



Geneva Township Senior Center

400 Wheeler Drive, Geneva, IL 60134
630-232-3600
Mon-Fri 8:30 am-4:30 pm
www.genevatownship.com

Volume 1 Issue 2
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More Activities/Opportunities for Seniors

We've started our Senior Center programming at a steady pace and want to encourage you to stop by anytime and check out what's happening.

As you can see by reading on, there are lots of fun activities available at the Senior Center right now...and more will be added each week as we grow.

Daily Activities

What could be more invigorating and beneficial than a brisk walk in the fresh air? There are marvelous walking paths throughout Wheeler Park where you can walk with friends or by yourself...and then stop by the Center to relax with a cup of coffee.

Our bottomless coffeepot can be enjoyed all day along with a sweet treat, just grab a cup and relax in a comfortable chair. You can sit and chat, or catch up on current affairs, or choose a good book to read, or get involved in one of the programs available for

your enjoyment.

The most fun is to call your friends to meet you at the Center for conversation or an activity. Or just stop by and meet new friends.

Our library includes all types of hard cover and softbound books; many with large print to make reading easier. Daily and weekly newspapers are available along with current magazines. A variety of periodicals covering many interests have also been donated.

Volunteers Needed

Want to meet new friends and be involved in an interesting and fulfilling activity? Volunteer your time at the Geneva Township Senior Center.

Volunteers will be the backbone of the activities at the Center. The Director of the Center will coordinate and oversee the activities at the Center, but it will be the members that will make the Center and activities



grow. The Senior Center is YOUR Senior Center.

There are volunteer opportunities covering all interests and abilities to choose from. Do you have a talent you would like to share with others? Maybe you would like to assist with an activity or be a greeter. The possibilities are unlimited. Talk to Sherri to find out how you can help.

Sign Up for Membership Today

If you are an adult 55+ years of age and a resident of Geneva Township you can take advantage of our Senior Center and services for free. A Member's partner under the age of 55 may sign up for an Associate Membership for \$25 per year.

Non-residents are also welcome to register as a Guest for

\$60 per year (\$30 for 6 months). Geneva Township residents have priority over non-residents.

Many people ask if they live within the Township boundaries. You can check on the Township website at www.genevatownship.com, and click on "online property search". After clicking "yes" to the agreement, click on "street

address search". Enter your street name and click search. If your address shows on the list, you are a resident of Geneva Township. Everyone within the City of Geneva is also a Geneva Township resident. Some Batavia, Mill Creek and a few West Chicago addresses are also within Geneva Township. Check online today or call 232-3600.

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Geneva Township

Supervisor:

Patrick Jaeger

Trustees:

Sharon Brazill

Denise LaCure

Richard Sharp

Mark Wissing

Senior Center Director:

Sherri Weitl

Bridge Games and Classes



Many of you have asked us to provide not only an organized venue to play Party (Chicago) Bridge with other players but also someone who can teach the game to those looking for instruction.

Geneva resident Lois Hoyer has generously offered to conduct beginner bridge sessions for Senior Center members.

For those members interested in learning bridge, Lois recommends that you begin by learning the fundamentals found on the American Contract Bridge League website at www.ACBL.org. On their home-

page click "Learn" and then click "Free Lesson Software". You can download instructional bridge information that will give you a head start on learning to play. Practice the lessons provided on the website before the classes begin to get the most out of Lois' beginner game time and bring along your questions.

Scheduled beginner bridge sessions will be held on Mondays and will start on June 25 from 1:30-3:30. If you are interested in signing up, please call Sherri Weitl at 232-3600 to register.

For those card players who already know how to play

bridge, organized games will begin on Monday, May 14 from 12:30 to 4:00 pm and will continue each Monday thereafter. Call Sherri Weitl at 232-3600 to register for bridge games.

Of course, members are always welcome to stop by the Senior Center at anytime to play bridge with other members. We encourage your bridge or card group to make the Geneva Township Senior Center the place to meet and enjoy a round of cards. Your group may use any room that is not scheduled for other activities.

Subscribe to Well Being Check for Free!



In response to the last Senior Citizen Survey, almost 500 Geneva Township Seniors indicated that they wanted some type of "well being check" program instituted where someone would check on them by telephone at their homes on a regular basis. In response, the Township has developed the Geneva Township Well Being Check System. You can subscribe today to receive this valuable service at absolutely no cost.

When you subscribe to the well being check system, the Township will call you on the day(s) and at the time(s) that you request. If you fail to answer your telephone after the number of telephone calls that you prescribed, the Township will automatically alert those family members, friends or neighbors that you have previously designated, to request that they check on your status. The system can also contact emergency personnel if

you desire.

Not only is this system attractive to seniors, it is also attractive to the children of seniors who desire to stay abreast of their parent's well being without necessarily being overly obtrusive in their parent's lives. It's simple, it's effective and it's free to you as a Geneva Township senior citizen. Subscribe today by calling Sherri Weitl at 232-3600 for an appointment.

Card Games, Board Games & B-I-N-G-O!



Do you love to shout out "BINGO!" when you find you have a winning card? Did you know that bingo is not only fun to play but that it also is a form of "brain calisthenics"?

Medical reports show that the more you exercise your brain through games, reading and learning new information, the better your brain can function.

Join us each Wednesday morn-

ing from 10-11 am for a rousing game of bingo. We will provide the cards and an ink marker free of charge. Ask about the Bingo Bucks that each winner will receive. Start collecting them now!

The games held on the 1st and 4th Wednesday are sponsored by a local care facility. Be sure to thank them for their support. For information call Sherri Weitl at 232-3600.

Members are always welcome to stop by anytime for a game of cards or a board game.

Some of the games we have on hand are Monopoly, Yahtzee, Chess, Scrabble, Checkers, Cribbage, Dominoes or Tripoly...to name just a few options available. Feel free to bring your favorite game if we don't have it in our inventory. Meet your friends or just stop by, we'll supply a great location and refreshments!

Art & Craft Classes

Geneva artist Janice Mayerhofer will teach art classes in the Individual Activities Room on Thursday afternoons from 1-2 pm. The classes will cover two dimensional art and seasonal crafts.

Janice and her husband have lived in Geneva for 15 years and she recently had an art show at the Geneva History Center where 150-200 pieces of her drawings, watercolors and prints were shown. She has a M.S. Degree in Art Education from Pratt Institute in Brooklyn and has also taught art in schools for 14 years. Janice is a past member of the Batavia Artists' Guild.

The art program she will teach at the Senior Center will be for older adults and will include the areas of drawing, painting, crafts and sculpture. Basic design elements of pattern, line, color, space and shape will be used to create visual statements and 3-D objects. Participants will learn about art history using art prints and antiques.

Janice notes that "we will strive to make this an enjoyable and creative learning experience for older adults."

The sessions will begin soon and registration is necessary so sign up today! We will call to tell

you the date your session will begin. Call Sherri Weigl at 232-3600 to register. There is no cost to participate in these art classes.

Beginning the last Monday of each month, artwork will be on display at the Senior Center. The "Senior Art & Craft Show" will feature the work of our own talented seniors from the Art & Craft class as well as examples from Geneva artists.

Watch for the art show in the display case in the Social Hall. The show will continue through the entire week.



New Member Get-Together & Birthday Bash

Membership Information forms have been streaming into the Senior Center. The response has been outstanding!

As new members join us, we want those seniors to understand what their Senior Center has to offer. To help us get to know each other we will also celebrate birthdays each month. "Live Life to the Fullest" at the Geneva Township Senior Center.

New Member Get-Together

The last Friday of each month we will host a New Member Get-Together from 10-11 am with coffee and snacks. This is your chance to meet our newest members and welcome them. An overview of our programs and activities will explain the myriad of opportunities available.

Please stop in during the New Member Get-Together and greet our new members!

Monthly Birthdays

Let us help you celebrate your birthday the first Friday of each month from 2-3 pm in the Dining Hall. If your birthday falls within that month we will celebrate with you. Bring along a friend to help you celebrate when you stop in for a piece of birthday cake. Birthday guys and gals will be recognized and honored.

"No act of kindness, no matter how small, is ever wasted."
AESOP

Free Vial of Life Program!

Communities across the country, including neighboring St. Charles and Batavia, have launched the Vial of Life program which provides pre-printed forms to record vital medical and health information that is intended to assist emergency medical personnel who are administering emergency medical care to seniors in their homes. Current prescriptions, doctor's names, phone numbers, allergies

and other medical conditions are examples of information that are included on the Vial of Life form.

Participants receive a vial that is used to store the form in the resident's refrigerator. A special refrigerator magnet is placed on the refrigerator door identifying the resident as a Vial of Life program participant. When emergency medical personnel enter your home, they look on your refrigerator for the magnet

and then know to go into the refrigerator to retrieve the vital information. Your private medical information never leaves your possession until it is needed by emergency personnel. Participation in this program is free to all Geneva Township resident seniors 55 years of age or older.

Get your Vial of Life packet today at the Geneva Township Senior Center or call 232-3600.



Geneva Township Senior Center

400 Wheeler Drive
Geneva, IL 60134
Located in Wheeler Park
Entrance at Stevens Street & N. Third Street

Phone: 630-232-3600
Fax: 630-232-9289
E-mail: sweiti@genevatownship.com

Live Life to the Fullest



Hours:
Mon-Fri 8:30-4:30

Membership Information:

Member: Free (Geneva Township Resident; Age 55+)

Associate Member: \$25/yr (Geneva Township Resident; Under age 55)

Guest: \$60/yr; \$30/6 months (Non-Resident of Geneva Township; Age 55+)

Call **232-3600** to have Membership forms mailed to you.

Mission Statement: The mission of the Geneva Township Senior Center shall be to act as the primary community resource to serve all citizens of Geneva Township by decreasing the sense of isolation and dependence that often accompanies old age; enriching the social and intellectual life of our older adults; helping our older adults meet the practical problems attendant with aging; helping our older adults contribute to the well being of our community as effective and useful citizens of the township; helping those approaching or in retirement to plan appropriately; and organizing community interest in improving the overall climate of living for our older residents.

Start Your Week with Healthy Living Programs

Today's seniors are healthier than past generations because of the high level of medical care and knowledge that is available. You can help ensure your good health by actively participating in your own health care. And we can help with that.

Kick off your week by attending our free Healthy Living programs.

Blood Pressure Check

Each Monday morning from 9:30 to 10:30, have your blood pressure checked by a registered nurse who can also answer simple medical questions. You will receive a card to record your blood pressure each week. Special gifts are often available for participants from the health care sponsor.

Hearing Tests

The second Monday of each month local auditory specialists will conduct hearing tests at the Senior Center and offer guidance for your hearing needs. Don't miss a word your friends and family have to say...every word is priceless. This program is free and will be available from 9:30 to 10:30.

Medical reports show that even simple physical activities are beneficial for senior health.

Walk and Talk

Walking is an easy and fun exercise that you could enjoy on the hiking paths in Wheeler Park. Walk and talk with your friends as the paths meander through beautiful landscaping and flower gardens. Pick up a

donated pedometer from the Senior Center office and challenge yourself to walk farther each day. After your brisk walk or leisurely stroll, stop back to the Senior Center to relax and have a cup of coffee and a snack.

If you are looking for a walking partner or a group to walk with, sign up in the Center office and we'll let people know that you're looking for company.

Are you interested in helping us with a project? We are looking for walkers who would like to measure and map the paths in Wheeler Park. Give us a call at 232-3600 if you can help.

There is no cost for these Healthy Living Programs and pre-registration is not necessary. Stop by the Senior Center or call 232-3600 for more information.

