



MAYSLAKE VILLAGE LIL ACORN JANUARY 2012

ONGOING ACTIVITIES

NEW RESIDENTS ALWAYS WELCOME

- Mondays:** *CERAMICS – 9am Lower Level Center
*KAST N’ KREW KLUB – 1st 2pm Frigo Hall
*BUNCO – 2nd 1:00pm Frigo Hall
*NEEDLERS FOR THE NEEDY – 4th 2pm Community Room
- Tuesdays:** *CERAMICS – 9am Lower Level Center
*CRAFTS – 9am Lower Level Center
*WELLNESS HOUSE SUPPORT GROUP – 3rd 2:00pm Community Room
- Wednesdays:** *S.H.I.P. INSURANCE COUNSELING – 1st and 3rd 10am-12pm Appt. only
*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:** *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**

**Be sure to attend our Pep Rally and Sock Hop on January 24 to kick
off our new theme and show your Mayslake Spirit!**

SUNDAY, JANUARY 1

Happy New Year! Wishing you a blessed and healthy 2012!

MONDAY, JANUARY 2

Due to the holiday, all Mayslake Villages services, offices and dining room are closed.

TUESDAY, JANUARY 3

SIGN UP STARTS FOR COOKING DEMONSTRATION – Senior Center Desk

Our Cooking Demonstration will be January 17 at 2pm. Sign up ahead of time!

SIGN UP FOR JEWELRY WITH JERI – Administration Desk

Join Jeri as she leads a jewelry class on Friday, January 20 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 football themed jewelry for yourself or as a gift for a football fan in your life; playoff season is upon us, so football seems like a great and fun option for us to work on. 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, January 23 and Monday, January 30, both at 2pm in Frigo Hall. 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!

SIGN UP STARTS FOR WRITING WORKSHOP – Administration Desk

Mayslake University Creative Writing Workshop Series

SOUP AND STORIES

YOUR LIFE, YOUR LEGACY

We all have a story to tell. Each of our lives is filled with important moments, significant relationships, difficult lessons, loves and losses, sadness and triumphs that we have lived through. And we are **here!**

Writing your life story will give you a chance to share your history, on paper and in your own words, with friends and family. It will help you see the past differently, and let those you share it with know you better.

Come to each one of this three-part series to reflect, write, share as desired, listen and enjoy! Each session will focus on a different aspect of **you** and your life. **No formal writing experience necessary!** If you've ever signed your name, you have the skills you need! Bring a pen or pencil and yourself – that's it!

We will have just one hour each time. We'll meet in the dining room for a soup lunch and good company at 12:15 and then head down to the Craft Room together for our 1:30 class. Your words are waiting for you!

The dates: Thursday January 26, 2012 1:30 – 2:30

 Thursday February 9 1:30 – 2:30

 Thursday February 23 1:30 – 2:30

The place: Lunch in the Dining Room, Class in the Craft Room

The cost: Your fee of \$15. includes 3 sessions of your meal of soup in a bread bowl and beverage, as well as the workshop. When you sign up, you are signing up for all 3 workshops; you can't sign up for just one class.

Led by Edna C. Groves, Founder of Words That Endure®, author, workshop leader, former psychotherapist, member of the Sage-ing® Guild, certified Legacies Circles™ facilitator. Grandmother, mother, wife, friend, dog-lover.

CERAMICS – 9am Lower Level Center

CRAFTS – 9am Lower Level Center

UN-DECK THE HALLS- 10:30am Senior Center

If you are able, Jeri and Haley would love your help as we pack up Christmas.

Wii FREE PLAY – 2pm Senior Center

WEDNESDAY, JANUARY 4

SHIP INSURANCE COUNSELING – 10am-12pm Appointment Only

Please call the Senior Center desk for appointments.

BLOOD PRESSURE CHECKS – 10am-2pm Manor Lobby

CHRISTIAN CHURCH SERVICE – 10:30am Craft Room

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

THURSDAY, JANUARY 5

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

SENIOR HEALTH INSURANCE PROGRAM PRESENTATION – 1:30pm Frigo Hall

Please join an education specialist from the Senior Health Insurance Program (SHIP), Laura Garcia, for a special presentation on Medicare changes for 2012. *This is a highlighted Mayslake University program, so bring down your “report card” and get it signed after you attend.*

FRIDAY, JANUARY 6

PET A PET – 10am Frigo Hall

SATURDAY, JANUARY 7

PINOCHLE – 12:45pm Community Room

SUNDAY, JANUARY 8

SECOND SUNDAY COFFEE – 11am Community Room

MONDAY, JANUARY 9

CERAMICS – 9am Lower Level Center

CURRENT EVENTS WITH JERI – 10:30am Frigo Hall

Jeri begins leading this Mayslake Village staple this month, and Haley is providing refreshments since this month we are meeting at 10:30am. Join us! *This is a highlighted*

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

KAST n KREW MEETING – 2pm Frigo Hall

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.

Wii LEAGUES – 3pm Senior Center

TUESDAY, JANUARY 10

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

CERAMICS – 9am Lower Level Center

CRAFTS – 9am Lower Level Center

BOOK CLUB WITH WESTMONT PUBLIC LIBRARY – 10:30am Community Room

Join Sheila from the Westmont Public Library as she discusses the book The Prize Winner Of Defiance, Ohio by Terry “Tuff” Ryan. If you haven’t had the chance to read the book, but have watched the movie, that’s okay too! All are welcome to enjoy the fun conversation and refreshments.

Wii FREE PLAY – 2pm Senior Center

Wii LEAGUES – 4pm Senior Center

WEDNESDAY, JANUARY 11

Today is the last day to submit information for February’s Acorn.

BREAKFAST BINGO TICKETS GO ON SALE TODAY!

Mark your calendar for Thursday, January 26th 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, January 20th.

INSURANCE COUNSELOR – 9am-12pm Senior Center

CHRISTIAN CHURCH SERVICE – 10:30am Craft Room

PARKINSON’S DISEASE AND YOU – 2pm Frigo Hall

Join a neurology nurse from CNS to hear more about Parkinson’s Disease. Refreshments will be served. *This is a highlighted Mayslake University program, so bring down your “report card” and get it signed after you attend.*

BINGO – 7pm

EARLY BIRD GAME – 6:30pm Frigo Hall

THURSDAY, JANUARY 12

TAI CHI – 10am Lower Level Center

ARTHRITIS EXERCISE CLASS– 11:15am Lower Level Center

AA – 12pm-1pm Community Room

AN AFTERNOON WITH THE PIANO – 2pm Frigo Hall

Beat the cold weather and warm up in Frigo Hall as you join pianist Mark Valenti as he tells us a little bit about selections that he will play for us. Refreshments will be served.

FRIDAY, JANUARY 13

OSTEOPOROSIS – 10:30am Frigo Hall

Come join Dr. Andrea Forget-Schnowske, a local chiropractor, as she talks about how to prevent and reverse osteoporosis. She will share a little information about osteoporosis medication and vitamin supplements as well as some simple lifestyle and diet changes that you can make to increase your bone density. Yogurt and fresh fruit provided to boost your calcium and antioxidant intake for the day as well! *This is a highlighted Mayslake University program, so bring down your “report card” and get it signed after you attend.*

JENNY RIDDLE IS JULIE ANDREWS – 2pm Frigo Hall

Everyone remembers Julie Andrews as Mary Poppins and Maria Von Trapp, but who was she before that? The voice that Julie Andrews thought of as a “gimmick” at age 10 became one of the most recognizable voices in the world. Jenny Riddle dramatizes and performs songs from the life of Ms. Andrews before she was Mary or Maria in her presentation of Julie Andrews’ memoir, Home: The Early Years. *This is a highlighted Mayslake University program, so bring down your “report card” and get it signed after you attend.*

SATURDAY, JANUARY 14

PINOCHLE – 12:45pm Community Room

SUNDAY, JANUARY 15

MONDAY, JANUARY 16

Please note that due to the Martin Luther King, Jr. holiday, all Mayslake Village services, offices and dining room are closed.

BUNCO – 1pm Frigo Hall

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

TUESDAY, JANUARY 17

CERAMICS – 9am Lower Level Center

CRAFTS – 9am Lower Level Center

COOKING DEMONSTRATION – 2pm Frigo Hall

If you signed up, we’ll meet you in Frigo Hall for a delicious class!

Wii FREE PRACTICE – 2pm Senior Center

WEDNESDAY, JANUARY 18

Today is the last day to sign up for the Soup & Stories Creative Writing Group.

SHIP INSURANCE COUNSELING – 10am-12pm Appointment Only

Please call the Senior Center desk for appointments.

BLOOD PRESSURE CHECKS – 10am-2pm Manor Lobby

CHRISTIAN CHURCH SERVICE – 10:30am Craft Room

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

THURSDAY, JANUARY 19

LIHEAP/ENERGY ASSISTANCE PROGRAM – 9am-3pm Senior Center

Scheduled appointments only. Please make appointments ahead of time with the Senior Center desk.

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
MEN’S CLUB – 7:00pm Community Room

FRIDAY, JANUARY 20

Today is the last day to purchase Breakfast Bingo tickets.

ART WITH FR. DAVID – 9:30 Craft Room

Fr. David’s Art Class resumes today.

ART AT LUNCH – 11am-1pm Dining Room

Help put your stamp on a few canvas art projects that will be hung in the Senior Center before or after you have your meal. Stop by and see Haley at her art table today in the dining room and make your mark on Mayslake! It’s easy and trust me, no experience or talent is required to join in the fun. *This is a highlighted Mayslake University program, so bring down your “report card” and get it signed after you attend.*

VISITING GREYHOUNDS – 1:30pm Frigo Hall

It’s been a year since these two greyhounds, Doctor Jake and Ellie Mae, started visiting Mayslake Village monthly. If you haven’t had the chance to come down and meet these sweet dogs, be sure to come on down and visit them.

JEWELRY WITH JERI – 2pm Craft Room

If you pre-registered, please join Jeri to make some great jewelry.

SATURDAY, JANUARY 21

PINOCHLE – 12:45pm Community Room

SUNDAY, JANUARY 22

MONDAY, JANUARY 23

CERAMICS – 9am Lower Level Center

JAZZERCISE – 10:45am Frigo Hall

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 WITH TERI MCEVOY – 2pm Frigo Hall

If you signed up, please join us in Frigo Hall.

Wii LEAGUES – 3pm Senior Center

TUESDAY, JANUARY 24

CERAMICS – 9am Lower Level Center

CRAFTS – 9am Lower Level Center

MAYSLAKE UNIVERSITY SOCK HOP AND PEP RALLY – 2pm Frigo Hall

Wear your Mayslake colors (blue and white) and your dancing shoes (or socks) as we dance the afternoon away to a performance from The 45s. We’ll also be giving away lots of

prizes, including ones for those who show the most Mayslake spirit. Join us for refreshments and more information about Mayslake University, our theme for 2012. See you then!

Wii FREE PRACTICE – 2pm Senior Center

Wii LEAGUES – 4pm Senior Center

WEDNESDAY, JANUARY 25

CASH DASH WITH ILLINOIS REP. CHRIS NYBO – 10am – 2pm Frigo Hall

Join Illinois Representative Chris Nybo and his office as they bring to us services from the Illinois Treasurer, Dan Rutherford. Cash Dash is an easy way to see if you have unclaimed money available to you. Folks will be here to help you search the database from 10am-2pm. Illinois Representative Nybo will be on-site from 11am-11:30am to greet you and take any questions you may have. Haley will supply coffee from 10:30am-12pm. Be sure to bring along your photo ID too, just in case you do have unclaimed money and need to file with the department. If you come down and the line is longer than you want to wait, you'll be able to return anytime before 2pm, so take your time!

CHRISTIAN CHURCH SERVICE – 10:30am Craft Room

BINGO – 7pm

EARLY BIRD GAME – 6:30pm Frigo Hall

THURSDAY, JANUARY 26

BREAKFAST BINGO – 8am Dining Room

If you purchased a ticket, we'll see you there!

TAI CHI – 10am Lower Level Center

ARTHRITIS EXERCISE CLASS– 11:15am Lower Level Center

AA – 12pm-1pm Community Room

SOUP AND STORIES – 12:15pm Dining Room

If you signed up for this Creative Writing group, meet in the dining room at 12:30pm for your lunch of soup in a bread bowl. Get to know your fellow “classmates” and fill your belly before your class begins at 1:30pm in the Craft Room with Edna Groves.

FRIDAY, JANUARY 27

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

BIRTHDAY PARTY – 2pm Frigo Hall

Happy birthday January babies! Join us from a performance from a community favorite (and resident Ann Dacu's daughter) Ann Marie and Dennis. Thank you to Ann Marie for donating her talent and services, as well as to Angie Garcia for her generous donation to this month's festivities.

SATURDAY, JANUARY 28

PINOCHLE – 12:45pm Community Room

SUNDAY, JANUARY 29

MONDAY, JANUARY 30

MEAL CARDS DISTRIBUTED TODAY

CERAMICS – 9am Lower Level Center

JAZZERCISE – 10:45am Frigo Hall

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 WITH TERI MCEVOY – 2pm Frigo Hall

If you signed up, please join us in Frigo Hall.

Wii LEAGUES – 3pm Senior Center

TUESDAY, JANUARY 31

CERAMICS – 9am Lower Level Center

CRAFTS – 9am Lower Level Center

OUT AND ABOUT WITH JERI – 10:30am Frigo Hall

We will be starting trips again in late March and would love your input. If you have some ideas about places to go and things to see this year, don’t miss this meeting. Jeri will lead a very informal brainstorming session to get ideas for us to follow up on as we plan our trips for the upcoming year. Bring your ideas and your willingness to try new things!

DRUM CIRCLE WITH CHRIS LEVITICUS – 2pm Frigo Hall

You don’t want to miss this exciting addition to our calendar this month. Join speaker and musician Chris Leviticus as he tells us all about the benefits of drum circles, including better blood circulation and increased mood and brain function, as well as leads us in learning new rhythms. No musical experience or prowess is required. Don’t worry about this class being too loud – it is definitely worth a try and is so much fun! Learn something new and get some great benefits from it too. *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

LOOKING AHEAD TO FEBRUARY

LOW VISION SUPPORT GROUP– February 3 at 1pm

KAST n KREW MEETING – February 6 at 2pm

Acorn Announcements



THANK YOU!

Thank you very much to the residents who volunteered to help out with decorating the Senior Center for the holidays. Christmas was a lot brighter because of you all!

Thank you, too, to everyone who donated food during our food drive in November for the People’s Resource Center. You donated over 5 large bins of food that filled up the back of their van before Thanksgiving. Please know that your donation was very valued and important to many folks during the holiday season.



BECOME A GUEST PROFESSOR

Since we're focusing on a year worth of lifelong learning in 2012, I want to hear from you! If you have something you would like to share with your fellow residents, please contact Haley at 630-214-1866. You can share a talent or a hobby, you can talk about a trip you took, you can teach us how to speak in another language (just a bit, of course), you can tell us your interesting family history – the sky is the limit! Don't be shy, give Haley a call and brainstorm. You'll be on your way to becoming a Guest Professor at Mayslake University!



UN-DECKING THE HALLS

Jeri and Haley will be taking down the Christmas decorations on **Tuesday, January 3 at 10:30am** and would love any extra help we can get. If you are available to help us out, please join us. We appreciate your help!



IT'S NOT TOO LATE

It's not too late to read the book (or watch the movie) of the book that we'll be discussing on January 10 at 10:30am with our **BOOK CLUB WITH WESTMONT PUBLIC LIBRARY**. Join Sheila from the Westmont Public Library as she discusses the book The Prize Winner Of Defiance, Ohio by Terry "Tuff" Ryan. If you are looking to read the book, Haley has copies in her office that you can check out and read. All are welcome to enjoy the fun conversation.



HEARTFELT THANKS

Thank you to everyone who helped me out after my surgery. Some brought me meals, some drove me around, some called with well wishes and some simply said prayers. Everything was appreciated and it did not go unnoticed. I am lucky to have you in my life!

Thank you again. Sincerely, Cecile Wege



JOIN KAST n KREW!

Kast n Krew, one of our resident-run groups here at Mayslake Village is accepting new members. If you are looking to make some new friends and have lots of fun, you would love Kast n Krew! Dues for the half year (January to June) are only \$6 and you can pay at the January meeting in cash or check.