

**MAYSLAKE VILLAGE  
LI'L ACORN  
AUGUST, 2010**

**MONDAY, AUGUST 2**

**SIGN UP BEGINS TODAY FOR:  
A CUSTOM TOUR OF THE**

**FRANK LLOYD WRIGHT HOME & STUDIO**

This hour and a half tour of Frank Lloyd Wright's home and studio going on Wednesday, August 18<sup>th</sup>, is a *walking* tour and the house has a flight of stairs (there is NO elevator). We will leave the Main Entry (Chapel area) at 9am and return at approximately 2:30pm. Lunch will be at Winberie's in Oak Park. At time of sign up you will be asked for your choice of Mediterranean Pasta (sautéed chicken breast, sun-dried tomatoes, Roasted garlic, olives, capers, penne pasta); Quiche Lorraine served with salad and fresh fruit, or Chicken Paillard Sandwich (open faced – grilled, marinated chicken breast, Gruyere swiss cheese, roasted peppers, mesclun greens, creamy balsamic dressing, and baquette bread). The cost of the day will be \$32 per person which includes transportation, tour and lunch (entrée, dessert and beverage). Sign up will continue through Friday, August 6. A minimum of 20 people is required to make this trip happen.

**CIRQUE SHANGHAI AT NAVY PIER** going Thursday, September 2, leaving the Main Entrance (Chapel Area) at 9am and returning approximately 5pm. Lunch will be on your own at the restaurant of your choice. We will then meet at the entrance to the Pepsi Skyline State at 1:30pm to enjoy CIRQUE SHANGHAI which begins at 2pm. We will leave the Pier at the conclusion of the show. The cost for this day will be \$18 per person which includes transportation and the show, lunch is on your own.. Sign ups continue thru August 6 at the Senior Desk 9am-Noon

**CERAMICS** – 9am Lower Level Center

**KAST 'N KREW KLUB** – 2pm Auditorium

**Wii BOWLING LEAGUE BEGINS IN SEPTEMBER** – See Page 9 of this month's ACORN for further information. If interested, your information must be turned in by Friday, August 6.

## TUESDAY, AUGUST 3

**TRIP TO LAKE GENEVA** leaves Main Lobby (Chapel area) 8:45am,  
returns approximately 5:15pm  
**CERAMICS** – 9am Lower Level Center  
**CRAFTS** – 9am Lower Level Center  
**KOFFEE KLATCH** – cancelled

## WEDNESDAY, AUGUST 4

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

**Mark your calendar for Thursday, August 19<sup>th</sup> from 8:00-9:30am.**

After enjoying a hot breakfast buffet in the Dining Room, we'll play a few games of Bingo in which lucky players will win valuable prizes donated by the Mayslake Dining Room. 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, August 16<sup>th</sup>.

**INSURANCE COUNSELOR** – 9am – Noon Senior Center – No appointment needed. Audrey Muschler will be happy to meet with you to discuss your insurance concerns. **\*\* Please note change in week for this month.\*\***

**AMERICAN CANCER SOCIETY PRESENTATION** – 10am Auditorium

**HEALTHY LIVING** – There will be no meetings during the month of August.

**BINGO** – 7pm

**EARLY BIRD GAME** – 6:30pm Auditorium

## THURSDAY, AUGUST 5

**TAI CHI** – 10am Lower Level Center

**AA** – 11am – 2pm Community Room

**Wii BOWLING TRAINING** – 1:30 – 2:30pm Senior Center

## FRIDAY, AUGUST 6

**PET A PET** – 10-11am Auditorium

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.

I've been advised that Zena will be making a return visit this month.

**LOW VISION SUPPORT GROUP** – No meeting in August. *Mark your calendar for the next meeting - Friday, September 3rd at 1pm.*

**HAWAK KAMAY – Performing Arts** – 3:00pm Auditorium

Hawak Kamay is a Filipino American youth performing arts organization which promotes Filipino culture by educating our members and creating awareness to our community through music, folk dance, arts, values, and community service. Refreshments will be served following the program.

**LAST DAY TO TURN IN YOUR WII BOWLING LEAGUE FORM.**

## SATURDAY, AUGUST 7

**PINOCHLE** – 12:45pm Community Room

**MONDAY, AUGUST 9**

**CERAMICS** – 9am Lower Level Center  
**CURRENT EVENTS** – 1:30pm Auditorium

**TUESDAY, AUGUST 10**

**CERAMICS** – 9am Lower Level Center  
**CRAFTS** – 9am Lower Level Center  
**COFFEE WITH YOUR SOCIAL WORKER** – 10:00am Auditorium  
For residents of the Villas

**WEDNESDAY, AUGUST 11**

**HEALTHY LIVING** – There will be no meetings during the month of August.  
**KAST ‘N KREW CHORUS** – on summer break, will resume in September  
**BINGO** – 7pm                      **EARLY BIRD GAME** – 6:30pm Auditorium

**THURSDAY, AUGUST 12**

**TAI CHI** – 10am Lower Level Center  
**BAZAAR MEETING** – 10am Auditorium  
**AA** – 11am – 2pm Community Room  
**MEDICARE COUNSELOR** – By appointment Senior Center  
**Wii BOWLING LEAGUE** – 2pm Senior Center  
Today is reserved for those residents who have pre-registered to be a member of the Mayslake Wii Bowling League.

**FRIDAY, AUGUST 13**

**Wii BOWLING LEAGUE** – 2pm Senior Center  
Today is reserved for those residents who have pre-registered to be a member of the Mayslake Wii Bowling League.

**SATURDAY, AUGUST 14**

**PINOCHLE** – 12:45pm Community Room

**MONDAY, AUGUST 16**

**SIGN UP BEGINS TODAY FOR “FESTIVAL OF THE VINE” IN Geneva,**

**Illinois going Friday, September 10<sup>th</sup>** This autumn festival is celebrated with food, wine tasting, and flower markets which you may visit or you might prefer to browse the many fine stores and boutiques. Enjoy lunch at any of Geneva’s fine restaurants or the food booths of the Festival. The cost for the day will be \$5 per person for transportation with lunch on your own. We will leave from the Main Entrance (Chapel area) at 9:30am and return approximately 4pm. Twenty participants will be required to make this trip happen. Sign up will continue through August 23 at Sr. Ctr. Desk 9am till Noon.

**CERAMICS** – 9am Lower Level Center

**JAZZERCISE** - 10:45am Auditorium

\*\*\*\***EXERCISE YOUR MIND** – 1:30PM Community Room\*\*\*\*

*Please note change in day of week for this month only!*

**TUESDAY, AUGUST 17**

**CERAMICS** – 9am Lower Level Center

**CRAFTS** – 9am Lower Level Center

**KOFFEE KLATCH** – 10am Auditorium

Join us for coffee and, jokes, and games - - an hour of fun with friends, facilitated by the Activities Department.

**“OKLAHOMA” presented by the Westmont Joyful Voices Show Group** –

1pm Auditorium - This group always puts on a fantastic performance and it includes many of your friends and neighbors. Refreshments will be served following the program.

**WEDNESDAY, AUGUST 18**

**TRIP TO TOUR THE FRANK LLOYD WRIGHT HOME & STUDIO** leaves

Main Lobby (Chapel area) at 9am and returns approximately 2:30pm

**HEALTHY LIVING** – 10:30-11:30am Community Room

**BINGO** – 7pm                      **EARLY BIRD GAME** – 6:30pm Auditorium

**THURSDAY, AUGUST 19**

**BREAKFAST BINGO** – 8 – 9:30am Dining Room

For residents who have pre-purchased a ticket.

**TAI CHI** – 10am Lower Level Center

**AA** – 11am – 2pm Community Room

**Wii BOWLING TRAINING** – 1:30-2:30pm Senior Center

**SATURDAY, AUGUST 21**

**PINOCHLE** – 12:45pm Community Room

**MONDAY, AUGUST 23**

**CERAMICS** – 9am Lower Level Center

**NEEDLERS FOR THE NEEDY** – 2pm Community Room

**TUESDAY, AUGUST 24**

**CERAMICS** – 9am Lower Level Center

**CRAFTS** – 9am Lower Level Center

**Wii BOWLING LEAGUE MEETING** – 2pm Senior Center

**WEDNESDAY, AUGUST 25**

**HEALTHY LIVING** – No meetings during the month of August

**LAUGHING YOUR WAY TO WELLNESS** – 10:30am Auditorium

Presented by Alexian Brothers Healthy System

**BINGO** – 7pm                      **EARLY BIRD GAME** – 6:30pm Auditorium

**THURSDAY, AUGUST 26**

**TAI CHI** – 10am Lower Level Center

**AA** – 11am – 2pm Community Room

**Wii BOWLING TRAINING** – 1:30-2:30pm Senior Center

**FRIDAY, AUGUST 27**

**BIRTHDAY PARTY** – 2pm Auditorium

All residents are invited to help celebrate our August babies. It's sure to be a lively summer afternoon as we are entertained by Ainsworth Rose, the Jamaican One Man Band. Thank you to Joanne Aldrighetti, Marie Cerny and Jarmila (Millie) Simek for their very generous donations to our monthly birthday party. Refreshments will be served following the entertainment.

**SATURDAY, AUGUST 28**

**PINOCHLE** – 12:45pm Community Room

**MONDAY, AUGUST 30**

**MEAL CARD DISTRIBUTION DAY**

**CERAMICS** – 9am Lower Level Center

**JAZZERCISE** – 10:45am Auditorium

**TUESDAY, AUGUST 31**

**CERAMICS** – 9am Lower Level Center

**CRAFTS** – 9am Lower Level Center



**MEAL CARD DISTRIBUTION DATES**

**Monday, August 30, 2010**

**Monday, September 27, 2010**

**Monday, October 25, 2010**

**Monday, November 29, 2010**

**Monday, December 27, 2010**

**Annex II, Center & Wings II – 11:30 – 1:00 Wings II Game Room**

**Manor – 12:00-1:00 Manor Lobby**

**Villas – 11:30-1:00 Laundry Room**

**COMING IN SEPTEMBER**

*September 1 Peg's Fashion Jewelry*

*Low Vision 1pm Senior Center*

*Be sure to mark your calendar for this first regular meeting following summer break. All interested residents are invited.*

## ONGOING ACTIVITIES

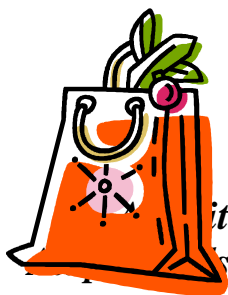
*NEW RESIDENTS ALWAYS WELCOME*

- Mondays:** \*CERAMICS – 9am Lower Level Center  
\*KAST N' KREW KLUB – 1<sup>st</sup> 2pm Auditorium  
\*CURRENT EVENTS – 2<sup>nd</sup> 1:30pm Auditorium  
\*PARKINSON SUPPORT – 4<sup>th</sup> 1pm Lower Level Center  
(Not in July & August)  
\*NEEDLERS FOR THE NEEDY – 4<sup>th</sup> 2pm Senior Center
- Tuesdays:** \*CERAMICS – 9am Lower Level Center  
\*CRAFTS – 9am Lower Level Center  
\*BIBLE STUDY – 10:30am Community Room  
\*KOFFEE KLATCH – 1<sup>st</sup> & 3<sup>rd</sup> 10am Auditorium  
\*EXERCISE YOUR MIND – 3<sup>rd</sup> 1:30pm Community Room
- Wednesdays:** \*HEALTHY LIVING – 10:30am Community Room (Not in August)  
\*KAST 'N KREW CHORUS – 1:30pm Auditorium (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  
\*MEDICARE COUNSELOR – 2<sup>nd</sup> – Call Sr. Ctr. Desk for afternoon appt.  
\*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

**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*



## MAYSLAKE GIFT SHOP

Located Ground Floor Annex Building  
**HOURS: 10am-2pm Monday thru Friday**

*New & Resale Merchandise*

*Limited number of cots are available for overnight guests.  
from the shop, managed & staffed by resident volunteers,  
go to the Village.*

**LOST & FOUND** – The Administration office at the Main Lobby is the place to go if you have lost or found an article.

## Mayslake Village Needs You!

**Our Mayslake Craft Creations has changed its meeting time to Tuesday mornings from 9:00 to 11:00.**

Those who come provide items for the Craft Booth at the upcoming Bazaar, but also form lasting friendships. Come and enjoy some creative fun, light-hearted talk and enduring friendships.

*Jean*



**CAN YOU HELP?** Our supply of items used for Birthday Party door prizes is almost exhausted. If you would care to donate some new or gently used items to be used as door prizes please bring them to the Senior Center Desk or call Helen (214-1867) if you would like the items to be picked up. Thank you.



### **END OF THE MONTH SNACK SHOP GROCERY HOURS**

The snack shop will open at 10:30am the last week of each month. Use this time to buy groceries and spend unused money left on your meal card. Please shop for large grocery orders between 10:30am and 11:00am on these days to avoid slowing down the lunch service line in the snack shop. During the rest of the month, all large grocery orders should be purchased at slow service times in the snack shop. Thank you for your cooperation.



### **LOW VISION SUPPORT GROUP**

Our first meeting after summer break will be held on Friday, September 3<sup>rd</sup> at 1pm in the Senior Center. All interested residents are invited to participate in this group. If you are a current member of the group and you know some new residents who might benefit from attending these informative meetings, please bring them with you. Be sure to mark your calendar so you don't forget.

MANY THANKS TO THOSE RESIDENTS WHO HAVE RENEWED THEIR MEMBERSHIP OR JUST RECENTLY JOINED OUR SENIOR CENTER. YOUR SUPPORT IS SINCERELY APPRECIATED!

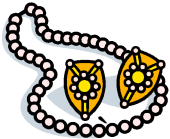


For those who enjoy our programs, entertainment and the many services available BUT HAVE FORGOTTEN TO WRITE THAT CHECK, REST EASY, YOU MAY STILL DO SO!

Please place your check, which has been noted "Senior Center Dues," in the rent box located by the reception desk of the Administration Office. Dues are only \$24 per year – that's only \$2 per month to enjoy monthly birthday parties, craft and ceramic classes, entertaining and educational programs, Wii Bowling, your library, and the many other services provided by the Senior Center.

## ***BAZAAR NEWS***

Next meeting will be held on Thursday, August 12  
at 10am in the Auditorium.



*The Jewelry Booth* needs jewelry in good condition, no broken pieces please. We are also in need of small boxes and cash donations (to purchase supplies). Please call Doris Ruscetti or Joan Abbinanti for pick up.  
Thank you, any of the above items will be appreciated.



*Laughter is the shortest distance between friends.*  
*-Anonymous-*

*FAMILIES are like fudge....mostly sweet with a few NUTS.*  
*-Author Unknown-*

# **WII BOWLING SEASON IS ALMOST HERE!**



**It requires your time, your commitment  
AND, most of all, your desire  
to have FUN and make new friends.**

**If interested, please complete the form below and return to  
Helen in the Senior Center by Friday, August 6.**

**Name** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Everyone joining the league will bowl two games to determine your beginning average. These games will take place on Thursday and Friday, August 12 and 13 beginning at 2pm. Please indicate your date preference with a check and every attempt will be made to meet your request. You will be notified which day you will bowl for your average.**

**Thursday, August 12** \_\_\_\_\_ **Friday, August 13** \_\_\_\_\_

**All bowlers will meet in the Senior Center at 2pm on Tuesday, August 24<sup>th</sup> at which time teams will be assigned. Teams will be made up of 3 or 4 players depending on how many bowlers we have and in such a way that each team's total average will be as close as possible. Each team will choose a team captain. The season will begin the week after Labor Day. (Days of week to be determined.)**



Do you, a family member, or somebody you know struggle with a diagnosis of cancer?

Come meet with the American Cancer Society on

**Aug. 4<sup>th</sup> at 10:00 a.m.**  
**in the Auditorium.**

Learn about **FREE**:

- patient focused programs,
- support groups,
- transportation, and
- important information and resources for you and your loved ones.

Bring your loved ones with you! There will be a Q & A session directly after the presentation.

# “Laughing Your Way To Wellness”

**Colleen Caron, R.N.C, M.S., &  
Certified Laughter Therapist of**



You will learn the:

- physical,
- emotional, and
- spiritual benefits of laughter.

“Laughter Exercises” will be demonstrated and you will actually experience the powerful benefits of laughter.

Be prepared to laugh away your stress and laugh yourself to wellness.

**Wednesday, August 25,  
10:30am in the Auditorium.**



Colleen is an energetic and dynamic speaker so please make time to bring some laughter to your life.

# “BE WELL, LIVE WELL”

**Feel better.**

**Be in control.**

**Do the things you want to do.**

## **Metropolitan Family Services**

will be offering **FREE** classes on:  
**“Chronic Disease Self Management”**

Examples of Chronic Disease...

**Diabetes**

**High Blood Pressure**

**Chronic Pain**

**Anxiety**

**Arthritis**

**Heart Disease**

**Parkinson’s Disease,**

**Macular Degeneration**

**and many more.**

Classes will meet at **Mayslake Village’s Senior Center**  
on:

- Wednesdays from 1:30 - 4:00pm (starting September 8<sup>th</sup>),
- Led by trained professionals,
- Registration is **required** and
- A commitment of 6 weeks is necessary.

Set your own goals! Improve your life with various strategies and manage your chronic disease. Learn practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, learn better ways to talk with your doctor and family about your health. Call your Mayslake Village Social Worker (Dee or Colleen) at 630-850-8232 for more information or Metropolitan Family Services directly at 630-784-4800.



**Community-Based  
Depression Treatment from**

**Metropolitan Family Services**

**at Mayslake Village**

**Have you been feeling down or blue?**

**Have you lost interest in doing things?**

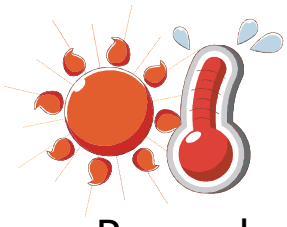
 **PEARLS can help!**

“PEARLS” is a confidential, free, and evidenced based program for the treatment of depression and can be offered in the convenience of your apartment.

This is an **ongoing program** and if you are interested in learning more about the PEARLS program please call

**Metropolitan Family Services**

**630-784-4800**



## WELLNESS CENTER NEWS

Remember these tips as we enter the “dog days” of summer....

- Keep your air conditioner on.
- Drink plenty of water.
- Dress for the weather.
- Stay indoors as much as possible, especially during the middle of the day.
- Avoid strenuous activity.

**MEDICATION RECYCLING NEWS...** unused prescriptions and expired over the counter drugs can be taken to:

Elm Plaza Pharmacy, 908 Elm St, Hinsdale

Oakbrook Police Dept, 1200 Oakbrook Rd, Oakbrook



PLEASE NOTE...Medication must be in its original container. Personal information may be blacked out for safety. NO CONTROLLED SUBSTANCES WILL BE ACCEPTED.

If you are unable to get out to drop off your expired medications, please contact the Wellness Center and we can assist you with proper medication disposal. (630)214-1881.



COMING IN THE FALL:

- **We are forming an arthritis exercise group.**

We are working with an arthritis exercise instructor from Burgess Square Healthcare and Rehab Centre to bring exercise classes to Mayslake Village.

- Special guest speakers: Kathy Miller, Registered Dietician

And

Jay Leopold, APN, Certified Diabetic Educator

Present

**“Diabetes Prevention”**

**On Tuesday September 14<sup>th</sup> at 1:30pm in the Auditorium.**