

Naturally Active

August 2008

National Senior Center Week Activities!!! September 8 - 13

Pancake Brunch & Bingo ~ Monday, September 8, 9:00-11:00am, room 127, \$5.00

Enjoy a delicious brunch of pancakes made by our very own Senior Center Staff. After filling our tummies we will play a few games of Bingo!!! Happy Senior Center Week!! (#4143)

Drink to Your Health! Tea Presentation ~ Tuesday, Sept 9, 3:00-4:00pm, room 127, \$3.00 ~ After water, tea is the most commonly consumed beverage in the world, and drinking it has been linked to a slew of health benefits. Now recent research shows the billions of people who drink it may be on to something. Join Sofia Motamedi from My Gala-tea in Mt. Prospect for a delicious and educational presentation on "the power of tea" during Senior Center Week!!! Learn about the health benefits, and taste the different teas in this fun afternoon program. (#4116)

Architecture in America ~ Wednesday, September 10, 1:00-2:00pm, room 131, \$3.00
The Architecture of the United States includes a wide variety of architectural styles over its history. Architecture in the US is regionally diverse and has been shaped by many external forces, and can therefore be said to be eclectic, something unsurprising in such a multicultural society. The United States of America is a relatively young country, and the overriding theme of American Architecture is modernity, with the 20th century skyscraper as its ultimate symbol. Join Donna Horwitz as she guides us through some of the most amazing and, at times, confusing, American Architecture. (#4147)

Keeping Your Mind Alert ~ Thursday, September 11, 9:30-10:30am, room 127, FREE, with registration ~ This program from CJE will explore how aging affects the brain, reviews ways in which individuals can promote mental fitness, and includes fun group activities that exercise the brain in a variety of ways. (#4145)

Patriot's Day Celebration ~ Thursday, September 11, 11:00am-2:30pm, room 127, \$10.00
Put on your red, white, & blue and get ready to celebrate! Lunch served at 11:30am, will feature some good old American Favorites - Fried Chicken, Potato Salad, & Apple Pie Slices!! Then get ready for some rousing music - American style featuring the Banjo Buddy Trio! Reserved Seating! Make your reservations NOW!! (#4142)

Lite Lunch and Movie, "Father of the Bride" (PG 1991)

Friday, September 19, 12:00-3:00pm, room 127, \$3.00

George Banks (Steve Martin) is an upper-middle-class owner of an athletic shoe company in Pasadena, whose 22-year-old daughter Annie (Kimberly Williams) has decided to marry a man (George Newbern) from an upper-class family from Bel-Air, despite knowing each other only three months. George can't think of what life would be like without his daughter and becomes slightly insane, although his wife (Diane Keaton) tries to make him happy for Annie. When the wedding takes place at their home, along with a foreign wedding planner named Franck (Martin Short) taking over the ceremony, George tries to handle the fact that his daughter has grown up. ~ Wikipedia Lunch includes Ham Sandwich, Chips, and Dessert. (#4138)

National Senior Center Week Activities

(continued)

Art Insights - Asian Art of the Chicago Art Institute

Friday, September 12, 3:00-4:00pm, room 131,
FREE, with registration

The Art Institute's distinguished Asian collection comprises works spanning nearly five millennia from China, Korea, Japan, India, southwest Asia, and the Near and Middle East. It includes 35,000 objects of great archaeological and artistic significance, including Chinese bronzes, ceramics, and archaic jades; Chinese and Japanese textiles; Japanese screens and paintings; Indian and Persian miniature paintings; and Indian and Southeast Asian sculpture. The collection of Japanese woodblock prints is one of the finest in the world. Join Char and Grace from the Art Institute's Art Insights program to learn more about these wonderful artworks! (#4137)

6th Annual Rummage Sale

Saturday, September 13, 9:00am-1:00m

Come one, come all to our 6th Annual Flea Market. Don't miss this great opportunity to get your gift giving and shopping done. Browse our many vendors, check out our great raffle prizes, or just stop in for our Famous Hot Dog Lunch. Proceeds go to the Niles Food Pantry! The Flea Market is a great place for the whole family, there will be games for the kids, and fun for all.

*If you are interested in reserving a table to sell the many treasures in your home that you no longer use, please call Jaymi at 847-588-8420 as soon as possible. A \$5.00 donation per table is required when reserving your table. All donations go to the Niles Food Pantry. Space is limited!

Open to the public!!

Activities

Social Bocce Ball

Thursdays, June 5 - August 28, 2:00-4:00pm,
FREE

Come on out and let the good times roll!! Join others for a friendly game of Bocce Ball. You will play in the field right behind the Senior Center. Contact Jaymi if you have any questions.

Private Piano Lessons

Fridays, June 6 - August 29, \$15.00/30minutes

Have you ever wanted to learn to play piano? Time to learn to tickle the ivories. Come on and get your private lesson given by Sarah Borucki. Call Jaymi at 847-588-8420 to make an appointment.

Mozart's Magical Symphony

Wednesday, Sept 3, 1:30-2:30pm, room 127, \$5.50

Wolfgang Amadeus Mozart, baptized Joannes Chrysostomus Wolfgangus Theophilus Mozart) (27 January 1756 – 5 December 1791) was a prolific and influential composer of the Classical era. His 600 compositions include works widely acknowledged as pinnacles of symphonic, concertante, chamber, piano, operatic, and choral music. Mozart is among the most enduringly popular of classical composers, and many of his works are part of the standard concert repertoire. Join Jim Kendros as he explores the Magic Flute and all of Mozart's Magical Symphonies. (#4150)

Men's Club Fall BBQ

Friday, Sept 5, 11:00am-3:00pm, room 127, \$12.00

It's BBQ time at the Center! Fresh Grilled Burgers & Brats served with Sides and Dessert. Then sit back and be ready to enjoy some Fabulous Entertainment. Reserved seating, forms available at Senior Center Front Desk. (#4143)

Activites

Pinochle Tournament

Wednesday, Sept 17, 12:00-4:00pm, room 131, \$5.00

Participate in a 3-handed tournament. Lunch will be served. Refreshments and prizes are included. (#3868)

Some Enchanted Aftenoan... The Stories & Music of Rodgers & Hammerstein

Tuesday, Sept 16, 2:30-3:30pm, room 127, \$5.50

Join us as we welcome Susan Benjamin to the Niles Senior Center. Susan will explain and demonstrate how Rodgers and Hammerstein were much more than songwriters and musicians: they were social activists. Through their stories, music and personal activities, Rodgers and Hammerstein circulated important messages about social issues that are still relevant today. This program features a musical performance by Ms. Benjamin as well as anecdotes, video clips, and little known secrets about this fascinating duo!!! (#4136)

Variety Show

Thursday, Sept 25, 5:30-8:30pm, room 127, \$3.00 advanced sales & \$5.00 at the door

Join us as some of Niles' most talented seniors gather to present a fun evening of song, poetry, dance, music and more! All are welcome!!!! Call 847-588-8420 or stop by the Niles Senior Center, 999 Civic Center Dr. to sign up or for more information! (#4151)

Poker Tournament

Friday, Sept 26, 12:00-3:00pm, room 131, \$5.00

Play 7-Card Stud and 5-Card Draw. Lunch will be served. Refreshments and prizes are included. (#3854)

Classes

Cooking with Tony

Tuesdays, Aug 5 - 26, 9:00-10:15am, kitchen \$20.00 for 4 weeks OR \$6.00/class

Tony is Back!! Come cook with Tony!!! Tony Franchi returns to the Niles Senior Center with more fun, more recipes, and more samples! This well known ex-president of Kendall College and Master Chef will astound you with culinary classics as well as anecdotes from his cooking years! (#4135)

Microsoft WORD

Tuesdays & Thursdays, Sept 2 - Oct 9, 9:00-10:30am, room 228, \$35.00

Learn the basics in this course. Editing, paragraph formatting, proofing tools, how to print documents, and keyboard shortcuts are some of the skills that will be taught. This is a 6 week course.

Instructor: Chet Szafranski (#4141)

Laughter Class

Monday, Sept. 15, 10:00am-10:45am, Rm 131, \$1.00

Laugh it up! Research shows that laughter is good for your health! It can strengthen your immune system, improve breathing, arterial blood flow, digestion, sleep, relax your muscles, adjust blood pressure and blood sugar, burn calories, reduce pain, as well as help people connect and get along with one another! Plus, it's simple and fun. So, join today and start living the good life. Register today!! This class is facilitated by Dr. Om Johari, Certified Laughter Leader (CCL). (#4133)

Meditation Relaxation

Monday, Sept 15, 10:45am-12:15pm, rm 131, \$1.00

Meditation can help most people feel less anxious and more in control. The awareness that meditation brings can also be a source of personal insight and self-understanding. Join Dr. Om Johari and learn the physical, emotional, and spiritual benefits of meditation. Release stress, and join the world again! (#4132)

Classes (continued)

Sudoku

Improve Your Mind - Improve Your Life!

Monday, Sept 15, 1:00-2:30pm, room 229, \$3.00

(pronounced sue-do-koo; sü = number, doku = single)

The concept of Sudoku is simple. The game is most frequently a 9x9 grid made up of 3x3 subgrids. Some cells already contain numbers, known as “givens”. The goal is to fill in the empty cells, one number in each, so that each column, row, and region contains the numbers 1 through 9 exactly once. Each number in the solution therefore occurs only once in each of three “directions”, hence the “single numbers” implied by the puzzle’s title. Sound confusing?? It’s not!!! You only need to know the numbers 1 through 9! Join Dr. Om Johari and learn how to master the art of Sudoku!!! (#4134)

Healthy Lifestyles

Eating & Weight Management...1st Thurs each month, 1:00-2:30pm, room 231, \$10.00/yr

Managing Diabetes...2nd Thurs each month, 1:00-2:30pm, room 231, \$10.00/yr

Cancer Survivor Support...Field Trip, August 12, 9:00am - 1:00pm, “Chronic Happiness,” Hoffman Estates Park District

Managing Arthritis...4th Thurs each month, 1:00-2:30pm, room 231. \$10.00/yr

Arthritis Foundation Certified Exercise Classes...M-W-F continued, \$10.00/year

Call Sue Friedman or Judy Salmen at 847-588-8420 for more information on these classes.

Screenings

Blood Pressure...Tuesday, Aug 12, 10:00am-12:00pm, room131, Free

Diabetic Fingertstick...Wed, Aug 27, 9:00-10:00am, room 204, \$3.00, advanced registration required to get fasting instructions

Movies at the Center

Classic Movie Thursday

“Laura” running time: 88min. ~ **Thursday, September 4, 2:30-4:30pm, room 131, FREE**

This adaptation of Vera Caspary’s suspense novel was begun by director Rouben Mamoulian and cinematographer Lucien Ballard, but thanks to a complex series of backstage intrigues and hostilities, the film was ultimately credited to director Otto Preminger and cameraman Joseph LaShelle (who won an Oscar for his efforts). At the outset of the film, it is established that the title character, Laura Hunt (Gene Tierney), has been murdered. Tough New York detective Mark McPherson (Dana Andrews) investigates the killing, methodically questioning the chief suspects: Waspish columnist Waldo Lydecker (Clifton Webb), wastrel socialite Shelby Carpenter (Vincent Price), and Carpenter’s wealthy “patroness” Ann Treadwell (Judith Anderson). The deeper he gets into the case, the more fascinated he becomes by the enigmatic Laura, literally falling in love with the girl’s painted portrait. As he sits in Laura’s apartment, ruminating over the case and his own obsessions, the door opens, the lights switch on, and in walks Laura Hunt, very much alive! To tell any more would rob the reader of the sheer enjoyment of watching this stylish film noir unfold on screen. Everything clicks in *Laura*, from the superbly outrageous performance of Clifton Webb (a veteran Broadway star who became an overnight movie favorite with this film) to the haunting musical score by David Raskin. Long available only in the 85-minute TV version *Laura* has since been restored to its original 88-minute running time. ~ Hal Erickson, All Movie Guide (#4148)

Dinner & a Movie

“Grace Is Gone” (PG-13 2007) Wednesday, September 17, 5:00-8:00pm, room 127, \$2.00

The contemplative, understated tearjerker *Grace is Gone* dramatizes the quiet crisis that befalls Stanley (John Cusack), a young Midwestern husband of a female marine stationed in Iraq, and a father of two girls. Suddenly and unexpectedly widowed when his wife, Grace, is murdered on the battlefield, Stanley cannot bring himself to share the devastating news with his two young daughters. In lieu of speaking to them immediately about their mother’s death, Stanley internalizes his devastation and takes the girls on a road trip, while he attempts to sort through a myriad of conflicted and tumultuous internal feelings about the war itself and contemplates how to break the shattering news. Inevitably, the road trip will end with Grace’s funeral. This film represents the brainchild of producer-star Cusack and writer-director James C. Strouse. It began with Cusack’s fury about the Bush administration’s policy banning footage of caskets returned from the Iraq and Afghani wars, and his desire to see those events played out onscreen, in the lives of American citizens. -IMDB

Hot Dogs, Chips, and Dessert will be served. (#4139)

Trip

Four Winds Casino Trip

Tuesday, October 21 ~ 8:00-5:00pm ~ \$26.00
Check-In at the Niles Senior Center at 7:30am



Join us as we try our luck at the brand new Four Winds Casino in New Buffalo, Michigan. It is only 85 miles away. During our four hour stay at the casino, enjoy their fantastic buffet and a \$5.00 slot machine voucher. Price includes Buffet, Voucher, and Bus. (#4144)

Seasonal Activities

Fishing Policy

All outings meet at 8:00am at the designated site. Cost includes morning snack & juice, bait, lunch, and prizes. (*Bangs Lake does not include bait.*) **You must register at least one week prior to the outing.** You can register for any or all outings and get maps/directions at the Niles Senior Center Front Desk.

Hooked on Fishing Outings

Bangs Lake Tournament- Saturday, August 2 ~\$20.00 (#4014)

Big Bear/Little Bear - Friday, August 22 ~ \$13.00 (#4015)

Busse Woods - Friday, September 12 ~ \$13.00 (#4016)

Des Plaines Elks Club, Fishing Banquet - Thursday, October 16 ~ 4:00 to 7:00pm ~ \$TBA (#4017)

Golf Registration Policy

You can register for any or all outings at the Front Desk. Because of partner choices, registration must be done at the Front Desk. *You must register at least one week prior to the outing.* If you are registered and cannot make an outing, call the Senior Center at 847-588-8420. Lunch follows the Tam outings at the Senior Center.

Women's Tam Golf Outings

Friday, August 1 (#4058)

Friday, August 8 (#4048)

Friday, August 22 (#4049)

Friday, September 5 (#4050)

Friday, September 19 (#4051)

Friday, October 3 (#4057)

Friday, October 17 (#4052)

Cost: \$17.00 for residents & \$21.00 for non-residents

Men's Tam Golf Outings

Wednesday, August 20 (#3990)

Wednesday, September 17 (#3988)

Wednesday, October 1 (#3989)

Cost: \$17.00 for residents & \$21.00 for non-residents

Men's 18-Hole Golf Outings

Renwood, Monday, August 11, \$37.00 (4087)

Bristol Oaks, Monday, September 8, \$37.00 (#4088)

Red Hat Society Policy

The Red Hat Society is a national organization of women who meet regularly for luncheons/trips wearing red hats and purple attire. The Niles Senior Center chapter is called The Red Hatters. Members of the Niles Senior Center may contact Kelly Mickle to register for the Red Hat Society. A Red Hat Society membership card will be mailed to you within 10 business days. Red Hatters may register through the monthly registration form or in-person. Your Red Hat membership card must be shown at time of registration.

Lunch with the Red Hatters at “Rossini’s”

Wednesday, September 17, 12:00pm, \$20.00

The Red Hatters have reservations at Rossini’s, 8808 Milwaukee Avenue (847-297-5555) on Wednesday, September 17th at 12:00 noon. Lunch will feature Salad, Roast Sirloin of Beef or Seasoned Broiled Salmon, Seasoned Roasted Potatoes, Broccoli Garlic Butter, Homemade Cookies and Coffee, Tea or Soda. Please call Kelly for carpool information. Red Hat and Purple Outfit required. (#4149)

Directions: Northwest corner of Dempster and Milwaukee.

New Members

Bienvenido Costes, Nora Costes, Jerome Curylo, Klemute Curylo,
Gloria Derengowski, Sharon Gabor, Cristoforo La Marca, Maria La Marca,
Laurence Cathern, Joseph Leane, Mary Leane, Anna O’Donnell, James O’Donnell

Get Acquainted & Tour

Each month we invite Newcomers to meet other Newcomers and the staff, learn what the Senior Center offers, tour the building and ask questions. The next meeting is **Thursday, August 28 from 10:00 to 11:00am**. Advanced registration is required, please call 847-588-8420.

Services Offered

Gift Certificates

Gift certificates are available in \$5.00 increments and can be redeemed for any registration fee of \$5.00 or more.

Handicapped Placards

Forms for 3-month Temporary placards are available. Once the form has been completed it can be returned to the Niles Senior Center and a 3-month Temporary placard can be issued. Forms for Permanent or Temporary 6-month placards are also available. Once this form has been completed it MUST be mailed to the Secretary of State Office in Springfield.

Lending Library

Check-out books from the Niles Senior Center Library or books on loan from the Niles Public Library. Both types of books are located in the Library area in the 1st floor lobby of the Senior Center. Books are loaned for a period of 30 days. You can also trade paperbacks!

Medical Equipment Lending Closet

Any Niles resident, regardless of age, may borrow medical equipment for short term use. Please call to check on type of equipment and availability. The length of time you may borrow equipment may vary. Available are walkers, canes & wheelchairs.

Movie Catalog

Check out a variety of movies from the Niles Senior Center Movie Catalog located on the board in the Senior Center Vending Machine area, or at the front desk. Movies are loaned for 1 week. There will be a \$1.00 fine for each day late. The movies range from Classic Films, Comedies, Drama, War Films, Romance, and Television Series Videos.

RTA Reduced Fare Card for

Seniors Ride FREE Program

Reduced fare cards can be applied for at the Senior Center, as well as renewals. Fee: \$2.00

Showcase

Seniors may bring their handmade craft items to sell in our showcase, which is open to the public. All proceeds are returned to the individual crafters.

SHIP Appointments (Senior Health Insurance Program)

You can ask trained volunteers Medicare questions. Appointments can be made by calling the Senior Center.

Will Appointments

A member of the Chicago Bar Association can help you make a simple will, if the criteria are met. A charge applies. Call the Senior Center for more details.

Yard Waste Sticker

Yard Waste stickers may be purchased at Front Desk. Fee: \$2.00.

General Information

Can you explain the registration process?

Members can mail-in or drop-off their registration form by the first Friday of the month. Walk-in registrations are accepted on the Wednesday following the drop-off deadline, assuming program space is available. The specific due dates for both methods are listed on the Registration Form on the following page.

Registration forms are not processed on a first received basis, rather they are selected randomly on the Monday following the designated due date. This method is used to insure that everyone who mails in or drops off a registration form by 5:00pm on the first Friday of the month has an equal chance of receiving the tickets they desire. All registrations received by the first Friday of the month are processed before walk-in registrations are accepted.

Can I get a refund?

You will receive a refund ONLY if the Niles Senior Center can resell your ticket. Your account will be credited. A check will be issued upon request only.

Code of conduct

Participants must conduct themselves in a manner so as not to cause harm to self, others, or to interfere with the group leaders in the performance of their duties. Any disruptive behavior that affects other participants or the leader's ability to conduct the program may call for immediate and/or permanent dismissal of the participant. If a participant is required to leave the program, he/she will not receive a refund. Additional rules may be developed as deemed necessary by the Senior Center Staff.

Americans with Disabilities Act

The Village of Niles intends to comply with the Americans with Disabilities Act (ADA) by making reasonable accommodations for people with disabilities. We hope that this will enhance our building's appearance and make your efforts to be informed easier. If you or someone you know with a disability requires accommodations for a Village service or have any questions about the Village's compliance, please contact George Van Geem, Village Manager, Village Administration Building, 1000 Civic Center Drive, Niles, Illinois 60714.

Registration Form: August 2008

Please complete both sides.

How to Register:

Mail-In or Drop-Off at the Center

Upon receipt of the program guide, a member can mail-in or drop-off a completed & signed registration form with payment to: **Niles Senior Center, 999 Civic Center Drive, Niles, IL 60714. Forms MUST be in NO LATER THAN 5:00pm Friday, August 1st**. The Senior Center is not responsible for lost or late mail. NO cash by mail.

In-Person

A member may register in-person at the Niles Senior Center starting at **8:30am on Wednesday, August 6th**, providing space is available. Non-residents may register, providing space is available, 5 days prior to the start date.

Last Name: _____

Address: _____ Home Phone: _____

Emergency Contact: _____ Phone: _____

Registration Policies

Remember to register by Friday, August 1st, 2008.

Be sure to include a valid daytime phone number on all registration forms.

One registration form per household. If you would like to register with a member not in your household, put both forms and payments into 1 envelope.

If you would like paper tickets please include a self addressed envelope.

If programs/classes need to be cancelled or rescheduled you will be notified.

If you need to cancel a registration, for ANY reason, you MUST contact the Niles Senior Center.

Forms MUST be signed to complete your registration.

RELEASE AND HOLD HARMLESS AGREEMENT: Participants should read this form carefully and be aware that in signing up and participating in this program you will be waiving and releasing all claims for injuries or damages you might personally sustain which might arise out of this program. As a participant in this program, I recognize and acknowledge that there are certain risks of physical injury associated with such participation, and I agree to assume the full risk for any injuries, damages, or loss which I may sustain as a result of participating in such program as against the Niles Senior Center, its officers, agents, servants, and employees. I do hereby fully release and discharge the Niles Senior Center and its officers, agents, servants, and employees from any and all claims from injuries, damages, or loss which I may have or which may accrue to me on account of my participation in the program. I further agree to indemnify, hold harmless, and defend the Niles Senior Center and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages, and losses sustained by me and arising out of, connected with, or in any way associated with the activities of the program. I have read and fully understand this Release and Hold Harmless agreement and any program details provided to me. It is mutually understood that the facsimile registration document (including waiver and release of all claims) shall substitute for and have the same legal effect as the original form.

Mandatory Signature of 1st Participant

Membership ID Number

Mandatory Signature of 2nd Participant

Membership ID Number

Registration Form (side 2): August 2008

Please complete both sides.

Course Name	Code	Cost	Participant's Name
Pancake Brunch & Bingo	#4143	\$5.00	
Drink to Your Health!	#4116	\$3.00	
Architecture in America	#4147	\$5.00	
Keeping Your Mind Alert	#4145	FREE	
Patriot's Day Celebration	#4142	\$10.00	
Lite Lunch & Movie "Father of the Bride"	#4138	\$3.00	
Art Insights - Asian Art of the Chicago Art Institute	#4137	FREE	
Mozart's Magical Symphony	#4150	\$5.50	
Men's Fall BBQ	#4143	\$12.00	
Pinochle Tournament	#3868	\$5.00	
Some Enchanted Afternoon...	#4136	\$5.50	
Variety Show	#4151	\$3.00	
Poker Tournament	#3854	\$5.00	
Cooking with Tony	#4135	\$20.00	
Microsoft WORD	#4141	\$35.00	
Laughter Class	#4133	\$1.00	
Meditation Relaxation	#4132	\$1.00	
Sudoku	#4134	\$3.00	
Classic Movie Thursday "Laura"	#4148	FREE	
Dinner & a Movie "Grace Is Gone"	#4139	\$2.00	
Four Winds Casino Trip	#4144	\$26.00	
Lunch with the Red Hatters "Rossini's"	#4149	\$20.00	Circle one: Sirloin of Beef or Broiled Salmon
TOTAL		\$	

Payment Type If you would like paper tickets, please include a self addressed envelope.

Cash _____ Check, made payable to the Village of Niles, # _____ Discover _____ MC _____ Visa _____

Credit Card # _____ Exp _____

Card Holders Signature _____

Please let us know at the time of registration if special accommodations are needed.

Men's & Women's Clubs

Men's & Women's Club Policies

How do I become a member of the Men's or Women's Club?

You must purchase a ticket to one of the monthly meetings. Upon entering the meeting, stop at the entrance table and sign up as a new member. You will be mailed a new membership card within 10 business days.

What if I have a ticket for a monthly meeting and cannot attend?

You MUST notify the Senior Center within 24 hours of the meeting to have your ticket moved to the next month's meeting. You will not be automatically registered.

How do I register for a Men's or Women's Club sponsored activity?

Active members of the Men's or Women's Club may register the day of the monthly meeting. New or In-Active members to the Men's Club must wait until the Wednesday, after the meeting, to register. Non-members may register the Monday following the meeting provided there is space available. You must show your membership card when registering.

Men's Club Officers

President - Don Stotz
1st Vice President - Ron Drexler
2nd Vice President - Russ McAndrew
Secretary - George Green
Treasurer - Don Spitzer

Men's Club Monthly Meeting

Monday, September 15 ~ 10:30am - 2:00pm ~ room 127 ~ \$3.00

Join us for our regular monthly meeting, followed by lunch.
Advanced registration is required. (#4131)

Women's Club Officers

President - Dorothy Mimp
Vice President - Marge Lipinski
Secretary - Marilyn Bickel
Treasurer - Veda Kauffman

Women's Club Monthly Meeting

Monday, September 22 ~ 11:30am-2:00pm ~ room 127 ~ \$4.00

Enjoy a lunch that includes an Italian Beef Sandwich, Chips, and Dessert. Following lunch Fred and Sharon Moore will present "Gemuetlichkeit," described as an atmosphere of good fellowship. We will hear traditional German folk music and the "musical literature" of Heine and Goethe. ***Advanced registration is required.*** (#4140)

Year Round Activities

Open Computer Lab

Practice your computer skills during our open labs in room 228. A volunteer is available for questions. Please check the monthly calendar for times.

Rules of the Road

Take a refresher course before you take your test. 2008 dates: Sept 8. ALL courses 1-3pm. *Advanced registration required, please call 847-588-8420.*

Choral Group

Share your voice with the world! Practice is every Tuesday at 12:30pm in room 131. (Group does not meet June-Aug)

Line Dance

Dance the morning away every Tuesday at 11:00am in room 127.

Social Bridge

Enjoy an afternoon of Bridge every Tuesday at 12:00pm in room 231. Multi-level play. Newcomers always welcome.

Low Vision Group

This low vision support group meets the 3rd Tuesday of the month from 9:45 to 11:15am at the Morton Grove Senior Center. Contact Melanie at 847-588-8420 for more information. *Call Mary Ann at 847-588-8420 for ride info.*

Meet Mike & Kali/Pet Therapy

Mike, a big white poodle & Kali, a black lab, will be here the 2nd Tuesday of each month at 10:00am in the 1st floor lobby. Stop by and see what a little fur power can do for you!!!

Monthly Mailing

Help address the monthly program guide on the 2nd Tuesday of each month at 11:00am in room 127.

Social Bunco

Enjoy an afternoon of Bunco the 3rd Tuesday at 1:00pm in room 229. Newcomers always welcome. Advanced registration is required.

Current Events

Discuss the top news stories on the 2nd & 4th Wednesday of the month at 10:30am in room 231. The Group does not meet during June, July or August.

Social Pinochle

Enjoy an afternoon of Pinochle every Wednesday at 1:00pm in room 231.

Computer Interest Group

Love computers? Then this is the group for you. Join us on the 2nd & 4th Wednesdays from 2:00 to 4:00pm. Each meeting we talk about updates, problem solving & anything about computers. For info call Jaymi at 847-588-8420.

Kitchen Band

Share your musical talent! Practice is the 1st and 3rd Wednesday of each month, **October through April**, at 11:00am in room 131. *To join, contact Mary Ann Borucki.*

All American Club

Members meet every Thursday morning at 9:00am in room 131 to play social games such as Pinochle, International Rummy, Canasta, Poker, and many other games. Drop in, bring a friend, enjoy!

Effective Communication Group

Join us the last Thursday of the month at 10:00am on the 3rd floor as we discuss the issues of hearing loss. Learn about new techniques and devices.

WWII Veterans' Group

Join us the 3rd Thursday of the month at 1:00pm on the 3rd floor as we share our stories.

Social Scrabble

Enjoy a morning of Scrabble every Friday at 10:00am in room 231. New members always welcome.

Niles Free Bus: How it Works

Every Friday at 10:00am in room 229

It doesn't matter if your route is 411, 412 or 413 you will find out exactly where they all go. Meet Tom Surace, Transportation Supervisor, who will explain how to use the Free Bus, including specific routes, how to transfer, answer questions, and much more during these informative sessions. Call 847-588-8420 to register.

Can I get any discounts by showing my Niles Senior Center membership card?

Yes! You can get a 25% reduced fare when you use the Niles Flash Cab. Just call the Niles Flash Cab at 847-647-8777 when you need a ride and show them your Niles Senior Center membership card and your fare will be reduced. You **MUST** show your membership card to receive the reduced fare. Contact Mary Ann Borucki if you need further information. *Some restrictions apply. Discount does not apply for trips to O'Hare or Downtown.*

News YOU Should Know!

MIND FIT is in our Computer Lab!!!

What is Mind Fit? It is a new program that we have installed in our computer lab. You're serious about exercising and keeping your body in top shape. You owe it to yourself to keep your brain healthy and vital as well. Mind Fit brain training software has been scientifically designed for the mature population, as well as for people of all ages, to help strengthen brain function and slow cognitive loss. The software uses individually designed fun exercises that will help improve your short-term memory, reaction times, memory recall, eye-hand coordination and much more! 15 minutes – 3 times a week for quality of life and cognitive vitality!! It's fun, free, and FIT! Due to the popularity of this program, as well as other classes in the lab, please make an appointment with Jaymi or Kathryn to schedule a time to use the Mind Fit program.

We have a Wii!!

Feeling stressed? Tired? Out of sorts? Out of shape? The day may come when the doctor will advise that you "take two video games and call me in the morning." That day is now!

Get a wii bit o' exercise as you bowl, play tennis, box, play baseball and generally have a fun time. The Wii, which launched in stores in November 2006, features wireless controllers resembling television remote controls that encourage users to twist, turn and become just as active as the characters on the screen. Interactive fun! Stimulate your senses! Boost your heart rate, socialize, and sharpen your cognitive strength!!!

In Memory Of...

Bernice Capuano, Kenneth Giersch,
Charles Kaufman, John Kopish,
Elaine Kubes, Paul Levendoski, and
Dolores Pfaendner

When we hear that a member has died, we place
a memorial flower & sign with the member's name at the front desk.

Effective Communication Group Progress Report For 2002-2008

By Trudi Davis, Facilitator, Effective Communication

When I started the Effective Communication hearing loss support group in 2002, I had many hopes – both personal and professional. I am pleased to share that the group continues to grow and reach out to support community members experiencing hearing loss.

I started Effective Communication because of my own background with hearing loss. As a child, I grew up with parents and step-parents that were either hard of hearing or deaf. My family experience has shaped my commitment to helping others coping with hearing loss.

In my role as a geriatric social worker, I noticed that people experiencing later-life hearing loss had different concerns and limitations than people with an early history of hearing loss. People with later-life hearing loss tended to resist using assistive devices – many refusing to consider trying hearing aids. I noticed, additionally, that this same group tended to hide their hearing loss from others. People with later-life hearing loss also seemed more likely to drop out of once cherished social activities when they began to experience hearing loss. By launching Effective Communication, I hoped to better inform people about later-life hearing loss and share more accurate information with the community.

When Effective Communication began, I envisioned a welcoming place where people could drop in for information on hearing loss, and attend regularly as they were able. To accommodate hearing loss, we also chose to meet in a room that works well for anyone with hearing loss. Typically, six to 12 people attend our meetings, with others dropping in as issues arise. People who drop in usually bring specific questions regarding their particular personal hearing loss situation. Other group members come regularly to our monthly meetings because they enjoy talking with others managing similar concerns.

Some of the frequent questions we work to answer at Effective Communication meetings include:

- “Where can I go to find hearing aids? What are guidelines that can help me pick the right hearing aid for me?”
- “What are the different types of hearing loss?”
- “I have hearing loss, but my spouse doesn’t. How can I communicate better with my spouse and family members?”
- “Are there other assistive devices that might work for me?”

In addition to answering these questions, Effective Communication members bring in articles they think others will enjoy as well. We also work on communication techniques, and discuss emotional issues that may accompany hearing loss such as frustration, isolation, and depression.

It has been my great pleasure to lead this group and hear the stories members share at our meetings. I encourage anyone dealing with hearing loss to come and visit our group. Effective Communication meets the last Thursday of the month at 10:00 a.m. in the 3rd floor Family Services group room. Please call me, Trudi Davis, LCSW, with any questions at (847) 588-8441.

Grief Workshop to Offer Support Three Session Series Begins in September

Beginning Wednesday, September 10, the Niles Senior Center will hold a three-session grief workshop for Niles residents touched by the loss of a loved one. The workshops will meet on Wednesdays from 1:30 – 3:00 p.m. and will focus on the following areas:

Workshop #1, September 10 – “What has happened to me?” Trying to make sense of the many feelings you experience after the loss of a spouse or loved one is a difficult process.

Workshop #2, September 17 – “Dealing with expectations of ourselves and others.” Dealing with other people’s feelings and concerns can raise anxiety, especially if we feel that people want us to “move on” or “be happy again.”

Workshop #3, September 24 – “Adjusting to a different lifestyle.” At this workshop we will explore the stress of living alone and ways to adjust to new social roles and responsibilities.

Please call Bev Wessels, LCSW, ACSW, or Melanie Amin, LCSW, at (847) 588-8420 for more information. This program is offered at no cost, but enrollment for this workshop is necessary.

News YOU Should Know!

With Lifeline... Help Is Just A Push Of A Button Away

Lifeline is a personal response service that gives seniors immediate access to help whenever they need it. By simply pressing the Personal Help Button worn around the neck or wrist a Lifeline subscriber is instantly connected to a professional monitor who will access the caller's need and respond appropriately, whether it's calling a loved one, neighbor or emergency services.

The Village of Niles is offering Lifeline free to individuals age 80 and over who live alone. The service will be offered at a reduced rate of \$25.00 a month for those that do not meet the criteria. For more information, or to register for the program, please contact the Senior Center at 847-588-8420.



Village of Niles Officials...

Mayor: Nicholas B. Blase

Trustees: Kim Biederman, Joe LoVerde, Robert M. Callero, Bart T. Murphy, Louella Preston, & Andrew Przybylo

Village Manager: George R. Van Geem **Village Clerk:** Marlene Victorine

Niles Senior Center Staff...

Director: Kelly Mickle **Administrative Assistant:** Bev Baker **Receptionist:** Jolanta Banasiak

Maintenance: Hank Betka **Nurses:** Sue Friedman & Judy Salmen

Program Coordinators: Mary Ann Borucki, Jaymi Ostman, & Kathlyn Williams

Senior Construction Advocate: Ginger Troiani

Social Workers: Bev Wessels, Trudi Davis, Melanie Amin, & Ewa Nevler



Niles Senior Center

999 Civic Center Drive

Niles, Illinois 60714

Phone 847-588-8420

TTY 847-588-8487

www.vniles.com



Hours: 8:30am - 5:00pm

Monday - Friday

The Niles Senior Center reserves the right to correct errors in this publication.

If this publication has reached you in error, or if you wish to be removed from the mailing list, please contact the Senior Center at 847-588-8420.

