



MAYSLAKE VILLAGE LIL ACORN FEBRUARY 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*

**Join us as we celebrate Africa and Black History Month in
February.**

**Look for our special events all month long and join in!
Next month, we celebrate Ireland – contact Haley to get
involved!**

TUESDAY, FEBRUARY 1

SIGN UP BEGINS FOR CANDY MAKING CLASS WITH HALEY –

Make some Valentine's treats with Haley on Thursday, February 10 at 10:30am in Frigo Hall. You'll make some Valentine's Marshmallow Pops, some chocolate covered Oreos and a few other LOVEly treats. This class is limited to 15 participants and the cost is \$2/person. Please sign up at the Senior Center Desk.

CERAMICS – 9am Lower Level Center

CRAFTS – 9am Craft Room

WALK ACROSS AFRICA KICKOFF – 2pm Frigo Hall

Our Jingle Bell Walk was a HUGE success! If you are interested in walking across Africa with us in February, join us today to learn how and get started.

WEDNESDAY, FEBRUARY 2

Watch your menu for special Soul Food selections today!

SIGN UPS BEGIN FOR THE COOKING DEMONSTRATION

We are having one of our very talented Chefs lead us in a Cooking Demonstration on Tuesday, February 15 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

BINGO – 7pm

EARLY BIRD GAME – 6:30pm Frigo Hall

THURSDAY, FEBRUARY 3

SIGN UP BEGINS FOR HOMEMADE CARDS WITH MARIA

January's card making class was so successful, we are hosting it again! Join our very own Maria Villicana and her assistant Lucy on Monday, February 14 at 2:30pm as they teach you how to make a few homemade cards that are easy and beautiful. Cost for this class is \$2 and space is limited to 15 participants.

LINE DANCING WITH KATHY – 9am Frigo Hall

You asked for it, we got it for you! Join us for our first Line Dancing class here at Mayslake in awhile. This hour long class is brought to you at no cost, so let's have a great turnout! Line dancing is great for both your body and your brain; come down to give it a try.

TAI CHI – 10am Lower Level Center

AA – 11am – 2pm Community Room

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

Wii PRACTICE – 2pm SC

Practice only for those who know how to set up and play. Training will now take place on Mondays from 1pm-2pm through February.

SOUL FOOD HAPPY HOUR – 2pm Frigo Hall

Last month's Polish Happy Hour was a hit! Let's make February's edition just as great. You don't need to be African American to be able to celebrate this rich culture and you certainly can bring on down some soul food to share. Haley

will supply the corn bread and punch – you can bring something soulful to share as well. Ideas for soul food are: macaroni and cheese, fried chicken, collard greens, red beans, rice and gravy, and ham hocks, just to name a few! We will see you then!

Wii LEAGUES – 3:30pm Senior Center

FRIDAY, FEBRUARY 4

SIGN UP BEGINS FOR FLOWER ARRANGING DEMONSTRATION

Haley will be leading a flower arranging demonstration on Wednesday, February 16 at 10:30am in Frigo Hall. Participants will watch Haley do several different flower arrangements and learn some techniques along the way. Please sign up at the Senior Center desk. There are unlimited spots available, but a cost of \$1 will help offset the supply cost and will enter you into the opportunity to go home with one of the flower arrangements.

SIGN UP BEGINS FOR HEART HEALTH TALK WITH CNS

CNS will present on the topic of having a healthy heart on Thursday February 24th at 2pm in Frigo Hall. 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. Handouts and healthy snacks included. Please sign up at the Senior Center desk by February 17.

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

Thomas Bierdz, son of Phyllis, the group's facilitator, will be discussing some of the problems he has encountered because of his own vision problems and how he solved them. He may also be able to offer some practical advice on things you can do to make life easier for yourself. Thomas has two master's degrees and teaches at Governor's State University. As always, we are grateful that he is making time to be with us.

All members of the low vision support group, their friends, family members, or any interested residents are welcome to attend. If you know of a resident that may not be able to read this - please let them know. Thank you!

SATURDAY, FEBRUARY 5

PINOCHLE – 12:45pm Community Room

SUNDAY, FEBRUARY 6

NO 9:30 a.m. Choir Practice today - Choir will meet at 10:15 a.m. in the Chapel

MONDAY, FEBRUARY 7

CERAMICS – 9am Lower Level Center

KOFFEE KLATCH – 10am Lower Level Center
JAZZERCISE – 10:45am Lower Level Center
KAST 'n KREW MEETING – 2pm Frigo Hall
Wii TRAINING – 1pm Senior Center
Wii LEAGUES – 3:30pm Senior Center

TUESDAY, FEBRUARY 8

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

WEDNESDAY, FEBRUARY 9

BREAKFAST BINGO TICKETS GO ON SALE TODAY!

Mark your calendar for Thursday, February 24th 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 Friday, February 18th. Lunch service will be pushed back to 11:30am on Thursday 2/24 to allow for set up after breakfast bingo.

INSURANCE COUNSELOR – 9am-12pm Senior Center

KAST n KREW CHORUS – 1:30 Frigo Hall

BINGO – 7pm

EARLY BIRD GAME – 6:30pm Frigo Hall

THURSDAY, FEBRUARY 10

TAI CHI – 10am Lower Level Center

CANDY MAKING WITH HALEY – 10:30am Frigo Hall

For those that pre-registered, learn to make a few tasty treats for the Valentine's holiday.

AA – 11am – 2pm Community Room

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

Wii PRACTICE – 2pm Senior Center

Wii LEAGUES – 3:30pm Senior Center

FRIDAY, FEBRUARY 11

Watch your menu for special Soul Food selections today!

TODAY IS THE DEADLINE FOR ANY SUBMISSIONS TO THE MARCH 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

VALENTINE HAPPY HOUR AND SECRET PAL REVEAL – 2pm Frigo Hall

Join us for some Valentine refreshments and entertainment from clarinetist Alex Nieto. We will also take a brief moment during the social to reveal our

Secret Pals – if you were involved with this program, be sure to come to this event with your gift! Donation baskets will be available if you are able to make donations to help offset costs for the entertainment and refreshments.

SATURDAY, FEBRUARY 12

PINOCHLE – 12:45pm Community Room

SUNDAY, FEBRUARY 13

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, FEBRUARY 14

Happy Valentine's Day!

CERAMICS – 9am Lower Level Center

CURRENT EVENTS – 1:30pm Senior Center

PEG'S FASHION – 11am-2pm Frigo Hall

Peg is back with her goodies! Stop in anytime between 11am-2pm and take a look at her selection.

Wii TRAINING – 1pm Senior Center

Wii PRACTICE – 2pm Senior Center

CARD MAKING CLASS WITH MARIA – 2:30pm Frigo Hall

For those that pre-registered, join Maria and Lucy as they teach you how to make a few homemade cards.

Wii LEAGUES – 3:30pm Senior Center

TUESDAY, FEBRUARY 15

Watch your menu for special Soul Food selections today!

CERAMICS – 9am Lower Level Center

CRAFTS – 9am Lower Level Center

EXERCISE YOUR MIND – 1:30pm Community Room

COOKING DEMONSTRATION – 2pm Frigo Hall

For those that pre-registered, join our very own Chef Brenda in Frigo Hall!

WEDNESDAY, FEBRUARY 16

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

FLOWER ARRANGING DEMONSTRATION – 10:30am Frigo Hall

For those that pre-registered, come down to learn a few techniques by watching Haley. If you have not pre-registered for this event, you can still come down to watch, but you must pay \$2.

KAST n KREW CHORUS – 1:30pm Frigo Hall

BINGO – 7pm

EARLY BIRD GAME – 6:30pm Frigo Hall

THURSDAY, FEBRUARY 17

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

AFRICAN DRUM AND DANCE ENSEMBLE – 2pm Frigo Hall

Join the group Seneke as they send out a few of their ensemble members to educate us on African drumming, dancing and singing. This is an event Haley is really looking forward to – help make it a success by coming down and seeing what it is all about! Donations are accepted to help offset the cost of the entertainment.

Wii LEAGUES – 3:30pm Senior Center

MEN’S CLUB – 7pm Community Room

FRIDAY, FEBRUARY 18

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

THE ARCHBISHOP FULTON SHEEN LECTURE – 10:30am Frigo Hall

****THIS IS A RESIDENT IDEA!!****

Join Karen Fulte, the Curator of the Archbishop Fulton John Sheen Spiritual Centre, located in El Paso, IL. She will bring items from the Spiritual Centre, as well as lecture on Archbishop Sheen’s life and legacy. Karen joins us at no cost, but she does accept donations that go to the Spiritual Centre. We will have donation baskets available for you to donate if you are able.

SATURDAY, FEBRUARY 19

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

PINOCHLE – 12:45pm Community Room

SUNDAY, FEBRUARY 20

CHOIR PRACTICE – 9:30am Chapel

MONDAY, FEBRUARY 21

In observation of President’s Day, all Mayslake Offices and services will be closed.

CERAMICS – 9am Lower Level Center

TUESDAY, FEBRUARY 22

CERAMICS – 9am Lower Level Center

CRAFTS – 9am Lower Level Center

CIVIL RIGHTS LECTURE – 2:30pm Frigo Hall

Join Dr. Laverne Gyant, the Director of the Center for Black Studies and associate professor in Adult Higher Education at Northern Illinois University, as she gives a presentation on civil rights to help us celebrate Black History Month. Dr. Gyant teaches classes in both adult/higher

education and Black Studies at Northern Illinois University. She is a graduate of Cheyney State University and Pennsylvania State University where she received both her master's and doctorate degree.

WEDNESDAY, FEBRUARY 23

PENNY SOCIAL – 10:30a Frigo Hall

THIS IS A RESIDENT IDEA!

Join us in Frigo Hall for a new and fun way to “bid” on prizes. We’ll have refreshments available to enjoy during the festivities. When you enter Frigo Hall, please pay \$2 for an envelope of tokens that you can use to bid on a variety of prizes. Winners will be drawn at the end of the event. If you would like more tokens, you can purchase additional envelopes for \$2. See you then!

KAST n KREW CHORUS – 1:30pm Frigo Hall

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

THURSDAY, FEBRUARY 24

Watch your menu for special Soul Food selections today!

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

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

HEART HEALTH WITH CNS – 2pm Frigo Hall

For those that pre-registered, join us for a discussion on the facts of heart disease, identifying risk factors and learning the signs and symptoms of a heart attack.

Wii LEAGUES – 3:30pm Senior Center

FRIDAY, FEBRUARY 25

MEAL CARDS DISTRIBUTED TODAY

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

BIRTHDAY PARTY – 2pm Frigo Hall

Happy birthday February babies! Join us for a performance by Ainsworth Rose, the One Man Jamaican Band, as we listen to some tunes that will warm us with thoughts of a beach. Thanks to Angie Garcia and Marilyn Henson for their generous donations to this month’s birthday party. We will see you then!

SATURDAY, FEBRUARY 26

PINOCHLE – 12:45pm Community Room

SUNDAY, FEBRUARY 27

CHOIR PRACTICE – 9:30am Chapel

MONDAY, FEBRUARY 28

CERAMICS – 9am Lower Level Center
JAZZERCISE – 10:45am Frigo Hall
NEEDLERS FOR THE NEEDY – 1:30pm Community Room
Wii LEAGUES – 3:30pm Senior Center

LOOKING AHEAD TO MARCH

TAX HELP – March 4, 11 and 18 9am-3pm Senior Center

Pre-registration is required. Please see the Acorn Announcements section below for more information.

KAST 'n KREW MEETING – March 7 at 2pm Frigo Hall

FAT TUESDAY – March 8 at 2pm Frigo Hall

We'll have entertainment from blues performer Mo Beats, King Cake and punch – join us as we celebrate Mardi Gras!



Acorn Announcements



WANT TO BE A MODEL?

We're having a Fashion Show in March and we 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 – 3pm. Last appointments will be held at 2pm. You **MUST** call the Senior Center desk to make an appointment.



IMPORTANT REMINDER FROM SOCIAL SERVICES

Emergency Response Systems – are a great idea when you need help and cannot get to your phone. When you push the button for help, a call for assistance is automatically made on your behalf to emergency personnel and others, like your family member(s) or loved ones. **As a reminder: Mayslake Village employees**

and departments should never be listed as emergency responders. Family or people who can respond to you and advocate for your needs in an emergency situation are the best people for you to designate. If you'd like more information about Emergency Response Systems, please contact Life Response Emergency Response System Phillips Lifeline 630-212-2997 Kalon Sarby, for special Mayslake Village pricing.



FRIDAY, FEBRUARY 11

EUCHARISTIC MINISTERS MEETING - 10am Frigo Hall

There will be a meeting of all Servers, Eucharistic Ministers, Lectors, Sacristans, Ushers and any Mayslake Village resident that would like to join us. Our list of Ministers has been declining. Please encourage your friends to participate.



PRIZE PATROL

We are looking for donations for prizes for our Penny Social, which will be held February 23. If you have an item that you would like to donate as a prize for residents to bid on, please bring it to Haley's office by February 16. Thanks!



MOVIES AT MAYSLAKE

Loretta Bopp is graciously volunteering her time to show movies here at Mayslake. If you would like to volunteer as well, please contact Haley. Volunteers would just need to set up the movie and enjoy! The more volunteers we have, the more weekend/evening movie opportunities we can have.



THEY'RE BACK!

Just a reminder, the Kast n Krew Chorus will start back up on Wednesday, February 9 at 1:30pm in Frigo Hall. You **MUST** be a member of the Kast n Krew Club to join the chorus. If you would like more information, please call Marie Doria.



FEBRUARY BIRTHDAY BABIES

Do you have a birthday in February? 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!



ST. JOSEPH TABLE

Haley is planning on having a St. Joseph Table on March 18 (yes, it's a day early, but the 19th falls on a Saturday!) and she needs help planning and preparing for it. If you would like to help with planning and/or baking for the event, please contact Haley – the sooner the better. Thanks!



PICK UP YOUR SENIOR CENTER CARD

If you have paid your yearly Senior Center dues, please pick up your membership card at the Senior Center Desk Monday through Friday between 10am-3pm anytime after February 7. Your Senior Center Member card will allow you to pay less for certain events, beginning in March. If you haven't paid your membership dues yet this year, you may still do so. You are responsible for keeping your card. If you lose your card, a replacement card can be issued to you for a cost of \$1.



A POET AMONG US

Please enjoy the following poem submitted by a Mayslake resident, Judy B.!

Happy New Year 2011

Grab a soda and pretend it's a beer
Wish everyone happiness and good cheer.
You won't wake up with a bad head
and will have a good sleep instead.

This year could be the one
that my work on Earth is all done.
But I am making a promise to me
Each day I will enjoy and be positive as can be.

I do enjoy what I have today
and believe good things will come my way.
I still have that twinkle in my eye
So makes me feel young, not ready to die.

I get excited when days I learn something new,
An unexpected something out of the blue.
Even a kind word that you don't seek
and especially a surprise hug or kiss on the cheek.



WORDS TO LIVE BY: A laugh is a smile that bursts!