and 50s with author Rochelle Pennington. Her historical, light-hearted program will detail everyday life during the bygone years of corner phone booths, party lines, hand-me-down clothes, doctors who made house calls, wringer washing machines, marble matches, Howdy Doody shows, and outhouses. The author’s power-point presentation, featuring vintage photographs, will be complemented by a large collection of antiques she will display. *This is a highlighted Mayslake University program, so bring down your “report card” and get it signed after you attend.*

MEN’S CLUB – 7:00pm Community Room

FRIDAY, FEBRUARY 17

ART WITH FR. DAVID – 9:30 Craft Room

Fr. David’s Art Class resumes today.

SATURDAY, FEBRUARY 18

PINOCHLE – 12:45pm Community Room

SUNDAY, FEBRUARY 19

MONDAY, FEBRUARY 20

Please note that in observation of the Presidents’ Day holiday, all Mayslake Village offices, services and dining room will be closed.

TUESDAY, FEBRUARY 21

CRAFTS – 9am Lower Level Center

WELLNESS HOUSE SUPPORT AND SOCIAL GROUP – 1pm Craft Room

MARDI GRAS JAZZ PARTY – 2pm Frigo Hall

It's Fat Tuesday and we are VERY lucky to have a professional jazz quartet to join us for the festivities. Put on your dancing shoes and join us for hurricanes and King Cakes sponsored by Concord Place, as well as some phenomenal entertainment from the Heavy Hitters Jazz Quartet. The quartet is doing our show for a huge discount, but Haley still needs to make up some of the money; a free will donation box will be set up at the door and a suggested donation is \$1. All are welcome to wear their Mardi Gras beads and all that jazz!

Wii FREE PRACTICE – 2pm Senior Center

WEDNESDAY, FEBRUARY 22

CHRISTIAN CHURCH SERVICE – 10:30am Craft Room

MIND AEROBICS WITH MARY JO – 10:30am Community Room

KAST n KREW CHORUS – 1:30pm Frigo Hall

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

THURSDAY, FEBRUARY 23

TAI CHI – 10am Lower Level Center

ARTHRITIS EXERCISE CLASS– 11:15am Lower Level Center

AA – 12pm-1pm Community Room

CREATIVE WRITING WORKSHOP – 12:15pm Dining Room

If you pre-registered for this 3-part series that started in January, meet us in the dining room for soup and conversation at 12:15. We'll head on down to our class at 1:30pm.

FRIDAY, FEBRUARY 24

ART CLASS WITH FR. DAVID – 9:30am Craft Room

BIRTHDAY PARTY – 2pm Frigo Hall

Happy birthday February babies! Join us from a performance from a community favorite, John Muhlenfeld, the Twilight Troubador. Thank you to Betty Bezek and Angie Garcia for their generous donation to this month's festivities. Special thanks goes to Concord Place for providing our raffle prizes!

SATURDAY, FEBRUARY 25

PINOCHLE – 12:45pm Community Room

SUNDAY, FEBRUARY 26

MONDAY, FEBRUARY 27

MEAL CARDS DISTRIBUTED TODAY

Wii FREE PRACTICE – 1pm Senior Center

CURRENT EVENTS – 1:30pm Frigo Hall

This is a highlighted Mayslake University program, so bring down your "report card" and get it signed after you attend.

NEEDLERS FOR THE NEEDY – 2pm Community Room

IMPROV WITH TERI MCEVOY – 2pm Craft Room

If you signed up, please join us in the downstairs craft room.

Wii LEAGUES – 3pm Senior Center

TUESDAY, FEBRUARY 28

CRAFTS – 9am Lower Level Center

NEW YEAR RESOLUTION GROUP – 10am Community Room

HISTORY AND ARCHITECTURE OF MAYSLAKE VILLAGE – 10:30am Frigo Hall

Join our very own Mike Frigo as he leads a Mayslake University program on our home sweet home. He'll be giving a great presentation on the history and the architecture of Mayslake Village. Refreshments will be served. *This is a highlighted Mayslake University program, so bring down your "report card" and get it signed after you attend.*

HEART HEALTHY TALK – 2pm Frigo Hall

CNS will present on the topic of having a healthy heart. This will be a discussion on the facts of heart disease, identifying risk factors and learning the signs and symptoms of a heart attack. There will also be helpful hints for preventable measures including diet tips and lifestyle changes. *This is a highlighted Mayslake University program, so bring down your "report card" and get it signed after you attend.*

Wii FREE PRACTICE – 2pm Senior Center

Wii LEAGUES – 4pm Senior Center

WEDNESDAY, FEBRUARY 29

SECRET PAL REVEAL PARTY – 10:30am Frigo Hall

If you participated this month, bring your gift and join us for scones and drinks as we reveal our Secret Pals.

CHRISTIAN CHURCH SERVICE – 10:30am Craft Room

KAST n KREW CHORUS – 1:30pm Frigo Hall

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

LOOKING AHEAD TO MARCH

LINE DANCING WITH KATHY – March 1 at 10am

PET-A-PET – March 2 at 10am

VISION PRESENTATION– March 2 at 1pm

Dr. Eric A. Baas, O.D., F.A.A.O., Doctor of Optometry, President of Marketplace Vision, and Clinical Asst. Professor of Optometry at Illinois College of Optometry/Illinois Eye Institute, has generously agreed to speak to all residents about the many types of visual concerns related to seniors and vision in general. Topics such as glaucoma, cataracts, macular degeneration, and more will be covered along with prevention and general eye health including diet and vitamins. Time for questions will follow the presentation.

SHANNON ROVERS PERFORMANCE – March 3 at 1:30pm

KAST n KREW MEETING – March 5 at 2pm

Acorn Announcements

OUR APOLOGIES

We forgot to include Carol Mottis, as a new move-in in October. Welcome to Mayslake Carol!
Our apologies for the omission in last month's Acorn.



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 9, March 16 and March 23. We will be taking appointments for 6 residents each hour from 9am – 2pm. Last appointments will be held at 1pm. You **MUST** call the Senior Center desk to make an appointment.



WANTED: WEDDING PHOTOS

Bring Haley down a photo of you and your sweetheart (it doesn't have to be a wedding photo) and we'll display them all month long in the Senior Center. Just be sure to put your names on it. Bring them down at the beginning of the month – the earlier in the month, the better!



SPRING ART SHOW

We are hosting a Spring Art Show and Reception in the late part of March. We will be featuring resident art, jewelry, crafts, etc. Watch the March Acorn for more information on art piece submission and art workshops where you can create something to show. Until then, if you love art, go ahead and get started on something for our show!



BOOK CLUB DATE AND BOOK SET

Sheila from the Westmont Public Library will be back on Tuesday, March 13 at 10:30am to review the book Water For Elephants. Haley has copies of the book in her office for you to check out. Anyone who has read the book or seen the movie is welcome in the discussion. Mark your calendars now and pick up the book to start reading!



PERFECT TIMING

In January, Medicare appealed to all physicians to begin asking their over age 65 patients about balance, falls and dizziness. **WHY?** Too many older adults who are diligently working with their physicians to stay healthy are losing their independence to a fall injury. In fact, the trend is so startling that the American Geriatrics Society is calling falls injury among seniors an epidemic that is at least as serious as heart attacks or strokes.

Beginning in February, Fall Prevention Clinics of America will begin the winter Mayslake "No Falls Zone" program. Without ever leaving the campus, you can go through the 3-step **FALL RISKS ASSESSMENT** (physician appointment-diagnostics-performance evaluation) and be ready to go when spring arrives. Call (630)305-0403 for an appointment & more information. They accept Medicare – BlueCross/BlueShield PPO – and more!